

# TRAIL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

Happy first week of Spring, although you would be forgiven for thinking it really doesn't feel too spring-like. Although cold outside, we are keeping warm inside by planning several exciting events.

Tonight, is the final session of the popular **Writers' Reading** for the year presented by the Department of English Literature. It all begins at 7:30 PM in the Junior Common Room in Scott House. Three faculty writers will be featured. Everyone is welcome and free refreshments will be served afterwards.

If you are an undergraduate student, the **Cabinet's End-of-Year Formal** will be held at the Publican House on Saturday evening. If you want to dress up (which is encouraged), this year's theme is Space Cowgirls. I have been told that this requires an outfit with a lot of denim and an appropriate cowgirl hat. I am still not quite sure where the space part comes in, but will soon find out! However, if you want to find out for yourself, you can get more information and purchase a ticket at: <https://forms.gle/2tx1anTGJX3QyhzZ8>

Next week, we will have the last **Symons Seminar Series for Graduate Research** of the year. Come out on Tuesday at 7 PM to Bagnani Hall to hear thought-provoking research, meet some really interesting grad students and enjoy a lot of free snacks! Our organizing committee is already planning the end-of-year **Symons Gala** where the best paper of the year will be presented at a formal banquet. The Gala is planned for the evening of April 11th at Bagnani Hall. Stay tuned to *Traill Tales* for more information on how to obtain tickets to the great graduate student event.

Until next week!

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive.



# Needing an Appointment?

# Looking to book an academic appointment?



[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.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

## Cabinet Corner

**SPACE COWGIRLS**  
**TRAIL CABINET FORMAL & TRAIL COLLEGE AWARDS**  
SAT. MARCH 23  
6PM  
PUBLICAN HOUSE  
(294 CHARLOTTE ST)  
TICKET INCLUDES DINNER, 1 DRINK & AFTER PARTY  
\$25  
YEE HAW  
CATHARINE PARTRIDGE  
TRAIL COLLEGE  
QR CODE

Tickets are \$25 and include a full dinner, a drink, and the after party. Click here to purchase tickets!

## 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:

## Jumbo Breakfast Cookies

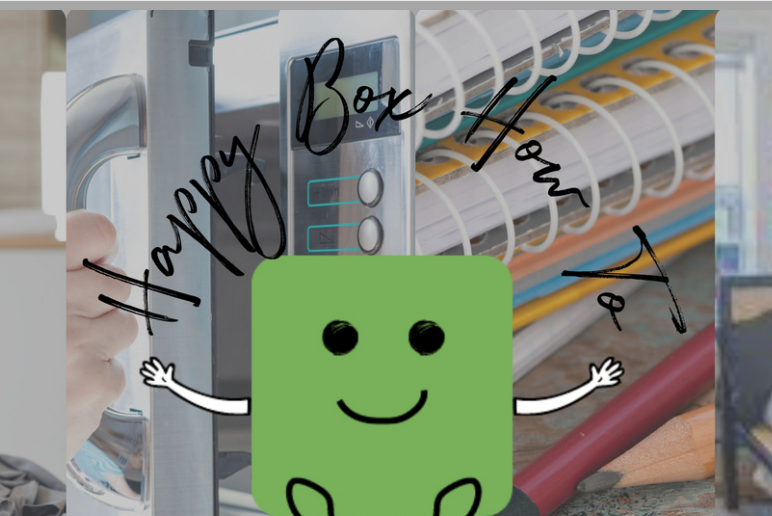
[Link](#)

### INGREDIENTS

- 2 cups white sugar
- 1 cup peanut butter
- 1 cup butter or margarine
- ½ cup water
- 2 tablespoons vanilla extract
- 2 eggs
- 2 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 ½ cups rolled oats
- 1 ½ cups raisins
- 6 cups Cheerios®

### INSTRUCTIONS

- Preheat the oven to 375 degrees F (190 degrees C).
- In a very large bowl, mix together the sugar, peanut butter, butter, water, vanilla and eggs until smooth. Combine the flour, baking soda and salt; stir into the batter. Mix in the oats and raisins, then carefully stir in the cereal. Drop 1/2 cups of dough onto ungreased cookie sheets, spacing cookies about 4 inches apart. Flatten cookies to 1 inch thick.
- Bake for 12 minutes in the preheated oven, until cookies are lightly browned at the edges. Let stand on the cookie sheets for 5 minutes before removing to wire racks to cool completely. Store at room temperature.



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

## Trail Mix

What do clouds wear under their shorts?

Thunder pants!



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

**SPACE COWGIRLS**  
**TRAIL CABINET FORMAL & TRAIL COLLEGE AWARDS**

SAT, MARCH 23  
**6PM**  
**PUBLICAN HOUSE**  
 (294 CHARLOTTE ST)

**\$25**

TICKET INCLUDES  
 DINNER, 1 DRINK &  
 AFTER PARTY

CATHARINE PARR  
 TRAIL COLLEGE  
 CABINET

YEE HAW

Saddle up and blast off to Traill Formal 2024! Happening Saturday March 23 at 6pm at the Publican House. Tickets are \$25 and include a full dinner, a drink, and the after party. [Click the link here to get your tickets!](#)

**Trent University's**  
**2024 3MT<sup>®</sup>**  
**Competition**

**Save the date and join the audience!**

Thursday, April 18th  
 @ 7 pm  
 Market Hall, Peterborough

ACADEMIC SKILLS  
 TRENT U

Join us for the 2024 Three Minute Thesis Competition, where graduate students meet the ultimate challenge: to explain their complex research in just three minutes, using only one Power Point slide! [Click here](#) for more information.

**CALL FOR RECIPES!**

2024 marks Traill's 60th anniversary! To celebrate this milestone we are creating a cookbook and would like current and former students to be a part of it! Share your cherished recipes and memories and be entered into a draw to win some Traill swag!

Email submissions to [traill@trentu.ca](mailto:traill@trentu.ca)

Submit a recipe for your chance to win a hoodie, notebook, and mug

In celebration of Traill's 60th anniversary we are creating a cookbook and would like to include recipes from students and alumni! Send your recipes and photos to [traill@trentu.ca](mailto:traill@trentu.ca) and be entered to win some Traill merch.!

Announcing the March Presenters in the Symons Series on Graduate Student Research

**THOMAS H.B SYMONS SEMINAR SERIES**  
 ON GRADUATE STUDENT RESEARCH

**March 26th, 2024**  
**7pm-9pm**

**Bagnani Hall, Traill College**

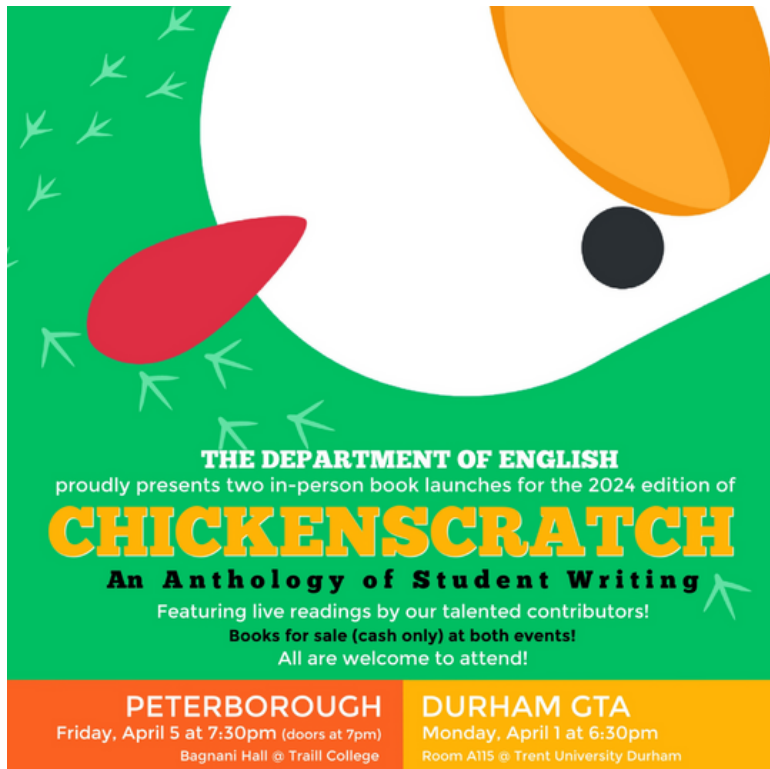
**Vaibhav Ramakrishnan**  
 Unlocking Solutions: Harnessing Machine Learning for Breast Cancer Drug Discovery

**Kai Chung**  
 Microfoundational Capabilities and Capacities of Innovation Process Towards Satisfying Dual Missions OF For Profit-Social Purpose Organizations

Support your peers, and learn something new!  
 All are welcome!  
 Free Refreshments!

Join us next Tuesday for the annual Symons Seminar Series on Graduate Student Research, featuring Vaibhav Ramakrishnan and Kai Chung. All are welcome to enjoy the presentations and free refreshments!

# What's going on at Trent University?



**THE DEPARTMENT OF ENGLISH**  
proudly presents two in-person book launches for the 2024 edition of  
**CHICKENSCRATCH**  
**An Anthology of Student Writing**  
Featuring live readings by our talented contributors!  
Books for sale (cash only) at both events!  
All are welcome to attend!

<b>PETERBOROUGH</b> Friday, April 5 at 7:30pm (doors at 7pm) Bagnani Hall @ Trill College	<b>DURHAM GTA</b> Monday, April 1 at 6:30pm Room A115 @ Trent University Durham
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The Department of English is thrilled to invite you to two book launches for the 2024 edition of Chickenscratch: the amazing, peer-reviewed anthology of creative writing by Trent students. Both events will include live readings and copies of Chickenscratch will be available for purchase (cash only, please)



## Writing Café

with Academic Skills in the Colleges  
Saturday, March 23, 2024  
10 am to 3pm

**OC Commons (Otonabee College)**

Join us to work on a written assignment in a comfy, cozy, community space!

Set writing goals! Stay focused!  
*Come for the day, or a part of the day.*

Enjoy baked goods and drinks while you write!

To register:  
[www.trentu.ca/sep](http://www.trentu.ca/sep)

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

Do you like to write in a comfortable and cozy space, but find it hard to set goals and stay focused? Then, join Academic Skills on Saturday, March 23rd between 10 am and 3 pm in the OC Commons (Otonabee College) for a Writing Café. We will have warm drinks, baked treats, resources, and more! Please register at [www.trentu.ca/sep](http://www.trentu.ca/sep).



**WE PROMISE IT'S NOT CHEATING!**

**TRENT UNIVERSITY**  
LIBRARY & ARCHIVES

**Impress your Profs with Better Sources**  
Trent librarians offer one-on-one meetings to help you find better information in the library databases, and more generally to help you improve your library research skills. [Click here to book an appointment.](#)  
Don't just keep up with your peers—outperform them!  
Book-A-Librarian today!



**Trent Community Research Centre**

**RESEARCH THAT MAKES A DIFFERENCE.**  
**ANNUAL CELEBRATION OF COMMUNITY-BASED RESEARCH**

THURSDAY, MARCH 28, 2024; 12-4PM;  
MARKET HALL, PETERBOROUGH

The annual celebration of community-based research promises a day filled with knowledge exchange, collaboration, and recognition of outstanding contributions. Support your peers as they share their CBR projects. [Reserve your spot today!](#)

# What's going on at Trent University?



**SHARE YOUR THOUGHTS ON EQUITY AND DIVERSITY AT TRENT**

To support Trent's ongoing commitment to creating an inclusive, engaging, and supportive environment, the Equity and Human Rights Office is inviting all students, faculty, and staff at both campuses to participate in a university-wide survey – available now, until April 15. Take the brief 15-minute EDI Survey [here](#).



TRENT UNIVERSITY  
CONTINUING EDUCATION

IN-PERSON 4-HOUR WORKSHOP

**GIVE THE Gift OF LEARNING**

**SONGBIRDS OF SPRING: BIRDWATCHING BASICS**

SATURDAY, APRIL 27TH, 2024  
9:00 AM – 1:00 PM EDT  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Ever wondered how to get into birdwatching? Tired of not being able to identify the birds in your backyard? Join this course to travel from Trill to two different conservation areas to spot some spectacular birds. Register online for this course [here](#).



TRENT UNIVERSITY  
CONTINUING EDUCATION

IN-PERSON 8-WEEK COURSE

**GIVE THE Gift OF LEARNING**

**ACRYLIC LANDSCAPES FOR BEGINNERS** WITH VALERIE KENT

THURSDAYS | APRIL 11 - MAY 30  
7 P.M. - 9 P.M.  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Curious about learning to paint with Acrylics? Over the course of eight weeks learn how to use acrylic paint to create local landscapes on your canvas! Build the foundational skills of painting with this course! Register online [here](#)



TRENT UNIVERSITY  
CONTINUING EDUCATION

4 IN-PERSON WORKSHOPS

**GIVE THE Gift OF LEARNING**

**ANCIENT EGYPT WEEKEND**  
WITH EGYPTOLOGISTS LAURA RANIERI AND FRANCOIS ROY

SATURDAY, APRIL 13 & SUNDAY, APRIL 14  
10 A.M. - 4 P.M.  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Want to learn more about Ancient Egypt? April 13th and 14th there are four workshops available! Choose one or two that interest you for \$40 each, or all four for \$140! Register online [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!**

As we approach the end of the year, many students are thinking about the future. Whether you are planning to graduate and don't know what to do with that degree, or if you are still working through it and need a job for the summer, or even if you are just curious about careers and resume building, Careerspace is the people to see. They offer workshops, appointments, resources and opportunities to connect to professionals in the field! Careerspace is free to all students and alumni.

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

The end of the semester can be a stressful time of year. Make sure that you are taking the time to look after yourself. Try not to overextend your limits.

You can help manage some of your stress and avoid burnout by :

**Making sure you get enough sleep.** It is easy to prioritize assignments or studying, but getting those hours of rest can boost concentration and creativity!

**Taking the time to eat nutritious food.** A little break to make or order some good food can make all the difference in your health and motivation!

**Stepping away from the assignment.** Sometimes what you need is a break, set time aside to see your friends, play a game or watch a movie! Giving your brain a chance to recharge may be that final push you need.



Graphic from Peer Support at Trent on Instagram

More information and resources can be found [here](#)



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"Be yourself; everyone else is already taken."  
— Oscar Wilde