

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

The Easter holiday is fast approaching. If you are a Christian, then Easter is the big one; a much bigger holiday (theologically) than Christmas. It marks renewal and rebirth and signals the end of the season of Lent where the devout may fast, pray, or abstain from desirable things. This early Easter also coincides with Ramadan which continues to April 9th (Ramadan Mubarak!). Ramadan is a time of fasting, reflection, and prayer. It is the commemoration of the Prophet Muhammad's first revelation from the Angel Gabriel. To everyone who are marking these observances, may the blessings of the season be upon you. Even if you don't observe Easter or Ramadan, the Good Friday holiday offers a much welcome long weekend from what has been a very busy March. Don't forget that Traill College, like the rest of the university, will be closed on Friday, 29 March.

The **Symons Gala Dinner** celebrating the winner of the Symons Series for Graduate Research will be taking place on Thursday, 11 April at 6 PM in Bagnani Hall. Join us for a lovely dinner in a formal setting and listen to the winning graduate student paper from our year-long competition. There are a limited number of free tickets available for graduate students. If you are an interested graduate student, check your inbox for the registration email that I sent earlier this week. If you are not a graduate student, but still are interested in attending, please contact me directly for ticket availability (michaeleamon@trentu.ca).

It is hard to believe, but classes officially end on April 5th. To help support your studies and term papers, **Scott House** will be open on Saturday April 13th and April 20th from 10 AM to 4 PM. Don't forget that the Library, our common rooms, and study spaces are also regularly open Monday to Friday from 9 AM to 10 PM. On behalf of the entire College, I wish you only the best as you prepare for the end of term.

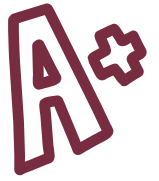
Until next week,

A stylized, handwritten signature in black ink, appearing to read "Michael Eamon".



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Cabinet Corner



Thank you to everyone who planned and attended the Annual West Bank Love event. We can't wait to see you next year!

Swag Shop



Click [here](#) to view our swag shop and order online! Pick up orders and pay with cash at the College Office.

To keep up to date with the college, follow us on social media!



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

For the most up-to-date information on Trent University's response to COVID-19 visit: <https://www.trentu.ca/coronavirus/>



Backwoods Baking Presents:

Strawberry Lemon Trifle

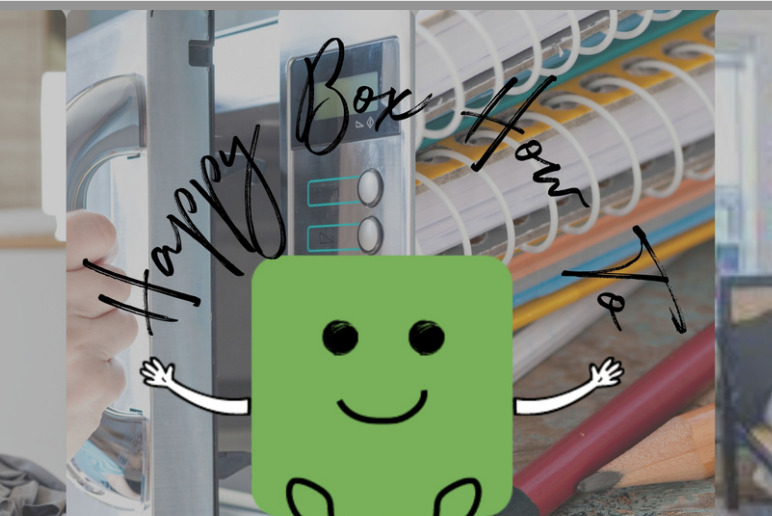
[Link](#)

INGREDIENTS

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon zest
- 2-1/2 cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice or water
- 1 prepared angel food cake (12 ounces)

INSTRUCTIONS

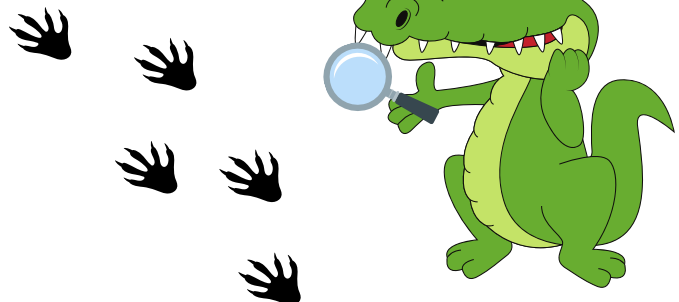
- In a large bowl, beat cream cheese and yogurt. Add the milk, dry pudding mix and lemon zest; beat until smooth. In a blender, process 1/2 cup strawberries and grape juice until blended.
- Tear cake into 1-in. cubes; place a third in a trifle bowl or 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half of the strawberry sauce. Repeat all layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries. Cover and refrigerate for at least 2 hours.



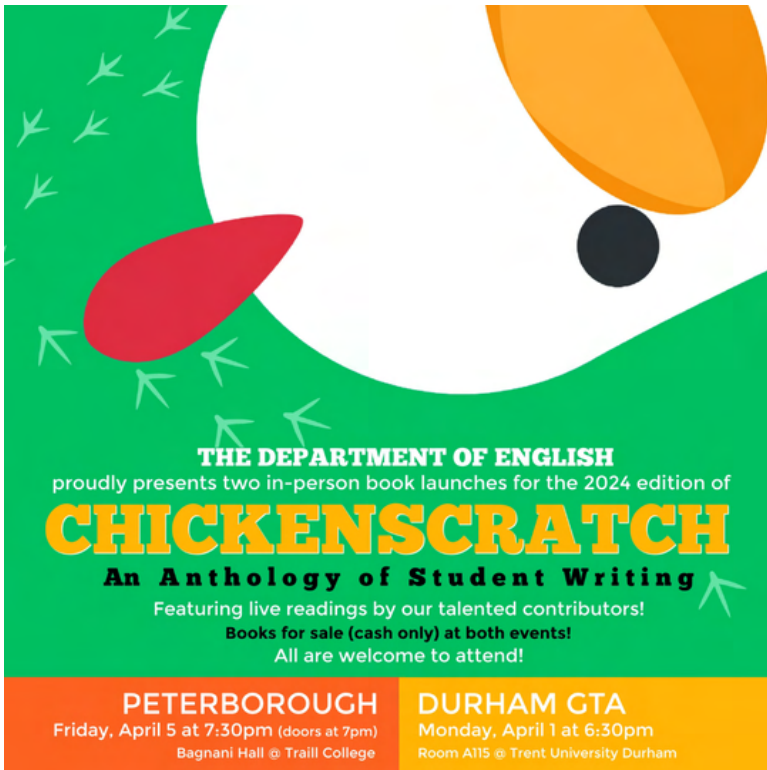
Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube channel](#) to view

Trail Mix

What do you call an alligator wearing a vest?
An investi-gator.



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



THE DEPARTMENT OF ENGLISH
proudly presents two in-person book launches for the 2024 edition of
CHICKENSCRATCH
An Anthology of Student Writing
Featuring live readings by our talented contributors!
Books for sale (cash only) at both events!
All are welcome to attend!

PETERBOROUGH Friday, April 5 at 7:30pm (doors at 7pm) Bagnani Hall @ Traill College	DURHAM GTA Monday, April 1 at 6:30pm Room A115 @ Trent University Durham
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The Department of English is thrilled to invite you to two book launches for the 2024 edition of Chickenscratch: the amazing, peer-reviewed anthology of creative writing by Trent students. Both events will include live readings and copies of Chickenscratch will be available for purchase (cash only, please)



Trent University's
2024 3MT[®]
Competition

Save the date and join the audience!

Thursday, April 18th
@ 7 pm
Market Hall, Peterborough

ACADEMIC SKILLS TRENT U



Join us for the 2024 Three Minute Thesis Competition, where graduate students meet the ultimate challenge: to explain their complex research in just three minutes, using only one Power Point slide! [Click here](#) for more information.



CALL FOR RECIPES!

2024 marks Traill's 60th anniversary! To celebrate this milestone we are creating a cookbook and would like current and former students to be a part of it! Share your cherished recipes and memories and be entered into a draw to win some Traill swag!

Email submissions to traill@trentu.ca

Submit a recipe for your chance to win a hoodie, notebook, and mug



In celebration of Traill's 60th anniversary we are creating a cookbook and would like to include recipes from students and alumni! Send your recipes and photos to traill@trentu.ca and be entered to win some Traill merch!



Traill College will be closed this Friday, March 29 for Good Friday

We hope you enjoy the long weekend!



Traill College wishes all students a relaxing and reflective long weekend, just in time for the final exam push. For those of you engaging in Good Friday and Easter celebrations, we hope the time is reflective and that you enjoy time spent with family.

What's going on at Trent University?



Bata Extended Exam Hours*

MARCH 31 TO APRIL 20

Monday	8am - 1am
Tuesday	8am - 1am
Wednesday	8am - 1am
Thursday	8am - 1am
Friday	8am - 1am
Saturday	10am - 1am
Sunday	10am - 1am

*The Library Service Desk closes earlier than the building



Looking for a good study space to grind out the rest of the semester? Then take a look at these extended hours at the Bata Library! Bata is a great place to focus, its quiet atmosphere and helpful resources make it the ideal spot for finishing up papers or cramming for exams.

Feeling the complex pressures of being a racialized student in academia?

Racialized Student Wellness Workshop

Thursday, April 4th 2024
Time: 1-2 PM
Location: Zoom

Join us for a workshop to strengthen your resolve, and build safety, bravery and community on campus.



Racialized Student Wellness Workshop:
Join us for our Racialized Student Wellness Workshop on April 4th, 2024 from 1-2 PM where we'll discuss strategies to strengthen resolve, build safety, and community on campus. Open to both Peterborough and Durham students, RSVP now to receive the Zoom link. -> Trent Durham Campus registration: durhamcounselling@trentu.ca
Trent Peterborough Campus registration: counselling@trentu.ca



PC: Samantha Stephens

APPLY HERE



May 17-21st, 2024



Algonquin Wildlife Research Station



Applications close March 31st.

To apply and find out more!



<https://freedalgonquin.wordpress.com/>



Sherrynn - sherrynnprowell@trentu.ca

Aranya & Mariel - directorsfreed@gmail.com



FREED @ TRENT 2024

ABOUT THE EVENT

- Get outdoor research skills, learn about the land & its history, and experience fieldwork
- Make connections with other nature lovers
- **Free** to attend: Cost of travel and accommodations covered + needs-based bursary provided
- Info session: March 19th, 1-2pm - **ZOOM**

REQUIREMENTS

- Self-identifying Indigenous, Black and/or Racialized (ie., BIPOC) Trent student
- Enrolled full-time and interested in ecology, evolution, conservation, climate studies
- Currently have **limited** field work and research experience



What's going on at Trent University?



SHARE YOUR THOUGHTS ON EQUITY AND DIVERSITY AT TRENT

To support Trent's ongoing commitment to creating an inclusive, engaging, and supportive environment, the Equity and Human Rights Office is inviting all students, faculty, and staff at both campuses to participate in a university-wide survey – available now, until April 15. Take the brief 15-minute EDI Survey [here](#).



TRENT UNIVERSITY
CONTINUING EDUCATION


IN-PERSON 4-HOUR WORKSHOP

GIVE THE *Gift* OF LEARNING

SONGBIRDS OF SPRING: BIRDWATCHING BASICS

SATURDAY, APRIL 27TH, 2024
9:00 AM – 1:00 PM EDT
trentu.ca/continuingeducation

Ever wondered how to get into birdwatching? Tired of not being able to identify the birds in your backyard? Join this course to travel from Trill to two different conservation areas to spot some spectacular birds. Register online for this course [here](#).



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON 8-WEEK COURSE

GIVE THE *Gift* OF LEARNING

ACRYLIC LANDSCAPES FOR BEGINNERS WITH VALERIE KENT

THURSDAYS | APRIL 11 - MAY 30
7 P.M. - 9 P.M.
trentu.ca/continuingeducation

Curious about learning to paint with Acrylics? Over the course of eight weeks learn how to use acrylic paint to create local landscapes on your canvas! Build the foundational skills of painting with this course! Register online [here](#)



TRENT UNIVERSITY
CONTINUING EDUCATION

4 IN-PERSON WORKSHOPS

GIVE THE *Gift* OF LEARNING

ANCIENT EGYPT WEEKEND
WITH EGYPTOLOGISTS LAURA RANIERI AND FRANCOIS ROY

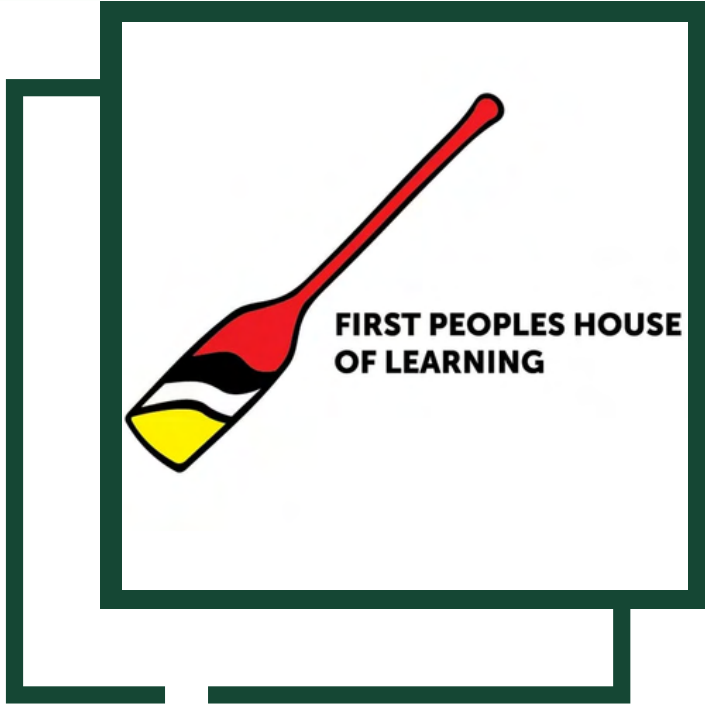
SATURDAY, APRIL 13 & SUNDAY, APRIL 14
10 A.M. - 4 P.M.
trentu.ca/continuingeducation

Want to learn more about Ancient Egypt? April 13th and 14th there are four workshops available! Choose one or two that interest you for \$40 each, or all four for \$140! Register online [here](#)



Student Supports

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



This week we are highlighting **The First Peoples House of Learning!**

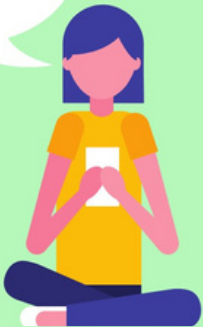
FPHL supports a diverse community of Indigenous learners through a variety of services, including:

- **Counselling** with the Indigenous Student Therapist
- **Ishkodehwin** Indigenous Peer Mentorship Program
- **Tutoring**
- **Cultural programming** and events
- **Traditional areas** in Peterborough and Durham
- ...and more!

"FPHL embodies the Indigenous worldview of education as a ceremony of learning. We nurture a community that recognizes the voices and spirits of our students."

Visit trentu.ca/fphl for more details and contact information!

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

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

Sleep is an important part of maintaining our mental health!



ZZZZZZZZZZZ

Unfortunately, end-of-semester stress can get in the way of a good night's sleep. While rest is a helpful tool in combatting anxiety and improving focus, it might feel impossible to get enough when you're faced with exams and final assignments.

Pick one or two of these tips for better sleep hygiene to try out this week. You can find more information and other strategies in this [resource by Anxiety Canada](#).

SLEEP HYGIENE

Seven effective tips to establish healthy sleeping habits

Stay clear of stimulants late in the day.

Avoid beverages and foods that contain caffeine (ex. tea, coffee, and chocolate) for at least 4 hours before bedtime.



Get active.

A regular exercise routine can contribute to improved sleep.



Stick to a consistent sleep schedule.

Going to bed and waking up at the same time every day can help your body get used to a regular sleeping rhythm.



Avoid foods that can disrupt sleep.

Heavy, spicy, or sugary foods can create discomfort when we lay down for bed. A healthy light snack in the evening can improve sleep. Try eating a light snack of cheese and crackers, bananas, or a warm glass of milk.



Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed.



Keep your room cool and comfortable.

An ideal environment for sleeping is cool, quiet, and dark.



Create a relaxing bedtime/ pre-bedtime routine.

Engaging in relaxing activities about an hour before bed helps create a smoother transition.



<https://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>



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"Live for each second without hesitation."

— Elton John