



SUMMER EDITION XIV - AUGUST 1ST, 2024

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Prinicipal

Dear Traillites,

Wow!

What a spectacular evening we had at the *Jalynn Bennett Amphitheatre* last Thursday evening. The indie-folk quartet, **I, the Mountain**, played to a packed house bringing their fun mix of original tunes and folk-inspired covers of pop songs. With origins in Trent's *Lady Eaton College*, the band is now based in Kitchener-Waterloo and we are so pleased they could make the trip to the College on the Hill. If I had to describe their music with one word, it would be "joyous." If I was allowed to use one further adjective, it would have to be "infectious." With big smiles on their faces, the band played for two hours and won over the entire crowd.

Between their sets, I made all the members honorary fellows of Traill College. In presenting them with their College scarves, I underscored to the audience how important their performance was at this moment in time. I think that we all need more joy in our lives these days. It is too easy to be overwhelmed with what is wrong in the world. It is hard to see where the silver linings are and where hope can be found. The world definitely needs more of **I, the Mountain**; exemplars of what joy can be, brimming with youthful energy, fully immersed in their art, and transporting us to a special, wondrous place. If you still haven't seen a performance in the new *Jalynn Bennett Amphitheatre*, don't worry. Our next concert is on Thursday, August 8th at 7 PM when we host the **Peterborough Concert Band**.

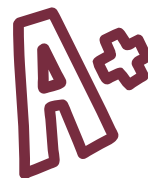
Just a reminder that this coming Monday is the *Civic Holiday*, better known as *Peter Robinson Day* in Peterborough. Traill College will be closed on Monday. I like to wish everyone a safe and enjoyable long weekend and look forward to seeing you in August!

Take care,



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trail College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Cabinet Corner



<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:
<https://www.trentu.ca/news/>

Swag Shop



Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.



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Backwoods Baking Presents:



Cilantro Lime Grilled Chicken

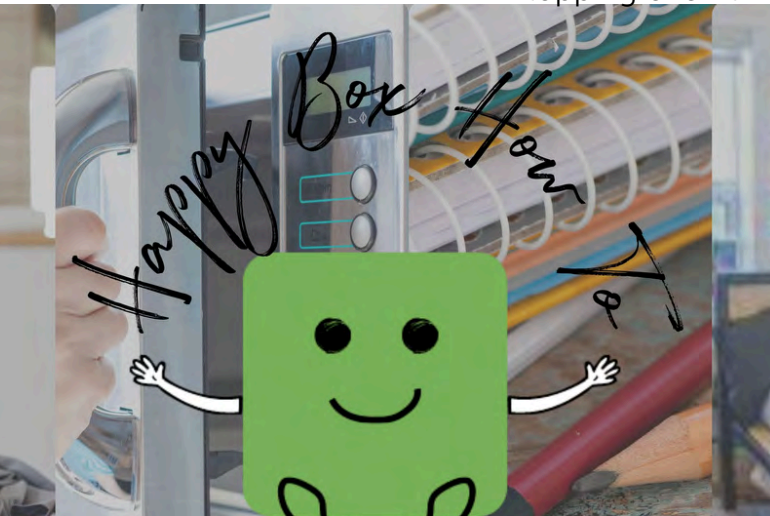
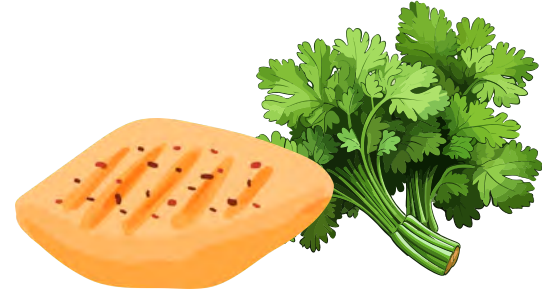
([click here](#) for original recipe)

INGREDIENTS

1. 1-2 lbs chicken breasts, boneless/skinless
2. MARINADE
3. 4 garlic cloves, minced
4. 3 tablespoon olive oil
5. 1/4 cup cilantro, chopped
6. 3 tablespoon lime juice
7. 1/2 teaspoon cumin
8. 1/2 teaspoon paprika
9. 1/2 teaspoon salt
10. 1/2 teaspoon pepper
11. TOPPING
12. 3 avocados, diced
13. 1 tomato, diced
14. 1/2 red onion, chopped
15. 1/4 cup cilantro, chopped
16. 2 tablespoon lime juice

INSTRUCTIONS

1. In a bowl, combine the garlic, olive oil, cilantro, lime juice, cumin, paprika, salt, and pepper.
2. Place chicken breasts and marinade into a large Ziploc bag or into the bowl of marinade, tossing to coat thoroughly.
3. Refrigerate until ready to grill (at least 1 hour of marinating is best).
4. Grill chicken over medium heat for about 6 minutes per side, or until no longer pink/cooked through.
5. While chicken is cooking, combine the avocado, tomato, red onion, cilantro, and lime juice in a bowl.
6. To serve, place chicken breast on plate with desired amount of topping over it



Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube](#) channel to view

Trail Mix

What kind of shoes does a spy wear?
Sneakers



What's going on at the College on the Hill?



Pizza Fridays

Every Friday
Starting May 10th

TRAILL COLLEGE
Bagnani Hall
12:00 PM - 1:00 PM

**\$5 ALL YOU CAN EAT PIZZA
+ DRINK + DESSERT!**

The poster features the Catharine Parr Traill College logo at the top right, which includes a shield with a book and a cross, and the motto "Nunc cognosco ex parte". Below the logo is a cartoon illustration of a slice of pizza with a face, arms, and legs, holding a pepperoni pizza.

Pizza Fridays are back!!! Join us this week for Traill College's Pizza Friday! In Bagnani Hall, enjoy all-you-can-eat pizza, a drink, and a dessert for just \$5. [Click here to register.](#)



SPECIAL TOPICS COURSE! FA 2024 AT TRAILL

CAST 4895H: SIN CITIES: VICE IN THE NORTH AMERICAN BORDERLANDS

Join Dr. Holly Karibo, the 2024 Trent Fulbright Research Chair in examining the history of 'illicit' economies in US-Canada and US-Mexico borderlands during the 19th and 20th centuries.

Register now via mytrent!
Contact canadianstudies@trentu.ca for more info

The poster features a collage of historical black and white photographs showing people in various settings, including a group of people standing in a room and a group of people walking outdoors. The Fulbright Canada logo is also present.

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The Traill College Office will be closed August 5th for Ontario's Civic Holiday

We Hope You Enjoy Your Long Weekend

The image shows the exterior of the Traill College building, a large, light-colored stone structure with a prominent entrance and a clock tower. The Traill College logo is overlaid on the image.

On Monday, August 5th the Traill College Office will be closed for Ontario's Civic Holiday, and we will reopen on Tuesday August 6th. We hope you enjoy your long weekend.



TRENT ALUMNI TAKES YOU TO

Taylor Swift

The image features a colorful, abstract background with a gradient of purple, blue, and pink. The text "TRENT ALUMNI TAKES YOU TO" is in a bold, sans-serif font, and "Taylor Swift" is in a large, stylized script font.

Hey, new Trent Alumni – are you ready for it? The Trent University Alumni Association is giving away tickets to see Taylor Swift LIVE. Eligible Trent University alumni are invited to enter for your chance to win 2 tickets to Taylor Swift | The Eras Tour concert on November 14, 2024, at the Rogers Centre in Toronto, ON. For details and to enter visit www.trentu.ca/alumni.

William & Nona Heaslip



MUSIC ON THE HILL

June 13th
Carpe Noctem

July 25th
I, The Mountain

June 27th
Peterborough Symphony
Orchestra Chamber Ensemble

August 8th
The Peterborough Concert
Band

July 11th
J.S. Bach's Long Walk in the
Snow
Presented by Tom Allen

August 22nd
Clarintella (Clarinet Quintet)
7-8 PM
Manorhill (Jazz Quartet)
8-9 PM

FROM 7-9 PM EVERY OTHER THURSDAY



**JALYNN BENNETT AMPHITHEATRE
TRAILL COLLEGE
300 LONDON ST., PETERBOROUGH**

**CONTACT US AT:
TRAILL@TRENTU.CA - 705-748-1011 EXT. 7020**

VISIT OUR WEBSITE





Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!

This week we are highlighting Housing Services

While living in residence is a convenient and all-inclusive way to live while you study, sometimes off-campus accommodation is right for you. Whether you're searching for a single room or a whole house, we'll help make your search a bit easier through our partnerships with Places4Students and SpacesShared.

Visit trentu.ca/housing to find more resources on how to find off-campus housing or more information about your residence life!



Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at
ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

[For more information click here](#)

The importance of a rest day is often forgotten when working out. That being said, they are just as important as exercise itself. Taking regular breaks allows your body to recover and repair. It's a critical part of progress, regardless of your fitness level or sport. Otherwise, skipping rest days can lead to overtraining and/or burnout. Regardless of your experience with exercising, regular rest is crucial in staying healthy. It's necessary for muscle repair, preventing fatigue, and overall performance. Doing low-impact workouts like yoga and walking can keep you active while still resting your muscles. Remember, without enough breaks, you're less likely to achieve the goals you made in the first place.

5 Benefits of Taking a Rest Day

- 1. Allows Time for Recovery**
Contrary to popular belief, a rest day isn't about being lazy on the couch. It's during this time that the beneficial effects of exercise take place. Specifically, rest is essential for muscle growth. Exercise creates microscopic tears in your muscle tissue. But during rest, cells called fibroblasts repair it. This helps the tissue heal and grow, resulting in stronger muscles.
- 2. Prevents Muscle Fatigue**
Rest is necessary for avoiding exercise-induced fatigue. Remember, exercise depletes your muscles' glycogen levels. If these stores aren't replaced, you'll experience muscle fatigue and soreness. Plus, your muscles need glycogen to function, even when you're not working out. By getting adequate rest, you'll prevent fatigue by letting your glycogen stores refill.
- 3. Reduce Risk of Injury**
Regular rest is essential for staying safe during exercise. When your body is overworked, you'll be more likely to fall out of form, drop a weight, or take a wrong step. Overtraining also exposes your muscles to repetitive stress and strain. This increases the risk of overuse injuries, forcing you to take more rest days than planned.
- 4. Improves Performance**
When you don't get enough rest, it can be hard to do your normal routine, let alone challenge yourself. For example, you might be less motivated to do an extra rep or run another mile. Even if you push yourself, overtraining decreases your performance. You may experience reduced endurance, slow reaction times, and poor agility. Rest has the opposite effect. It increases energy and prevents fatigue, which prepares your body for consistently successful workouts.
- 5. Supports Healthy Sleep**
While regular exercise can improve your sleep, taking rest days is also helpful. Physical activity increases energy-boosting hormones like cortisol and adrenaline. Constant exercise, however, overproduces these hormones. You'll have a hard time getting quality sleep, which only worsens fatigue and exhaustion. Rest can help you get better sleep by letting your hormones return to a normal, balanced state.



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"You can only pretend to be something so long before you become it." - Hank Green