

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

All the Convocation ceremonies are now over at Trent University, Peterborough leaving the final two ceremonies at Trent University, Durham GTA. Whew! It has been a very busy ten days. With the end of Convocation, the colleges turn to end-of-year reporting and new year planning. It gives me a chance to reflect; and, we definitely have had an exciting and productive year at Traill College. In addition to seeing renovated and refreshed spaces such as the JCR and SCR, we opened the Jalynn Bennett Amphitheatre that has already seen a few events. Next year promises to be equally busy and engaging. I am happy to announce that Traill College will be the base for next year's **Ashley Fellow**. We will also have a **Traill Visiting Fellow** (in Graduate Studies), the return of the **Symons Series for Graduate Research** and the **Traill Visiting Lawyer in Residence**. More details on all of these events will be found in upcoming editions of *Traill Tales*.

In case you are wondering, our next performance at the **Jalynn Bennett Amphitheatre** will be on July 25th. On that day, at 3 PM the **Woven Voices Choir** will be offering a free concert. Everyone is welcome to attend. Feel free to visit www.trentu.ca/amphitheatre for more details on upcoming performances.

Finally, with the end of Convocation also comes summer and construction season. Please note that Parkhill Road between George St. and Reid St. will be closed for the rest of the summer while the city undertakes a major reconstruction of that section of road. Traill can be approached via McDonnell or via London, Dublin, Edinburgh, and Antrim streets during this time. We do not anticipate any changes to street parking in the immediate vicinity of the College.

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is stylized and fluid.



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 June 14th - June 28th

9am - 4pm

Booked by the College Office



Academic Skills Appointments

Monday-Friday

Afternoons: appointments
available to book at 9am.

Cabinet Corner



<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

To keep up to date with the college, follow us on [social media!](#)



Looking to book an academic appointment?



During the **Priority Course Registration period (June 14-28)**, the Academic Advisors in all Colleges will be available for same day advising appointments. Please contact your College Office to schedule a time to speak with an Academic Advisor.

Booking for same day appointments opens at 8:50am EST each morning and is 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:



Vegetarian Stuffed Peppers

<https://cookieandkate.com/vegetarian-stuffed-peppers-recipe/>

INGREDIENTS

4 red bell peppers, halved and seeds removed

Filling and topping

½ cup long-grain brown rice

2 tablespoons extra virgin olive oil

1 large yellow onion, chopped

½ teaspoon fine salt, to taste

1 pint (2 cups) cherry tomatoes,

½ cup chopped fresh cilantro

4 cloves garlic, pressed or minced

1 ½ teaspoons chili powder

1 teaspoon ground cumin

1 can (1 ½ cups) pinto beans, rinsed and drained

Freshly ground black pepper, to taste

1 tablespoon lime juice

4 ounces (about 1 cup) grated part-skim mozzarella or cheddar

INSTRUCTIONS

1. Roast the peppers: Preheat the oven to 450F. Place the halved peppers in a baking sheet. Drizzle 1 tablespoon olive oil, flavour with salt and pepper. Bake for 20 to 25 minutes, until the peppers are a little blistered around the edges and easily pierced through by a fork. Set aside. Leave the oven on for baking the peppers.
2. Cook the rice: Bring a large pot of water to boil, add the rice to the boiling water and continue boiling, uncovered, for 30 minutes. Drain excess water.
3. Prepare the filling: In a large skillet over medium heat, warm 2 tablespoons olive oil until shimmering. Add the onion and ½ teaspoon of the salt. Cook, stirring often, until the onion is tender, about 5 minutes. Add the tomatoes and cook until they're lightly squishy, another 5 minutes or so. Add the cilantro, garlic, chili powder and cumin.
4. Remove the pot from the heat and add the rice, beans, lime juice and about 10 twists of black pepper. Stir to combine, then season with additional salt.
5. Stuff the peppers, first pour off any excess juice pooled within the peppers. Then stuff each pepper generously with the rice mixture. Top the peppers with the cheese.
6. Bake at 425F for 12 to 13 minutes, until the cheese is golden in spots.



Optional garnishes:
Sliced ripe avocado or guacamole, perhaps a drizzle of cilantro-hemp pesto, red salsa, sour cream or vegan sour cream



What a year it's been!



Check out our new [Year In review Video](#) for a peek at what Traillites have been up to.

Thank you to everyone who makes Traill a great place to be. We look forward to seeing you back at all our events in 2023-2024!

Trail Mix

Did you get a haircut?



No, I got them all cut!

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



Motivation Mondays
Graduate Writers Group

Starting May 15!

Every Monday
(excluding holidays)
10:30am - 11:30am

Join us through Zoom for:

- Goal setting
- Momentum & motivation building
- Tips for perfectionists
- and more!

ACADEMIC SKILLS IN THE COLLEGE

For more information, please visit trentu.ca/academicskills

Graduate students join us on Monday mornings to get inspired with your writing. Register for the Zoom link at [The Student Experience Portal](#)



SHHH..

Shut Up and Write!

ACADEMIC SKILLS IN THE COLLEGE

Graduate Writing at Trail:
Fridays 10 am to 3 pm

ACADEMIC SKILLS IN THE COLLEGE

Writing with others helps beat procrastination and overcome graduate student isolation. Write together for mutual support and motivation. Bring your own lunch or [register](#) for \$5 All you can eat Pizza Fridays



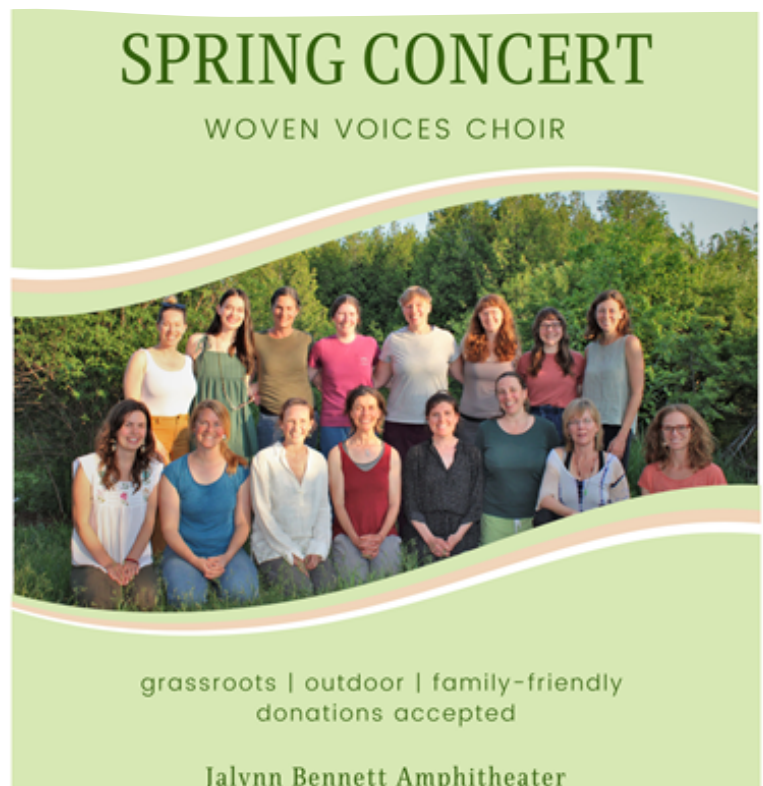
Trail College's
Pizza Fridays are Back!

Every Friday,
starting May 19th

All-you-can-eat for only \$5

Catharine Parr Trail College
Nunc cognosco ex parte

The Traill Tradition of Pizza Fridays is back at the College on the Hill! Pre-Register using the link here and enjoy all you can eat pizza and conversation.
<https://traillcollege.corsizio.com>.



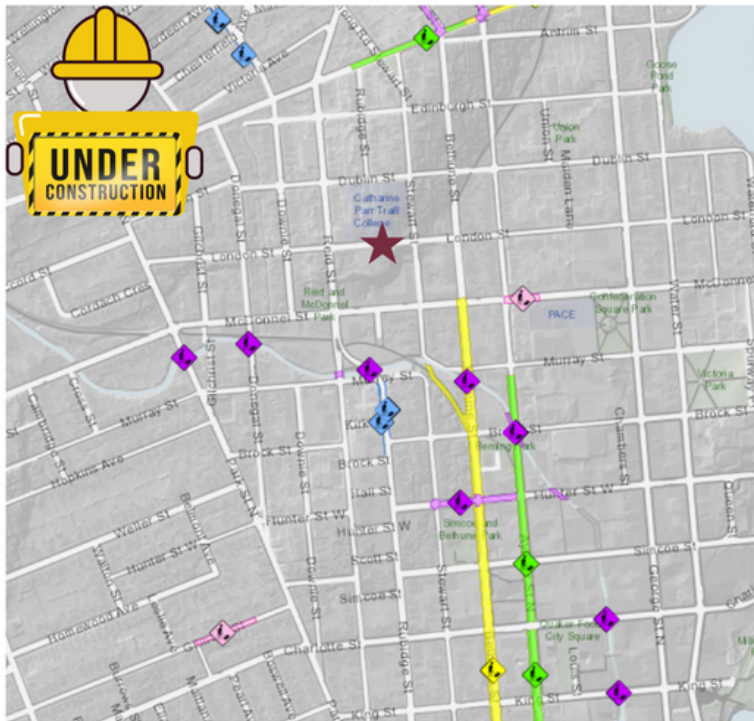
SPRING CONCERT
WOVEN VOICES CHOIR

grassroots | outdoor | family-friendly
donations accepted

Jalynn Bennett Amphitheater

Woven Voices Choir invites you to a spring performance at the Jalynn Bennett Amphitheatre on June 25th, 3 pm - 4 pm. This will be an outdoor, by donation, family-friendly event.

What's going on at Trent University?



Construction Season is upon us! Please check the City of Peterborough website for details that may impact you!

Priority Course Registration

Priority Registration for courses in the 2023 Fall Term, 2024 Winter Term, and full-year courses is open June 14-28, 2023.

Check the schedule on the Academic Timetable for your registration date trentu.ca/timetable

Questions?
Support is available in the College Offices between 9:00am-4:00pm EST by calling 705-748-1011 ext. 7333

OFFICE OF THE REGISTRAR

ACADEMIC ADVISING



Priority Registration for courses in the 2023 Fall term, 2024 winter term and full-year courses in open June 14-28, 2023.

TRENT GRADUATE STUDENT SYMPOSIUM CALL FOR ABSTRACTS

2023

SUBMISSIONS OPEN TO ALL TRENT GRADUATE STUDENTS IN MASTERS OR PH.D. PROGRAMS.

SUBMIT A 250-WORD ABSTRACT FOR YOUR CONFERENCE PAPER!
SUBMISSIONS DUE: JULY 15, 2023

APPLY AT THE [LINK IN OUR BIO!](#)



TGSS

HAVE QUESTIONS ON HOW TO SUBMIT AN ABSTRACT?

CONTACT US!

 tgss@trentu.ca

 [@tgssTrentU](https://twitter.com/tgssTrentU)

 [@trentgradsymposium](https://www.instagram.com/trentgradsymposium)

Click the link in our bio for more details!

Click on link below for symposium registration, abstract submission, and links to social media and contact information.

<http://www.linktr.ee/tgssrentu>



Student Supports

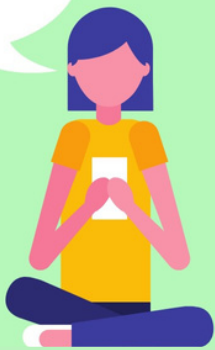
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.

College Cabinets

The College Cabinet is a group of elected student volunteers who serve as the student government for all students affiliated with each college. They advocate for students and plan social events and activities. It is a great way to meet new people and gain some new skills!

Check out the BELONG section of your college website for details.

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

The healing power of music



Music has been shown to activate some of the broadest and most diverse networks of the brain.



Music can lift your mood, so put on a happy tune if you are feeling blue. Uptempo music can give you energy.



Music listeners had higher scores for mental well-being and slightly reduced levels of anxiety and depression compared to people overall.



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"All young people, regardless of sexual orientation or identity, deserve a safe and supportive environment in which to achieve their full potential." — Harvey Milk