

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Traill loves graduate students! I am happy to report that we had a very successful Valentine's Day orientation event in Scott House this week. **Dr. Sue Beckwith** (Academic Skills), **Lori Steers** (Academic Skills and ESL), **Paul Longhurst** (Trent International), **Erinn Bickell** (Wellness), **Adam Murphy** and **Samantha Fittler** (School of Graduate Studies) and I came together to welcome over 25 new graduate students. After a brief presentation on the College, its traditions, and spaces, we held a mini-scarf ceremony. Students were then encouraged to move around the first floor of Scott House and meet with the various representatives who provide Graduate Student services across the university. It was a very successful event whether measured by the length of time people stayed at the College, the smiles on the participants' faces, or the sheer amount of chocolate snacks that were consumed.

I don't think that a reminder is necessary, but just in case, next week our winter **Reading Break** starts. On behalf of the entire College, I would like to wish you a restful, productive, and otherwise happy respite from classes. Please be aware that the **University and Traill College will be closed** for the Family Day holiday on **Monday, 20 February**. The College will be open for the rest of the Reading Break with reduced hours and services. Most noticeably, **The Trend restaurant will be closed** for the entire Reading Break opening again on Monday, 27 February at 8 AM. Feel free to reach out to the College (traill@trentu.ca) if you have any questions about what is open, or not, over Reading Break.

As the College gets busier, I just wanted to take a moment to talk about the newly-restored kitchen in the SCR. This is a great space where staff and students can temporarily store items in the fridge. It also provides a hub for the College to provide food and beverages for various events. Lately, however, food and utensils have been disappearing from the refrigerator and cupboards. Unless otherwise marked, **please do not remove, or eat anything** that is found in the refrigerator, or cupboards. Any food that is for public consumption will be labeled as such (and we appreciate those people who do so). Likewise, as the dishes are provided for everyone's use, please do not remove them from Scott House. Dirty dishes can be returned to the red bin under the coffee bar in the SCR. One final reminder, any food left in the refrigerator at the end of the week, or that is past its expiration date, will be removed by College Staff.

Having said this, I realize that some students may be experiencing food insecurity issues. If you are experiencing issues obtaining enough food, please contact me directly (michaieleamon@trentu.ca). We can have a confidential conversation and will point you towards supports that both the College and University can offer.

Take care,



Needing an Appointment?

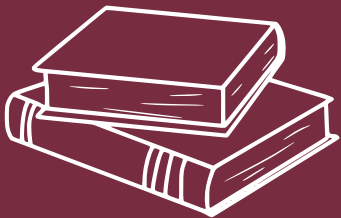
**Academic Advising
Same-Day Appointments
for Trail College: Fridays**
9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
Afternoons; appointments
available to book at 9am.

Cabinet Corner

Check here to keep
up to date with
cabinet events!



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 trail@trentu.ca!





Backwoods Baking Presents:



Crinkle Top Brownie Bites
By What's Gaby Cooking?

INGREDIENTS

- 10 tablespoons unsalted butter,
- 1 1/4 cups white sugar
- 3/4 cup unsweetened cocoa powder
- 1/2 teaspoon kosher salt
- 2 teaspoons vanilla extract
- 2 large eggs
- 1/2 cup all purpose flour
- 1/2 cup Chocolate Chips

INSTRUCTIONS

1. Preheat oven to 350 degrees F and spray a mini cupcake tin with non-stick baking spray.
2. Melt the butter in a medium pot. Once melted, add the sugar, cocoa powder and salt and mix until smooth. Remove from heat.
3. Add the vanilla and eggs and combine. Add the flour and Chocolate chips until no more flour is visible.
4. Using a spoon, scoop the brownie mixture into the mini cupcake tins and bake for 12-15 minutes. Run a knife along the edge of the mini Crinkle Top Brownie Bites to lift it out of the pan and let cool on a cooling rack before serving.



Click [here](#) to check out **Trill College's Happy Box How To's!**

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

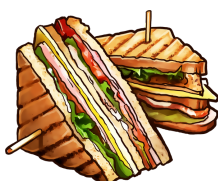
Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Trail Mix

Where do astronauts keep their sandwiches?

In their launch box.



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



When: March 1 at 7pm
Where: Scott House - Junior Common Room

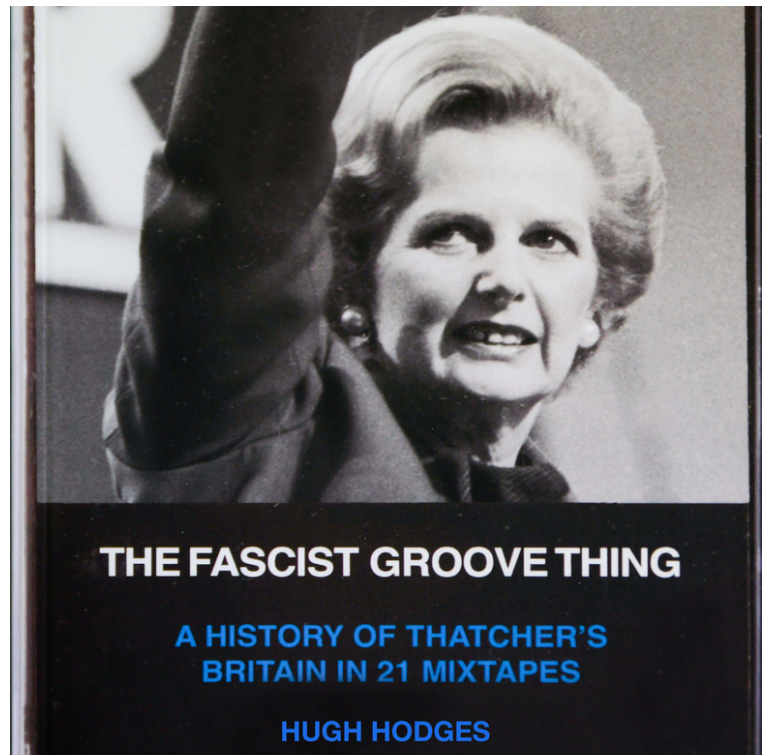
Bring your friends, for this free drop-in event!

Board Game Night

Let's play some games, there's lots to choose from! Here's some of what we'll have:

Twister • Operation • Battleship • Hungry, Hungry Hippos • Cranium • The Game of Life • Trivial Pursuit

Join Traill College for a fun-filled board game night on March 1st at 7pm in the Junior Common Room, Scott House, Traill College. Bring your friends and there is no registration required!



THE FASCIST GROOVE THING

A HISTORY OF THATCHER'S BRITAIN IN 21 MIXTAPES

HUGH HODGES

Join Traill College for the launch of The Fascist Groove Thing: A History of Thatcher's Britain in 21 Mixtapes by Hugh Hodges at 7:00 PM on March 1st 2023 in Bagnani Hall, Traill College.

Trail College is Hiring!

Hey Traillites!

Do you have college spirit? Do you want to be a part of a supportive team? Apply today! Trail College has 3 summer positions available:

- Continuing Education and Programming Intern (JOB ID: 30667)
- Orientation and Outreach Facilitator (JOB ID: 30668)
- Summer Programming and Events Intern (JOB ID: 30670)

Apply through the Job Board on your Student Experience Portal through your MyTrent account!

Deadline: Tuesday, February 28, 2023 at 12:00pm



Traill College is hiring for Summer Positions! The three positions available are: Continuing Education and Programming Intern, Orientation and Outreach Facilitator, and Summer Programming and Event Intern. Apply through the Job Board on the [Student Experience Portal](#) before February 28.

What's going on at Trent University?

Writing About Qualitative Data for Grad Students

ACADEMIC SKILLS IN THE COLLEGE

February 16
2:00 - 3:30 pm
Traill College (SH 105)
or Online via Zoom

Visit:
trentu.ca/academicsskills
for more information!

Are you planning on including qualitative data in your research project? Then this workshop was created for you!
Online via Zoom: Registration is required.
Register for the Zoom link: Register for the Zoom link

TRENT UNIVERSITY CONTINUING EDUCATION

IN-PERSON 6-WEEK COURSE \$200

Save 25%
REGISTER BEFORE MARCH 1

Spring INTO LEARNING

WONDERS OF EGYPT: TOMBS, TEMPLES & TOWNS OF THE PHARAOHS

WEDNESDAYS | MARCH 22 - APRIL 26, 2023
6:30-8:30 p.m.

trentu.ca/continuingeducation

Check out the Continuing Education Course - Wonders of Egypt, taught by Egyptologist Laura Ranieri Roy: A 6-week course to learn all about the temples, tombs and towns of the Pharaohs. Register [here](#)

Engagement by Design Series:

Critical, Inclusive, & Open Pedagogies

Centering Social Justice in Teaching & Learning

Trent University (Room CCS 307) & online
1600 West Bank Drive Peterborough, ON
27 February 2023, 6:30 PM - 8:00 PM



with Dr. Rajiv Jhangiani

trentu.ca/teaching/workshops

This event is supported by the Distinguished Visiting Teaching Scholar Fund.

CENTRE FOR TEACHING & LEARNING

Join us on February 27th at 6:30 PM in CCS 307 for a public lecture by Dr. Jhangiani is the Vice Provost, Teaching and Learning at Brock University in Ontario. The architect of Canada's first zero textbook cost degree programs, his scholarship focuses on open educational practices, student-centered pedagogies, and ethical approaches to educational technology.



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.

This week we're focusing on

The Sexual Violence Prevention and Response Services

The Sexual Violence Prevention and Response Manager is responsible for education around consent, empowerment, and raising awareness about sexual and gender-based violence, as well as providing compassionate support and trauma-informed care.

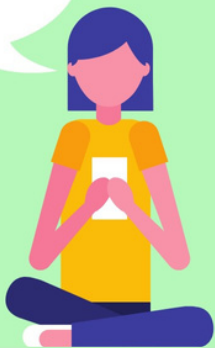
Receive confidential, and compassionate support.

We can work on alleviating distress, talk about coping skills, and enhance your overall wellness.

To connect for support email consent@trentu.ca or call (705) 748-1011 x7792.



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

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

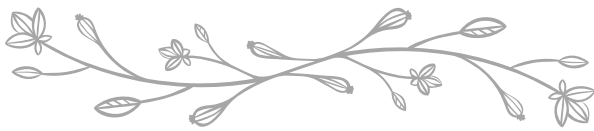
CAREERS & EXPERIENCES

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

This week's wellness resource is emotional health!

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health.



Strategies for Improving your Emotional Health



Build Resilience



Reduce Stress



Get Quality Sleep



Strengthen Social Connections



Cope With Loss



Be Mindful



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"Heroes need monsters to establish their heroic credentials. You need something scary to overcome."

- Margaret Atwood