



WINTER EDITION IV - FEBRUARY 2, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Happy **Black History Month**! Every February in North America (October in the United Kingdom), the public is encouraged to celebrate the achievements and highlight the struggles of Black History. In Canada, **Dr. Jean Augustine** '17, with **Dr. Hedy Fry**, were instrumental in having the House of Commons officially recognize February as Black History Month in 1995. Dr. Augustine (pictured below getting her Traill scarf) was also made the first Fairness Commissioner of Ontario in 2008. Trent University awarded her with an honorary doctorate in 2017. Her story is only one of many inspirational tales of achievement. All this month, you can come to Traill College and get a free graphic novel that highlights not only Dr. Augustine, but the lives, struggles, and achievements of dozens of Black Canadians. If you are interested in knowing more about activities that are going on at Trent University this month, you can click on this link for more information:

<https://www.trentu.ca/currentstudents/black-history-month>

In other news, we are excited to welcome **Bridget Larocque** as the **44th Ashley Fellow**. She will be arriving next Monday at the College. On Tuesday, February 6th Bridget will be hosting a special workshop in The Trend from 2 to 4 PM. Come join us for a great conversation on issues that concern the Canadian North, its peoples, gender, and sovereignty. Free food will be provided by our own Chef Christopher.

On Thursday, February 8th, we are teaming up with the Frost Centre, as Bridget offers a public lecture as part of the **North at Trent** series. Join us at 7:30 PM in Bagnani Hall for "A Northern Perspective on Decolonization and Indigenization: Retelling Narratives." Light refreshments are to follow. For more information on Bridget and her visit, please see:

<https://www.trentu.ca/news/story/39041>

See you soon!



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



The next free dinner brought to you by Traill Cabinet will be on February 10 at 6pm in The Trend.

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!

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



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Backwoods Baking Presents:

Grilled Chicken and Spinach Quesadillas

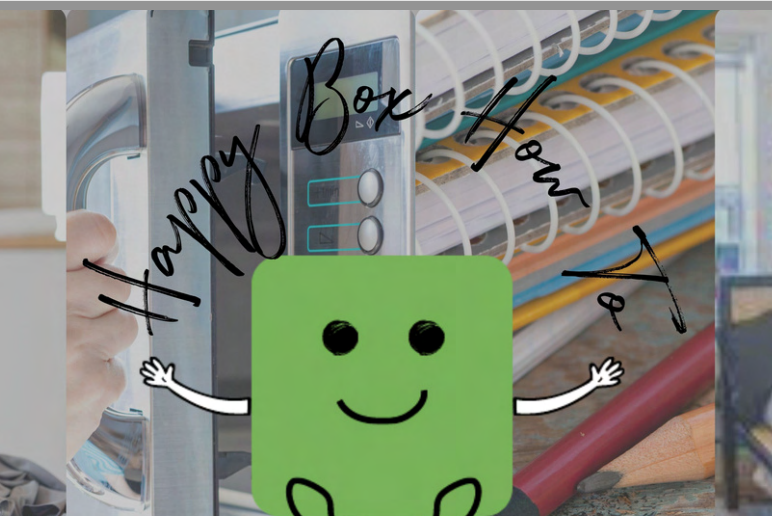
INGREDIENTS

- 1 2- to 2 1/2-pound rotisserie chicken, meat shredded
- 4 cups baby spinach (about 3 ounces)
- 1 1/2 cups grated Monterey Jack (6 ounces)
- 4 large flour tortillas
- 1 avocado, diced
- 1/2 cup store-bought fresh salsa
- 1/4 cup sour cream

INSTRUCTIONS

- Heat grill to medium. In a large bowl, combine the chicken, spinach, and cheese.
- Dividing evenly, place the mixture on one half of each tortilla. Fold over the other half to cover.
- Grill the quesadillas until the cheese has melted and the tortillas are crisp, 3 to 4 minutes per side
- Serve quesadillas with the avocado, salsa, and sour cream.

[Find the Full recipe here](#)



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

Trail Mix What do snowmen eat for lunch?



Iceburgers

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

Drop by the Trend at Traill College to get to know our Ashley Fellow in

COFFEE CHATS WITH BRIDGET LAROCQUE



February 6th and 13th
2pm-4pm
The Trend, Traill College
Free coffee, tea and desserts available



BRIDGET LAROCQUE 2024 ASHLEY FELLOW A NORTH AT TRENT LECTURE

FEBRUARY
8TH
BAGNANI HALL
7:30PM

A NORTHERN PERSPECTIVE ON
DECOLONIZATION AND INDIGENIZATION:
RETELLING NARRATIVES

FREE PUBLIC LECTURE

Reception to follow with coffee, tea and light refreshments.



Bridget Larocque, Métis born and raised in Inuvik, NWT, serves as a policy advisor and researcher with the Arctic Athabaskan Council (ACC) and was executive director of Gwich'in Council International (GCI) from 2007-12. A unique expertise on the Arctic Council and Arctic governance issues. Drop by The Trend at Traill College to get to know our Ashley Fellow over coffee on Feb 6 and 13th at 2pm. The North at Trent Lecture will be held on Feb 8 in Bagnani Hall at 7:30pm

2024 3MT[®] Applications OPEN

Graduate students, do you want
the challenge of presenting your
research before a general
audience?

Applications open: January 15
Applications close: February 12

More information
Academic Skills Website



TRAILL COLLEGE IS HIRING!

Do you have college spirit? Do you want to be a part
of a supportive team? Apply today! Traill College has
2 summer positions available:

Events & Programming
Intern (JOB ID #34387)

Apply through the Job
Board on your Student
Experience Portal!

Outreach & Orientation
Facilitator (JOB ID #34384)

Deadline: February 16, 12pm

The Three Minute Thesis (3MT[®]) is an internationally recognized competition for thesis-based graduate students in which participants present their scholarly and creative activity and its wider impact in 3 minutes or less. Interested in showing off your research, or flexing your public speaking skills? Then this may be the opportunity for you! applications are currently open, for more information scan the QR code or visit the academic skills website.

Traill College is hiring for summer positions! The available positions are: Events and Programming Intern, and Outreach and Orientation Facilitator. Apply through the job board on the Student Experience Portal before February 16.

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

St. Scholastica Feast Day

Traill Cabinet Feast Series
February 10, 6pm at The Trend

Join us for a medieval-themed night filled with revelry and merriment. Whether you arrive in medieval finery or modern threads, come warm up with a free meal.

S: SCHOLASTICA'S DAY 1354

CATHARINE PARR TRAILL COLLEGE

The Traill Cabinet Feast Series continues on February 10 for a medieval night like no other as we celebrate St. Scholastica Feast Day and the 669th anniversary of the Scholastica Day Riot. Whether you come in your best medieval finery or modern threads, join Cabinet in the Trend at 6pm for a free meal.

ACADEMIC SKILLS and Present...

WRITING ABOUT QUALITATIVE DATA FOR GRAD STUDENTS

13 FEBRUARY 2024
7PM - 8:30PM Online via ZOOM

Are you planning on including qualitative data in your research project? Then this may be the workshop for you!

REGISTER NOW

Grad students: Are you planning to include qualitative data in your research project? Register for the workshop on February 13 at 7:00 pm.

Adapted from
"LAST OF THE CURLEWS"
by Fred Bodsworth

R H THOMSON LIYOU ABERE

THE LAST CURLEW

Please join us for a screening of The Last Curlew with filmmaker Tom Allen. Saturday February 3, 2-4pm in Bagnani Hall. Q & A with Tom Allen to follow the screening. The film The Last Curlew, an adaptation of Canadian author Fred Bodsworth's environmental classic: Last of the Curlews.

ACADEMIC SKILLS

Graduate

Writing and Research Week

Winter Reading Week
February 20 to 23

Literature Reviews & Proposals

Fundamentals of Graduate Writing & Revision

Research Strategies & Citation Management

Virtual workshops for graduate students

Choose workshops that interest you

Oral Presentations & Visual Design

During the winter reading week (February 20 to February 23) Academic Skills and Trent Library will present virtual workshops for graduate students. The workshops will focus on topics that are relevant to graduate students as they work through their course work and research projects. [Register here.](#)

What's going on at Trent University?



ACADEMIC SKILLS IN THE COLLEGE

UNIVERSITY OF TRENTO

MOTIVATION Mondays

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
 - Impostor syndrome
 - Distractions
 - Writers block
 - Burnout

Every Monday
10:30 to 11:30
Starting January 22

Motivation Mondays are back, with a vengeance! With support from Academic Advising you can get weekly help with various support structures available to you!

Social Group for Autistic Students

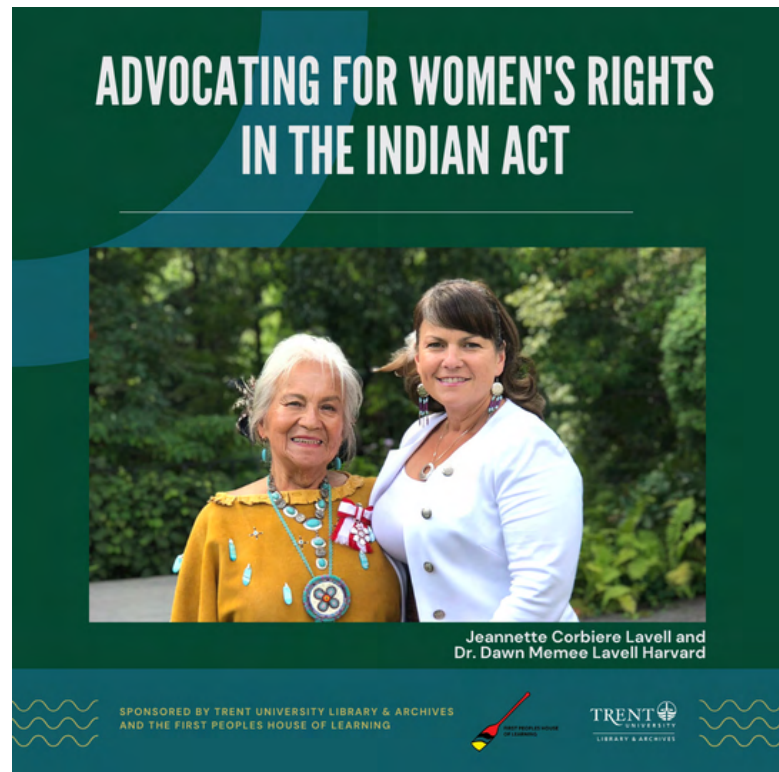
MEETING TUESDAYS FROM
3:30PM-4:30PM
BLACKBURN HALL RM 135

CONNECT | DE-STRESS | CREATE

YOU DO NOT NEED TO BE REGISTERED WITH SAS TO ATTEND THIS GROUP. MORE INFORMATION CAN BE FOUND BY EMAILING CHLOE AT CDEVLIN@TRENTU.CA

Join Student Accessibility Services on Tuesdays from 3:30 to 4:30 pm for a drop-in style social group for autistic students! You do not need to be registered with SAS to attend - all are welcome. Find us in Blackburn Hall, room 135. You can email questions to cdevlin@trentu.ca for more information.

ADVOCATING FOR WOMEN'S RIGHTS IN THE INDIAN ACT



Jeannette Corbiere Lavell and Dr. Dawn Memee Lavell Harvard

SPONSORED BY TRENT UNIVERSITY LIBRARY & ARCHIVES AND THE FIRST PEOPLES HOUSE OF LEARNING

TRENT UNIVERSITY LIBRARY & ARCHIVES

Jeannette Corbiere Lavell and Dr. Dawn Memee Lavell-Harvard discuss their contributions to advocating for the legal status rights of Indigenous women in the Indian Act, as well as their research and writing aimed at promoting the equality of Indigenous women and children. Feb. 13, 3:20 to 6:30 PM in Room BL 411 of the Bata Library. [Register here.](#)

IT'S BACK!!!!

ADHD GROUP

Join us in the SAS Group Room on Thursdays from 3:30-4:30 PM for a relaxed discussion with peers about tips and tricks!

Drop-in friendly!

In Blackburn Hall RM 135

The Student Accessibility Services group is back! Join us on Thursdays from 3:30 to 4:30 pm in Blackburn Hall, room 135. You do not need to be registered with SAS to attend - all are welcome. Email cdevlin@trentu.ca for more information.

What's going on at Trent University?

We're Hiring!



Orientation Facilitators



For more information and to apply, please visit the job posting on the Student Job Board accessible via the Student Experience Portal

The Office of Student Affairs is looking for enthusiastic students to help prepare for Trent Orientation events this summer and fall! This is your chance to make a positive impact as we welcome new students to campus. For more information, please visit the job posting on the Student Job Board, accessible via the [Student Experience Portal](#).
Deadline: February 4th | Job ID: 33701

Dr. Cornel Grey

Wednesday
February 7th
3PM



Cornel Grey is an Assistant Professor in the Department of Gender, Sexuality, and Women's Studies at Western University.
Seasons of Summer: A Meditation on Plantation Vocabularies
Bata Library Film Hall (Room 103)

Join Gzowski College and Otonabee College for an Enwayaang lecture with Dr. Cornel Grey. Cornel Grey is an Assistant Professor in the Department of Gender, Sexuality, and Women's Studies at Western University. Cornel's current research program focuses primarily on black queer health.

TRENT UNIVERSITY
CONTINUING EDUCATION



CONTINUE YOUR *Education*
Expand YOUR MIND

REGISTER NOW FOR WINTER-SPRING 2024 CONTINUING EDUCATION CLASSES
trentu.ca/continuingeducation

Interested in lifelong learning? Take a look at what's offered by continuing education. There are over 30 offerings that you can find on the website [here](#).
Classes start next week!

Waste Challenge

Do you have what it takes to become...
The Champion?

Trent's SO, in partnership with Food Services, is challenging the colleges (& Durham) to be the best sorters of waste. Less than 10% of waste generated on campus actually belongs in the garbage - are you recycling and composting properly?

Contest Dates:
Feb 1-16

Winner to be announced on March 28th!



We're launching a Trent-wide Waste Challenge to foster better sorting of waste with all Trent students. Colleges (and Durham) will be competing against each other and ONE will be named the Champion! The challenge runs from February 1-16, 2024. Volunteers will audit the waste during this period to measure which college sorts the best!



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.



Student Accessibility Services (SAS)

SAS is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology. SAS supports include:

- Developing individualized accommodation plans for registered students;
- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
- Offering support through an Adaptive Technologist, using a hands-on approach which allows students to learn how their technology works and how it can be used in their studies;
- Directing and connecting students to appropriate campus resources.

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!**

Jobs. Careers. Experiences.

CAREER EXPO

Wednesday, January 31 & February 7 (In-Person)

Wednesday, March 6 (Virtual)

Don't miss this chance to network, learn about various industries, and explore potential paths that align with your aspirations. Bring your resume, enthusiasm, and curiosity - our fair is designed to help you make meaningful connections and gain insight into the job market. There will be two In-Person Career Expos: January 31st and February 7th hosted in the Trent Student Centre Atrium. There will also be a Virtual Career Expo on March 6th. Click the dates to register.

Wellness Resources

Whether we're introverted, extroverted, or somewhere in between, we all have social needs. As students, our social needs can be overshadowed as we juggle competing responsibilities. Here are some tips to make space for new and established relationships:

Be present: Try to minimize distractions and enjoy the time you have with those you care about, even for just 5 minutes.

Keep an open mind: Try new activities, explore new places, or even try getting to know someone new!

Spend time outdoors: Time in nature can make it easier for us to be present and mindful as we spend time with the important people in our lives.

Common interests and goals: Is there a responsibility, hobby, or interest you and your loved one share? Sounds like a great opportunity to connect!

TIPS TO IMPROVING SOCIAL WELLNESS

Be present.

Keep an open-mind.

Spend time outdoors.

Find common interests and goals.



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"The great aim of education is not knowledge but action." - Herbert Spencer