



WINTER EDITION III - JANUARY 25, 2024

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

January is rushing headlong into February and the pace is really starting to pick up at the College. **Dr. Olha Chernovol** offered a fascinating lecture on Tuesday evening about corruption in the Baltic-Black Sea region and particularly in her homeland of Ukraine. A post-doctoral fellow in law at the University of Ottawa, Chernovol offered a fascinating (and at times frustrating) investigation into the legislative efforts that have been taken to curb corruption over the past decade. Her talk was jointly sponsored by Traill College, **Gzowski College** and the **Trent-Swansea Dual Degree** program in law.

This week, we are preparing for our special **Traill Winter Welcome**. If you are a new student this winter to Trent University, we would love to see you on Friday at 1:30 PM in the Senior Common Room, Scott House. Both undergraduate and graduate students are welcome. All new students will also be presented with their college scarf and be officially matriculated. Meet new people and enjoy free refreshments! The entire college staff will be there to answer any questions you may have about student services and assistance. We will also have some special guests from Wellness and Trent International. It goes until 3:30 PM and we hope to see you there.

Finally, as many of you know, the works of **Charles Meanwell**, honorary fellow of Traill, have graced the corridors of Wallis Hall this year. His paintings embrace the negative spaces that exist, offering glimpses of those patterns and colours that truly transcend what meets the eye. We are hoping to get Charles to return to offer some workshops later in the year. I regret to write that one of his paintings, a portrait entitled "Jane," has disappeared from the hallway near Wallis Hall 205. If anyone has any information on what may have happened, or may have found it in an odd place, I would ask you to reach out to me.

Until next week,



# 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



The next free dinner brought to you by Traill Cabinet will be on January 28 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!



[@trillcollege](#)



[Traill 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:

## Cheeseburger Soup

### INGREDIENTS

- 1 pound lean ground beef
- 1 to 2 tablespoons vegetable oil
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 1 cup diced carrots
- 1/2 teaspoon dried basil
- 3 medium potatoes (peeled and cubed)
- 4 cups chicken broth
- 4 tablespoons butter
- 1/3 cup all purpose flour
- 2 cups half and half (or whole milk)
- 8 to 12 ounces cheddar cheese (or American cheese; shredded or cut into cubes)
- 1 teaspoon kosher salt (or to taste)
- 1/4 teaspoon black pepper (or to taste)
- 2 to 3 tablespoons bacon (cooked and crumbled)
- 1 tablespoon fresh chopped parsley

### INSTRUCTIONS

- Heat about 1 tablespoon of vegetable oil in a Dutch oven or large saucepan over medium heat. When the oil is hot, add the ground beef and cook for about 5 to 8 minutes, or until the meat is no longer pink. Remove the ground beef to a plate with a slotted spoon and set aside.
- Add the onion, celery, carrots, and dried basil to the pan—cook for about 3 to 5 minutes, or until the onion is translucent.
- Add the cooked ground beef back to the pan along with the potatoes, basil, and chicken broth. Bring the soup to a boil. Reduce the heat to low, cover the pan, and simmer for 15 minutes
- Meanwhile, in a separate saucepan over medium-low heat, melt the butter. Add the flour and cook, stirring, for 2 to 3 minutes. Add the flour and butter roux mixture to the soup. Bring the soup to a boil and continue to cook for 2 to 3 minutes.
- Add the cheese and half-and-half or milk to the soup and reduce the heat to low. Taste and add salt and pepper along with the parsley. Continue to cook for a few minutes, or until the cheese melts and the soup is hot.

[Find the Full recipe here](#)

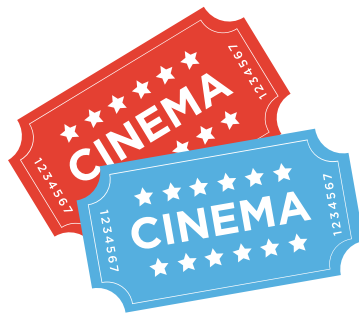
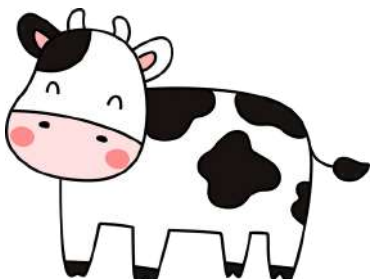


Click on Trail's [YouTube channel](#) to view



## Trail Mix

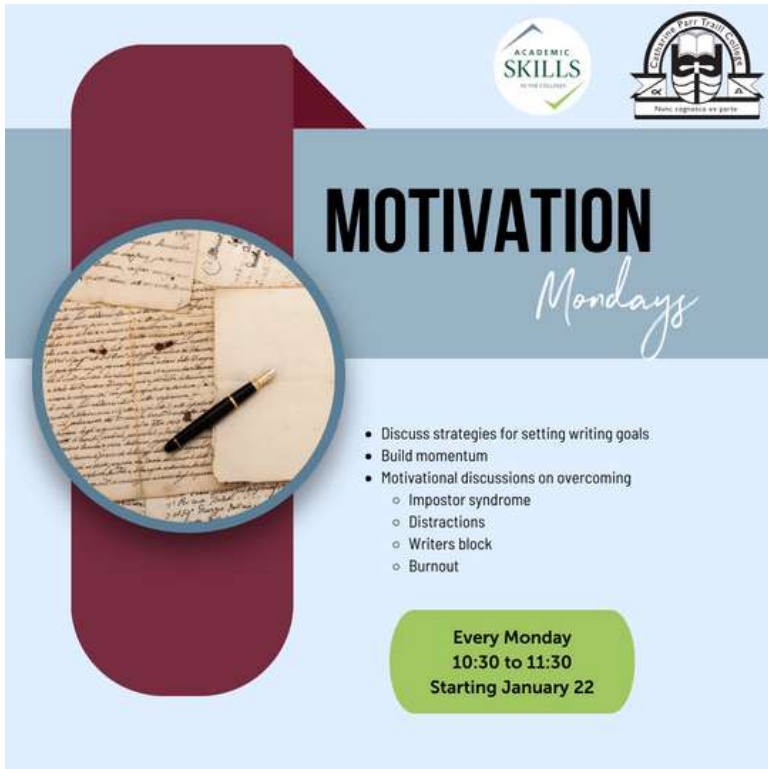
What do cows do on date night?




Go to the moo-vies!




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



ACADEMIC SKILLS  
TRAIL COLLEGE



**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!



**2024 3MT<sup>®</sup>**  
**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



The Three Minute Thesis (3MT<sup>®</sup>) 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.



CATHARINE PARR  
& ALBERTA  
TRAIL COLLEGE  
CABINET

Enjoy food and drink to usher in a year of prosperity!

The Trail Cabinet  
Sunday Feast Series:  
**Global New Year**

Sunday, Jan. 28  
6:00 pm | The Trend

Cabinet's next Sunday feast is happening on January 28, 6pm at the Trend. Experience New Year traditions from around the world, including a special red envelope. The event will be first-come first-served.



All new Students Welcome!



**TRAIL WINTER WELCOME**

Senior Common Room, Scott House, Trail College

January 26th from 1:30pm to 3:30pm

Meet the College staff & learn about the student services we offer.

Receive your Trail College scarf & be officially welcomed into the college.

Free refreshments will be provided.



Calling all new students! Trail would like to formally welcome you to your new home on January 26th between the hours of 1:30 and 3:30 for a warm welcome. Come and meet the college staff and learn about the resources available to you. You will also receive a ceremonial scarf, and free refreshments will be provided.



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

## Where?

151 Landsdowne Street  
Peterborough Memorial Centre

## More info:

@Trenteastvswest  
eastvswesthockey@gmail.com

General admission tickets are being sold daily in front of the OC cafeteria and online.

Students are also required to fill out a short waiver for the event.

We hope to see you soon! And look forward to the return of East vs. West!



TRAIL COLLEGE IS PROUD TO SUPPORT...

## EAST VS. WEST



JAN 26, 2024  
8:30PM - 10:30PM  
PMC

## Trail College is giving away Free Tix!

For those who brave the weather and make a trip down to Trail we will be giving away 10 free tickets to students who visit our college office!

First come first serve  
One ticket per student.



ACADEMIC SKILLS PRESENTS...

# QUANTITATIVE DATA WORKSHOP



30  
JANUARY

7:00 PM - 8:30 PM  
Online Via Zoom

Are you planning to include quantitative data in your research project? Then this workshop is for you!

REGISTRATION REQUIRED

sample

Friday marks the return of the long-awaited Trent East vs West Hockey Game! If you or a friend is looking to nab a free ticket to the game, stop by the Trail college office! We hope to see you at the game!

Are you planning to include quantitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis for quantitative data, how to write about statistics, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in the results and discussion section of your thesis.

The Colleges of Trent Present

BRIDGET  
LAROCQUE

2024 Ashley Fellow

February 4th-18th



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, an unique expertise on the Arctic Council and Arctic governance issues.



Adapted from  
"LAST OF THE CURLEWS"  
by Fred Bodsworth

R H THOMSON

LIYOU ABERE

THE LAST CURLEW

## Events

Coffee Chats



Free Public Lecture



Colleges Dinner

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.

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.



# What's going on at Trent University?

## Waste Challenge

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

Lady Eaton VS Trail  
Otonabee VS Durham  
Gzowski VS Champlain

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!

Did you have an exceptional instructor or teaching assistant?

CENTRE FOR TEACHING & LEARNING

## Nominate Now!

### Trent Teaching Awards 2023-24

Nominations close  
January 31, 2024

Consider nominating your outstanding instructor or teaching assistant for a University Wide Teaching Award! The nomination window is open from December 20, 2023- January 31, 2024.

## 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

## BETWEEN OUGHT AND COULD

### SELF-PRESERVATION AND SELF-CARE AS SPATIAL ACTS

**DR. JOANA JOACHIM** considers care and preservation as radical spatial acts through archival and art historical analyses, tracing the long history of Black care in sites of white colonial domination such as New France/Québec, arguing that it is inscribed in an ongoing effort to protect Black life and achieve Black liberation.

Dr. Joachim is assistant professor of Black Studies in Art Education, Art History and Social Justice at Concordia University. Her research and teaching interests include Black feminist art histories, Black

**THURSDAY, FEBRUARY 1, 2024**  
4:00 p.m.  
Nozhem Performance Space,  
Enwayaang Building, Room 101

Event is free and everyone is welcome.

The W.L. Morton Lecture is named in honour of W.L. Morton, the Canadian historian and former Master of Trent's Otonabee College.

THURSDAY, FEBRUARY 1, 2024 | 4:00 p.m. | Nozhem Performance Space. DR. JOANA JOACHIM considers care and preservation as radical spatial acts through archival and art historical analyses, tracing the long history of Black care in sites of white colonial domination. FREE event; everyone welcome!



# 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

## The Journal of Undergraduate Studies at Trent



### Volume 8, Issue 2 SUBMISSIONS ARE OPEN

Submit online at [trentu/JUST](http://trentu/JUST) by February 4th for a chance to win 1 of 4 cash prizes!

JUST is a multi-disciplinary academic journal publishing undergraduate research, currently accepting papers from all years and disciplines available at Trent. We will be even be giving out four \$500 prizes for the Winter Semester! Please email questions to [just@trentu.ca](mailto:just@trentu.ca)

**2024**  
**THE LADY EATON COLLEGE ANNUAL ART AUCTION**

Calling Student Artists from all colleges!

**Submissions:** January 22nd - 26th

**Auction:** January 30th - February 2nd

**Reception:** February 2nd 6-8 pm

The Annual Lady Eaton Art Auction is an event where student artists are invited to bring up to 3 pieces of their art into the Lady Eaton Pit- turned Art Gallery- for the chance to earn some money from their talents.

## COMMUNITY MEAL AT THE SEASONED SPOON & KWIC WORKSHOP

MONDAY  
JANUARY 29TH,  
6-8:30 PM

JOIN US FOR A VEGETARIAN MEAL & AN INTERACTIVE WORKSHOP ON GENDER EQUALITY WITH KWIC



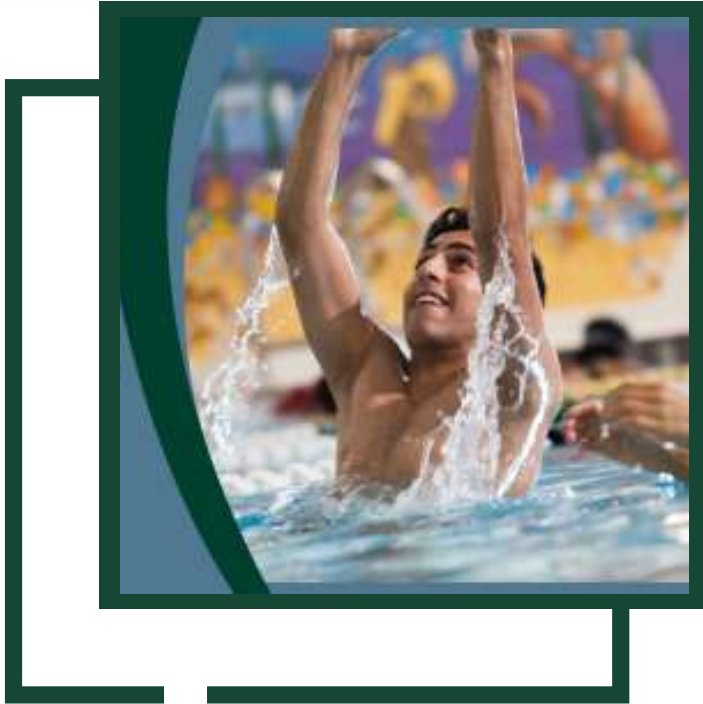
Join us for a delicious, vegetarian meal at 6 pm at the Seasoned Spoon. You are invited to stay for the second portion of the evening for an interactive discussion and workshop on Gender Equality with KWIC (Kawartha World Issues Centre). Together we will learn about and examine 5 key areas of local importance. Register [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.



**NOW OPEN**

## ALLAN MARSHALL POOL

Did you know that Trent students have free access to the Allan Marshall Pool at the Trent Athletics Centre?

Join us for a lane swim, an Aquafit class and more!

Check [trentu.ca/athletics](http://trentu.ca/athletics) and follow our social media for pool schedule updates and new programming!

 @trentathleticscentre

THE ATHLETICS CENTRE  
HOME OF THE TRENT EXCALIBUR

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!**

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

In the aftermath of a global pandemic coupled with the pressures of postsecondary education, students are increasingly experiencing academic burnout.

Academic burnout is a prolonged negative response to continuous study, leading to exhaustion, frustration, and reduced motivation. Burnout was officially recognized in 2019 by the World Health Organization and is a major issue for students worldwide.

<https://www.jibc.ca/sites/default/files/2023-05/StudentResources-AcademicBurnout-2023.pdf>

## UNDERSTAND & MITIGATE STUDENT BURNOUT

### Symptoms

- Lack of motivation
- Emotional detachment
- Withdrawal
- Fatigue



### Contributing Factors

- Student debt
- Personal expectations
- External pressure
- Academic stress



### Management

Address burnout by seeking counseling for support. Then, practice self-care through physical activity and taking study breaks.



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"A mind needs books like a sword needs whetstone." - Tyrion Lannister