

# TRAILL TALES

Catharine Parr Trill College  
Trent University



## A message from our College Principal

Dear Traillites,

Last Sunday we combined our traditional Lunar New Year dumpling-making event with one of our free College Dinners. Neither event was new at Trill, but it was the first time we had combined them and we were unsure how it would work out. Would we have too many people? Would we have enough food? As it turns out, any anxiety was entirely unwarranted. From 3 PM to 5 PM, over 50 people made dumplings in the SCR. Just before 5 PM, we served chicken, tofu, spring rolls and rice in the William and Nona Heaslip Multipurpose Room along with hundreds of hand-made dumplings. Almost 120 people joined us for the festive dinner. Many thanks to all the Trill College volunteers that made it happen. However, a special thank you to new Trill alumna "**Sunny**" **Ying Che** for planning the event, organizing the chefs, and decorating the College. The spirit of Trill students and alumni is strong and I am so proud of all their hard work!

The **Lunar New Year** occurred last Tuesday on a rare and wonderful convergence of faith-based observances. **Ramadan** also started on that day, as did the Jewish month of **Adar**. On the following day, the Christian observance of **Lent** began. Of course, each observance is unique and replete with its own traditions and meanings. The Lunar New Year and Rosh Chodesh Adar, for example, are joyful events marking new beginnings and extending wishes of good health and prosperity. Ramadan and Lent are more solemn, marked with fasting, prayer, and reflection. For those who are currently observing, I want to extend the best wishes of the College. Celebrating goodness, engaging in charity, and taking time for self-reflection are also core values of Trill College. No matter our diverse opinions, or wonderful differences, we Traillites share a core belief that education is a means to a better end. That is to say, through our studies we make ourselves better. And, when we are better people we are compelled to go on and make the lives of those around us better too.

Don't miss the February installment of the **Symons Seminar Series for Graduate Research**. Join us on Thursday, February 26<sup>th</sup> in Bagnani Hall at 7 PM. As always, free refreshments will be served.

Finally, don't forget that our official **2025 College Photo** is ready to be signed in the College Library. Even if you couldn't be there in person, we still would like you to sign the mat and be part of the College's history!

Until next week,

A handwritten signature in black ink, appearing to read "Michael...", written in a cursive style.



# 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>

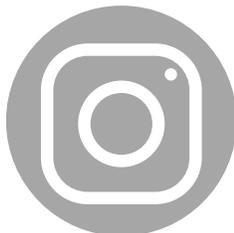
To keep up to date with the college, follow us on social media!

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](#)

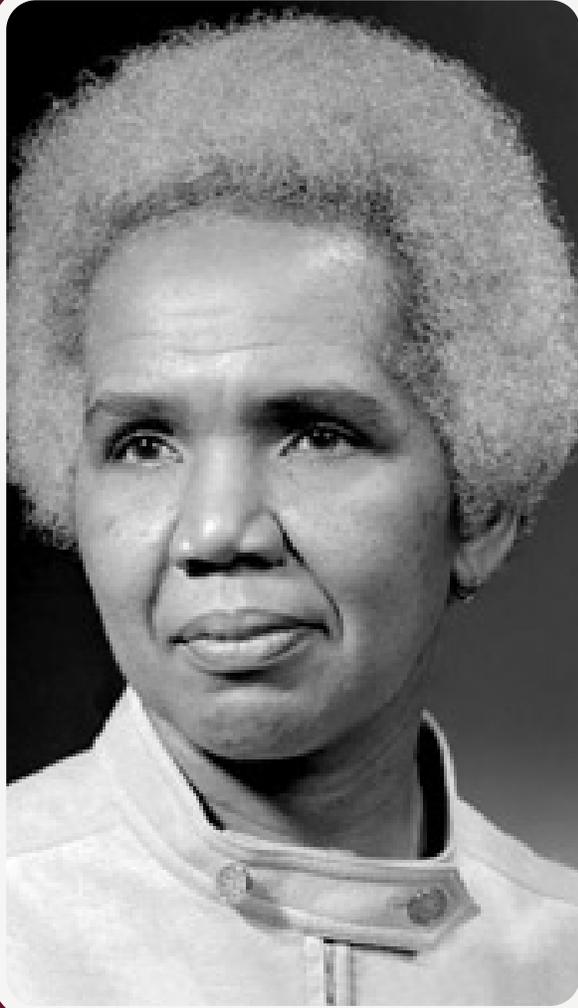


[trailcollege](#)



# ROSEMARY BROWN

## Black History Month in Canada



**B. 1930**



**"Until all of us have made it,  
none of us have made it."  
– Rosemary Brown**



**D. 2003**

Rosemary Brown was a Jamaican-born Canadian who used her background as a social worker, immigrant, and woman of colour to advocate for Black/brown Canadians, women's autonomy, workers rights, and Canadians with disabilities. In 1972 she was the first ever Black woman to be elected to a provincial legislature in Canada. For more information on Brown's life and accomplishments, please click [here](#) to read her description from the Legislative Assembly of BC, and [here](#) for information on what the Canadian Women's Foundation is doing to honor Rosemary as one of their founding members.



# Thomas H. B. Symons SEMINAR SERIES



Syantani Choudhury



Minh Thao Nguyen Duong



Irina Badell

**Bengali Art  
Cinema and the  
New Woman**

**The  
accumulation and  
translocation of  
rare earth  
elements in rice  
(*Oryza sativa*)**

**How long has a  
cadaver been  
dead? DNA  
methylation  
helps us find the  
answer**

**Bagnani Hall  
Trail College**



**February 26, 2026  
7:00 PM**

**A Synthesis of Science and Humanities Research  
Unlike Any Other Seen Before!**

# What's going on at Traill!

## Writing about Qualitative Data for Grad Students



Thursday  
February 26



3:00 - 4:30 pm



Online via Zoom

[Register Here](#)



Are you planning to include qualitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis of qualitative data, the process of analysis, a discussion of NVivo analytic software, how to create and write about themes, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in your thesis

## TRAILL COLLEGE CLASS of

# 2

# 0



*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!

## 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!

**A** Traill College Formal

**DONT BE LATE, SAVE THE DATE**

Follow us @traillcabinet

When: March 21<sup>st</sup>, 2026

Where: Traill College Bagnani Hall

Don't Be Late, Save the Date!  
Traill College Formal.  
When: Saturday, March 21st, 2026  
Where: Bagnani Hall, Traill College  
Keep your eyes peeled for updates on our Instagram @traillcabinet

# 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.

**east vs west**  
**2026**

SATURDAY, FEBRUARY 28<sup>TH</sup>, 2026  
PETERBOROUGH MEMORIAL CENTER  
151 LANSDOWNE ST W

East vs West is BACK! Traillites are officially West Bankers - come out to support West Bank in the ultimate showdown at the annual East vs. West Charity Hockey Game at the Peterborough Memorial Centre! FEB 28th, 2026. Doors open at 5pm. Faculty and alumni game at 6 and student game at 7PM. Tickets available [here](#) and proceeds will go toward Kids Against Hunger Canada.

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](http://www.trentu.ca/academicskills)

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!

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!

**Buddhist Meditation**  
February 26th  
Bata Library: BL 202

TRENT UNIVERSITY  
OFFICE OF STUDENT AFFAIRS

TRENT UNIVERSITY  
SPIRITUAL AFFAIRS

Join Trent Spiritual Affairs for a Buddhist meditation with [the Buddhist Place](#). Facilitators will offer some Buddhist teachings along with a guided, 30-minute meditation. Limited seating and meditation cushions will be available. This event will be capped at 15 people; beginning meditators are welcome. [REGISTER HERE](#)

# What's going on at Trent!

TRENT UNIVERSITY CAREERSPACE COLLEGE OF CAREERS & EXPERIENTIAL LEARNING

## 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](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.

12th Annual 3-Minute Paper Competition

7PM NOZHEM THEATRE, ENWAYAANG  
Livestream available at [trentu.ca/3mp](http://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](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](https://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.).

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](https://www.trentu.ca/spiritualaffairs)  
Questions or feedback? Contact [studentaffairs@trentu.ca](mailto:studentaffairs@trentu.ca)

ANNUAL  
COLLEGE  
AWARDS

## ALL COLLEGES AWARDS

Nominate a deserving student by February 27.

Each award includes a financial prize!

Learn more at [trentu.ca/college-awards](https://trentu.ca/college-awards).



All Colleges Awards Are Back!

Nominate a deserving student by February 27.

Each award includes a financial prize!

Learn more at [trentu.ca/college-awards](https://trentu.ca/college-awards).

## 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](https://trentu.ca/indigenous-initiatives/presidents-task-force)



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. This strategy will be the roadmap to strengthen our commitments to truth, reconciliation, and Indigenous-led learning across our campuses and in partnership with Indigenous Peoples and local First Nations. Trent faculty, staff, and students are invited to participate in this important survey. The survey will take approximately 10-15 minutes to complete.

Complete the survey: [https://trentu.qualtrics.com/jfe/form/SV\\_e5KQaG1Y67tbfGm](https://trentu.qualtrics.com/jfe/form/SV_e5KQaG1Y67tbfGm) 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/>



# 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 valuable learning tools with an opportunity to gain practical, hands-on experience to put you at the top of the list. This unique program allows students and alumni to get an inside look at the career landscape, while gaining meaningful experiences and necessary perspectives. Opportunities are available both through the university and in the broader community.

Careerspace is available to you at any point during your time at Trent. We encourage students to not wait until their final year to connect with them.

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

**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



## 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](http://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:

## Ridiculously Easy Bean Salad

[View the Recipe Here](#)

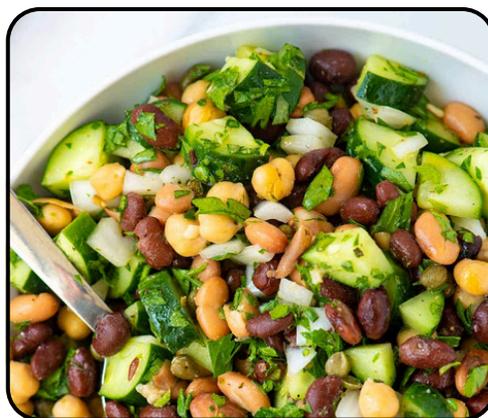
### INGREDIENTS

- 3 (15oz) cans of beans, drained and rinsed or use 4 ½ cups cooked beans
- 1/2 medium onion, finely chopped, about 3/4 cup
- 1 medium cucumber, finely chopped, about 2 cups
- 3 tablespoons drained capers
- 1/2 cup (60g) finely chopped fresh parsley
- 3/4 teaspoon dried oregano

#### For the Dressing

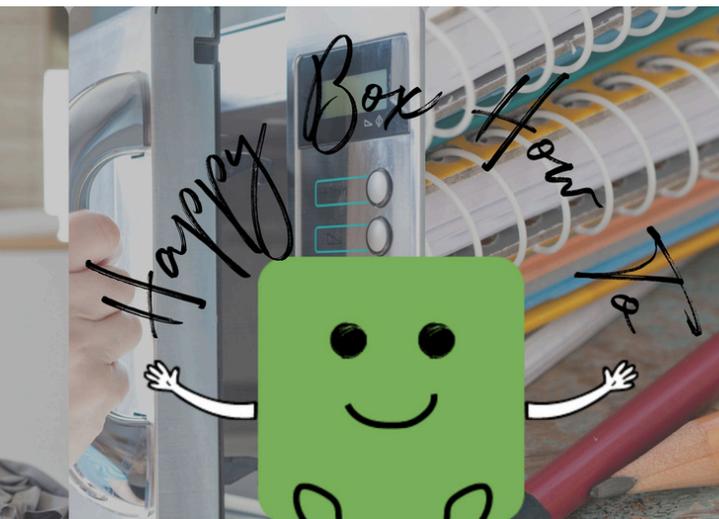
- 1/4 cup (60ml) red wine vinegar
- 1/4 cup (60ml) extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons honey or maple syrup, optional
- 3/4 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon fresh ground black pepper

RECIPE BY  
**Joanne  
Gallagher**



### INSTRUCTIONS

- Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. This step helps to remove some of the "raw" flavor of the onion so that it does not overpower the salad.
- Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in 1 to 2 teaspoons of honey or maple syrup to balance out the vinegar.
- Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.
- The salad will keep stored in an airtight container in the fridge up to 4 days.



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

## Trail Mix

What do you call a fish wearing a bowtie?

Sofishticated.



# Wellness Resources

[Click Here for More Info](#)

## Sleep Hygiene

Everyone deserves a good night's sleep, but getting one can be easier said than done! It's important to create a calming space for rest, to avoid eating or drinking things that can disrupt your sleep, and to create a relaxing bedtime routine that helps you set aside the stress and excitement of daily life. If counting sheep just isn't cutting it, try implementing some of these sleep hygiene tips to drift off into sweet dreams.

Click the link above for more information and sleep hygiene tips!



**SLEEP**

**TIPS FOR BETTER SLEEP:**

**CREATE A SLEEP SANCTUARY**  
Reduce noise and light, make sure your pillows and mattress are comfortable, and keep your room cool

**EAT AND DRINK RIGHT**  
Alcohol, caffeine, and nicotine can negatively impact sleep. Eating large meals too close to bedtime can disrupt sleep too! Eat large meals three hours before bedtime for a good night's rest

**CREATE A BEDTIME ROUTINE**  
A consistent bedtime routine can improve sleep quality. Try stretching, progressive muscle relaxation, and breathing practices to wind down before turning in, and avoid electronics 30 minutes before you want to fall asleep



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"We must open the doors and we must see to it they remain open, so that others can pass through" - Rosemary Brown