

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal Michael Eamon

Dear Traillites,

Well folks, that is a wrap on another academic year of classes. On behalf of the entire staff of the College, I want to wish you all the best as you prepare for your final assignments and exams. Don't forget that **Scott House** is open from 10 AM to 4 PM for the next two Saturdays to offer you an additional space to study or relax.

Yesterday was an exciting day at the College where we hosted the **President's Alumni Leaders Reception** where three 2023 Trent University Alumni Association awards were presented. The *Spirit of Trent Award* was given to two distinguished alumni **Alice Olsen Williams '69** (Otonabee College) and **Henry Clarke '70** (Traill College). Another prominent Traillite, **Marjolaine Boutin-Sweet '74** was presented with the *Distinguished Alumni Award*. At the end of the ceremony, Leo Groarke was honoured by **Alma Barranco-Mendoza '94** (Lady Eaton College) and **Athena Flak '93** (Champlain College) for his support of Trent alumni over his ten-year term as President. It was such an honour to be amongst such a rich constellation of guests. There were Traillites, Trent alumni, retired professors and staff, as well as most of our Vice Presidents, several Associate Vice Presidents and Directors, including our new Director of Alumni Engagement and Services, **Naomi Handley**. In particular, the speeches of the honorees, and those individuals who introduced them, were powerful, poignant, and provocative. I am always in awe to see the depth of character and breadth of experience that our alumni have and so freely share. It truly was a wonderful evening.

Finally, next Thursday (April 18th) is our long-awaited **3MT (Three Minute Thesis)** competition. Now in its 13th season, this event will feature 19 graduate students in 9 different programs. Each student will be given just three minutes and one slide to explain their research to the public. It all happens at Market Hall in downtown Peterborough at 7 PM. There will be lots of prizes, including the Audience Choice award which everyone has an opportunity to vote on. Join me (the evening's emcee) and our star judges Chancellor **Stephen Stohn '66**, renown music producer **Bob Ezrin '22**, and popular Chamber of Commerce CEO **Sarah Budd**. It is entirely free and the public are encouraged to attend.

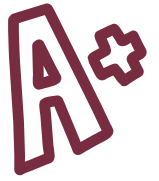
See you next week,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive, with a long horizontal stroke at the end.



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 or your home department.

Cabinet Corner



Thank you to everyone who joined us at Trill Formal and our various events throughout the year. As we bid farewell to some and welcome new faces, we anticipate another incredible year!

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 events and news:
<https://www.trentu.ca/news/>



Backwoods Baking Presents:

Ground Beef Stuffed Peppers

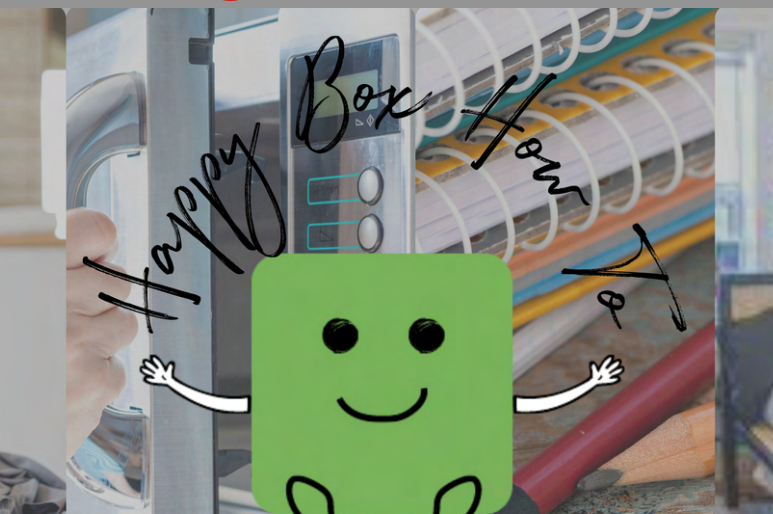
[Link](#)

INGREDIENTS

- 1 lb ground beef
- 1/4 diced onion
- 1 cup cooked white rice
- 1 clove of garlic
- 1 15 oz can of tomato sauce
- 4 large bell peppers
- 1/2 shredded mozzarella
- salt and pepper to taste

INSTRUCTIONS

- To a large skillet add ground beef and diced onion, and cook until beef is brown
- Add cooked rice, garlic, and tomato sauce. Stir until completely combined. Salt and pepper to taste
- Cut the tops off of the peppers and remove all insides
- Add beef and rice mixture into the peppers and top with shredded mozzarella
- Place stuffed peppers into an ungreased 8x8 baking dish
- Cover with foil and bake at 350 for 15 minutes
- Remove foil and bake for another 15 minutes



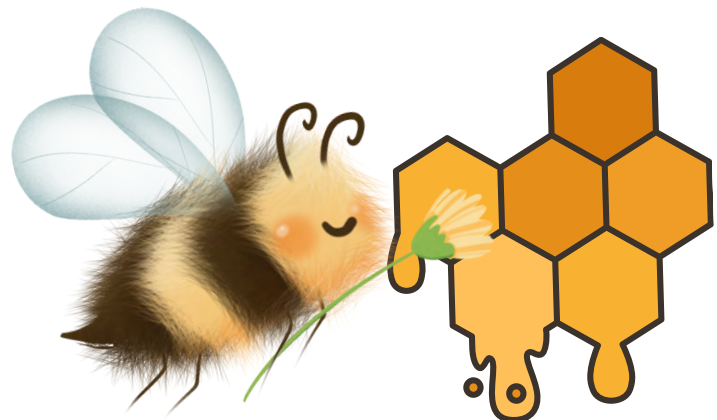
Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

Trail Mix



Why do bees have sticky hair?

Because they use honeycombs.



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



CATHARINE PARÉ 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 12th.

you Got This!



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 12th.



Trent University's 2024 3MT[®] Competition

Save the date and join the audience!

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



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

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 and be entered to win some Traill merch!



Scott House will be open on Saturday April 13th and April 20th from 10 AM to 4 PM. Don't forget that the Library, our common rooms, and study spaces are also regularly open Monday to Friday from 9 AM to 10 PM

What went on at the College on the Hill?



TRAIL FORMAL 2024





CONGRATULATIONS TO THIS YEAR'S COLLEGE AWARD RECIPIENTS

Marion Fry Scholarship

Brittany Nichols

Principal's Prize

Harris Mushtaque

Traill Scholar (Fellow's Prize)

Ty Kraemer

Post Graduate Prize

Ian Eddy



What's going on at Trent University?



Bata Extended Exam Hours*

MARCH 31 TO APRIL 20

Monday	8am - 1am
Tuesday	8am - 1am
Wednesday	8am - 1am
Thursday	8am - 1am
Friday	8am - 1am
Saturday	10am - 1am
Sunday	10am - 1am

*The Library Service Desk closes earlier than the building



Looking for a good study space to grind out the rest of the semester? Then take a look at these extended hours at the Bata Library! Bata is a great place to focus, its quiet atmosphere and helpful resources make it the ideal spot for finishing up papers or cramming for exams.

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.](#)



PC: Samantha Stephens

APPLY HERE



May 17-21st, 2024



Algonquin Wildlife Research Station



Applications close March 31st.

To apply and find out more!



<https://freedalgonquin.wordpress.com/>



Sherrynn - sherrynnprowell@trentu.ca

Aranya & Mariel - directorsfreed@gmail.com



FREED @ TRENT 2024

ABOUT THE EVENT

- Get outdoor research skills, learn about the land & its history, and experience fieldwork
- Make connections with other nature lovers
- **Free** to attend: Cost of travel and accommodations covered + needs-based bursary provided
- Info session: March 19th, 1-2pm - [ZOOM](#)

REQUIREMENTS

- Self-identifying Indigenous, Black and/or Racialized (ie., BIPOC) Trent student
- Enrolled full-time and interested in ecology, evolution, conservation, climate studies
- Currently have **limited** field work and research experience





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 Food Services!

“When your thirst for knowledge has left you hungry, turn to one of the many foodservice locations at Trent University to rest and refuel. Foodservice at Trent is offered by a group of seven foodservice operators who offer a wide range of products and services, each location providing a unique atmosphere and menu.”

Check out their Winter exam and summer hours [here](#)



Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at 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 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 an overwhelming time, whether you're studying for finals, preparing for graduation or heading home for the summer.

Engaging in self-care allows us to take care of ourselves and can bring us back to center when we start to feel stressed, off-track or burnt out.

Here are 6 self-care tips that can help you finish strong this semester.

Click [here](#) for more information

6 SELF-CARE TIPS FOR THE END OF THE SEMESTER

CREATE AND DISCUSS BOUNDARIES

Take some time to talk through your schedule, expectations and things you need to feel supported for the end of the semester.



GET SOME SLEEP

Try to stick to a sleep schedule that allows you to get 7-9 hours each night.



GET MOVING

Engaging in physical activity can help improve our mental and physical health. It's also great for releasing stress and tension.



STICK TO A ROUTINE

Try to wake up at the same time each day and follow a schedule. It can be helpful to use a planner.



STAY CONNECTED WITH FRIENDS & FAMILY

Reach out to your friends, family or classmates regularly to check in and catch up. Having a set time each week to reconnect can be helpful.



DON'T BE AFRAID TO ASK FOR HELP

If you're feeling overwhelmed or struggling to cope, Trent Counselling is available to help.



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"No one can make you feel inferior without your consent."
- Eleanor Roosevelt