

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Coordinator, Samantha Perritt

Happy July Traillites!

With the heat and humidity, I don't think anyone has a doubt in their mind that we have rolled into summer. I hope everyone was able to find some time to rest and relax over the long weekend despite the heat. If you are looking for a comfortable, air-conditioned space to study, the **Scott House Library** and **Wallis Hall 224 & 226** are open from 9 AM to 5 PM, Monday through Friday.

While we prepare for the upcoming academic year, the Colleges are in the process of reaching out to incoming students welcoming them to the university and encouraging them to select a college. As our student staff work hard to connect with the incoming students it has allowed me to reflect on how unique it is that we are a collegiate university. As a student affiliated with **Lady Eaton College**, I valued the variety of events that was offered throughout the year and the passion in which the college staff always displayed when running the events. I admire the lifelong commitment of **Champlain College** students who earn their stripes through active participation and embracing college values. I appreciate **Otonabee College's** motto "times are changing we change with them" which I find quite appropriate in today's environment. **Peter Gzowski College's** dedication to bringing animals, whether it be ducklings or alpacas, into the students' lives, never ceases to amaze me. Finally, as a current staff member at **Catharine Parr Traill College**, I love the old fashion charm of the college on the hill and the sense of smaller community which it entails. For our incoming students, each college has unique values and traditions, a home away from home, to build lifelong connections.

You may have noticed in our previous newsletters that we have a **Happy Box How-To Series** on the [Traill College YouTube Channel](#). These videos cover quick and easy recipes along with various life skills that students might find interesting. A big thank you goes out to our student staff Ty Kraemer for developing 4 new videos which will air bi-weekly starting next Tuesday, July 11th. The theme of these videos is *Summer Eats* as it covers 4 different yet delicious summery foods. These videos are accessible on our YouTube channel with closed captioning.

Stay well & stay cool,

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:

Easy Crunchy Berry Parfaits

<https://www.allrecipes.com/recipe/233530/easy-crunchy-berry-parfaits/>

INGREDIENTS

2 cups sliced fresh strawberries

2 cups vanilla yogurt

1 cup granola

1 bananas, sliced

1/2 cup fresh blueberries

1 tablespoon honey, or to taste
(Optional)



INSTRUCTIONS

Place about 1/2 cup strawberry slices into 2 glasses or parfait dishes.

Spoon about 1/2 cup yogurt into each glass and top with about 1/4 cup granola.

Divide remaining strawberries into glasses and top with banana slices.

Place about 1/4 cup blueberries over bananas and top with remaining 1 cup yogurt.

Layer remaining 1/2 cup granola over yogurt and drizzle each parfait with honey.



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



Trail Mix



Do you have any books on turtles?

Hard backs?

And little heads.



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

Catherine 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!



Jessica Becking '14
Attending the Grand Opening of the
Jalynn Bennett Amphitheatre

Alumni Corner

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

Here we spotlight some
notable former Traill students.



Stephanie Forrester & Jim Forrester '14
Enjoying a performance at the Jalynn
Bennett Amphitheatre

What's going on at Trent University?



SUBMISSIONS OPEN

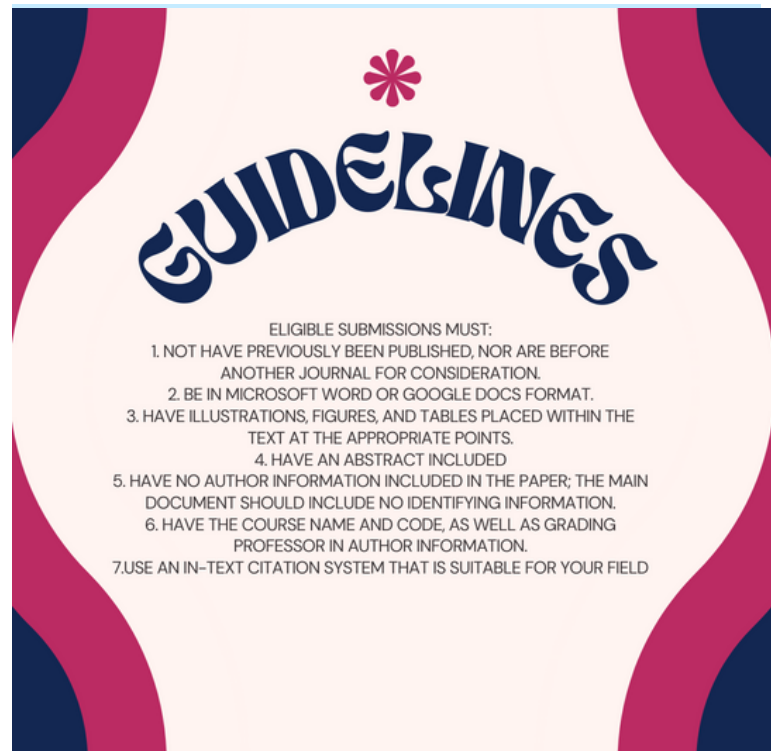
SUBMISSIONS FOR VOLUME EIGHT, ISSUE ONE ARE NOW OPEN

The Journal of Undergraduate Studies is excited to accept papers from all years of undergraduate studies, all disciplines, and all students.

To submit your paper for consideration go to trentu.ca/just

If you have further questions please email just@trentu.ca

Calling all undergrads!! Do you want to be published? This is a great opportunity to see your paper in a journal!

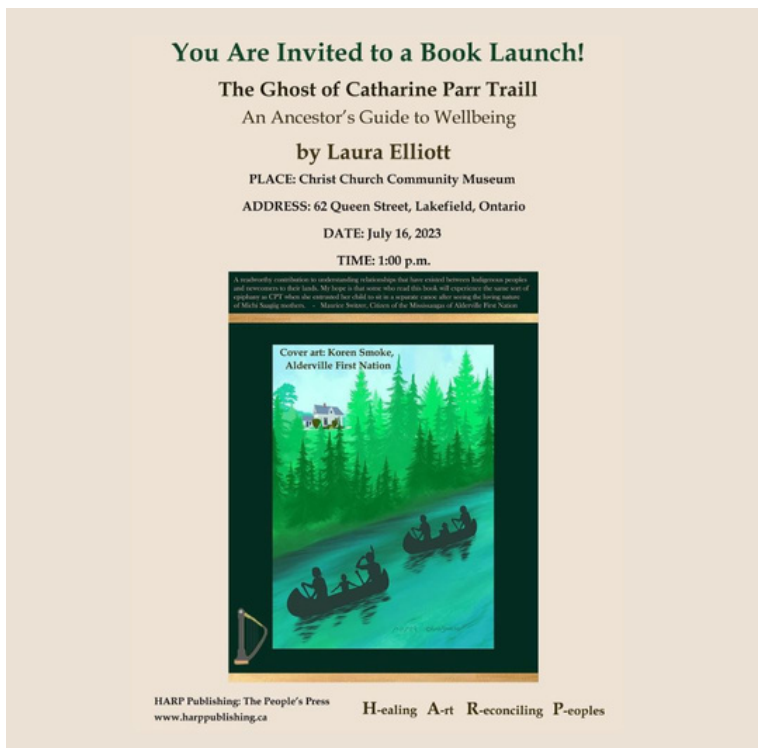


GUIDELINES

ELIGIBLE SUBMISSIONS MUST:

1. NOT HAVE PREVIOUSLY BEEN PUBLISHED, NOR ARE BEFORE ANOTHER JOURNAL FOR CONSIDERATION.
2. BE IN MICROSOFT WORD OR GOOGLE DOCS FORMAT.
3. HAVE ILLUSTRATIONS, FIGURES, AND TABLES PLACED WITHIN THE TEXT AT THE APPROPRIATE POINTS.
4. HAVE AN ABSTRACT INCLUDED
5. HAVE NO AUTHOR INFORMATION INCLUDED IN THE PAPER; THE MAIN DOCUMENT SHOULD INCLUDE NO IDENTIFYING INFORMATION.
6. HAVE THE COURSE NAME AND CODE, AS WELL AS GRADING PROFESSOR IN AUTHOR INFORMATION.
7. USE AN IN-TEXT CITATION SYSTEM THAT IS SUITABLE FOR YOUR FIELD

Submissions are now open for the Journal of Undergraduate Studies. Please visit trentu.ca/just for details.



You Are Invited to a Book Launch!

The Ghost of Catharine Parr Traill
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.

Cover art: Koren Smoke, Alderville First Nation

HARP Publishing: The People's Press
www.harppublishing.ca H-ealing A-rt R-econciling P-eoples

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



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

The Trent Graduate Student Symposium is now accepting submissions! For symposium registration, abstract submission, links to social media, and contact information, please [click here](#).



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.

Rebound: A peer support program for academic support

This peer-support program that provides students with connections to resources, services and supports on campus to help you in your transition; it is a home for any first- or second-year student wanting to start University off on the right foot. One-on-one Zoom meetings and drop-in hours are available.

<https://www.trentu.ca/currentstudents/academics/peer-support/rebound>

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

Beware of Ticks

These images are of *Ixodes scapularis*, the black legged tick, sometimes called the deer tick. These ticks carry a bacteria called *Borrelia burgdorferi*, which may cause Lyme Disease if a human is bitten.

They move about by attaching themselves to mammals and birds and sucking their blood. To protect yourself wear long sleeves long pants, and boots.

Ticks can be found in long grass, bushes, and wooded areas with leaf litter keeping the ground damp.

Check pets carefully for ticks. (There are combs you can buy to remove them. And check yourself after being outside! If possible, save the tick in the freezer so it can be tested if needed.

Early symptoms of Lyme disease can include a ring-like rash that expands outward from the bite. Other symptoms may be flu-like, including fever, headache, muscle and joint pain, and fatigue.



<https://www.publichealthontario.ca/en/About/News/2022/Tick-Season>



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May the road rise up to meet you. - Irish blessing

