

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

As most of you have probably heard, **Gordon Lightfoot** died this week at the age of 84. (Or, should I say, Dr. Lightfoot '79 as he held an honorary Doctor of Laws from Trent.) From the Sunshine City on the shores of Lake Couchiching, he brought his characteristic folk sound to the world. Like most of us, the music of Gordon Lightfoot was a quintessential part of our Canadian existence. It was so much part of the soundtrack of our Canadian lives, that it was easy to forget depth of the global appeal that he held.

Working in Washington D.C. over a decade ago, one of my American colleagues surprised me by saying that he was a Lightfoot superfan. Ray Ruskin (whose grandfather invented the modern stapler) was a talented graphic designer. Knowing that I was Canadian, he couldn't wait for the opportunity to ask me at lunch what my favourite Lightfoot song was. At any rate, I was transfixed as Ray recounted in detail that he and his wife never missed a Gordon Lightfoot concert driving hundreds of miles just for the opportunity to see him in person. Indeed, fellow American Bob Dylan (and in this case a *staple* of American music) is on record as saying that Lightfoot "never wrote a bad song in his life" and as much as Dylan tried, he could "never get that sound." Transcendence. And, therein, is the genius of Lightfoot. He was able to uniquely blend memorable melodies with lyrics that were both metaphoric and starkly direct at the same time. His songs told both of the legacy of land and of Indigenous peoples while entralling an audience that expanded far beyond the borders of Canada. *Beautiful...* (which, if you were wondering, was also my response to Ray).

In other news, the summer term has begun, and we welcomed **Cultural Studies** students back to classes at Trill. This week we also hosted a successful three-day **Graduate Writing Retreat** which saw our graduate students learn about grammar and argument as well as providing them with a lot of free time in our inspirational spaces to get down to the business of writing! At the very same time, we also hosted several training sessions for the new undergraduate summer student staff in the Colleges. I know that **Samantha Perritt**, the Trill College Coordinator, and I are looking forward to the weekend to catch our breath! But not for long, as next week things continue to be busy. We always love having the **Trent University Association of Retired Persons** (TUARP) at the College and they will be returning for their general meeting on May 9th. On May 10th and 11th, Trill Fellow and director of the Social Change Lab **Dr. Naomi Nichols** will be hosting **The Dorothy Smith Open School and Anti-Conference** in Bagnani Hall. For more details, please click here: <https://www.socialchangelab.ca/open-school>.

Just in case you were curious, *Trill Tales* will continue throughout the summer to report on all the great things happening at the College on the Hill.

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:

Maple Butter
by Seasons and Suppers



INGREDIENTS

- 1 cup pure Maple Syrup
- 3/4 cup unsalted butter, cut into chunks
- Pinch of ground cinnamon
- Pinch of salt



INSTRUCTIONS

1. In a medium saucepan, add maple syrup, salt, and cinnamon.
2. Heat maple syrup over high heat until boiling (*be sure to use a large pot, as syrup will boil up about double or more).
3. Attach or insert thermometer and boil until syrup reaches 240°F when measured with a candy thermometer.
4. Immediately remove from heat and stir in butter until it's completely melted.
5. Pour mixture into stand mixer or use a large bowl with a hand mixer. Start on low and gradually increase speed until you reach high.
6. Beat on high until mixture is lightened and creamy, about 8-10 minutes total. (Mixture will still be a bit runny at this point. It will firm in the fridge.) Pour into a jar or bowl, cover and refrigerate.
7. If separation occurs after cooling, stir to incorporate.
8. Maple butter will keep about 2 weeks in a refrigerated air-tight container.

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

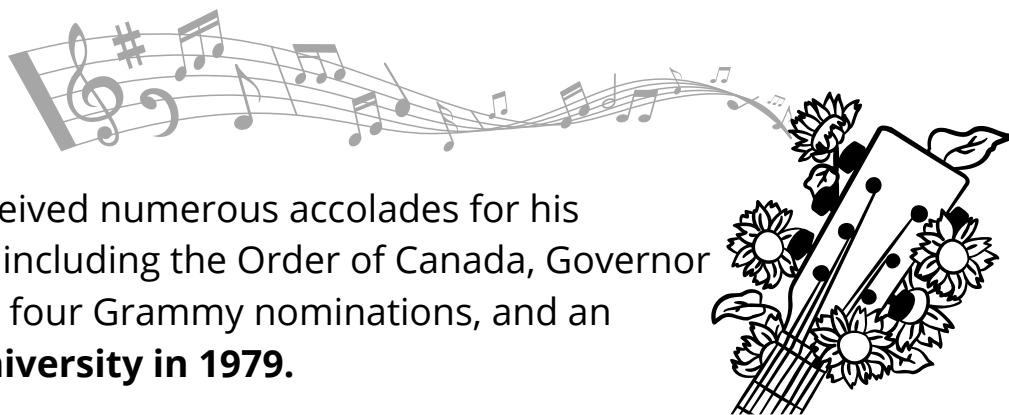
Click [here](#) to check out **Trail College's Happy Box How To's!**

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

Trail Mix

Did you know...

Gordon Lightfoot (1938-2023) received numerous accolades for his contributions to Canadian music, including the Order of Canada, Governor General's Award, 12 Juno Awards, four Grammy nominations, and an **honorary degree from Trent University in 1979.**



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 Trent University?


Important Dates

Summer 2023
Page 12 of the 2022-23 Academic Calendar

	12-week term	First 6-week term	Second 6-week term
Fees due	May 1	May 1	June 1
Classes begin (week of)	May 3	May 3	June 19
Final date to add courses (register)	May 3	May 3	June 19
Final date to drop courses	June 20	May 29	July 13
Classes end	July 28	June 13	July 28
Exams	July 29-Aug 1	June 14-18	July 29-Aug 1

Questions?
Contact us via the Advising Line 705-748-1011 ext. 7333, or if you're in Peterborough, visit your College Office

ACADEMIC ADVISING



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](#).

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

Starting Monday, May 15th from 10:30 to 11:30 am, join Academic Skills on Zoom to improve your writing and develop your skills. To register, please go to the events calendar in the [Student Experience Portal](#).

TCAS Aging & Society Seminar Series

Dr. Stephanie Tobin Presents:

Aging From a Cellular Perspective

May 23rd, 1-2pm
Bata Library, Room 411

To register, please email aging@trentu.ca



TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

This seminar will feature Dr. Tobin from the department of Biology and will introduce some molecular aspects of aging which are conserved from the water flea, *Daphnia*, to humans and offer an opportunity to reflect on whether prospective "anti-aging" therapies are based in reality or are a thing of science fiction.

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

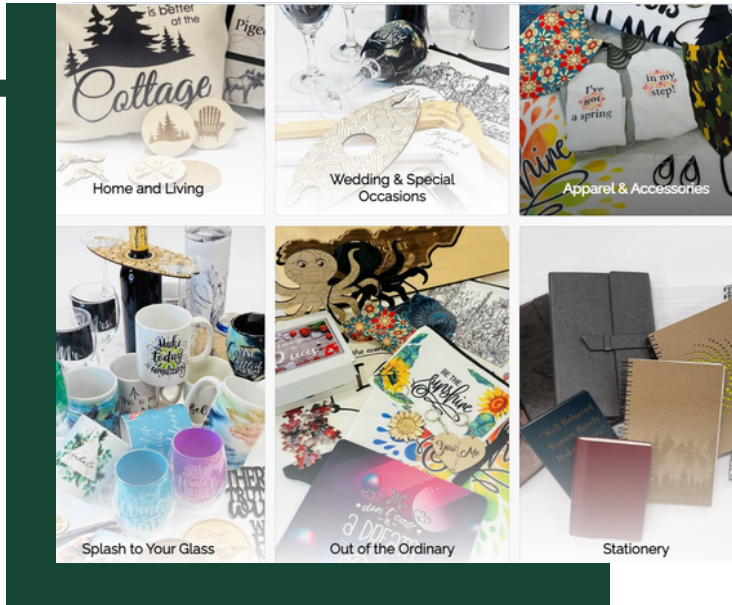
TRENT UNIVERSITY
LIBRARY & ARCHIVES

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.

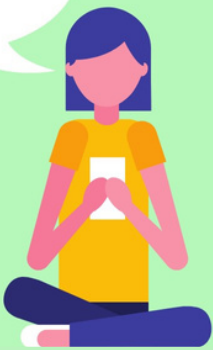


This week we are highlighting Campus Print

Need something printed for an event, fundraiser, or special occasion? Campus Print has a wide array of services including printing, finishing, large format signage, floor decals, promotional, and personalized products.

Go to their website [here](#) to see what they sell, offer, and can make happen for you and your events.

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

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 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

Mental and Physical health are equally important, and appropriately connected.

Now that summer is upon us, it is a good time to get active again, especially for those of us who spent most of the academic year indoors.

The Trent Athletic Centre has released their **Spring Program Guide** full of activities, recreations, and classes to engage you over the coming months.

Volleyball, pickleball, soccer, judo, yoga, weightlifting, personal training, rock climbing, belly dancing, bootcamp, Pilates, and a host of other classes and programs are available this spring and summer.



HOURS OF OPERATION

REGULAR HOURS	SUMMER HOURS
Monday - Friday 6 am - 11 pm	Begin May 1 Monday - Friday 6 am - 9 pm
Saturday & Sunday 7 am - 9 pm	Saturday & Sunday 7 am - 6 pm

TABLE OF CONTENTS

Registration Information	2
Membership Highlights	3
Specialty Features	4
Personal Training	5
Group Fitness Programs	7
Adult Programs	9
Youth Programs	10
First Aid Courses	12
E-Sports	12
Campus & Community Recreation	13
Drop-In Programs	14
Facility Rentals	15
Athletics Centre Policies	16

FIND YOUR FIT

SIGN UP FOR A NO CONTRACT MEMBERSHIP TODAY!



Copyright © 2023 Catharine Parr Traill College, Trent University

"If you plan to face tomorrow, do it soon." - Gordon Lightfoot