

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

After a cold start to March, things are really starting to warm up outside and around the College. Our next free **Sunday College Dinner** is on March 8th in Scott House at 5 PM. This week we will be featuring food from the Levantine Grill. We will be serving Halal chicken and rice, falafels, and bean salad. As always, food will be available on a first-come, first-served model. Take-away containers will be available.

Sunday, March 8th also marks the beginning of **Cultural Studies Week** at Traill College. Join us (after dinner) for the **Visual Arts Gala** in the Senior Common Room at 6 PM. Later that week, the Cultural Studies Week committee will host a special **Film Night** in Bagnani Hall on March 11th starting at 6:30 PM. The week ends at Sadleir House on March 14th with a combined **Music and Performance Night Party**. Look for the poster in this newsletter for more details.

In other news, we are going to hang up our **2025 Traill College** photo soon. Now is the time to sign it. Whether or not you made it in the photo, we want your autograph! Come to the harvest table in the College Library.

Finally, don't forget to set your clocks forward on Sunday. It is my favourite time of year when, finally, the sun sets after 7 PM. I hear that this is the last time that British Columbia will be changing the clocks and I'm jealous. Oh well. Let's all make hay while the sun shines. Enjoy the extra hour of light in the evenings!

Until next week,

A handwritten signature in black ink, appearing to read 'Michael [unclear]', written over a light blue horizontal line.



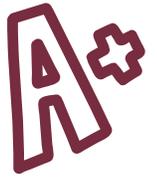
Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Looking to book an academic appointment?



[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. 1488 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!

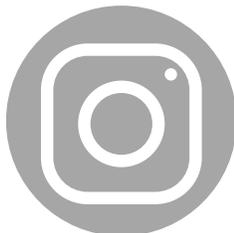
For the most up-to-date information on Trent University's events and news:

<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.](#)



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



CATHARINE PARR TRAILL COLLEGE

SUNDAY DINNERS

5pm

FREE MEAL WHILE SUPPLIES LAST!



MARCH 8TH
SCOTT HOUSE 105,
TRAILL COLLEGE
LEVANTINE GRILL,
CHICKEN
SHAWARMA &
MIXED BEAN SALAD

BONUS!
CULTURAL
STUDIES WEEK
ART EXHIBIT IN
THE SCR!

At 6PM, join in a
celebration of
the arts at Trent
at this year's
CUST Week
Visual Arts Gala!



CUPE 3908 SCFP

EMMANUEL UNITED CHURCH
534 GEORGE ST. N,
PETERBOROUGH



**WHERE?
AND
WHEN?
IS
CUST WEEK?**



MARCH 8TH - VISUAL ARTS GALA

Trail College - Scott House - Senior Common Room - 6:00 Start

MARCH 11TH - FILM NIGHT

Trail College - Bagnani Hall - Doors 6:30 - 7:00 Start

MARCH 14TH - MUSIC AND PERFORMANCE NIGHT PARTY

Sadleir House - The John - Doors 6:30 - 7:00 Start

What's going on at Trail!

Survival Strategies for your Thesis Defence



Thursday March 12



3:00 - 4:30 pm



Online via Zoom



Register Here



This workshop will help graduate students understand the thesis defense process by demystifying the presentation, question period, and evaluation processes. We will provide strategies to manage the question period and general survival tips. [Register here](#)

TRAIL COLLEGE CLASS of

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Your Signature Here!

Trent University uses matriculation dates to group students into classes. This means that your class year is the year that you began your studies at Trent, rather than the year you graduate! If you matriculated into Trent and Trail in 2025, come by the Trail Library in Scott House to sign your class photo!

25

If you want to be immortalized on the walls of Trail College, come by our library in Scott House to sign this year's Trail photo!

Counselling Services available at Trail College

Did you know that you can access a therapist right here at Trail?

FREE Appointments!

Virtual and in-person appointment styles available!

Short-term mental health support for undergraduate and graduate students!



To book an appointment, complete the online registration at the link below, then book online or call (705) 748-1386



Short-term mental health support to all undergraduate and graduate students is available, free of charge, right here at Trail College! Visit [this page](#) to complete your online registration, then select "Book an appointment at Trail College" or call (705) 748-1386 to book your appointment!

Trail College Formal

DON'T BE LATE, SAVE THE DATE

@trailcabinet

When: March 21st, 2026

Where: Trail College Bagnani Hall

Don't Be Late, Save the Date!
Trail College Formal.
When: Saturday, March 21st, 2026
Where: Bagnani Hall, Trail College
Keep your eyes peeled for updates on our Instagram [@trailcabinet](#)

What's going on at Trent!

ACADEMIC ADVISING TRENT
ACADEMIC SKILLS IN THE COLLEGE

You're Invited to
STUDY CAFÉ
For Mature & Transfer Students

January 14 - March 11
1:00 PM - 2:30 PM

LADY EATON COLLEGE PIT



REGISTER USING THE QR CODE



Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development. Attend all eight sessions or drop by when it works for your schedule.

Learn more about dropping a course at
trentu.ca/dropdeadline



Winter Course Drop Deadline
March 10

Information Tables

Thursday, March 5th 1-3 p.m. Student Centre	Monday, March 9th 1-3 p.m. OC Cafeteria
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Thinking of dropping a winter course?

The withdrawal deadline is Tuesday, March 10, 2026. Courses dropped before then won't appear on your transcript. (No refunds for winter courses dropped after Jan. 21, 2026.) Need advice? Stop by Info Tables with Advising, Financial Aid, and student ambassadors and interns:

March 5, 1-3pm — Student Centre
March 9, 1-3pm — Otonabee College Cafeteria lobby

ACADEMIC SKILLS IN THE COLLEGE
WINTER 2026 GRADUATE Programs, Workshops & Events

Calling all Graduate Students!
Join us this semester and refine your academic skills!

<p>Weekly Programs Program runs weekly and covers various academic skills/writing topics. Attend one or all sessions.</p> <p>Motivation Mondays Mondays from Jan 19-Feb 23 (excl. Feb 16) 10:30-11:30AM Zoom</p>	<p>Monthly Workshops Workshops run once this semester. Sign-up and attend virtually.</p> <p>Jan 29 Writing About Quantitative Data 3-4:30PM Zoom</p> <p>Feb 26 Writing about Qualitative Data 3-4:30PM Zoom</p> <p>Mar 12 Thesis Defence Survival Strategies 3-4:30PM Zoom</p> <p>Mar 26 Navigating Academic Publishing 3-4:30PM Zoom</p>
<p>Special Events</p> <p>3 Minute Thesis (3MT) Info Session Jan 19 at 7PM WH 226, Trail College or on Zoom</p> <p>Graduate Research Day Multiple sessions on Feb 18 10AM-4PM Bagnani Hall, Trail College</p> <p>3 Minute Thesis (3MT) Competition Apr 9 at 7PM Market Hall, Downtown PTBO</p>	<p>Scheduling Conflicts? Can't Attend? Visit our website for How-to-Guides, Planning Templates, Referencing Guides, and more! www.trentu.ca/academicskills</p> <p>Make an appointment with an Academic Skills Instructor on the Student Experience Portal! www.trentu.ca/sep</p> <p>Join the Graduate Student Writer's Group and view slide presentations!</p>

Scan the QR Code for Information & Registration
Registration (scan QR code)
Free Food/Snacks!

Visit our Social Media or Email us for more info!
@trentuacademicskills
@TrentUAcademicSkills
acdskills@trentu.ca




In Honour of International Women's Day
JOIN LEC AND FEATURED PANELISTS AT THE...





Marjory Seeley Women in Leadership Luncheon

Sunday, March 8th, 2026
Speakers will begin at 11 am followed by discussion and lunch
LEC 201 (presentation)
LEC Pit (lunch)



Celebrate International Women's Day with LEC's annual Marjory Seeley Women in Leadership Luncheon! Join us for talks by Trent Leaders who #givetogain! Come and hear about the experiences of Tamara Veyisoglu, Marcia Steeves, and Shelby Hayes. International Women's Day belongs to all those who care about women's equality. All gender identities are welcome to join us!

Academic Skills Winter Graduate Programs, Workshops & Events! Check out the full calendar of Academic Skills programming for this 2026 winter term!

What's going on at Trent!



TRENT UNIVERSITY CAREERSPACE

INTERESTED IN MICRO-CREDENTIALS?

Micro-credentials are open for registration for all Trent Students, Trent Employees, Alumni and Community Members.

For more information, please go to our website www.trentu.ca/careerspace/microcredentials.



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CALLING ALL TRENT STUDENTS!

SURVEY

Sexual Violence Prevention and Response: International and Domestic Student Perspectives

Chance to win \$50 Starbucks Gift Card!



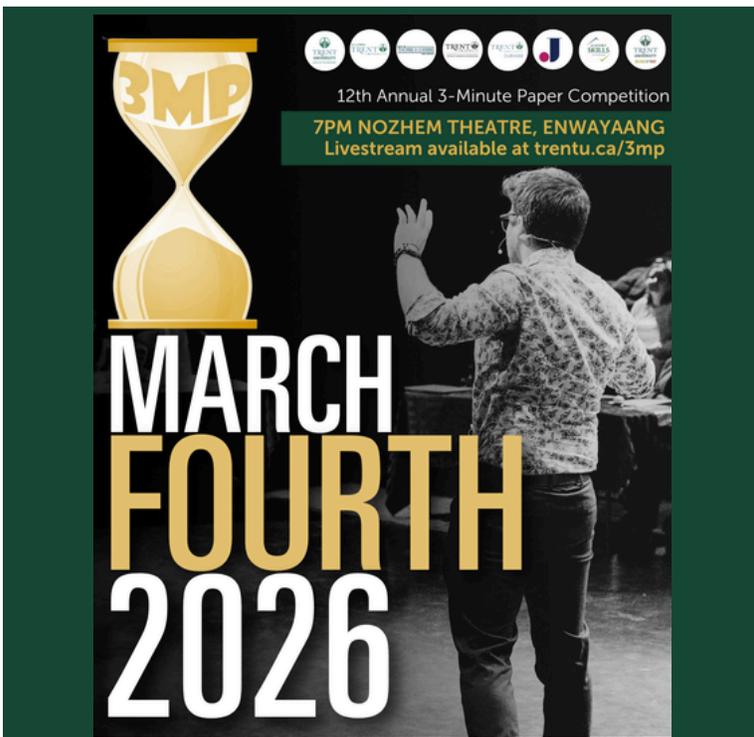
SCAN HERE

For further information, please contact elliannawilson@trentu.ca

In collaboration with:



Trent students are invited to participate in a research survey exploring sexual violence prevention and response, with a focus on both domestic and international student perspectives. Your insights will help inform campus programming and support initiatives at Trent University. Participation is voluntary, confidential, and open to all Trent students. As a thank-you, participants may enter a draw to win a \$50 Starbucks gift card. Scan the QR code to learn more and take part.



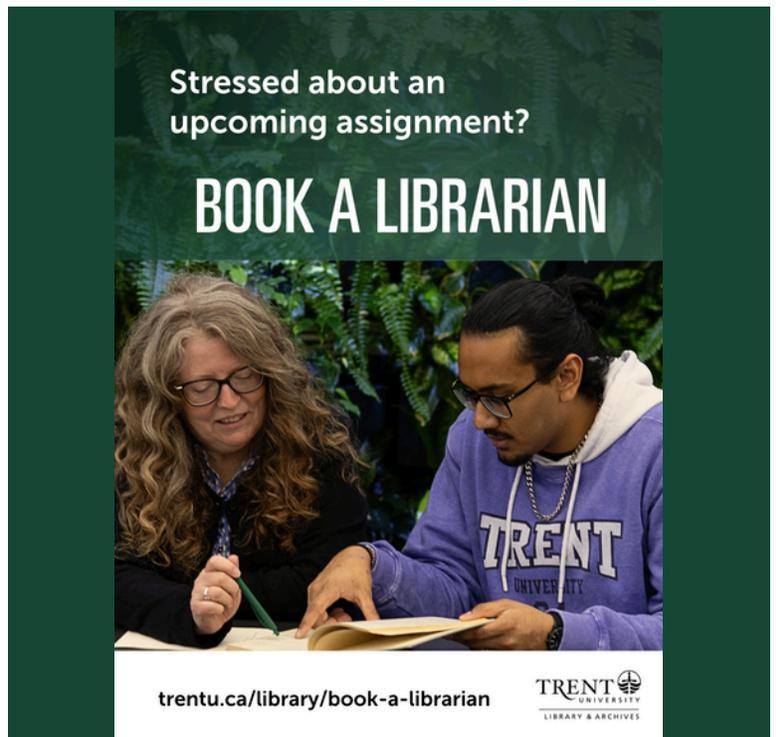
12th Annual 3-Minute Paper Competition

7PM NOZHEM THEATRE, ENWAYAANG
Livestream available at trentu.ca/3mp



MARCH FOURTH 2026

Join us for the 12th annual 3-Minute Paper (3MP) Competition on Wednesday, March 4th at 7PM in Nozhem Theatre: First Peoples Performance Space, Enwayaang 101, Gzowski College. This fun competition challenges Trent undergraduates to present their complex research to a general audience in just 180 seconds. At 3MP, students rise to the challenge and demonstrate their capacity to balance complexity with clarity and concision. All are welcome to attend the competition.



Stressed about an upcoming assignment?

BOOK A LIBRARIAN



trentu.ca/library/book-a-librarian



Stressed about an upcoming assignment?
Trent's librarians are here to support you! Starting with reliable sources makes writing easier and way less stressful. Book a one-on-one session to boost your research skills and learn how to use library databases more effectively. Meeting with a librarian can help you find trustworthy sources, access subject-specific databases, and build research skills that will support you throughout your degree. Book your subject librarian today!

What's going on at Trent!



The East Bank Prayer Space Is Now Open! 🙏

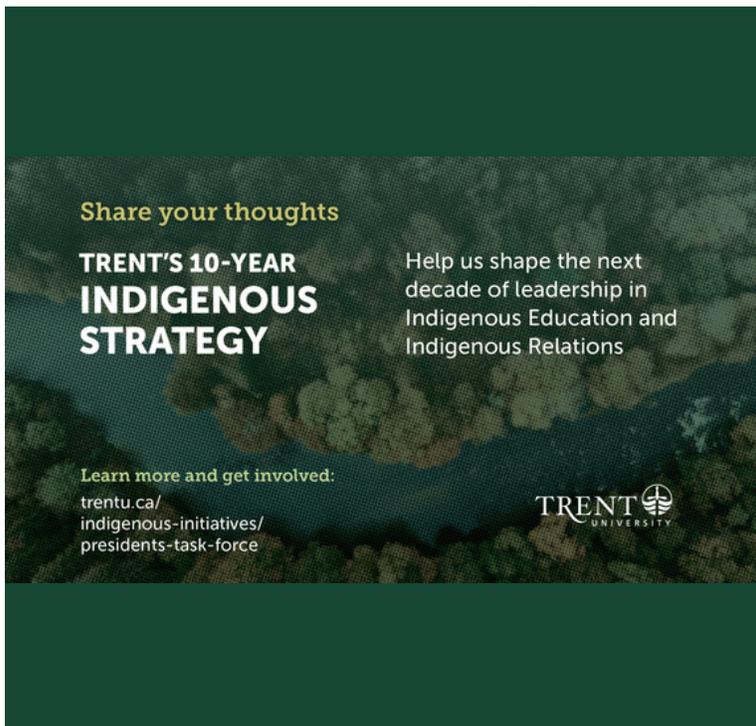
The Office of Student Affairs is excited to announce the opening of a new prayer space on Trent's East Bank! Located in OC 222, this newly refurbished space welcomes 5–6 students at a time and is open daily during Otonabee College building hours (7 a.m.–11 p.m.). We're grateful to our campus partners, Housing, the Colleges, and Facilities for helping identify and prepare the space so quickly, and to the students whose advocacy over the years made this possible.

Learn more about Multi-Faith and Prayer Spaces at www.trentu.ca/spiritualaffairs
Questions or feedback? Contact studentaffairs@trentu.ca



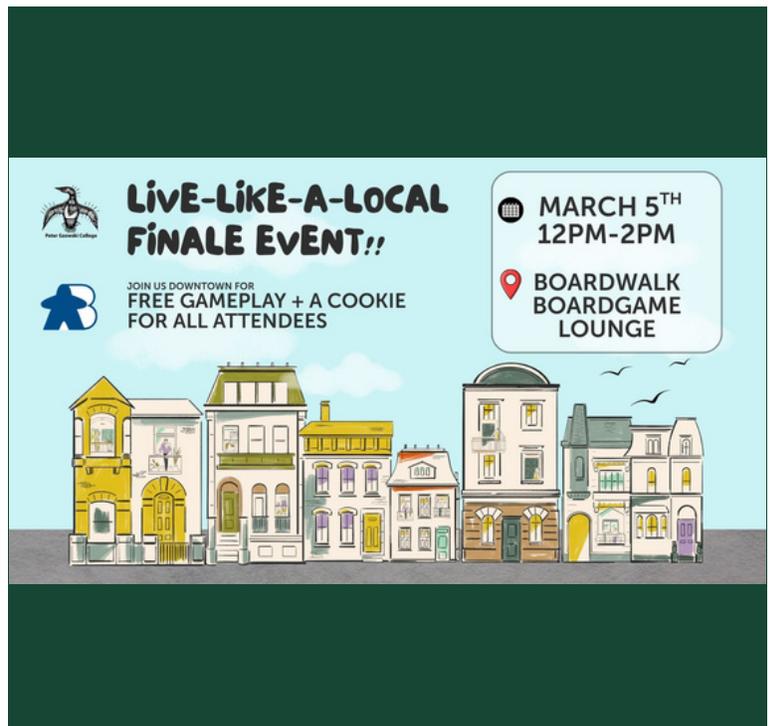
Meet our newest tech arrival: a VR headset!

The Bata library has added an Oculus Meta Quest VR headset to its equipment collection. It is now ready for students to loan for both academic projects and immersive entertainment experiences. To borrow library equipment, visit libguides.trentu.ca or consult with the Library Service Desk.



Share Your Voice: Trent Indigenous Strategy Survey Opens February 23. Trent faculty, staff, and students are invited to share their insights through a short survey. Building on Trent's longstanding leadership and deep relationships with Indigenous Peoples and local First Nations, the [President's Task Force](#) on Indigenous Strategy is gathering perspectives to inform recommendations that will help guide this important institutional direction. Complete the survey: https://trentu.qualtrics.com/jfe/form/SV_e5KQaG1Y67bfGm from February 23 to March 9, 2026

To learn more about Trent's Indigenous resources and ongoing initiatives, please visit: <https://www.trentu.ca/indigenous-initiatives/>



Bring your friends and join us at Boardwalk Board Game Lounge downtown to celebrate the Live-Like-A-Local series and our wonderful Trent-Peterborough community! Gzowski College will cover the cost of entry/gameplay and a cookie, and the cafe will be open if you wish to purchase any additional food/drinks. This event is open to all Trent Students! Boardwalk Board Game Lounge, 261 George Street North @boardwalkptbo



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: The College Office



Trent's signature collegiate model provides undergraduate and graduate students, staff, and faculty members with diverse opportunities to engage in university life, connect with others, and feel at home on campus.

The Traill College Office is here to help you thrive at Trent, offering services and activities year-round. Stop by Scott House 106 to grab a punch-a-lunch card or a sticker, book a room at Traill, find your lost items, and get connected with services on campus!

Wanna Talk About It?  **Weekdays 12-3 PM**  **Student Centre 3.04**

Free. Confidential. We have snacks.   **PEER SUPPORT** 

Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/peersupporttrent)



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!

Backwoods Baking Presents:

Tuscan Baked Spaghetti

INGREDIENTS

- 1 pound dried spaghetti noodles
- 2 tablespoons butter
- 1 pound raw mild or spicy Italian sausage, casings removed if needed
- 1 medium yellow onion, diced (about 1 1/2 cups)
- 1 cup julienne cut sun-dried tomatoes (about 3 ounces)
- 3 cloves garlic, minced
- 1 1/2 teaspoons kosher salt, plus more for the pasta water
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons all-purpose flour
- 4 cups whole or 2% milk
- 5 ounces baby spinach (about 5 packed cups)
- 3 ounces shredded low-moisture mozzarella cheese (about 3/4 cup)
- Finely chopped fresh parsley leaves, for garnish (optional)

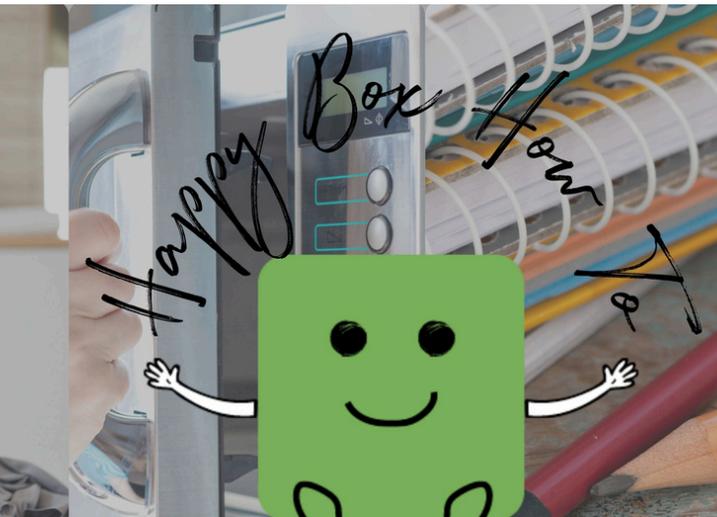
[View the Recipe Here](#)

RECIPE BY
**Patty
Catalano**



INSTRUCTIONS

- Heat the oven to 375°F. Bring a large pot of heavily salted water to a boil over medium-high heat.
- Add dried spaghetti to the boiling water and cook according to package directions for 1 minute less than al dente. Meanwhile, make the sauce.
- Melt butter in a Dutch oven or high-sided skillet over medium-high heat. Add raw Italian sausage and cook, breaking it up into small pieces with a wooden spoon, until cooked through and no longer pink, 5 to 7 minutes.
- Stir in onion, sun-dried tomatoes, minced garlic cloves, kosher salt, dried Italian seasoning, and black pepper. Cook, stirring occasionally, until the onion is softened, about 4 minutes.
- Sprinkle all-purpose flour over the sausage mixture. Cook, stirring constantly, for 1 minute to cook the floury taste out. Slowly whisk in milk. Bring to a boil, whisking occasionally. Reduce the heat to maintain a simmer and cook, whisking occasionally, until the sauce is slightly thickened, about 5 minutes. Stir in baby spinach, a handful at a time, until just wilted.
- When the spaghetti is ready, drain, then return to the pot. Add the sauce and toss until combined. Taste and season with more kosher salt if needed. Transfer to a 9x9-inch square (at least 2 inches high) or 9x13-inch baking dish and arrange into an even layer. Sprinkle evenly with mozzarella cheese.
- Bake until the edges are bubbling and the cheese is melted, 18 to 20 minutes. Let cool for 5 minutes. Garnish with fresh parsley leaves if using before cutting into pieces like a lasagna and serving.



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

Trail Mix

Why do cows wear bells?

Because their horns don't work.



Wellness Resources

[Click Here for More Info](#)

How to do a Digital Detox

While scrolling on social media might feel like an escape, too much screen time can increase anxiety, reduce your attention span, and negatively impact sleep. Luckily, these adverse effects can be reversed by reducing screen time and creating healthy digital routines. If you want to reboot your system, try a digital detox: create firm boundaries about your tech use, set a specific timeframe, and disconnect for a while!

When the detox is done, take time to reflect on your experience. How did you feel during the detox? Have you noticed any positive changes? That information can help you create a healthy digital routine moving forward.

Follow the link above for more information!

DIGITAL

HOW TO DETOX

PLAN YOUR DISCONNECT
define your goal: stress reduction, improved sleep, boosted productivity?

SET THE SCOPE
decide how long and how extensive your detox will be: one weekend? 7 days? limiting screen time or taking a full break from non-essential tech?

FILL YOUR TIME
plan meaningful non-digital activities for the detox. reading, crafting, and spending time outdoors can help time pass in a rewarding way

TIPS

- let friends and family know you'll be less reachable ahead of time
- turn off non-essential notifications
- remove distracting apps from your phone/install an app-blocker
- ask a friend to keep you accountable

DETOX



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"For some, to find beauty is to search through ruins."

-Dionne Brand