



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

It has been an exhausting term, indeed, an exhausting academic year. However, you made it! Everyone should be proud about what they have accomplished. Preparing for class, getting to class, balancing work with studies, these are all challenging -- and often unsung -- aspects of the life of a student. I helped a student move out of their residence room yesterday. I hope the refrigerator that I moved is no worse for wear. It makes me happy to see that students are starting to return home, but it is sad to see you go! It is a bittersweet time. Indeed, over the past few weeks, I have noticed more student traffic at the College, people eating in The Trend, studying in the College Library, or recharging in the Junior and Senior Common Rooms. If you are here to the very end, please do not forget that **Scott House** is open again this weekend, **9 AM to 5 PM**, for people to work on term papers, prepare for exams, or just to take a deep breath and relax. If you are around the College, we still have a few **Student Exam Care packages** with fun, little bits of swag and other items. Come pick up yours before they run out.

Although the term is not quite over, we are already starting to plan for summer at Traill College. May is going to be exciting! Our 9th year of the ever-popular Pizza Fridays will start in mid-May. More details to follow soon. On the afternoon of Saturday, May 13th, from **3 PM to 5 PM**, we will be having an **Alumni Open House** at the College, especially for our students who started in the years 1967, 1968, 1969 and 1970. The next day, **Artsweek** is hosting another performance of **The Verandah Society** on the Kerr House porch on Sunday, May 14th at **1 PM**. Come see beloved entertainers Megan Murphy and Kate Suhr (both fellows of the College) put on their popular mix of storytelling and music. It is sure to be a hit for Mother's Day.

Finally, we are planning a **Grand Opening for the Jalynn Bennett Amphitheatre** on Wednesday, 31 May!! It is so exciting to see this big project finally near completion in our centre courtyard. Along with having federal, provincial, and university dignitaries there will be good fun and great performances on the stage. Keep reading **Traill Tales** for additional details, including our line-up of performers.

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

The next elections will be held in the Fall so keep your eye out for opportunities to get involved.

<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:

Best Lentil Soup
by Love and Lemons



INGREDIENTS

- 2 tablespoons coconut oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 3 tablespoons minced ginger
- 1 tablespoon mild curry powder
- ¼ teaspoon crushed red pepper flakes, more to taste
- 1 (28-ounce) can fire roasted diced tomatoes
- 1 cup dried French green lentils, rinsed and drained
- 2½ cups water
- 1 (14-ounce) can full-fat coconut milk
- ½ teaspoon sea salt, more to taste
- Freshly ground black pepper
- ½ cup diced cilantro
- 2 tablespoons fresh lime juice

INSTRUCTIONS

1. Heat the oil in a large pot over medium heat. Add the onion and a pinch of salt and cook until soft and lightly browned around the edges, 8 to 10 minutes, reducing the heat to low as needed.
2. With the heat on low, add the garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes.
3. Add the tomatoes, lentils, water, coconut milk, ½ teaspoon salt, and several grinds of black pepper. Bring to a boil, cover, and reduce to a simmer, stirring only occasionally, until the lentils are tender, 25 to 35 minutes. If your soup is too thick, stir in ½ to 1 cup more water to reach your desired consistency.
4. Stir in the cilantro and lime juice. Season to taste with salt and pepper and serve.

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

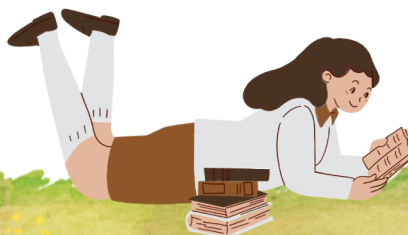
Click [here](#) to check out Trail College's Happy Box How To's!

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

Trail Mix

What does reading books under the sun make you?

Well red.



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

A promotional poster for Exam Care Packages. At the top center is the Catharine Parr Trail College Cabinet logo, a black square with a white triangle and the text 'CATHARINE PARR TRAIL COLLEGE' and 'CABINET'. To the right are illustrations of a blue cookie jar, a yellow cookie jar, a tube of lip balm, and a bowl of snacks. The main title 'EXAM CARE PACKAGES' is written in a large, red, cursive font. Below it, the text 'GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!' is in bold black. Further down, it says 'While supplies last, pick up an Exam Care Package at the College Office in SH106 starting April 11th.' At the bottom center is the Catharine Parr Trail College logo, featuring a book and the motto 'Nunc cognosco ex parte'. To the right is a brown paper bag with the handwritten text 'you got this!'. On the left are two more paper bags, one green and one yellow.

Come to the Intern Office (106) in Scott House to pick up a free exam care package. Stress toys, snacks, hot chocolate, lip balm, and more are included. Whether you are Traill affiliated or not, you can come and take one home with you.

What's going on at Trent University?

TRENT UNIVERSITY CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$60

Spring INTO LEARNING

IS THE WOMEN'S MOVEMENT DEAD?
WITH ROSEMARY GANLEY
SATURDAY, APRIL 22, 2023
1-4 p.m.

trentu.ca/continuingeducation

Want to expand your knowledge of the feminist movement? This workshop examines the uneven experience of women today through readings, poetry, and participants' experience. Sign up for "Is The Women's Movement Dead" [here](https://trentu.ca/continuingeducation).

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!

TRENT UNIVERSITY CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$75

Save 25%
REGISTER BEFORE MARCH 1

Spring INTO LEARNING

THE WRITE RETREAT
CREATIVE NOURISHMENT - WRITING & YOGA
SUNDAY, APRIL 23, 2023
1-4:30 p.m.

The Write Retreat is a place and a space to write and connect with other writers. If you are looking for the time and focus to engage and share your work with others, this is the workshop for you. Register [here](https://trentu.ca/continuingeducation)

GRADUATE WRITING RETREAT

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

Scott House
Traill College

Join other grad students and kick start your summer writing season

More Information:
Academic Skills - Trent University

ACADEMIC SKILLS

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](https://trentu.ca/continuingeducation) for more information.



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 Trent Radio

Now that summer is on the way, it is time to blast the radio. Trent Radio (92.7) began in 1968 and has been operating since.

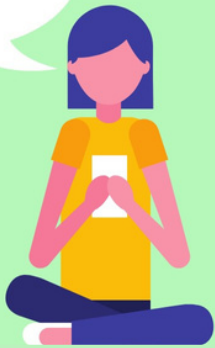
Send in your original music, begin a radio show, or simply listen in to the tunes and updates of the Peterborough region.

If you won't be in Peterborough, you can listen online...

<https://www.trentradio.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

If you will be in the Peterborough Area this summer, consider some pleasant (and affordable) day trips...
Art confers with the soul.



Zimart Rice Lake Gallery

Admission is free to this outdoor gallery of Zimbabwe sculptures.

ZimArt sits on Rice Lake, (15 minutes South) and opens June 1st.



Peterborough Museum and Archives

Admission is donation based, and parking is free. To get there by bus, take the #4 Weller.



Art Gallery of Peterborough

Admission is donation based, and the gallery sits on Little Lake, just walking distance from the bus terminal.



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"Art is long. Life is short. A picture can become for us a highway between a particular thing and a universal feeling." — Lawren Harris