



# TRAIL TALES

*Catharine Parr Traill College  
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

I have found that one of the things that makes Trent University special is the consistently high level of commitment that our teachers have to their students. When I first came to Trent, I was overwhelmed by the time and effort that my colleagues devoted towards teaching and research. Going the extra mile was, and still is, common place. If you have had a professor at Trent that has inspired you, or went above and beyond, now is the time to nominate them for a teaching award. To learn more, or to nominate an instructor for one or more awards, please see the notice in the newsletter, or visit the Centre for Teaching and Learning at [www.trentu.ca/teaching/nominate](http://www.trentu.ca/teaching/nominate). The deadline for nominations is **February 10, 2023**.

This week, I am also proud to announce the launch of a new radio show by Traillite and cultural studies graduate student **Egan Henderson**. Join him on Wednesdays at 3 PM on Trent Radio CFFF 92.7 FM for ***DISSertation Talk*** where he will chat with fellow graduate students about their research.

Talk about important contributions to university life, we are still collecting recipes for our ***Traill College Cookbook***. Is there a particular dish that you cannot live without? Do you have a favourite comfort food? Now is the time to contribute your culinary creations to this unique Traill publication. There is still time to email your recipe to [traill@trentu.ca](mailto:traill@trentu.ca). Put "Traill Chow" in the subject line.

Until next week,

Michael



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

## Needing an Appointment?

**Academic Advising  
Same-Day Appointments**  
Every Day from January 9-20  
9am - 4pm  
Booked by the College Office



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

## Cabinet Corner

HOOP THERE IT IS  
will be on January 21st!  
Make a team of 3 or 4,  
or just come to watch.



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 [traill@trentu.ca](mailto:traill@trentu.ca)!





# Backwoods Baking Presents:

Chickpea Shawarma Salad  
By Minimalist Baker



## INGREDIENTS

### Roasted Chickpeas

- 15 oz can chickpeas (rinsed, drained and dried)
- 1 tbsp olive oil
- 1 heaping tsp cumin
- 1/2 heaping tsp smoked paprika
- 1/2 heaping tsp turmeric
- 1/2 scant tsp sea salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 pinch each black pepper, ground coriander + cardamom

### Dressing

- 1/2 cup hummus
- 3 cloves garlic (~1.5 tbsp minced)
- 1 tsp dried dill
- Juice from 1 lemon (~2 tbsp)
- Water (to thin)

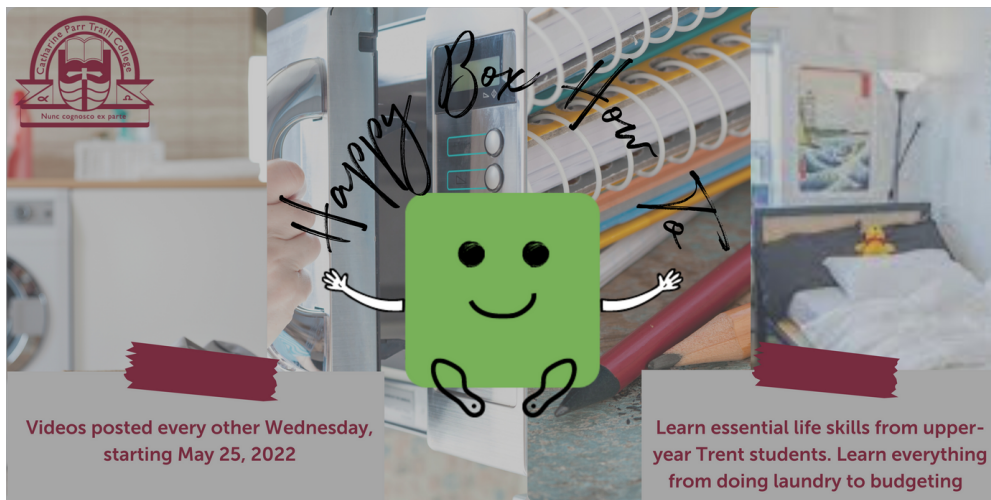
## INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a mixing bowl, combine washed and dried chickpeas with oil and spices, then stir until chickpeas are coated.
3. Sample a chickpea and adjust seasonings as needed.
4. Arrange in a single layer on a baking sheet and bake for 20-22 mins, or until golden brown.
5. Prepare dressing: whisk together hummus, garlic, dill, and lemon juice in a small bowl. Whisk in water until pourable.
6. Serve the chickpeas and dressing over salad greens and other veggies. You can also add pita chips or make your salad into a wrap!



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

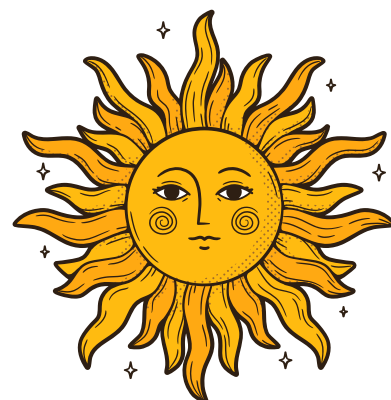
Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.



## Trail Mix

Why didn't the Sun attend University?

**Because it already has millions of degrees.**



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



January 19th is International Popcorn Day! Join us at 7:00pm in Scott House Room 105 for a movie and popcorn.



Come "shoot some hoops" with Traill Cabinet on January 21st at 4:30 PM, in the Athletic Center! Scan the QR code to register!



Egan Henderson, a member of the TGSA, has a radio show interviewing graduate students at Trent about their research. Tune in on Wednesdays at 3pm to 92.7 FM or trentradio.ca



This is YOUR chance! Come show us what you've got, and you might win a prize! Application due date is the 10th of February 2023.

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

## MOTIVATION MONDAYS: GRADUATE WRITERS' GROUP

EVERY MONDAY  
FROM 10:30 TO 11:30 AM

IN-PERSON AND ONLINE OPTIONS  
AVAILABLE

Motivation Mondays:

- Develop writers with tips to improve their writing
- Create a community of writers
- Encourage and celebrate achievements of writing

January 23 – April 3

For more information:  
Academic Skills website



## Grammar for Graduate Students



Thursday, January 26, 2:00 to 3:30 pm

In-person: Room 105, Scott House  
Trail College

Online via Zoom: Registration is required



For more information, visit the Academic Skills website

Develop your skills and create a community of writers to encourage and celebrate achievements of writing. For more information on graduate student appointments, workshops, and the Monday Motivation group, students can visit the [Academic Skills website](#).

Are you a graduate student looking to improve your grammar? Join academic skills on January 26th from 2-3:30 for a grammar workshop. [Sign up to join online](#) or come in person at Scott House room 105.

## Degree Planning workshops



### What to expect:

Review the University Degree requirements & your Program Requirements to create your degree plan with an Academic Advisor.

**When:** January and early February

### Where do I find more info?

Current Trent students can register for a workshop on the Student Experience Portal Events Calendar <http://trentu.ca/sep>

ACADEMIC  
ADVISING



TRENT  
UNIVERSITY  
CONTINUING EDUCATION



Expand your mind

REGISTRATION OPEN  
SPRING 2023 CLASSES

[trentu.ca/continuingeducation](http://trentu.ca/continuingeducation)

Starting January 11th until February 9th, Academic Advising will be running program specific workshops to meet with an advisor to check your degree requirements. You can find the date for your program's workshop [here](#).

Registration is now open for the Continuing Education spring classes. Check out the unique courses and learning opportunities available to you and the local community. <https://trentucontinuinged.corsizio.com/>

# What's going on at Trent University?

## THREE MINUTE PAPER COMPETITION

Applications  
due January  
26th



Share your  
undergraduate  
research in a fun  
and challenging  
competition.



Looking to share research and sharpen important skills?  
Look no further than the Three Minute Paper competition!  
Learn more at [trentu.ca/3mp](https://trentu.ca/3mp)

## ACADEMIC SKILLS IN THE COLLEGES

### FUNDamental FRIDAYS Writing Skills Drop-in

Join Lori Steers, Academic Skills/ESL Instructor to review fundamental writing skills and work on your assignments.

**Fridays 1 - 3 pm  
Morton Reading Room (CCS 303)**

Review fundamental writing skills and work on your assignments with Lori Steers, Academic Skills/ESL Instructor. To find the schedule and sign up, visit the [Programs and Events section on the Academic Skills website](#).

*Did you work with an exceptional instructor or teaching assistant?*

CENTRE FOR  
**TEACHING & LEARNING**

# Nominate Now!

## Trent Teaching Awards 2022-23

[trentu.ca/teaching/nominate](https://trentu.ca/teaching/nominate)  
Deadline to submit: February 10, 2023

Do you work with an exceptional instructor or teaching assistant? Now is the time to nominate them for a teaching award. For more information visit the Centre for Teaching and Learning at [www.trentu.ca/teaching/nominate](https://www.trentu.ca/teaching/nominate). The deadline for nominations is February 10, 2023.

THE COLLEGES OF TRENT UNIVERSITY PRESENT

# CHÚK ODENIGBO

43RD ASHLEY FELLOW

Chúk is an equity leader at the forefront of racial and climate justice. Passionate about the interactions between culture, health and the environment, Chúk's passion has led him to found two organizations focused on creating positive social change.

**LE RACISME,  
L'IDENTITÉ BLANCHE  
ET LA FRANCOPHONIE  
CANADIENNE**  
(CONFÉRENCE EN FRANÇAIS)

**JAN 24**  
7:00 - 8:30 P.M.  
LEC SENIOR  
COMMON ROOM



**THE FIGHT  
AGAINST UTOPIAN  
AUTHORITARIANISM**  
(DELIVERED IN ENGLISH)

**JAN 31**  
7:00 - 8:30 P.M.  
NOZHEM THEATRE  
ENWAYANG




The Colleges of Trent University welcome you to a public talk with the 43rd Ashley Fellow, Chúk Odenigbo. An equity leader at the forefront of racial and climate justice. Chúk will visit Trent's Peterborough campus from January 23 to February 3, 2023, sitting in on lectures, visiting classrooms, and offering mentorship sessions for students.



# 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.

**Consent at Trent Week**  
January 23-27

<b>Monday</b> <b>Bangin' Brunch</b> 11am-12:30pm <b>Know Your Rights: Sexual Harassment Resource Table</b> 2-4pm	<b>Tuesday</b> <b>Trauma Informed Yoga Practice</b> 12-1pm (zoom) <b>Sex on the Couch: Sex Ed Q&amp;A</b> 6-8pm Peterborough Edition	<b>Wednesday</b> <b>Bystander Intervention Workshop</b> 1-3pm (zoom) <b>Sex on the Couch: Sex Ed Q&amp;A</b> 6-8pm Durham Edition
<b>Thursday</b> <b>Creating Space for Embodiment and Liberation. A discussion and workshop with Ev'Yan Whitney</b> 6:30-8pm (zoom)	<b>Friday</b> <b>Self Care Reset: Caring for ourselves in community</b> 11am-2pm	

#ConsentActionWeek

This week we're focussing on **Consent at Trent Week!**

Originating from the Ontario University Sexual Violence Network #ConsentActionWeek is a province wide movement to cultivate cultures of consent within our campus communities. In-person and virtual events will be held from January 23rd to 27th at both the Durham and Peterborough campuses.

For updates, check out @consentattrent on Instagram or through their [Upcoming Training and Events webpage](#) for more details!

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 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

This week's wellness resource is the Otonabee River.

Take a few moments to watch the patterns of ice and the flowing of the water.

Rivers are a great reminder of time and perspective.

## Did you know?

The Otonabee River is called Odenabe in Anishinaabemowin which means 'the river that beats like a heart'.

Before the lift locks, the Otonabee was full of Salmon and Freshwater Eels.



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"The land is the real teacher. All we need as students is mindfulness."

- Robin Wall Kimmerer