



SUMMER EDITION XVII - AUGUST 22ND, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

If you look at the Traill College coat of arms you will notice two lone letters that flank the College's name. They are alpha and omega, the first and last letters of the Greek alphabet. In my studies of all things Trent and Traill, I have yet to find out the actual rationale for their inclusion on the coat of arms. Of course, several inferences can be made. Some might suggest that it is symbolic of the classical roots of a liberal arts education. Others might see the College as the "be all" and "end all" of your university experience. While these interpretations might be true, I would like to think that their inclusion on the crest is more prosaic; that the letters are reminding us that university is all about beginnings and endings.

University is the space where we leave childhood habits and ideas behind in favour of innovative and different practices and perspectives. We say goodbye to old friends and meet new ones. We purposely move away from the comfort of what we have known and embark upon new journeys. And then, just as we get comfortable with university life, we leave those new friends and experiences for even newer ones. This is the natural cycle that the lifelong journey of education takes. And, while goodbyes can be sad, that emotion is always tempered by the excitement that something new is about to happen.

In that vein, this week we say goodbye (temporarily) to two Traill traditions. **Pizza Friday** that has been a fixture of the College for nine years will go on hiatus until next May. If you haven't dropped by for all-you-can eat pizza, chips, drink, and dessert, this Friday offers you a last chance this year. Please RSVP here: : [Traill College — Events List \(corsizio.com\)](https://www.corsizio.com/traill-college-events-list).

The other tradition that is also going on hiatus until next summer is our **Music on the Hill** summer concert series. Since June, we have featured (weather permitting) a different musical artist at the Jalynn Bennett Amphitheatre fortnightly. This Thursday's concert will feature two separate acts. The first will be **Clarintella**, an innovative quintet of clarinets playing a wide variety of music. They will be followed by the jazz group **Manorhill**. It should be a spectacular evening, all entirely free to the public. As always, the concert will begin at 7 PM.

However, the ending of our summer programming means that it is time for a new academic year and we cannot wait to meet the new students and reconnect with our returning ones.

Finally, I would like to welcome back **Samantha Perritt** who has been away from us for six weeks and thank **Pamela Forgrave** who now will be ending her time as Samantha's replacement as Traill College Coordinator. Thank you, Pam, for all you have done, particularly in helping to keep Pizza Fridays and the Music on the Hill series on track all summer long.

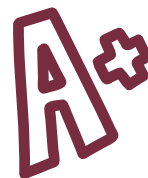
Until next week,



1964-2024

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/trail/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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[#trail](#)



Backwoods Baking Presents:

Spicy Chipotle Chicken Burger

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



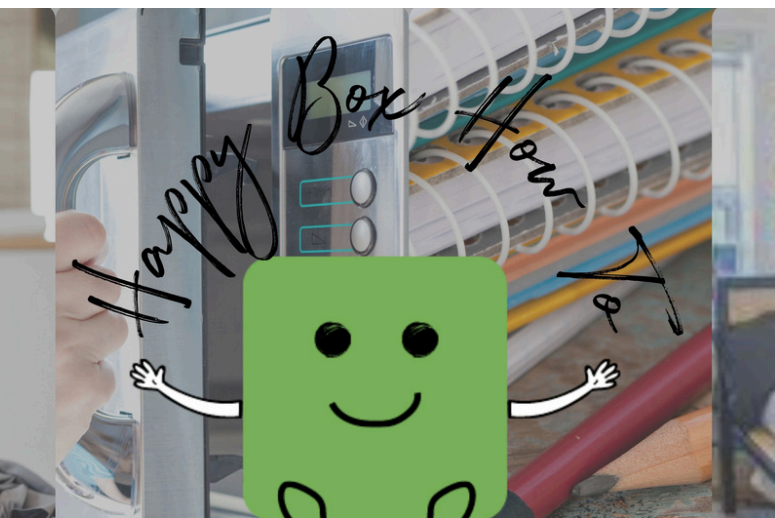
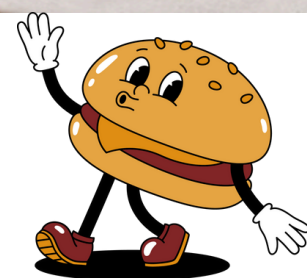
INGREDIENTS

- 1 lb. ground chicken
- 1/2 c. panko bread crumbs
- 1/4 c. freshly grated Parmesan
- 1/4 c. fresh cilantro, chopped
- 1 chipotle pepper in adobo sauce, chopped
- 2 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- 1 Tbsp. extra-virgin olive oil
- 4 slices white cheddar

- 1/2 c. sour cream
- 2 tsp. adobo sauce
- Juice of 1/2 lime
- 4 Hamburger buns
- Avocado, sliced
- Red onion, sliced

INSTRUCTIONS

1. In a large bowl, combine ground chicken, panko, Parmesan, cilantro, chipotle pepper, and garlic. Season with salt and pepper. Form into 4 equal sized patties.
2. In a large skillet over medium heat, heat oil. Add chicken patties and cook until golden, about 4 minutes. Flip and add a slice of cheese on top of each patty and cook until golden and cooked through, 3 to 4 more minutes.
3. In a small bowl, combine sour cream, adobo sauce, and lime juice.
4. Spread sauce on burger buns and top with a burger, avocado, and red onion.



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

Trail Mix

How do Rabbits Travel??
By Hareplanes!!



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!**

Catharine Parr Traill College
Nunc cognosco ex parte

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.](#)



Trip to the Curve Lake Pow Wow

Saturday
September 21st
10:30am - 4:00 pm

TRENT UNIVERSITY
COLLEGES OF TRENT

FIRST PEOPLES HOUSE OF LEARNING

Join the Colleges of Trent and First Peoples House of Learning for our annual trip to the Curve Lake Pow Wow on September 21st! We will have coach buses that provide free transportation. Enjoy a fun day of culture and celebration, get your ticket now! <https://simpli.events/e/powwow>



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON
WORKSHOP

BIRDWATCHING COURSES
COMING FALL OF 2024

trentu.ca/continuingeducation

More birdwatching courses are coming back to continuing education this October! [Register online now!](#)



TRENT ALUMNI TAKES YOU TO

Taylor Swift

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



June 27th
Peterborough Symphony
Orchestra Chamber Ensemble



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

July 25th
I, The Mountain



August 8th
The Peterborough Concert
Band



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: **Level Up: Resources for Upper-Year Students**

During these years you are focusing on your major area of study, understanding the complex concepts of your discipline, and entering the unique discourse of your specialty. There is no formula for success at university. Just as you are unique, the experiences you have, the problems you encounter, and the solutions and methods that you devise will also be uniquely yours. The purpose of this guide is to offer you new strategies to level up your organizational, learning, and writing skills to meet the demands of upper-year courses.

For resources and more visit:

<https://www.trentu.ca/academicskills/>



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](#)

Sexual health is fundamental to the overall health and well-being of individuals, couples and families, and to the social and economic development of communities and countries. Sexual health, when viewed affirmatively, requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Sexual health and wellness is important for establishing consent between partners, while preventing unwanted pregnancy, sexual and gender based violence, and the spread of sexually transmitted infections (STIs).

IMPORTANCE OF SEXUAL HEALTH & WELLNESS

The ability of men and women to achieve sexual health and well-being depends on their:

- 1** Access to comprehensive, good-quality information about sex and sexuality
- 2** Knowledge about the risks they may face and their vulnerability to adverse consequences of unprotected sexual activity
- 3** Ability to access sexual health care
- 4** Living in an environment that affirms and promotes sexual health.

For more information, please visit:
https://www.who.int/health-topics/sexual-health#tab=tab_1



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"You just gotta keep going and fighting for everything, and one day you'll get to where you want." — Naomi Osaka