



TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Happy Spring! If you haven't been to Trill lately, now is the time to visit. The daffodils are up, little white flowers and buds are opening on our trees, and the lawns are looking positively verdant. I can't think of a more idyllic space to spend some time... and the best is yet to come! If you do come for a visit, just a little reminder that we will be starting our Spring/Summer hours on Monday. That means that **Wallis Hall** and **Scott House** will be open from 9 AM to 5 PM, Monday through Friday. **Kerr House** will close a little earlier. Although we will have slightly reduced hours, the SCR will still be open with coffee and tea as well as all the great spaces that you love and enjoy. Afterhours access is available to Trill members only, by request. Ask me or the College Coordinator, **Samantha Perritt**, for more details.

Just moments ago, I met **Mackenzie Cundy** who is the winner of our **Pet Day Contest**. She lovingly submitted some images of her pets (see below) on Instagram and has won a coveted Trill hoodie for her efforts. Congratulations Mackenzie!

Next week, we start our summer student staff training. On Tuesday, we will welcome all the staff of all the Colleges to Trill as students learn about everything collegiate at Trent University. Preparations continue for the Alumni Weekend on May 13th and 14th. Many of the activities will be focused on the Symons Campus to coincide with the **50th Anniversary of Otonabee College**. However, we will be hosting an **Alumni Open House** on Saturday, 13 May from 3 to 5 PM. On Sunday, we will host the last event of Peterborough's **Artsweek**; a return performance of the popular **The Verandah Society**, live from the Kerr House porch at 1 PM. For more details: <https://artsweekpeterborough.ca/artsweek-2023/>
It will be a pay-what-you-can event featuring honorary Trill fellows Kate Suhr and Megan Murphy.

Yes. **Pizza Friday** will be back this year! We are hoping to start on May 19th. Like always, it will be just \$5 for all-you-can eat pizza, drink, and dessert. More details to follow.

Until next week,



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



<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

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 traill@trentu.ca!





Backwoods Baking Presents:

Cabbage the Athenian way

by Ancient Athenians, recipe courtesy of the British Museum



INGREDIENTS

- 1 small white cabbage
- 2 heaped tsp chopped fresh green coriander in oil
- 2 tsp chopped fresh or dried rue (you can use a bitter herb or spice such as fenugreek seed as a substitute)
- 2 pinches asafoetida powder (you can use garlic or onion powder as a substitute)
- Salt

Honey vinegar:

- 120g honey
- 2 tbsp red wine vinegar

INSTRUCTIONS

1. First make the honey vinegar.
 - a. Boil the honey and skim it, add the vinegar and reduce a little.
 - b. Store until needed.
2. Finely slice the cabbage, wash and drain it.
3. Toss with the herbs and 3 tablespoons of honey vinegar and sprinkle with the asafoetida powder and a little salt.

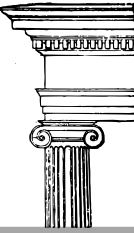


"Cabbage should be sliced with the sharpest possible iron blade, then washed, drained, and chopped with plenty of coriander and rue. Then sprinkle with honey vinegar and add just a little bit of silphium. Incidentally, you can eat this as a meze."

– Mnesitheus, quoted in Oribasius, Medical Collections 4, 4, 1.



Pliny claimed if taken before a meal, this recipe prevented drunkenness, and if taken after drinking it could cure a hangover!



Happy Box How To's

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

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.

Trail Mix

Did you hear about the two people who stole a calendar?

They each got six months



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



The Dorothy Smith Open School and Anti-Conference

May 10 and 11, 2023
Trail College, Trent University

www.socialchangelab.ca/open-school

The Open School and Anti-Conference is open to everyone and is free of charge. This Conference is a two-day engagement with inquiry, reflection, and collaborative learning with a focus on Institutional Ethnography developed by Dorothy Smith. To Register and find more information, click on the link below:

<https://www.socialchangelab.ca/open-school>



NEIGHBOURS ON THE HILL CLEAN-UP, PLANT EXCHANGE, AND BBQ

Saturday, May 13, 10:30 - 12:30
Back Lane at 602 Rubidge

Neighbours on the Hill—let's celebrate spring !

SATURDAY, MAY 13

10:30 – 11:30 Clean-Up: Come by 602 Rubidge to pick up bags, gloves, and a street assignment.

Bring garbage and recycling back to 602 Rubidge for disposal.

11:30 - 12:30 Join your neighbours for a burger or hot dog and bring any plants you want to exchange

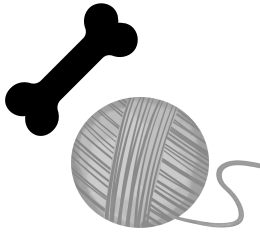
Join your neighbors **Saturday May 13th** from 10:30-11:30 at 602 Rubidge to pick up supplies for a **Street Spring Cleaning and Plant Exchange**. After collection, you can return the garbage and exchange it for a burger, hot dog, or some new plants.

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

Congratulations to @mackenzie_2591,

the winner of the prize for Pet Day!

Thank you to everyone who sent in pictures of their pets; we loved all of your submissions!



What's going on at Trent University?

Time to Update Your Co-Curricular Record!

Search for the Co-Curricular Record icon in your MyTrent portal, or visit trent.ca/sep

May 1st
Deadline to update your CCR

email ccr@trentu.ca with questions

Co-Curricular Record



Are you involved in extra curricular activities: clubs, student governments and/or volunteering? Take the time to add your expertise on your own co-curricular record by May 1st!

GRADUATE WRITING RETREAT

May 2, 3, and 4
9:00 to 4:00

Scott House
Trill College

Join other grad students and kick start your summer writing season

More Information:
Academic Skills - Trent University



The Graduate Writing Retreat is happening on May 2nd, 3rd, and 4th! Join other grad students to kick-start your summer writing session. Click [here](#) for more information.

Motivation Mondays

Graduate Writers Group

Starting May 15!

Every Monday
(excluding holidays)
10:30am - 11:30am

Join us through Zoom for:

- Goal setting
- Momentum & motivation building
- Tips for perfectionists
- and more!

ACADEMIC SKILLS IN THE COLLEGE

For more information, please visit trentu.ca/academicskills



Attention Summer Students! Here are some important dates from the Academic Calendar to help you plan your next few months. You can also visit the website [here](#)

BATA LIBRARY HOURS

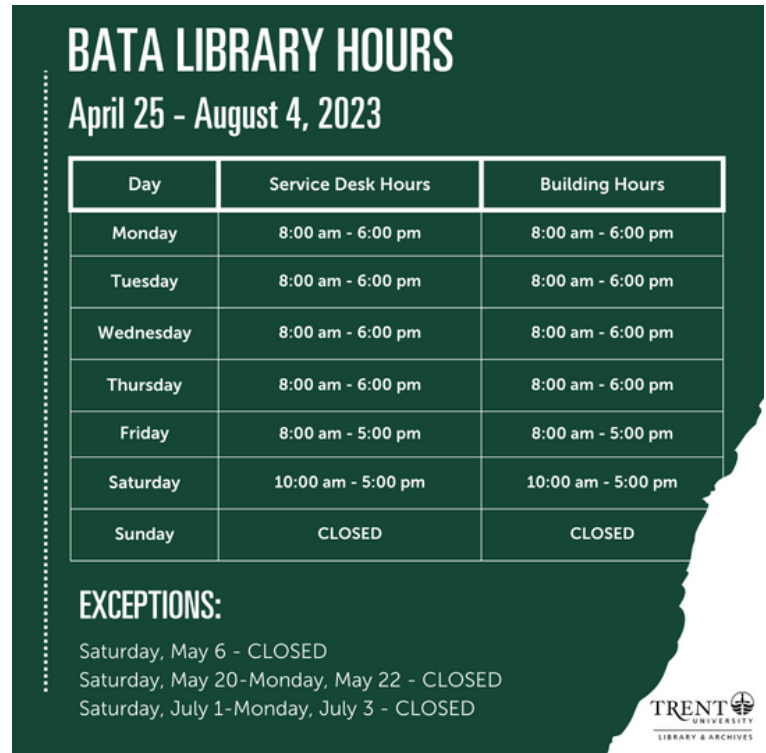
April 25 - August 4, 2023

Day	Service Desk Hours	Building Hours
Monday	8:00 am - 6:00 pm	8:00 am - 6:00 pm
Tuesday	8:00 am - 6:00 pm	8:00 am - 6:00 pm
Wednesday	8:00 am - 6:00 pm	8:00 am - 6:00 pm
Thursday	8:00 am - 6:00 pm	8:00 am - 6:00 pm
Friday	8:00 am - 5:00 pm	8:00 am - 5:00 pm
Saturday	10:00 am - 5:00 pm	10:00 am - 5:00 pm
Sunday	CLOSED	CLOSED

EXCEPTIONS:

Saturday, May 6 - CLOSED
 Saturday, May 20-Monday, May 22 - CLOSED
 Saturday, July 1-Monday, July 3 - CLOSED

TRENT UNIVERSITY LIBRARY & ARCHIVES



Bata Library has new summer hours. Here are the hours for both the service desk and the building. Please refer to the Bata Library website for their hours, or click [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.

This week we are highlighting The TCSA's One-Stop Chop Food Pantry

One-Stop Chop is located in the TCSA office and is a free resource for Trent undergraduate students to access. The pantry is open Monday to Friday by appointment only. If you have any questions or wish to visit the pantry outside of these hours, please email services@trentcentral.ca.



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

Exams are over and the summer break has started, but summer can be a difficult time to keep on top of your wellness goals.

It may feel too muggy to keep up a running routine, a family vacation can disrupt a daily meditation practice, or starting a new summer job can be stressful.

It's okay if you get off track when the summer months hit: this halfway point in the year is the perfect time to reassess your goals and find balance again.

We have compiled some wellness tips for the summer months to help you stay healthy and motivated.

SUMMER WELLNESS

<https://www.takingcharge.csh.umn.edu/summer-wellbeing>



Think outside the box of a traditional workout. Mowing the lawn, gardening, or swimming are all great ways to move your body while soaking up some sunshine.



EXERCISE OUTDOORS



EXPLORE NEW FOODS

Expand your palate by trying new recipes that include seasonal foods you can't get year-round. You can visit local farmer's markets for fresh ingredients, or harvest your own veggies at home.



GET BETTER REST

Make your bedroom summer-friendly by keeping it cool with a fan or open window, hanging light-blocking curtains, and relaxing before bed by putting away your phone and reading a few pages of a new novel.



EASE STRESS WITH MINDFULNESS



Spend time with the people you care about while doing nature-based activities you can't do during colder months, such as visiting a beach or eating dinner outside. Funnel your energy toward staying connected even when your schedules don't match up



CATCH UP WITH LOVED ONES

If you go on vacation to a tropical destination, even if you plan on summer to be completely relaxing, there will undoubtedly be situations that cause stress. But that's not a problem. Rather than putting an expectation on the season to bring a sense of calm, cultivate it yourself. Being in nature is one of the best ways to unwind from stress.



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"If I had my life to live over again, I would have made a rule to read some poetry and listen to some music at least once every week." — Charles Darwin