

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Happy belated Saint Patrick's Day! We had a surprise visit yesterday from the Irish historian and geographer **Christy Roche**. Christy played a key role in the recent ***Nine Ships*** celebration of the 200th anniversary of the Peter Robinson settlers. He is also the author of *From Whence They Came* that looks at the migration from an Irish perspective. Avid readers of Traill Tales will remember that Traill College hosted a special historical debate last August that explored the Irish settlement experience and Indigenous relations. Christy was also at that event (where he kindly supported my greeting in broken Irish). He is a true gentleman! It was great to see him again on Saint Patrick's Day no less.

In other news, this Thursday we will be holding the last ***Symons Seminar Series for Graduate Research*** for 2025-26. After this session, our panel of student judges will be picking the best paper to be presented at the ***Symons Gala*** in April. If you haven't been to a Symons Series session yet – and want to find out what it is all about – don't miss it this Thursday, at 7 PM in Bagnani Hall.

On Friday, it is ***Trent University Spring Open House*** and Traill will be welcoming visitors from 12:00 PM to 4:00 PM. Come by and check out the College on the Hill! We will have Bagnani Hall set up as a court room to highlight the Trent-Swansea Dual Degree Program in Law that is based at Traill. See our Law Library, including the recent donation of law books from the Estate of the late Ann Farquharson'76, who was a proud Traillite.

Finally, don't forget that the next free ***Sunday College Dinner*** will be at Emmanuel United Church this Sunday at 5 PM. Everyone is welcome. As always, it will be first come, first served.

Until next week,



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>

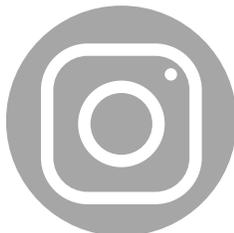
To keep up to date with the college, follow us on social media!

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](#)



ALICE

In Wonderland



TRAILL COLLEGE CABINET FORMAL

MARCH 21ST, 2026 @5:30PM
BAGNANI HALL TRAILL COLLEGE

SCHEDULE:

TEA TIME 5:30PM

DINNER 6:30PM

DANCE 7:30-9:00PM

GET TICKETS AT THE
LINK IN OUR
INSTAGRAM BIO
@TRAILLCABINET
[LINK FOUND HERE](#)



What's going on at Traill!

TRAILL COLLEGE CLASS of

20



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 Traill in 2025, come by the Traill Library in Scott House to sign your class photo!

25

If you want to be immortalized on the walls of Traill College, come by our library in Scott House to sign this year's Traill photo! You can sign even if you aren't in the photo.



Transit Driver Appreciation Day is celebrated annually on March 18 to honor the dedication and service of public transit drivers.

We recognize the essential role transit drivers pay in keeping communities moving safely and efficiently.

Counselling Services available at Traill College

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

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 Traill College! Visit [this page](#) to complete your online registration, then select "Book an appointment at Traill College" or call (705) 748-1386 to book your appointment!



Traill College Merch available on our Marketplace storefront [Found Here](#)
Traill College stickers to be restocked soon!

What's going on at Trent



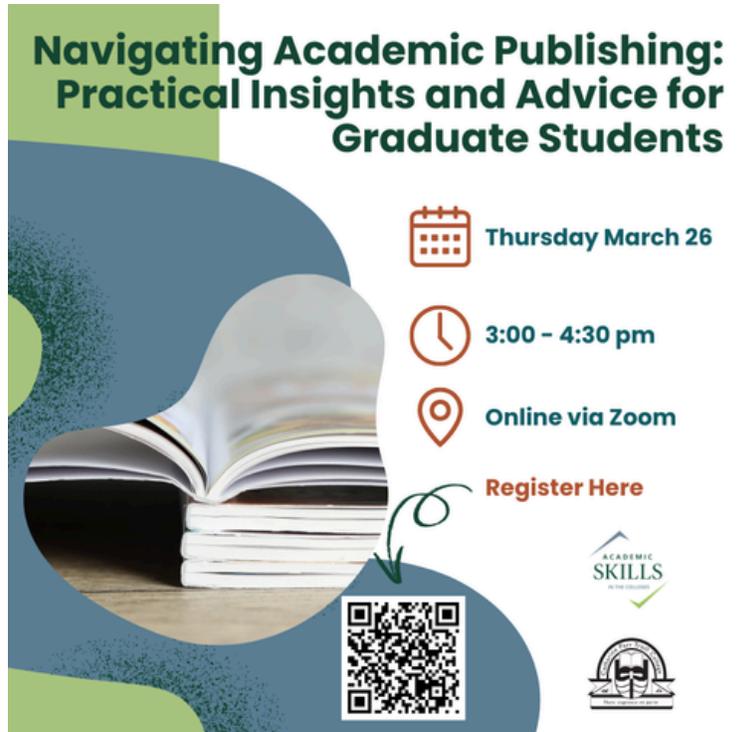
MARCH COMMUNITY LUNCH

Catered by: **The Greek Freak**

MARCH 25TH
Otonabee College Commons

BEGINS AT 1PM
until supplies last!

Free lunch? Say less. The Otonabee College Office is hanging out on March 25th with some seriously good Greek food from The Greek Freak! And yes, it is 100% free! Join them in the OC Commons, starting at 1pm, while supplies last. Pull up, grab a plate, and bring a friend (or three)!



Navigating Academic Publishing: Practical Insights and Advice for Graduate Students

Thursday March 26

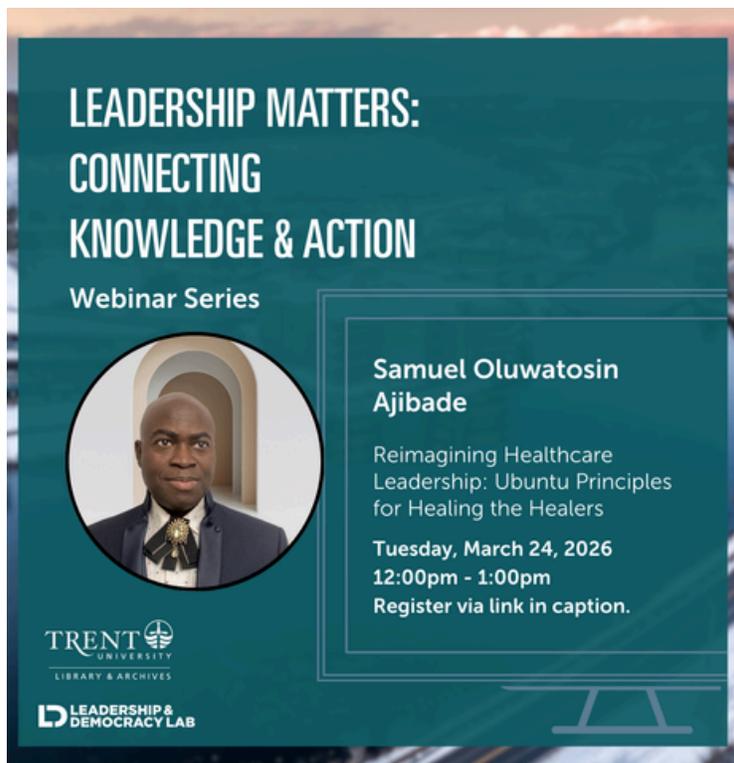
3:00 - 4:30 pm

Online via Zoom

[Register Here](#)



Join Academic Skills and the Library to help you understand the academic publishing landscape. [Register here](#) to learn about: Article publishing myths and what makes an article publishable, Writing strategies and structuring your manuscript effectively, The publishing cycle, including open access and the peer review process, and Selecting appropriate journals while avoiding predatory ones.



LEADERSHIP MATTERS: CONNECTING KNOWLEDGE & ACTION

Webinar Series



Samuel Oluwatosin Ajibade

Reimagining Healthcare Leadership: Ubuntu Principles for Healing the Healers

Tuesday, March 24, 2026
12:00pm - 1:00pm
[Register via link in caption.](#)



Reimagining Healthcare Leadership, Ubuntu Principles for Healing the Healers:

Learn about Ubuntu leadership as an ethical and relational framework for healing moral injury and burnout among frontline healthcare workers after the COVID-19 pandemic. 12:00pm – 1:00pm on Tuesday, March 24, 2026. Presented by Samuel Oluwatosin Ajibade.

[Read More and Register](#)



LEADERSHIP MATTERS: CONNECTING KNOWLEDGE & ACTION

Webinar Series



Dr. Sarah West

Science of Motion, Art of Leadership

Thursday, March 26, 2026
12:00pm - 1:00pm
[Register via link in caption.](#)



Science of Motion, Art of Leadership:

Join Dr. Sarah West, Trent University's Dean of Science, as she shares her journey through academia, into administration as a female academic leader and researcher in the field of kinesiology and health. 12:00pm - 1:00pm on Thursday, March 26, 2026. Presented by Dr. Sarah West.

[Read More and Register](#)

What's going on at Trent!

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.

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

Special Events

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

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

3 Minute Thesis® (3MT) Competition
Apr 9 at 7PM | Market Hall, Downtown PTBO

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

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

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

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

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

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

Make an appointment with an Academic Skills Instructor on the Student Experience Portal!
www.trentu.ca/sep

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

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

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/groarkedebate

TRENT UNIVERSITY
MOMENTOUS CAMPAIGN

Does it Matter if a God Exists? Join the Philosophy Department for the annual Groarke Debate on Thursday, March 26th 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](http://trentu.ca/groarkedebate)

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 Community Research Centre
CONSENT @ TRENT

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. 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.

TRENT UNIVERSITY
SPIRITUAL AFFAIRS

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

Jewish students of all backgrounds are invited to come share about their experiences on the Trent campus. All culturally or religiously identifying Jewish students are welcome. Pre-registration is required. [REGISTER HERE](#)

Jewish students of all backgrounds are invited to come share about their experiences on the Trent campus. All culturally or religiously identifying Jewish students are welcome. Pre-registration is required. [REGISTER HERE](#)

What's going on at Trent!



INTERESTED IN MICRO-CREDENTIALS?

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

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



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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.

A poster for a food insecurity project. It features various colorful illustrations of vegetables like broccoli, tomatoes, onions, carrots, and leafy greens. The text is centered and reads: "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", and a QR code at the bottom right.

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 19th - 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: Spiritual Affairs

Trent University Spiritual Affairs is responsible for:

- Coordinating the Multi-Faith Network - One-to-one spiritual support with volunteer Chaplains and Community Liaisons
- Events and programming on themes of spirituality, identity, and equity
- Recognition of religious holidays and observances via social media
- Advice on religious accommodation for academic requirements
- Maintenance of the Multi-Faith Room on campus - a space for reflection, prayer or quiet contemplation
- Supporting dialogue across religious diversity in the campus community
- Liaising with faith-based clubs on campus
- Maintaining a local directory of places of worship
- Referrals to other campus supports as needed



**Wanna
Talk
About It?**

Weekdays 12-3 PM

Student Centre 3.04

**Free. Confidential.
We have snacks.**

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

**PEER
SUPPORT**



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:

Lemon Chicken Orzo Soup

INGREDIENTS

- 4-6 ounces chicken breast and 8 cups chicken stock
- 5 cups water
- 1/2 onion, quartered
- 1 Bay leaves
- 1 tsp salt, more to taste
- 1/2 extra large onion or 1 leek, diced
- 2 cloves garlic, rough chopped
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/2-1 tablespoon olive oil
- 1/2 tablespoons toasted coriander seeds (or 1/2 tablespoons ground coriander)
- 1 lemon (1/4-1/2 cup fresh lemon juice and 1 tablespoon lemon zest)
- 1/2 cup dry orzo (If you want thicker soup you could add 1/2 - 1 cup more orzo. Basically, if you are serving all the soup right away, use more orzo. If you are saving some soup for the next day, the orzo will quadruple in size leaving you with no broth. Up to you.)
- 1/8 cup chopped dill, more for garnish
- Garnish: Dollop Sour Cream (optional) or creme fraiche and sprig of dill

[View the Recipe Here](#)

RECIPE BY

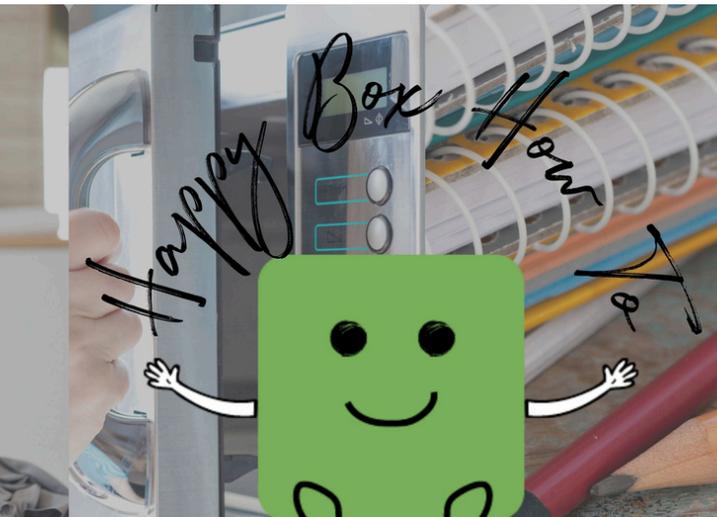
Sylvia
Fountainne



INSTRUCTIONS

- Season chicken with salt and pepper.
- In a heavy bottom pot, over medium-high heat, brown the chicken in olive oil, on each side til golden and fragrant, then set aside (no need to cook through).
- In the same pot sauté onion in oil until tender and fragrant, about 4 minutes.
- Add garlic, celery and carrots and continue sautéing 3- 4 more minutes. Add 8 cups chicken stock, add the bay leaves, 2 teaspoons salt, and the chicken and bring to a simmer, scraping up the brown bits, simmering gently, uncovered until the chicken is cooked through and pulls apart easily with two forks, about 20-30 minutes.
- Toast your Coriander seeds and crush them and add them to the soup along with lemon zest. Bring to a simmer.
- Add Orzo and let simmer uncovered stirring occasionally for about 10-15 minutes. At this point soup will still seem pretty brothy, but it will thicken up. Once the orzo is cooked through, add a 1/4 C chopped fresh dill and juice from one lemon.
- Taste and add more salt and lemon to taste. If it is bland, add more of each, or try a chicken bouillon cube as a last resort.
- Serve with a sprig of dill and a dollop of sour cream or creme fraiche.

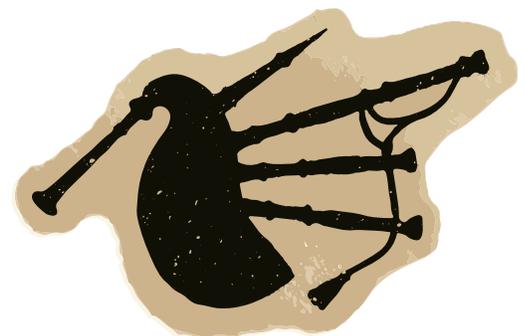
*Ingredient portions and instructions for 1/2x original recipe



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

Trail Mix

How do musicians show off on St. Patrick's Day?
They play the brag-pipes.



Wellness Resources

[Click Here for More Info](#)

The Benefits of Reading

Here at Traill College, our many libraries are a reminder of how important reading is to all sorts of disciplines.

For more information on how reading can improve your sleep, improve mental strength in older adults, increase your empathy, and build a broader vocabulary click the link above.

READING IS WHAT?



Reading strengthens your brain, improving cognitive function and increasing attention span

○

Literary fiction in particular increases feelings of empathy in its readership

○

With greater reading comprehension comes a wider vocabulary

○

Reading print books before bed can help reduce the time it takes to fall asleep and improve the overall quality of your sleep

FUNDAMENTAL.



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"I declare after all there is no enjoyment like reading!"

-Jane Austen