

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Coordinator, Samantha Perritt

Happy Friday Traillites!

We are halfway through July, and I honestly don't know where the time has gone! As folks start to prepare for the weekend, here at Trill we are preparing for our **Pizza Friday**. If you missed it this week, don't stress, you can come and join us next Friday. For just \$5 you can get all-you-can-eat pizza, drink, and dessert. A live link is posted weekly so that you can place your pizza order in advance. Vegetarian, Gluten Free, Vegan? We will have options for you and encourage you to order in advance. Our online pizza form opens every Wednesday and can be found at <https://trillcollege.corsizio.com>.

Trill welcomed the first instalment of *Summer Eats* on our **Happy Box How-To Series** this week featuring an easy, low-energy quesadilla recipe. As I'm sure you would agree, cooking in a heat wave is no fun. Join Ty on the [Trill College YouTube Channel](#) and learn how to keep your place cooler with this stovetop-only meal. More delicious recipes to come!

As Traillites you will know that the official mascot of Trill College is **The Happy Box**, however, we do also have our unofficial mascot **Tucker the Squirrel**. Squirrels are ever-present at Trill and yet, over the past week I have not seen our illustrious Tucker. It seems that our celebrated mascot has taken the opportunity to stow away in a certain briefcase. Where did she go, you might ask? Check out *page 5* of the newsletter to see what Tucker has been up to as of late.

Until next week,

Samantha Perritt



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
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



<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?



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 traill@trentu.ca!





Backwoods Baking Presents:

Brunch-Style Portobello Mushrooms

www.tasteofhome.com/recipes/brunch-style-portabello-mushrooms

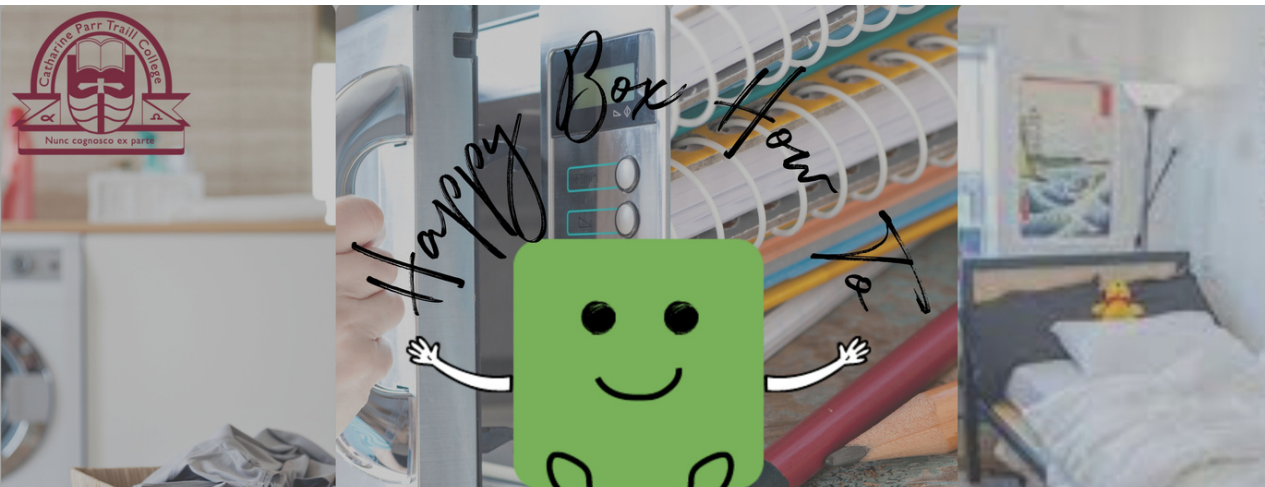


INGREDIENTS

4 large portobello mushrooms, stems removed
 2 packages (10 ounces each) frozen creamed spinach, thawed
 4 large eggs
 1/4 cup shredded Gouda cheese
 1/2 cup crumbled cooked bacon
 Salt and pepper, optional

INSTRUCTIONS

Place mushrooms, stem side up, in an ungreased 15x10x1-in. baking pan. Spoon spinach onto mushrooms, building up the sides. Carefully crack an egg into the center of each mushroom; sprinkle with cheese and bacon. Bake at 375° for 18-20 minutes or until eggs are set. Sprinkle with salt and pepper if desired.



Click on Trail's [YouTube channel](#) to view



Trail Mix

How do mice floss their teeth?



With string cheese!



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

Join via Zoom Mondays from 10:30 am - 11:30 am for tips on goal setting, staying motivated, building momentum, and more!
trentu.ca/academicskills



SHHH!

Shut Up and Write!

Fridays Starting May 19

Graduate Writing at Traill:
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 [here](#) between 9 am on Wednesday and 9:45 am on Friday to enjoy all you can eat pizza and conversation.



Erin
Muffin Man

Pronouns: they / them

Program:
computer science

Year: 5th

Fun Fact:
i grew up in the town where Hawaiian pizza was invented

Most Excited For:
Traill murder mystery



Hey Traill! Meet your Orientation Facilitator, Erin! They take the lead at our downtown college during Orientation and keep the Happy Box in check!
ALL HAIL ERIN, THE FACILITATOR ON THE HILL!

Where in the world is Tucker the Squirrel?



Trinity College Dublin

IRELAND
DUBLIN



Central Courtyard TCD



Wellington Memorial



Lincolns Inn



Morgan Loughlin '18

We said goodbye to these students,

Alumni Corner

Alumni of Traill College are doing amazing things across the globe!

Here we spotlight some notable former Traill students.



Rochelle Lorencini '18

and welcomed them as alumni

What's going on at Trent University?

You Are Invited to a Book Launch!

The Ghost of Catharine Parr Trill

An Ancestor's Guide to Wellbeing

by Laura Elliott

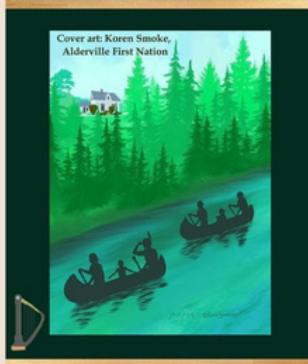
PLACE: Christ Church Community Museum

ADDRESS: 62 Queen Street, Lakefield, Ontario

DATE: July 16, 2023

TIME: 1:00 p.m.

A groundbreaking contribution to understanding relationships that have existed between Indigenous peoples and newcomers to their lands. My hope is that some children of this book will experience the same sense of comfort as CPT when she returned her child to us in a separate canoe after seeing the living nation of Mohawk being created. — Marlene Bruneau, Chief of the Mississaugas of Alderville First Nation



HARP Publishing: The People's Press
www.harppublishing.ca

H-ealing A-rt R-econciling P-eoples



Hiking | Explore the Visitor Centre | Movie | View the Teaching Rocks

TRIP TO THE PETROGLYPHS PROVINCIAL PARK

SATURDAY, JULY 15, @ 9 AM

Registration Required.
Limited spots available.



REGISTER NOW!
QUESTIONS? EMAIL
CHAMPLAIN@TRENTU.CA

Please join Laura Elliott for the launch of their book "The Ghost of Catharine Parr Trill: An Ancestor's Guide to Wellbeing", July 16, 2023 at 1:00pm at the Christ Church Museum in Lakefield.

At the park, we will learn about the largest known concentration of Indigenous rock carvings (petroglyphs) in Canada, depicting turtles, snakes, birds, humans, and more. This sacred site is known as "The Teaching Rocks".

Counselling Services
Workshop

Sunny Days Ahead:

Test Stress Skills for Grounding Ourselves
during Exams and Quizzes

Tuesday, July 18th
12-1pm; Virtual via Zoom

For registration, email:
counselling@trentu.ca



"Do you feel stressed and overwhelmed when you have to take a test? You're not alone! Learn skills that you can apply during these times to ground and calm yourself. Clear your mind from the clouds and welcome the sunshine into these moments."

Tuesday, July 18th, 2023 from 12-1pm Virtual via Zoom; please email counselling@trentu.ca to sign up.

Available to all Trent students, faculty, and staff



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.

Black Student Support

Founded in the Summer of 2020, the Black Student Support program is a safe space for current Trent Black students to come together for support and conversations around their Black experience at Trent, the Peterborough & Durham community and beyond. This confidential discussion group is led by student facilitators who have a lived experience in the Black community.

Click [here](#) for details and meeting dates.

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.

@peersupportrent 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

Swimming Safety

Swimming is a great way to cool off on hot summer days!

BUT BE SAFE!

Safety Tips

- NEVER swim alone!
- Swim with a buddy
- Learn how to swim by taking classes at the Athletic Centre
- Wear a lifejacket and swim in lifeguard supervised areas
- Know your limits - if you are tired, get out of the water
- Alcohol and water activities do not mix - if you are consuming, don't go in the water!
- Check for water and beach advisories for public health warnings (E. coli) with the local municipality
- Wear sunscreen and reapply often



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Learning never exhausts the mind. - Leonardo da Vinci