



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Have you heard of TISA? The **Trent International Student Association** is one of the most active student groups on campus. When I was acting director of Trent International, I was honoured to work closely with TISA and the several, affiliated regional student associations.

TISA's annual **Cultural Outreach** is scheduled for March 11th and is one of the most impressive productions I have ever seen. This year Traill is giving away 25 FREE tickets. If you are interested come to the College Office quickly. They will go fast!

As you know, Traill College is the hub for cultural studies at Trent and we are continuing to celebrate **Cultural Studies Week**. Please check out the advertisement in this newsletter for a full schedule of activities at the College that are both engaging and showcase the work of our students.

This weekend, **Greg Piasecki** '73 came to visit the College on the Hill. He is a Traillite who studied Chemistry at Trent and later when to Queen's University for law. Greg, a noted intellectual property lawyer, is an ardent supporter of the College and chair of the Traill Endowment Committee. In November, he made a \$200K match pledge to the endowment to spur on new donations so we can reach our \$1 million goal. His contributions have also allowed us to undertake renovations in The Trend and at Scott House as well as helped to fund the construction of the Amphitheatre. Thanks so much Greg for supporting Traill and the newest generation of Traillites!



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

Escape room event
with cabinet!!!

Running February 25th
to March 25th

Go to the Trail Cabinet
website or see our insta
for more info!

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 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!





Backwoods Baking Presents:

Brownie Caramel Bites
by Taste



INGREDIENTS

- 125g Nestlé Bakers' Choice Dark Chocolate Chunks
- 125g unsalted butter, chopped
- 3 eggs, lightly whisked
- 335g (1 1/2 cups) white sugar
- 150g plain flour
- 2 tbsp cocoa powder
- Pinch of salt
- Dulce de leche or caramel spread, to serve
- Dark chocolate curls, to decorate

INSTRUCTIONS

1. Preheat oven to 180C/160C fan forced. Line 24 mini muffin pans with paper cases.
2. Place chocolate and butter in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water). Stir with a metal spoon until melted. Remove from heat. Quickly stir in the egg, sugar, flour, cocoa, and salt until just combined. Spoon the mixture among the cases. Bake for 15 minutes or until firm to touch. Set aside for 5 minutes, then transfer to a wire rack to cool completely.
3. Top with a spoonful of caramel and sprinkle with chocolate curls to decorate.

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

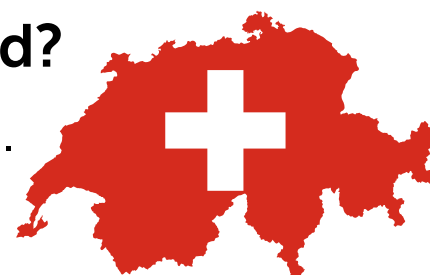
Click [here](#) to check out Trail College's Happy Box How To's!

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

Trail Mix

What is the best thing about Switzerland?

I don't know, but their flag is a huge plus.



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



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

Snacks Provided!

Wednesday March 15
Trail 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!

Must register on site

Trail College logo and a squirrel illustration are also present.

Trail 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.



**APPLY TO BE A
TRAILL COLLEGE
ORIENTATION WEEK
LEADER**

Volunteer on the Trent Student Job Board

Trail College logo and a squirrel illustration are also present.

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.



Three Minute Thesis

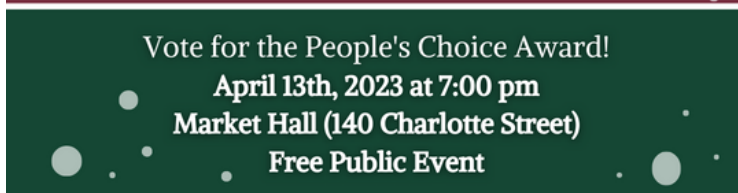
Come watch as our graduate students face the challenge



ACADEMIC SKILLS TRENT U

3MT

Trail College logo and a squirrel illustration are also present.



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.



Trail College Cabinet
BE PART OF THE TEAM!

TRAILL 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

CATHARINE PARR
TRAILL COLLEGE
CABINET

Trail College logo and a squirrel illustration are also present.

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

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



This year's Traill Formal is Casino Night on March 18 at Sadleir House! Traill Cabinet is hosting a fun and classy night of games, music, food, and awards. Come for dinner and a party for \$15 or just the party for \$10, get your tickets by scanning the QR code or click [here](#)



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/>



Share your Trent Pride with Future Students at March Break Open House

Share your Trent Pride with Future Students at March Break Open House. Volunteers needed for Open House March 17. March Break Open House at our Peterborough campus is coming up fast and we are looking for volunteers to help welcome future students and their guests to campus. Volunteer as a Way Finder or Greeter and share your Trent pride by greeting our guests and helping them find their way around campus. Be sure to wear your Trent green! Enjoy a free pizza lunch as a thank you for your time. Sign-up to volunteer and our Recruitment team will be in touch with all the details:
Volunteer for Peterborough Open House – Friday, March 17 from 9:00 a.m. to 2:00 p.m.

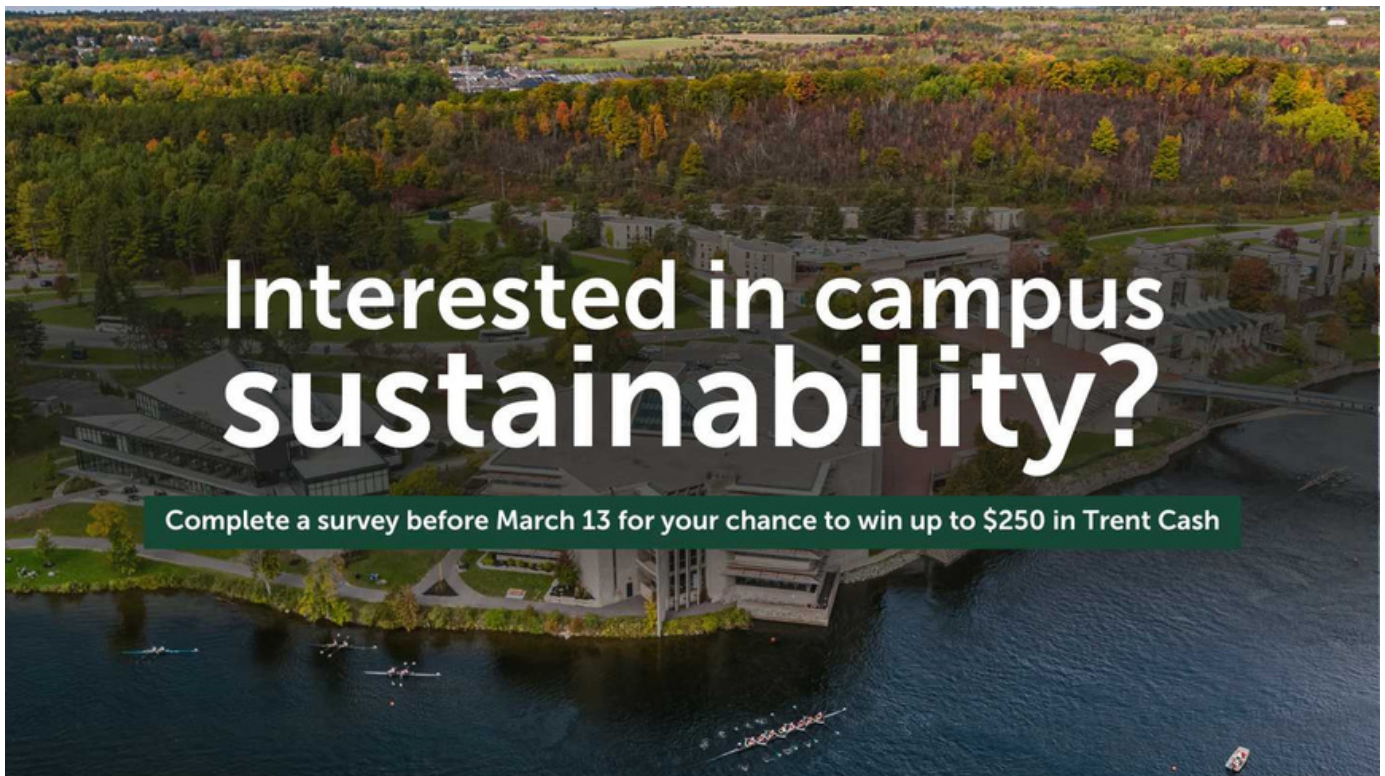
What's going on at Trent University?



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.



The Anne Shirley Theatre Company proudly presents *The Drowsy Chaperone*. Purchase your tickets [here!](#)



Trent University is developing a new sustainability plan and we need your input! Please take 5 minutes of your time to complete the online survey and share your thoughts, ideas, and opinions about sustainability at Trent University with us. For the new plan to be successful, it's critical that we consider a broad range of perspectives from various Trent University stakeholders like yourself. We deeply appreciate your investment of time, which will have a big impact in the development of the overall sustainability plan. We are also offering the chance to win Trent cash prizes of \$250, \$100 & \$50.

What's going on at Trent University?

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
TRENT UNIVERSITY

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.

TCAS Aging & Society Seminar Series

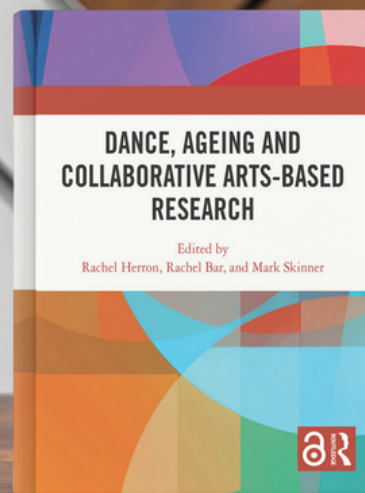
Join us online to celebrate the launch of a new book co-edited by TCAS members Dr. Rachel Herron, Dr. Rachel Bar and Dr. Mark Skinner.

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



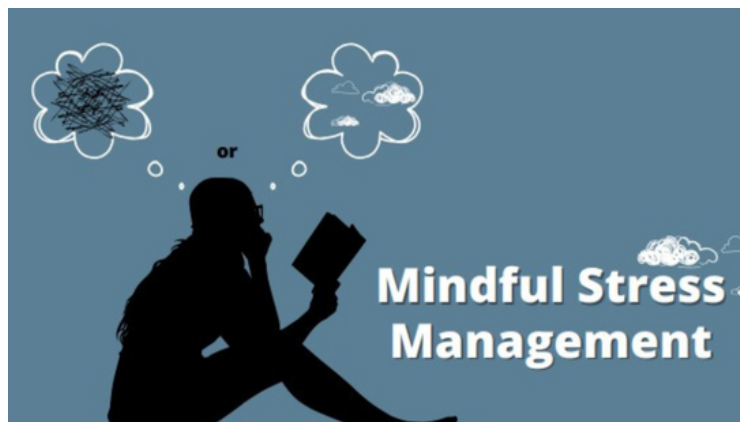
Event will be hosted on Zoom. To register, follow the QR code or URL below

bit.ly/TCASBookLaunch



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!



Every WEDNESDAY from 1:30 - 3:00 pm
March 8th, 2023 - April 5th, 2023

Are you feeling overwhelmed by the demands of university life? Do you want to learn effective strategies to manage stress and improve your overall well-being? This 5-week program provides a supportive space to do just that. Register your interest at counselling@trentu.ca

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, ON K9L 1Z7

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



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.

It is never too soon to begin your final essays...

Consider an Academic Skills Learning Lab

These 30-minute sessions focus on a different learning strategy each week.

You can participate or just listen in!

Each week, the same Learning Lab will be offered twice: Monday at 2pm in-person in Bata Library and Wednesday at 6pm over Zoom. You can find more information and upcoming topics here:

<https://www.trentu.ca/academicskills/programs-events/academic-skills-learning-labs>

This week's topic is ***How to talk about Sources.***



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

We know that this may be a stressful time of year with exams and final assignments approaching soon.

It is so important to take time for yourself and enjoy a healthy balanced breakfast to start off your day!



Benefits of a Healthy Balanced Breakfast



Boost brain power

Improves digestion

Increases metabolism

Strengthens your bones

Protects your heart from heart disease



Consume vitamins, calcium, fiber, and many more!

May improve body weight



Source: International Food Information Council Foundation.
2012 Texas Department of State Health Services.



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"Everything you love is very likely to be lost, but in the end, love will return in a different way."

- Franz Kafka