



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Snow, snow, and more snow! March is definitely coming in like a lion this year... a fluffy, white lion, but a lion nonetheless. Fingers crossed that this means that we will have a mild, lovely start to April. I guess that we will have to wait and see.

With the arrival of March comes the final push of the Winter term. From now, until April, there will be lots of great activities at the College. The Department of Cultural Studies, with Traill College and the Trent University Music Society, is putting on **Cultural Studies Week** starting this Friday and going until March 10th. Check out the exciting things that are going on with the Cultural Studies program, all for free. A full list can be found on page 5 of this newsletter.

In other news, the **Traill College Cabinet** has already started planning for their end-of-year gala to be held on March 18th at Sadleir House. Tickets will go on sale soon. Please keep watching the newsletter for more details. Talking about the Cabinet, it is election season and nominations for next year's positions are already open. Would you like to make a difference by representing the undergraduate students at the College? Do you like to plan activities and work with the College Office in making Traill a better place? If so, then Cabinet is for you! For more information, please see College Cabinet - colleges - Trent University for more details. Nominations close at 12:00 PM on March 19th .

March also marks the start of our new term for **Trent University Continuing Education**. Classes start on March 6th and there is still time to register for classes and particularly for our big Ancient Egyptian Weekend, on April 29th and 30th. That weekend please join us for four special workshops that dig into Egyptian archaeology and culture. Pay for one, or get all for one low rate. For more details, please see our Continuing Education website: www.trentu.ca/continuingeducation

Finally, Saint Patrick's Day this year will be a celebration of all things Traill! As part of the larger **Trent University March Break Open House** on March 17th, we will be having our own unique **Traill Open House** from 12:00 PM to 4:00 PM. Guided tours will start in Scott House and take prospective students to Bagnani Hall, Wallis Hall, Crawford House and for free snacks in The Trend. Traill go Brách!



Needing an Appointment?

Academic Advising Same-Day Appointments for Traill College: Fridays

9am - 4pm

Booked by the College Office



Academic Skills Appointments

Monday-Friday

Afternoons; appointments
available to book at 9am.

Cabinet Corner

Its election season and
Traill Cabinet is looking
for enthusiastic student
leaders!

For more information,
you can visit the Traill
Cabinet website!

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. Traill 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 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!





Backwoods Baking Presents:

Cheesy Chicken Sausage Pasta Bake
by What's Gaby Cooking



INGREDIENTS

- 1 lb rigatoni or ziti
- 1 lb sweet Italian chicken sausage
- 1 onion, roughly chopped
- 6 cloves garlic chopped
- 1 teaspoon oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes
- 2 1/2 cups crushed tomatoes
- 1/2 cup heavy cream
- 1 cup shredded mozzarella
- 1 cup fresh mozzarella cut into bite sized pieces
- Kosher salt and freshly cracked black pepper to taste

INSTRUCTIONS

1. Preheat oven to 350°.
2. Cook the pasta according to package directions. Drain the pasta, and set it aside.
3. Remove the casings from the sausage. In a large skillet, combine the sausage, onion, and herbs over medium heat until browned, for about 10 minutes until the meat is golden brown. Add the garlic and sauté for 30 seconds before adding the crushed tomatoes and heavy cream and simmer for 10 minutes. Taste and season with salt and pepper as needed.
4. Combine cooked pasta and sausage mixture, and the shredded mozzarella and stir to combine. Place the pasta mixture in a large casserole dish. Top with the fresh mozzarella and bake for 30 minutes until bubbly.

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

I baked a cake shaped like Canada, and offered my brother the Quebec slice.... but he's having Nunavut.



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

Survival Strategies for your Thesis Defense

Thursday, March 9th
2:00pm-3:30pm
Room 105 Scott
House, Traill College
or Via Zoom

Register for the Zoom link



This workshop will help graduate students to:

- understand the thesis defense process
- outline your thesis talk
- create strategies to handle the question period

Come learn from our Academic Skills instructor about what the thesis defense process is, how to create your thesis talk, and tips on how to prepare for the question period. Happening in person at Traill College on March 9th at 2pm or over zoom

Traill College Presents St. Paddy's Tie Dye at Traill!



Snacks
Provided!

Wednesday March 15
Traill College, SH 105
7:00 - 9:00 pm

Register
through the
link in bio!

Create some cute tie dye accessories
to wear on St. Patrick's Day!

Join us in Scott House, Room 105
for a fun night of Tie Dye!
White Socks, Masks, and Scrunchies
available!



Traill College is hosting a St. Paddy's Tie Dye event on Wednesday March 15! Join us in Scott House, Room 105 from 7 - 9 pm! White masks, socks and scrunchies will be provided so you can create some cute tie dye accessories for St. Patrick's Day! Snacks provided.

Three Minute Thesis

Come watch as our graduate students
face the challenge



Vote for the People's Choice Award!
April 13th, 2023 at 7:00 pm
Market Hall (140 Charlotte Street)
Free Public Event

Join us on April the 13th at 7PM in the Market Hall on Charlotte Street for an evening of astonishment. These students have summarized their entire life's work in only 3 minutes.

APPLY TO BE A TRAILL COLLEGE ORIENTATION WEEK LEADER

Volunteer on the Trent Student Job Board



Did you miss out on orientation week because of Covid? Apply to be an "O" week leader for Traill and build some of the most memorable memories! :) For more details and to apply to be an Orientation Leader, visit the myTrent Student Job Board to fill out the survey.

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

Trail College Cabinet

BE PART OF THE TEAM!



TRAIL COLLEGE CABINET SPRING ELECTIONS ARE HAPPENING!

Nomination Period:
March 1st to March 19th @noon

Voting Period:
March 21st to March 23 @6pm

For more info or to sign up:
www.trentu.ca/colleges/traill/belong/college-cabinet



Trail Cabinet is looking for enthusiastic leaders who would like to share their ideas. Join Trail Cabinet today!!! If you have any questions, please email traillcabinet@gmail.com.

LIFT LOCK ESCAPE ROOMS

ESCAPE ROOM COMPETITION

CAN YOU MAKE IT OUT IN TIME?
VISIT THE TRAIL WEBSITE FOR COMPETITION RULES.

20% OFF FOR TRENT STUDENTS WHO SHOW STUDENT ID!

FEBRUARY 25TH TO MARCH 25TH

ALL TRENT STUDENTS WELCOME



If you were locked in a room, would you be the one to make it out? Are you ready for a challenge? Visit the Trail website to find out more!

CULTURAL STUDIES WEEK

A Celebration of student work from Trent Cultural Studies Workshop Classes, 2020-2023



Cultural Studies Week: March 3-10, 2023

Visual Art Exhibit

Friday March 3rd – Friday March 10th
Senior Common Room/Trail College

Experimental Methods and Media Lab – Risograph Workshop

Friday March 3rd, 5:00PM-6:00PM
Location: WH 127

Film Screening and Reception

Friday March 3rd, 7:00PM-10:00PM
Location: Bagnani Hall
Refreshments provided

Alternatives in Theatre: Up Close and Interactive

Tuesday March 7th, 7:00PM-10:00PM
Location: SH 105

Cultural Studies Music Night

Friday March 10th, 7:00PM-10:00PM
Location: Sadlier House
Refreshments provided

What's going on at Trent University?



Trent alumna Anita Erskine '99 (OC) is the 2023 CEO-in-Residence with the Trent School of Business. Twice ranked one of the 100 Most Influential Women in Africa, Erskine is an award-winning communications professional, broadcast journalist, television producer and CEO. Join her on campus **Feb 27 to March 3** for various student opportunities.

TCAS Aging & Society Seminar Series

Join us online to celebrate the launch of a new book co-edited by TCAS members Dr. Rachel Herron, Dr. Rachel Bar and Dr. Mark Skinner.

**March 22, 2023
2:00 - 3:30 pm EST**

Event will be hosted on Zoom.
To register, follow the QR code or URL below
bit.ly/TCASBookLaunch

DANCE, AGEING AND COLLABORATIVE ARTS-BASED RESEARCH
Edited by Rachel Herron, Rachel Bar, and Mark Skinner

TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

Join the Trent Centre for Aging & Society virtually on **March 22 (2:00-3:30 pm EST)** to celebrate the launch of a new book (Dance, Ageing and Collaborative Arts-Based Research)

All are welcome! Click [here](#) to register.

Annual T.U.N.A. POWWOW

March 25th 2023
Grand Entry: 12pm
Trent University Athletic Centre

Host Drum: M'shkaaziwin
Co-host Drum: Miichiisaagig Minomin
M.C. - Meeg Snake
Arena Director - Matthew Lavallee

Women's Jingle Special

Indigenous Student and Staff Vendors

First 2 drums to show get \$400!

Alcohol and drug free event

Address - 1650 W Bank Dr, Peterborough, ONK9L 1Z7

TRENT UNIVERSITY
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NATIVE ASSOCIATION

The Annual Trent University Native Association Powwow will be March 25th beginning at 12:00pm in the Trent Athletic Centre.

Sponsored by Department of Anthropology & Otonabee College

Human Social and Technological Innovations in South Africa During the Late Pleistocene: Evidence from the Highlands and Drylands

With **Genevieve Dewar**

LIVE

March 8th, 2023, 12-1PM
SC 115 (Science Building)


Talk sponsored by the Kenneth Kidd Lecture Series

Join the Department of Anthropology and Otonabee College as we welcome guest speaker, Genevieve Dewar. No sign up required; refreshments will be served!


What's going on at Trent University?

THREE MINUTE PAPER COMPETITION

You're Invited!



**March 7th
7pm
Nozhem
Theatre**



Join us at the annual undergraduate 3 Minute Paper Competition. Things kick off at 7pm in Nozhem Theatre. After the sixteen riveting three minute talks, there will be voting and refreshments, with evening wrapping up with award presentations.

Returning to Ourselves

Reclaiming Indigenous Identities and Weaving New Connections

ELDERS & TRADITIONAL PEOPLES GATHERING
March 10-12, 2023

TRENTU.CA/ELDERSGATHERING

Supported by



Join us for our 47th annual Elders and Traditions Peoples Gathering on March 10, 11 and 12. You can find out more on TRENTU.CA/ELDERSGATHERING.

Introducing Trent University's *New Registration System!*



Student Planning is a self-serve system that combines optional degree planning with course search tools and registration, in a new, easy to navigate online environment.

Review the video tutorials on the Academic Advising website to learn how to navigate the common features of Student Planning.

OFFICE OF THE
REGISTRAR

ACADEMIC
ADVISING


To all students who are planning on coming back to Trent next year or who would like to register for summer courses!

Take the time to familiarize yourself with our new registration system. You can also reach out to us by email or by phone. Our extension is 6037.



TRENT UNIVERSITY
CONTINUING EDUCATION

4 IN-PERSON WORKSHOPS
FULL WEEKEND \$100

ANCIENT Egypt WEEKEND

WITH EGYPTOLOGISTS
LAURA RANIERI & FRANÇOIS ROY

APRIL | SATURDAY 29 - SUNDAY 30, 2023
10:00 a.m. - 4:00 p.m.

trentu.ca/continuingeducation

An Ancient Egypt Weekend with Egyptologists Laura Ranieri and François Roy
Sign up for one mini-workshop for \$40 each or attend the Full weekend for only \$100!
<https://trentucontinuinged.corsizio.com/>



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.

March 8th is International Women's Day so this week we're focusing on

The Centre for Women and Trans People (CWTP)

The CWTP is committed to community-based care and mutual aid and in finding ways to redistribute resources to those affected by gender based oppression. Within an intersectional framework, the Centre aims to prioritize the needs of BIPOC and those who are most marginalized by the patriarchy and cishetero-normativity in our community, whether through creating social spaces or resources and advocacy.



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

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

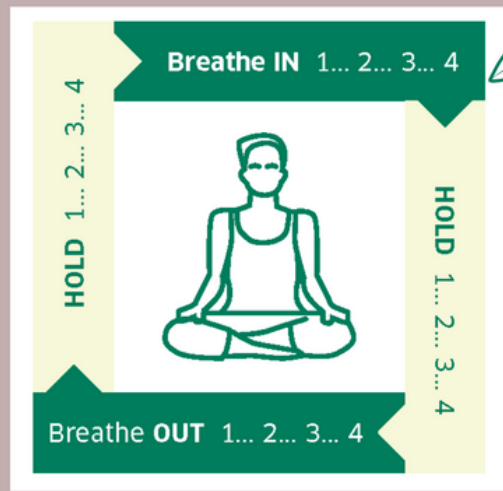
CAREERS & EXPERIENCES

Careerspace continues to offer our services! Book an appointment on trentu.ca/sep 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

Welcome back! We hope you had a wonderful reading week.

As the deadline to withdraw from a winter course approaches (March 10th) and the final exam schedule released, it can feel like a stressful time. If you find yourself feeling anxious you are not alone and here are some tips to help tackle those thoughts.



You can also try the "square breathing technique"

In the moment:

- Breathe
- Ground yourself in the present
- Remember that the feeling is temporary
- Redirect your mind to a positive thought or activity
- Move your body

When the moment passes, for long-term help:

- Reframe your thoughts
- Engage in leisure time and pleasurable activities
- Practice relaxation methods
- Cultivate healthy habits and invest in your physical health
- Talk to someone

Adults can text WELLNESS to 741741 at any time to speak to a trained volunteer, or contact Trent Counselling Services at (705) 748-1386

<https://mentalhealthcommission.ca/resource/quick-tips-to-reduce-anxiety/>



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Quick Tips To Reduce Anxiety



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"Never retreat, never explain, never apologize – get the thing done and let them howl!"
- Nelly McClung