

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

On Thursday evening, we will be having an all-colleges dinner to say goodbye to **Bridget Larocque**, our 44th Ashley Fellow. The Ashley Fellow is a program administered by all the Colleges at Trent. It was created in 1976 in memory of Professor **C.A. Ashley**, whose erudition and lived experiences had inspired founding president **T.H.B. Symons**. Living for a couple of weeks in a College, the Ashley Fellow spends their time formally, and informally, interacting with students, faculty, and staff. This year, Traill College hosted the Ashley Fellow and we could not be more happy with Bridget who so generously shared her wisdom, insight, energy, and humour. We wish her well on her travels and hope that she will return soon to the College on the Hill.

In other news, nominations for **Traill Cabinet** will be opening soon. Cabinet is the student government at the College and we need hardworking, empathetic, visionary students to help lead student life next year. If you are interested in making a difference through student government, click on the Cabinet website for more information:

<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

Nomination forms and election dates will be posted soon.

Finally, a reminder to everyone that Traill College **will be closed** for Family Day on Monday, 19 February. We are open from 9 AM to 10 PM for the remainder of Reading Week. For our indefatigable Continuing Education students, don't worry as classes will continue as normal. Please note that food services at **The Trend** will end on Friday, 16 February at 3 PM and not resume until Monday, 26 February at 8 AM.

Take care and have a safe, restful and productive Reading Break,

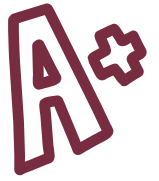
A handwritten signature in black ink, appearing to read "Michael Eamon".



(From Left to Right: Bridget Larocque, Michael Eamon, Frederica Scarpa)

# 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](#).

Trill 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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner

TRAIL CABINET  
Student Cabinet Elections  
2024

Nominations Open Now

CATHARINE PAIR & ASSOC. ACAD. ADVISOR TRAIL COLLEGE CABINET

Fill out the nomination form on our website

Spring Elections have begun! Find the nomination package on our website, nominations close Mar 3

## Swag Shop



*Click [here](#) to view our swag shop and order online!  
Pick up orders and pay with cash at the College Office.*

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



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

For the most up to date information on Trent University's response to COVID 19 visit:  
<https://www.trentu.ca/coronavirus/>





# Backwoods Baking Presents:

## EASY MINISTRONE SOUP

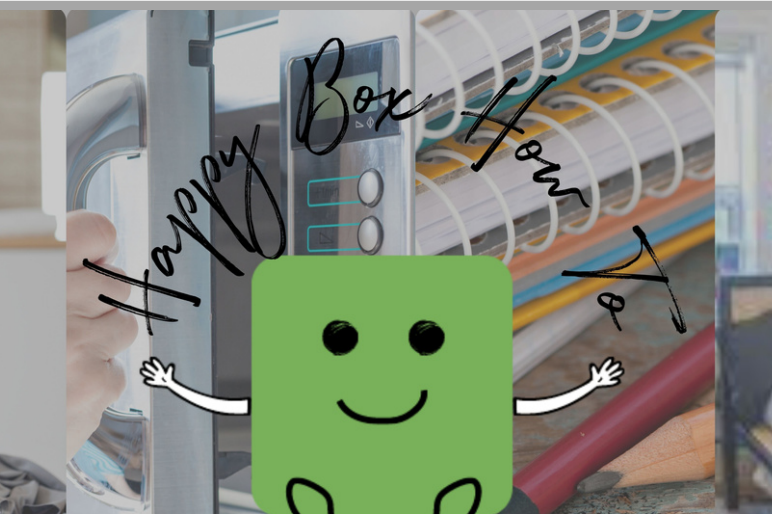
[Find the Full recipe here](#)

### INGREDIENTS

- 1 yellow onion
- 2 cloves garlic
- 4 carrots
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 can diced tomatoes
- 1 can kidney beans
- 1 can chickpeas
- 1 tbsp Italian seasoning
- 4 cups vegetable broth
- 1 zucchini
- 1 cup frozen green beans
- 1 tbsp lemon juice
- 1 tbsp chopped parsley (optional)

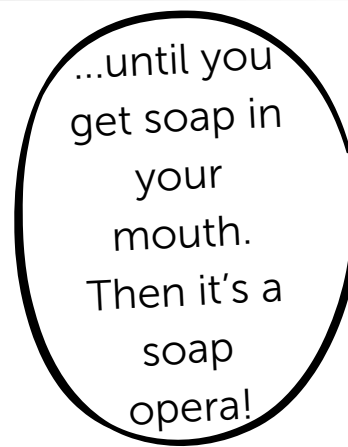
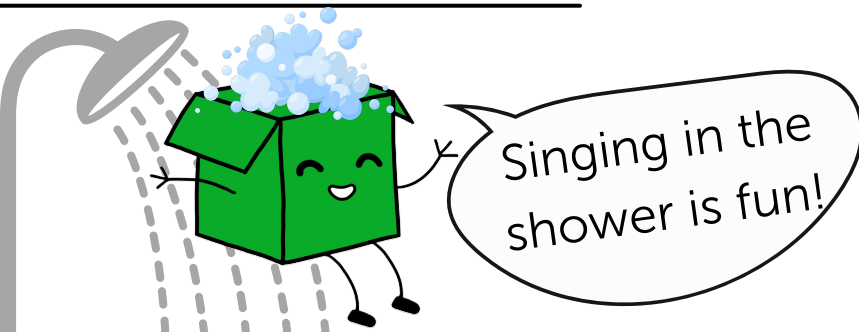
### INSTRUCTIONS

1. Dice onion, mince garlic, and slice carrots. Saute with olive oil in a large pot over medium heat for about 5 minutes.
2. Add tomato paste and cook for 2-3 minutes.
3. Drain and rinse kidney beans and chickpeas. Add to pot along with diced tomato, Italian seasoning, and vegetable broth.
4. Cover soup and simmer for about 20 minutes. Meanwhile, slice zucchini.
5. After 20 minutes, add Zucchini, and green beans and cook 5-10 minutes.
6. Add lemon juice, parsley, and any extra seasonings to taste.



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

## Trail Mix



# What's going on at the College on the Hill?



## TRAIL COLLEGE IS HIRING!

Do you have college spirit? Do you want to be a part of a supportive team? Apply today! Trail College has 2 summer positions available:

- ▶ **Events & Programming Intern** (JOB ID #34387)
- ▶ **Outreach & Orientation Facilitator** (JOB ID #34384)

Apply through the Job Board on your Student Experience Portal!

**Deadline: February 16, 12pm**

Trail College is hiring for summer positions! The available positions are: Events and Programming Intern, and Outreach and Orientation Facilitator. Apply through the job board on the Student Experience Portal before February 16.

### WINTER FUNDING APPLICATIONS NOW OPEN!

Applications Due Feb 20 @12pm



Fill out the application form and send it and supporting documents to [trailcabinet@gmail.com](mailto:trailcabinet@gmail.com)



! Find the form on our website

<https://www.trentu.ca/colleges/trail/belong/college-cabinet>



Calling all Clubs & Groups! Apply for winter funding using the application form and email it (and your additional documents) to [trailcabinet@gmail.com](mailto:trailcabinet@gmail.com) by Feb 20, 12pm. Form can be found on our website [here](https://www.trentu.ca/colleges/trail/belong/college-cabinet)

## TRAIL CABINET

# Student Cabinet Elections 2024

**Nominations Open Now**



Fill out the nomination form on our website

If you want to be a part of Trail Cabinet for the 2024/25 year, nominations are now open! Find the nomination package on our [website](https://www.trentu.ca/colleges/trail/belong/college-cabinet) and email it to [trail@trentu.ca](mailto:trail@trentu.ca) before March 3rd.



# What's going on at Trent University?



ACADEMIC SKILLS  
IN THE COLLEGE



**MOTIVATION**  
*Mondays*

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
  - Impostor syndrome
  - Distractions
  - Writers block
  - Burnout

Every Monday  
10:30 to 11:30  
Starting January 22



TRENT UNIVERSITY  
CONTINUING EDUCATION



**CONTINUE YOUR Education**  
**Expand YOUR MIND**

REGISTER NOW FOR WINTER-SPRING 2024 CONTINUING EDUCATION CLASSES  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Motivation Mondays are back, with a vengeance!  
With support from Academic Skills you can get weekly help with various support structures available to you!

Interested in lifelong learning? Take a look at what's offered by continuing education. There are over 30 offerings that you can find on the website [here](#).



**Social Group  
for Autistic  
Students**

MEETING TUESDAYS FROM  
3:30PM-4:30PM  
BLACKBURN HALL RM 135

CONNECT | DE-STRESS | CREATE

YOU DO NOT NEED TO BE REGISTERED WITH SAS TO ATTEND THIS GROUP.  
MORE INFORMATION CAN BE FOUND BY EMAILING  
CHLOE AT [CDEVLIN@TRENTU.CA](mailto:CDEVLIN@TRENTU.CA)

Join Student Accessibility Services on Tuesdays from 3:30 to 4:30 pm for a drop-in style social group for autistic students! You do not need to be registered with SAS to attend - all are welcome. Find us in Blackburn Hall, room 135. You can email questions to [cdevlin@trentu.ca](mailto:cdevlin@trentu.ca) for more information.



IT'S BACK!!!!

**ADHD  
GROUP**

Join us in the SAS Group Room on Thursdays from 3:30-4:30 PM for a relaxed discussion with peers about tips and tricks!

Drop-in friendly!

In Blackburn Hall RM 135

The Student Accessibility Services group is back! Join us on Thursdays from 3:30 to 4:30 pm in Blackburn Hall, room 135. You do not need to be registered with SAS to attend - all are welcome. Email [cdevlin@trentu.ca](mailto:cdevlin@trentu.ca) for more information.

# What's going on at Trent University?

**STEPS**  
Skills To Enhance Peer Support

## RISE

Respecting Individuals & Supporting Equality

Tuesday, February 20th  
1pm - 3pm  
Click below to register!



STEPS aims to develop skills to empower student participants to feel comfortable providing resources and referrals to members of the Trent community, and beyond, who may be experiencing moments of distress. [Click here](#) for more information.



## CAREER PEERS

### Upcoming Drop-In Sessions

Champlain Great Hall  
Wednesday, February 28 | 10 - 2

Freedom Lounge  
Thursday, March 1 | 10 - 1

Need some help with your resume or cover letter? Not sure where to find a job? Check out the upcoming Career Peer drop-in times! No registration required.



## Graduate Writing and Research Week

■ Winter Reading Week  
■ February 20 to 23

Oral Presentations & Visual Design

Virtual workshops for graduate students  
Choose workshops that interest you

- Literature Reviews & Proposals
- Fundamentals of Graduate Writing & Revision
- Research Strategies & Citation Management

During the winter reading week (February 20 to February 23) Academic Skills and Trent Library will present virtual workshops for graduate students. The workshops will focus on topics that are relevant to graduate students as they work through their course work and research projects. [Register here.](#)

## Waste Challenge

Do you have what it takes to become... The Champion?

Lady Eaton VS Trail VS Otonabee VS Durham VS Gzowski VS Champlain

Trent's SO, in partnership with Food Services, is challenging the colleges (& Durham) to be the best sorters of waste. Less than 10% of waste generated on campus actually belongs in the garbage - are you recycling and composting properly?

Contest Dates:  
Feb 1-16

Winner to be announced on March 28th!



We're launching a Trent-wide Waste Challenge to foster better sorting of waste with all Trent students. Colleges (and Durham) will be competing against each other and ONE will be named the Champion! The challenge runs from February 1-16, 2024. Volunteers will audit the waste during this period to measure which college sorts the best!

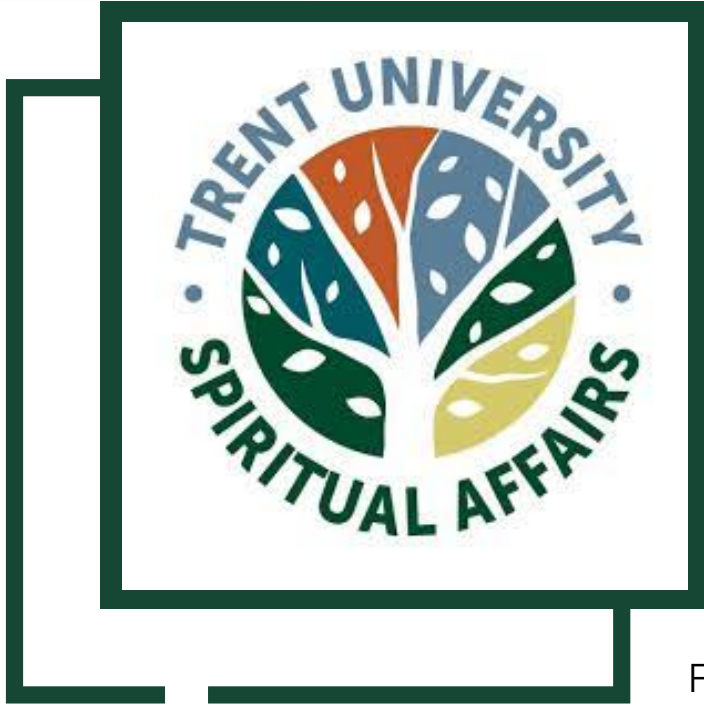




# Student Supports

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!

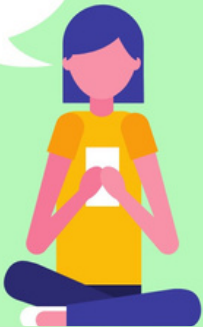


## This week we are highlighting: **Trent's Multi-Faith Network!**

Trent University works with a group of volunteer Chaplains and Community Liaisons from various faith traditions in the community. Chaplains are available for one-on-one appointments with students, and are trained to provide support and counseling to students. Community Liaisons, while not formally trained to provide spiritual care, can offer a point of connection with the faith group they represent. They can share information about the faith, service times, meeting locations, and may be able to discuss questions of an ethical, spiritual or religious nature with students.

Find out more [here](#)

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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

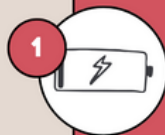
## Reading Week is coming up!

Your reading week doesn't have to be busy to be fun. Sometimes simple things like spending time with family, getting a head start on school work or just resting can enhance your quality of life and give you the boost you need to finish the semester strong.

Here are a few tips to make the most of your break.

[Click for more information](#)

## Make the most of your break



### 1 Rest and take time for self-care

A break is a great time to reset your sleep schedule.

Sleep in, take naps or go to bed early. Most people need **seven to nine hours of sleep each night** to stay healthy and focused.



### 2 Reconnect with friends and family

Being away from home and family can feel lonely. The break can be a time to catch up with loved ones

Use your time over break to see friends or visit with your family. **Plan fun activities** like a game night or special dinner.



### 3 Take a trip or explore PTBO

Check out a new or familiar town. You have lots of options for different budgets.

Make your break a staycation or travel somewhere! Try a new restaurant, catch a show, visit the museum, or take a walk if the weather is nice.



### 4 Catch up on schoolwork or start your summer job search

Use this time to get a head start on final projects or job hunting

While it might not sound fun, taking care of your to-do list can relieve stress and help you get ready for the end of the semester.



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"We all require and want respect, man or woman, black or white. It's our basic human right."  
-Aretha Franklin