



WINTER EDITION XIII- APRIL 6TH, 2023

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Classes have finally ended and everyone is now setting their sights on the end of the academic year.

Please note that this weekend, including **Good Friday** on April 7th the College will be closed. However, the indefatigable **Chef Christopher** will continue operations at **The Trend** this Friday from 8 AM to 3 PM. The College Office will be open again on Easter Monday, April 10th. For everyone who is celebrating, I would like to wish you a restful and joyous Easter.

Next week, **3MT** (Three Minute Thesis) will be held on Thursday evening at Market Hall in downtown Peterborough. Everyone is invited to come to this free event where 20 of Trent's graduate students will compete by presenting their entire thesis in just 3 minutes. Come join me as we see who is the university's best 3MT presenter. Vote for the People's Choice Award. Enjoy free food and great exchange of ideas. It should a fun evening for all!

Finally, starting Saturday, April 15th and ending on Sunday April 23rd, Scott House will be open 9 AM to 5 PM on weekends so that students can study, connect, or relax during the exam period. On behalf of the entire College, I would like to wish everyone the best of luck with exams and final assignments.

Until next week,



## Needing an Appointment?

**Academic Advising  
Same-Day Appointments  
for Trail College: Fridays**  
9am - 4pm  
Booked by the College Office



**Academic Skills  
Appointments**  
Monday-Friday  
Afternoons; appointments  
available to book at 9am.

## Cabinet Corner

The Cabinet Dinner on April 1st was a great success, thank you Chef Christopher, and to all the students who came out for a free meal sponsored by Cabinet.

More to come next year!

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



## Looking to book an academic appointment?



Visit the [advising website](#) for the full schedule. Trail College offers same-day appointments Fridays from 9:00am - 4:00pm. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

**Academic Skills** appointments are available for booking by logging on to the [Student Experience Portal](#) and selecting an available date and time.

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.



## Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or [trail@trentu.ca](mailto:trail@trentu.ca)!





# Backwoods Baking Presents:

Salsa Verde  
by Delish

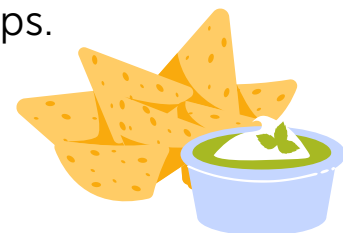


## INGREDIENTS

- 12 oz. tomatillos, husked, washed, and halved
- 1 small white onion, quartered
- 2 jalapeños, seeded and sliced in half
- 2 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- 2 c. cilantro leaves and tender stems
- 3 tbsp. lime juice
- 1/4 c. extra-virgin olive oil
- Tortilla chips, for serving

## INSTRUCTIONS

1. Preheat oven to 450°. Toss tomatillos, white onion, and jalapeños with vegetable oil on a sheet tray, and season with salt and pepper.
2. Roast until softened and charred in spots, about 20 minutes. Let cool.
3. Transfer roasted vegetables, cilantro, and lime juice to a blender and blend while streaming in olive oil, until mostly smooth. Season with salt and pepper.
4. Serve with tortilla chips.



**Happy Box How To's**

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

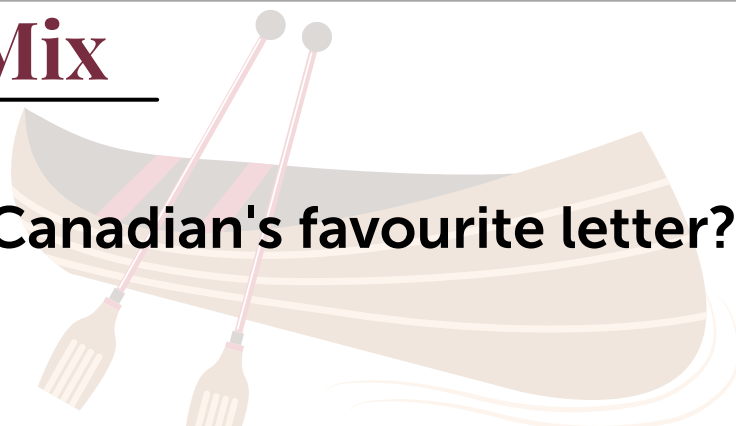
Click [here](#) to check out Trail College's Happy Box How To's!

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

## Trail Mix

What's a Canadian's favourite letter?

A.



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



Traill College will be closed on Friday, April 7 due to the long weekend. We hope you have a great long weekend! The Traill College Office will be open from 8am - 10pm Monday through Friday next week.

**WE'RE HIRING!**

For the 2023/2024 Academic Year

Catharine Parr Traill College

Nunc cognosco ex parte

## Traill Interns

Apply online through the Trent Student Experience Portal  
JOB ID: 31311

Deadline: Monday, April 10th, 4:00pm  
We can't wait to hear from you!

Traill College is hiring for the 2023/2024 Academic Year! Apply through the Job Board on the Student Experience Portal before April 10 at 4:00pm

## Three Minute Thesis

Come watch as our graduate students face the challenge

ACADEMIC SKILLS TRENT U

3MT

Catharine Parr Traill College

**Vote for the People's Choice Award!**

April 13th, 2023 at 7:00 pm  
Market Hall (140 Charlotte Street)

Free Public Event

The Three Minute Thesis Competition (3MT®) presents Masters and Ph.D. students with the ultimate challenge: to explain their complex and highly specialized research and ideas to a general audience in just three minutes. Please join us in the audience and vote for your favourite graduate student 3MT presentation.

CATHARINE PARR TRAILL COLLEGE CABINET

## EXAM CARE PACKAGES

GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!

While supplies last, pick up an Exam Care Package at the College Office in SH106 starting April 11th.

You Got This!

Stressed out about exams and missing out on self care? Don't worry! The Traill College and the College Cabinet got you. Come pick up your exam care packages at the College Office starting from April 11th!

# What's going on at Trent University?



The Trent Queer Collective invites you to a night of nature, community, and all things queer! Join us at Sadleir House on April 14th to enjoy dancing, drag performances, and tasty treats. Tickets on sale starting March 31st at 4pm, [here](#).



Are you involved in extra curricular activities: clubs, student governments and/or volunteering? Take the time to add your expertise on your own co-curricular record by May 1st!



Travel to the wonders of Ancient Egypt in this weekend-long experience. You can sign up for one mini-workshop of your choosing for \$40 each. or attend the full weekend (4 workshops) for only \$100. Register [here](#).



The Write Retreat is a place and a space to write and connect with other writers. If you are looking for the time and focus to engage and share your work with others, this is the workshop for you. Register [here](#)



# Student Supports

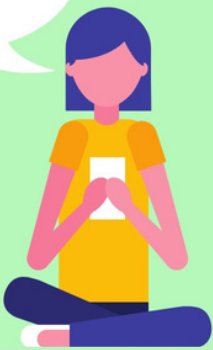
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



## This week we are highlighting Life After Trent!

Life After Trent is a series of forums designed to create opportunities for students and recent grads to connect with experienced alumni and industry professionals for career related conversations, professional development, and networking opportunities.

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

Looking for another student's perspective? Book a peer support appointment

Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

**Here to listen and support. Let's connect.**



## CAREERSPACE

CAREERS & EXPERIENCES

Careerspace continues to offer our services! Book an appointment on [trentu.ca/sep](http://trentu.ca/sep) or by phone and our student staff can assist. Appointments continue through the built-in video chat feature in the Student Experience Portal, or by phone. Still have questions? You are welcome to visit our office on the third floor of the Student Centre where you can speak with our student staff. We're happy to help!

# Wellness Resources

One aspect of wellness that we don't talk about enough is financial wellness.

This is probably especially relevant to you as the school year wraps up and you look at next steps and summer employment. Understanding how to manage your finances is an important lifelong skill for everyone!



FORBES > MONEY > PERSONAL FINANCE

## Financial Wellness Is Critical To Your Overall Health - And Financial Literacy Is The Key

The only way to achieve financial health is through financial literacy. Being financial literate means that no matter your stage of life or income, you know how to live within your means, stick to a budget, and spend responsibly. The Government of Canada has educational materials to help students and adults increase their financial knowledge and skills. <https://www.canada.ca/en/financial-consumer-agency/services/financial-literacy-programs.html>



If you don't understand how to manage your money, you are at risk of overspending, going into debt and not saving enough for your future. Everyone can relate to financial stress. Debt and/or a lack of savings can cause considerable hardship on a person's life. And it doesn't just cause daily stress. Financial problems can lead to poor health and depression.



<https://www.forbes.com/sites/lizfrazierpeck/2022/01/19/financial-wellness-is-critical-to-your-overall-healthand-financial-literacy-is-the-key/?sh=681a80422cdc>



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"There's nowhere you can be that isn't where you're meant to be..."

— John Lennon