

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal

Dear Traillites,

Last Wednesday in Nozhem Theatre the **2025-26 3MP Competition** was held. 3MP (or Three Minute Paper) was developed at Trent University and is the undergraduate cousin to 3MT, the international graduate student competition. Like the graduate competition, undergraduate students are given three minutes to summarize their fourth-year thesis work. However, in this version, students can use notes and up to three slides to explain their work. There were 19 exciting presentations that addressed a wide range of topics including psychology, chemistry, environmental studies and cultural studies. I want to offer a special shout out to **Teya Helae** and **Brianne Christensen** who did an incredible job and represented Traill College so admirably. If you missed it, you can click on this [link](#) and see the entire competition on YouTube.

Last Sunday we had another well-attended **College Dinner** with the added bonus of a special gala opening for CUST Week at Traill. Thanks to the hard work of **CUST Week** student organizers, the college has been transformed into a gallery showcasing a wide variety of student art. CUST Week continues, so there is still time to drop by and get a sampler of the incredible talent that exists in our Cultural Studies program.

Finally, don't miss the FREE **Pancake Breakfast** this Saturday in The Trend from 10:30 AM to 12:30 PM. The special wellness breakfast is being put on by Trent University Housing, the Student Wellness Centre, the TCSA, and Traill College. Please bring your student ID. Enjoy a free meal and meet some key support staff.

Until next week,

A stylized, handwritten signature in black ink, likely belonging to the College Principal.



# 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](mailto: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!

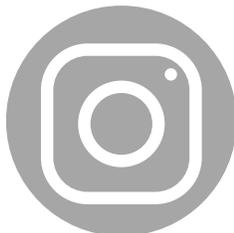
For the most up-to-date information on Trent University's events and news:

<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](#)



**WHERE?**

**AND**

**WHEN?**

**IS CUST WEEK?**



Join us in celebrating the the arts here at Trent this CUST Week. This March, from the 8th to the 14th, there will be different nights for all kinds of art. Free snacks are available at all nights and swing by our merch table to purchase some upcycled handprinted CUST clothing!

## **March 8<sup>th</sup> - Visual Arts Gala**

Trails College - Scott House - Senior Common Room - 6pm start

Arrive early (5pm) for a free College dinner of shawarma from the Levantine Grill before enjoying an evening visual arts.

## **March 11<sup>th</sup> - Film Night**

Trails College - Bagnani Hall - Doors 6:30pm - 7pm Start

Stop by the college on the hill to experience a collection of student films, snack on some movie treats, and learn about what goes into filmmaking.

## **March 14<sup>th</sup> - Music and Performance Night Party**

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

Don't miss our closing night celebration at Sadleir House as we celebrate student music and performances.

# 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! You can sign even if you aren't in the 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**

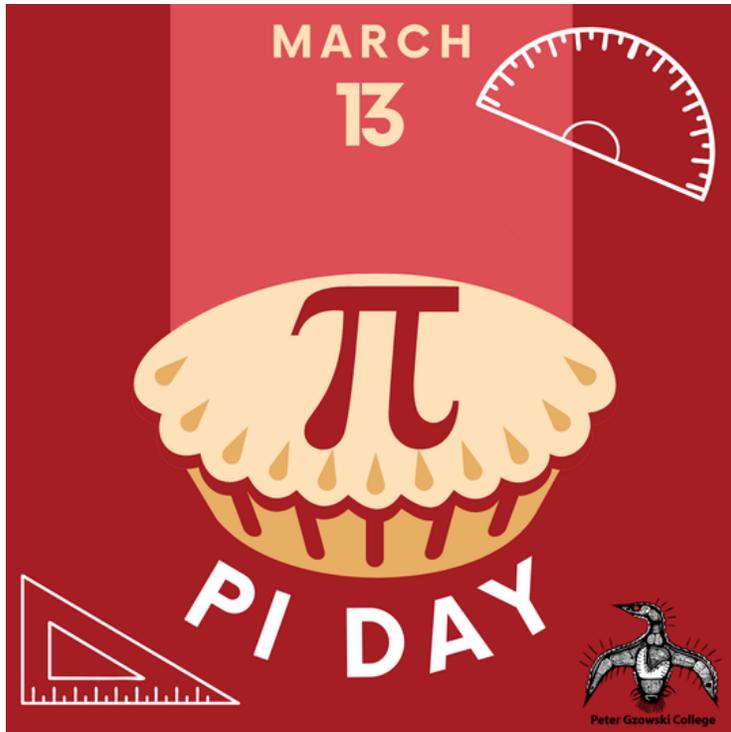
@trailcabinet

When: March 21<sup>st</sup>, 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 & Traill!



Show off your baking skills by baking a pie to celebrate Pi Day! Enter a pie for a chance to win Gzowski prizes. You can create alone or in a team. Sign up in Gzowski College Office (ENW 214) before March 12th at 4:00 PM. Drop off baked goods for judging before 11:30 AM on Friday March 13th. Join us in the Jake Thomas Kitchen (ENW 345) from 12:00-1:00 PM on March 13th to eat some pie. Judging will be based on creativity, presentation, and taste. Each entry will receive a \$20 gift card from Walmart.



## LISTENING SESSION FOR JEWISH STUDENTS



DATE:  
MARCH 26



TIME:  
1 PM-2:30 PM



LOCATION:  
Bata Library 206

**Pre-registration required.**

Listening Session for Jewish Students  
[REGISTER HERE](#)

Jewish students of all backgrounds are invited to come share about their experiences on the Trent campus. The listening session will be facilitated by Rabbi Denise Handlarski, member of the Trent Multi-Faith Network and faculty member in the School of Education, and Johanna Hart, Coordinator of Spiritual Affairs at Trent. All culturally or religiously identifying Jewish students are welcome. Pre-registration is required.

## Stacked 'n' Ready FREE Pancake Brunch

SATURDAY MARCH 14

10:30am-12:30pm



Lady Eaton Annex  
& Traill College  
Bring Your Student ID



Stacked 'n' Ready Pancake Brunch is back!

And this time, we're serving at two locations! Swing by Traill College or Service Centre South (Lady Eaton Annex) for free pancakes and fuel up before the festivities. Test your knowledge and discover new strategies for community care, self-care, and harm reduction with our spin-the-wheel game!



Traill College Merch available on our Marketplace storefront

[Found Here](#)

Traill College stickers to be re-stacked soon!

# What's going on at Trent!

ACADEMIC ADVISING  
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.

CC, IT & TI  
**MARIO DAY**  
12 MARCH 2026 | 1-4PM | GREAT HALL

MARIOKART DELUXE

MINI TURBO | DRIFTING | SLIPSTREAM | COIN FARMING

March 12, 1-4pm, in the Champlain Great Hall Trent International, in partnership with Champlain College, is hosting a video gaming event. The event will feature large screens, Nintendo Switches and giveaways for both participants and audience. Trent Information Technology will be offering a retro gaming table featuring DOOM and DOOM 2. Another World VR will be offering free virtual reality sessions. Join us for prizes, fun, and friendly competition! [Register here.](#)

ACADEMIC SKILLS  
IN THE COLLEGE

WINTER 2026 GRADUATE  
*Programs, Workshops & Events*

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

**Weekly Programs**  
Program runs weekly and covers various academic skills/writing topics. Attend one or all sessions.

**Monthly Workshops**  
Workshops run once this semester. Sign-up and attend virtually.

**Motivation Mondays**  
Mondays from Jan 19-Feb 23 (excl. Feb 16)  
10:30-11:30AM | Zoom

**Jan 29 Writing About Quantitative Data**  
3-4:30PM | Zoom

**Feb 26 Writing about Qualitative Data**  
3-4:30PM | Zoom

**Special Events**

**3 Minute Thesis<sup>®</sup> (3MT) Info Session**  
Jan 19 at 7PM  
WH 226, Trail College or on Zoom

**Mar 12 Thesis Defence Survival Strategies**  
3-4:30PM | Zoom

**Graduate Research Day**  
Multiple sessions on Feb 18  
10AM-4PM | Bagnani Hall, Trail College

**Mar 26 Navigating Academic Publishing**  
3-4:30PM | Zoom

**3 Minute Thesis<sup>®</sup> (3MT) Competition**  
Apr 9 at 7PM | Market Hall, Downtown PTBO

**Scheduling Conflicts? Can't Attend?**  
Visit our website for How-to-Guides, Planning Templates, Referencing Guides, and more!  
[www.trentu.ca/academicskills](http://www.trentu.ca/academicskills)

Scan the QR Code for Information & Registration

Registration (scan QR code)  
Free Food/Snacks!

Visit our Social Media or Email us for more info!

Make an appointment with an Academic Skills Instructor on the Student Experience Portal!  
[www.trentu.ca/sep](http://www.trentu.ca/sep)

Join the Graduate Student Writer's Group and view slide presentations!

@trentuacademicskills  
@TrentUAcademicSkills  
acdskills@trentu.ca

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

Community Speaker Series  
THE GROARKE DEBATE

**DOES IT MATTER IF A GOD EXISTS?**

For millennia, philosophers and others have developed and defended arguments for and against the existence of God. But recently, philosophers have started to explore a distinct question: should we want God to exist? One way to tackle this question is to try to figure out whether things would be better or worse if God were to exist. This presentation will illuminate some important ways to interpret key terms like 'God', 'things', 'better', and 'worse', and will introduce the main arguments on each side of this debate.

DR. KLAAS KRAAY  
Toronto Metropolitan University

Thursday, March 26, 2026  
4:00 p.m. - 6:00 p.m.  
Nozhem Theatre Room 101, Enwayaang,  
Trent University, Peterborough  
Free public lecture

To register, scan the QR code or visit  
[trentu.ca/groarke Debate](http://trentu.ca/groarke Debate)

TRENT UNIVERSITY  
MOMENTOUS CAMPAIGN

Does it Matter if a God Exists?  
Join the Philosophy Department for the annual Groarke Debate on Thursday, March 26<sup>th</sup> from 4-6PM in Nozhem Theatre (ENW 101). Dr. Klaas Kraay, a Professor of Philosophy at Toronto Metropolitan University, who specializes in the philosophical analysis of religious claims, will introduce the main arguments on either side of this debate. [Register here](#)

# What's going on at Trent!

TRENT UNIVERSITY | CAREERSPACE  
OCCASIONAL OPPORTUNITIES, COURSES, CERTIFICATES

## 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](http://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](mailto: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.

## Writing Café

with Academic Skills

Sunday, March 15, 2026  
10 am to 4 pm  
OC Commons  
(Otonabee College)

Join **ustoworkonawrittenassignment** in a **comfy,cozy,communityspace!**  
Come for the day, or a part of the day.

Enjoy baked goods and drinks while you write!

Stay focused! Set writing goals!

Email [acdskills@trentu.ca](mailto:acdskills@trentu.ca) for more information.

Academic Skills Writing Café - Sunday, March 15th, 10 am-4 pm in the Otonabee College Commons (W201)

Join Academic Skills at this relaxed and supportive Writing Café to work on your written assignment(s). Skills Instructors can provide writing support, help you set writing goals, and keep you focused on your task. Individual one-to-one appointments with a Skills Instructor will be available. We will have warm drinks, baked treats, resources, and more. Come for the day, or part of the day - everyone is welcome! [Registration is requested.](#)

## Stressed about an upcoming assignment?

# BOOK A LIBRARIAN

[trentu.ca/library/book-a-librarian](http://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!

trentu.ca/spiritualaffairs

## EAST BANK PRAYER SPACE OC 222



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.).

Learn more about Multi-Faith and Prayer Spaces at [www.trentu.ca/spiritualaffairs](http://www.trentu.ca/spiritualaffairs)  
Questions or feedback? Contact [studentaffairs@trentu.c](mailto:studentaffairs@trentu.c)



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](http://libguides.trentu.ca) or consult with the Library Service Desk.

Share your thoughts

## TRENT'S 10-YEAR INDIGENOUS STRATEGY

Help us shape the next decade of leadership in Indigenous Education and Indigenous Relations

Learn more and get involved:

[trentu.ca/  
indigenous-initiatives/  
presidents-task-force](http://trentu.ca/indigenous-initiatives/presidents-task-force)



Trent Indigenous Strategy Survey Opens February 23. Trent faculty, staff, and students are invited to share their insights through a short survey.

Complete the survey:

[https://trentu.qualtrics.com/jfe/form/SV\\_e5KQaG1Y67tbfGm](https://trentu.qualtrics.com/jfe/form/SV_e5KQaG1Y67tbfGm) from February 23 to March 16, 2026

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

## Want to be Involved in a Food Insecurity Project at Trent University?

The M.A of Sustainability Studies program is conducting focus groups for **International** and **Indigenous** students

March 12 or 19th 12-1pm

Enter a draw for 4  
**\$25** grocery gift cards

Scan the QR code to register:

Contact:  
Stephaniewiatr@  
trentu.ca



The M.A of Sustainability Studies program is conducting focus groups for International and Indigenous students.

March 12<sup>th</sup> - 12-1PM

March 19<sup>th</sup> - 12-1PM

Register [here](#)



# 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: Careerspace**



Careerspace offers appointments, workshops, online resources, and opportunities to connect with employers and recruiters. These services are free for all Trent students and alumni.

Book appointments through the Student Experience Portal!

Follow the link above to explore Careerspace, and keep an eye out for the Winter Expo Series events, the Spring and Summer Micro-credentials, and more!

**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](https://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:

## Alton Brown's Scones

### INGREDIENTS

- 2 cups flour
- 4 tsp baking powder
- 3/4 tsp salt
- 1/3 cup sugar
- 4 tbsp butter
- 2 tbsp shortening
- 3/4 cup cream
- 1 egg
- Handful dried currants or dried cranberries

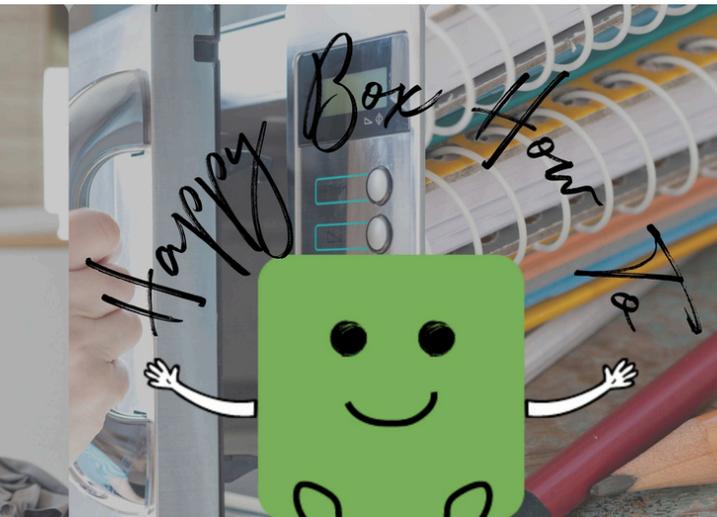
[View the Recipe Here](#)

RECIPE BY  
**Alton Brown**



### INSTRUCTIONS

- Heat oven to 375 degrees.
- In a large mixing bowl, combine flour, baking powder, salt and sugar. Mix well.
- Cut in butter and shortening.
- In a separate bowl, combine cream with beaten egg then add to dry ingredients.
- Stir in fruit.
- Turn dough out onto a floured surface. Roll dough out and cut into biscuit size rounds.
- Bake for 15 minutes or until brown.



How to Make an  
Academic Advising  
Appointment

Featuring  
Tucker the  
Squirrel!

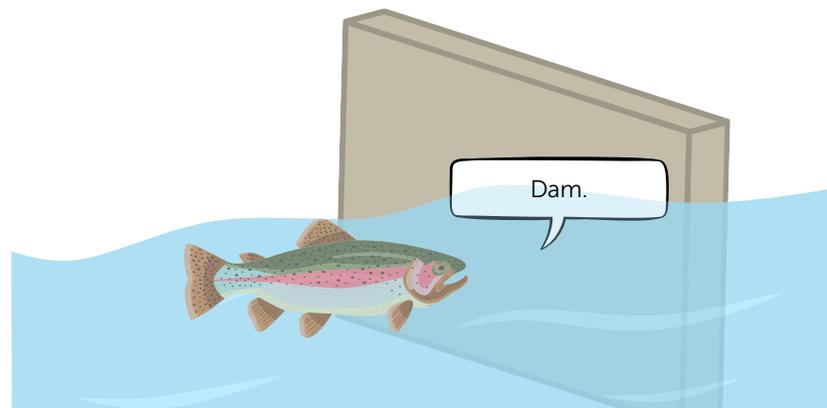


Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

## Trail Mix

What did the fish say when it swam into a concrete wall?

Dam.



# Wellness Resources

[Click Here for More Info](#)

## Spring Cleaning!

The sun is setting later, the air is warming up, and spring is setting in! With more sunshine and warmer weather, you might feel extra motivated to freshen up your space. You might go through your belongings and donate things you don't need or use, deep-clean your house and tidy your spaces, or simply open up your windows to let that lovely spring air in; whatever it looks like for you, there are real benefits to spring cleaning!

Follow the link above for more information about the benefits of spring cleaning, as well as tips for getting started!



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"If poetry does not address public grief in some way, it runs the risk of abandoning one of its great roles and one of its great genres, which is elegy." - Eavan Boland