

# TRAIL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal Michael Eamon

Hi Traillites,

Today is Trent's Spring Open House and it sure has been a busy day for the College on the Hill. Continuing a tradition that started just a few years ago, Traill hosted a separate Open House beginning at 2 PM (or just after the main Open House on the Symons Campus ended). This year, a continuous bus loop ran from the Symons campus to Traill College and then onward to the new Traill Annex. I jumped on the first bus and led prospective students - and their families -- downtown to show them the Traill experience. Tours of the College started in Scott House where visitors got to see the College Library, JCR, and SCR as well as the Academic Advising and Skills offices. From there, our visitors went on to tour the Crawford House and Wallis Hall residences. Visitors were encouraged to end their journey in The Trend where Chef Christopher had prepared a large feast of free sandwiches, cookies, and cakes with pots of tea and coffee. After experiencing Traill College, visitors then jumped back on the bus where they could make a stop at the new Traill Annex that will be opening in the Fall.

We are especially excited about the Traill Annex. Situated in the residence wing of the former Master's Bible College, the annex will offer 157 additional beds to new Traill College students. This will more than triple the number of residential students affiliated with Traill College. Situated near Hilliard St., the annex is just a five-minute drive, or 15-minute walk from Traill and all its student amenities. I wanted to offer thanks to all the people who help to organize this great event including the staff in Housing, Recruitment and Admissions, and Communications. A special thanks to all the student volunteers who acted as guides and to Traill College Coordinator, Samantha Perritt, for once again keeping everything on track throughout the day. If you have any questions about the services that Traill College provides or want to know more about the new Traill College annex, please do not hesitate to contact me.

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive, with a long horizontal line extending from the end.



# Needing an Appointment?

# Looking to book an academic appointment?



[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](mailto:graduate@trentu.ca) or your home department.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

## Cabinet Corner

**SPACE COWGIRLS**  
**TRAIL CABINET FORMAL & TRAIL COLLEGE AWARDS**  
SAT. MARCH 23  
6PM  
PUBLICAN HOUSE  
(294 CHARLOTTE ST)  
TICKET INCLUDES DINNER, 1 DRINK & AFTER PARTY  
\$25  
YEE HAW  
CATHARINE PARTRIDGE  
TRAIL COLLEGE  
QR CODE

Tickets are \$25 and include a full dinner, a drink, and the after party. Click here to purchase tickets!

## 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:

## S'mores Mug Cakes

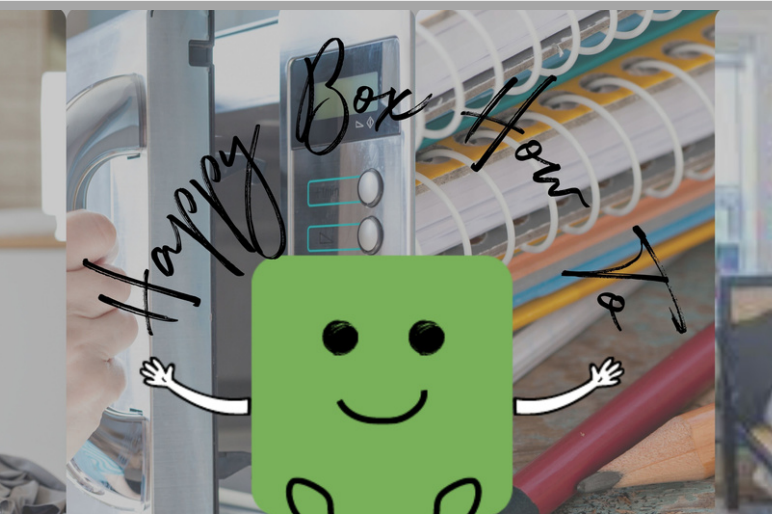
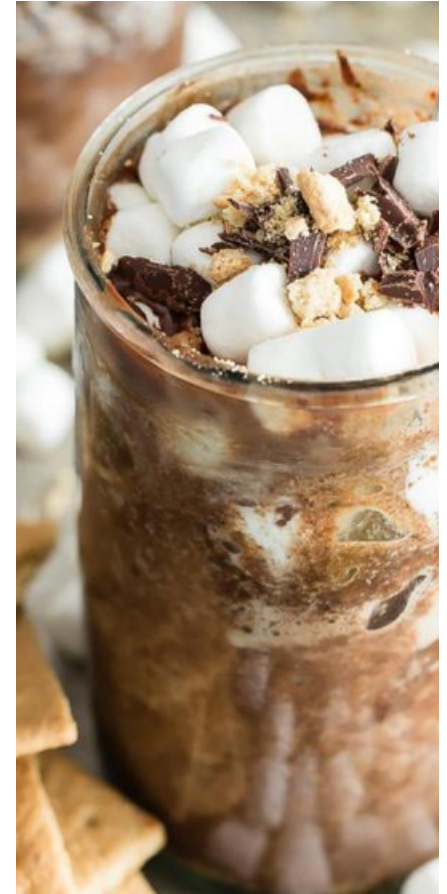
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### INGREDIENTS

- 4 tablespoons butter
- 1 graham cracker, crushed to crumbs
- 3 tablespoons milk
- 1 large egg, whisked
- 4 tablespoons all-purpose flour
- 3 tablespoons sugar
- 3 tablespoons cocoa powder
- 1/2 teaspoon baking powder
- Kosher salt
- 32 mini or 4 large marshmallows

### INSTRUCTIONS

- Melt 1 tablespoon of the butter in a microwave-safe mug. Add the graham cracker crumbs and stir to combine. Transfer half of the crumbs into another microwave-safe mug and press the crumbs down into the bottom of each mug.
- Melt the remaining 3 tablespoons butter in a microwave-safe bowl. Add the milk and egg and whisk to combine. Add the flour, sugar, cocoa powder, baking powder and a pinch of salt and whisk until smooth.
- Divide 1/4 of the batter into each mug and top each with 8 mini marshmallows or 1 large marshmallow. Divide the remaining batter into each mug and top each with 8 mini marshmallows or 1 large marshmallow.
- Microwave the mugs for 1 minute to 1 minute 15 seconds, watching towards the end to make sure the cakes don't overflow.



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

## Trail Mix

Don't go in the grass without armor!

It's full of blades!



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



**SPACE COWGIRLS**  
**TRAIL CABINET FORMAL & TRAIL COLLEGE AWARDS**

SAT. MARCH 23  
6PM  
**PUBLICAN HOUSE**  
(294 CHARLOTTE ST.)

**\$25**

TICKET INCLUDES  
DINNER, 1 DRINK &  
AFTER PARTY

CATHARINE PARR  
TRAIL COLLEGE

YEE HAW

QR code

Saddle up and blast off to Traill Formal 2024! Happening Saturday March 23 at 6pm at the Publican House. Tickets are \$25 and include a full dinner, a drink, and the after party. [Click the link here to get your tickets!](#)



**Trent University's**  
**2024 3MT<sup>®</sup>**  
**Competition**

**Save the date and join the audience!**

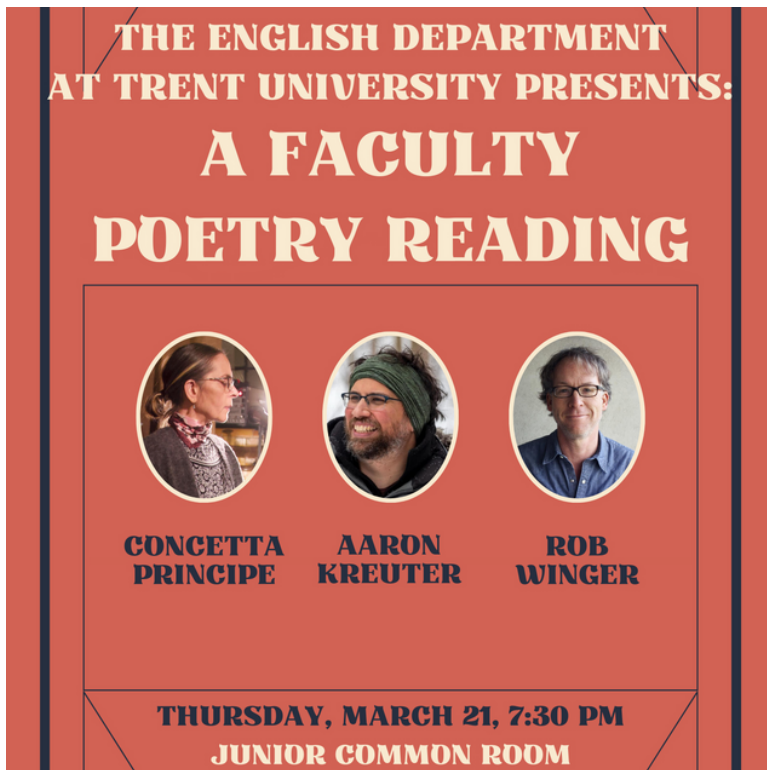
Thursday, April 18th  
@ 7 pm  
Market Hall, Peterborough

ACADEMIC SKILLS  
TRENT U

QR code

Trent University logo

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.



**THE ENGLISH DEPARTMENT**  
**AT TRENT UNIVERSITY PRESENTS:**  
**A FACULTY**  
**POETRY READING**

**CONCETTA PRINCIPE**   **AARON KREUTER**   **ROB WINGER**

**THURSDAY, MARCH 21, 7:30 PM**  
**JUNIOR COMMON ROOM**

For the final Writers Reading Series event of this school year, we're thrilled to be hosting a faculty reading! Three creative writing professors in the English department will be reading from their work. There will be books for sale, and a reception to follow. It promises to be a great night!



**TRENT UNIVERSITY**  
CONTINUING EDUCATION

**IN-PERSON 7-HOUR WORKSHOP**

**GIVE THE Gift OF LEARNING**

**THE WRITE RETREAT: CREATIVE NOURISHMENT**

SATURDAY, APRIL 20  
9 A.M. - 4 P.M.  
[trentu.ca/continuingeducation](http://trentu.ca/continuingeducation)

If you are looking for the time and focus to engage in the craft of writing and share your work with others, this is the workshop for you. 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](#).

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



Here are some images from our recent CUST 2511 drawing workshop: portrait drawing using a bag as a mask, revealing the face through progressive changes (ex. rips) to the bag. The exercise is loosely based on the 100 self-portraits by Winnipeg artist, Ivan Eyre in the collection of the Art Gallery of Peterborough. -Submitted by Professor Chisholm

LEC, CHAMPLAIN AND TRAIL CABINETS PRESENT...

# WEST BANK LOVE

MARCH 16, 6-9:30PM  
THE JUNCTION  
\$15 PER TICKET

TICKET INCLUDES ENTRV, FOOD, & 3 DRINKS

Join the West Bank Cabinets at the Junction on March 16 for West Bank Love! Tickets are \$15 and on sale now and can be purchased by clicking [here](#). Ticket includes food and 3 drink tickets, additional drink tickets can be purchased for \$2 (cash only).

## 3V3 BASKETBALL TOURNAMENT

# HOOP THERE IT IS

22 MARCH 2024, 7:30 PM

LOCATION:  
**ATHLETIC CENTRE, TRENT GYM**

SECURE YOUR SPOT! TEAMS MAY HAVE 3-4 PLAYERS.  
SNACKS AND DRINKS PROVIDED.  
REGISTER NOW!

Hoop There It Is: Traill Cabinet's annual 3v3 basketball tournament is back on March 22! Starting at 7:30, teams will play to show off their skills and win! In collaboration with Champlain Cabinet, t-shirts and snacks are available. Teams' fee is only \$10 and can sign up [here](#).

## 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](mailto: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](mailto:traill@trentu.ca) and be entered to win some Traill merch.

# What's going on at Trent University?

## TRENT ACTIVE MINDS 6TH ANNUAL MENTAL HEALTH PANEL

Navigating the Shadows: Unpacking LGBTQ+ Hate, Discrimination, and Mental Health

Thursday, March 21st, 2024  
6:00 PM-8:30 PM

TSC Event Space,  
Room I.07

Join us on Thursday, March 21st, from 6:00 PM to 8:30 PM in the Trent University Student Centre Event Space for our sixth annual Mental Health Panel on Navigating the Shadows: LGBTQ+ Hate, discrimination, and Mental Health! [Register here.](#)

Trent Community  
Research Centre

## RESEARCH THAT MAKES A DIFFERENCE. ANNUAL CELEBRATION OF COMMUNITY-BASED RESEARCH

THURSDAY, MARCH 28, 2024; 12-4PM;  
MARKET HALL, PETERBOROUGH

The annual celebration of community-based research promises a day filled with knowledge exchange, collaboration, and recognition of outstanding contributions. Support your peers as they share their CBR projects. [Reserve your spot today!](#)

**Chatime**

**LOUISIANA KITCHEN**

**POPEYES**

**TISA**  
Trent International Students' Association

**CULTURAL OUTREACH 2024**  
DIVERSE BEATS, SHARED RHYTHMS: CULTURES UNITE  
WENJACK THEATRE, TRENT UNIVERSITY  
1 PM & 7 PM  
MARCH 16, 2024 (SATURDAY)

**Osmow's**

**TRENT UNIVERSITY**  
TRENT INTERNATIONAL

**BHOJAN**  
Cuisine and Bar  
INDIAN RESTAURANT  
428 George St. N Peterborough  
705-750-0001 [www.bhojanrestaurant.com](http://www.bhojanrestaurant.com)

**INDIAN GROCERY & BHOJAN**  
705-750-0505 | 428 & 429 GEORGE ST N

**BURGER FACTORY**  
Fresh Burgers • Fries • Funnel Cakes

**KEBOB ON Lavash**

CULTURAL OUTREACH IS THE OPPORTUNITY TO SHINE & EMBRACE YOUR CULTURE IN MANY DIFFERENT WAYS! COME SEE & EXPERIENCE DIFFERENT CULTURES, & ENJOY THE AMAZING EXPERIENCE!

**TICKETS: \$10**

TICKETS AVAILABLE AT SPONSORING LOCATIONS & ON CAMPUS!

Join the Trent International Students' Association THIS SATURDAY for two captivating shows and to witness the incredible talent in our Trent community! Embark on a cultural journey at Wenjack Theatre, where diversity takes the spotlight at Cultural Outreach 2024. There are a limited number of tickets available at the Traill College office, or they can be purchased [online.](#)



# Student Supports

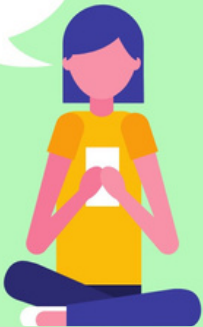
We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!



**Academic Advisors** help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect with the services they need and, ultimately, take charge of their own education.

Getting ready to graduate? Hoping to plan ahead? Visit the [Academic Advising website](#) for information about how to book an appointment!

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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

It's almost the end of term which is the perfect time to get organized before final exams!

Study smarter, not harder! By actively developing good study skills and learning strategies, you will keep your motivation high and achieve your goals more easily and more efficiently.

Good study skills can improve your ability to learn and retain knowledge.

Click [here](#) for more information

## When Studying...

- 01 Make Your Own Notes & Put It in Your Own Words
- 02 Teach It to Someone Else
- 03 Decide When to Study by Yourself or in a Group
- 04 Start With the Most Challenging Sections
- 05 Minimize Distractions & Take Breaks



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"It always seems impossible until it is done."  
– Nelson Mandela