

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Last Sunday afternoon we had a lovely concert from **Woven Voices** in the new Jalynn Bennett Amphitheatre. Families -- students and community members alike -- filled the tiers and enjoyed an afternoon of modern choral and folk music. The juxtaposition of a formal performance while children ran around the theatre playing hide-and-seek could have been disconcerting, but I saw it as proof positive that our new performance space has brought life back to what was a much-neglected part of the college. Unfortunately, inclement weather saw the **Queer Ecology Hike** cancelled along with its culminating dance/performance segment to be held at the Amphitheatre. Please stay tuned to see if an alternate date and location can be found.

This Saturday is July 1st, **Canada Day**. As the holiday falls on a weekend, please note that the university -- including Trill College -- will be **closed on Monday, July 3rd**.

Canada Day in recent years has become a somewhat controversial subject. For some, it brings up memories of fireworks, wearing red and white, and relaxing with friends and family. It is a celebration of a large country with a small population that has still achieved some pretty amazing things in the 156 years since Confederation. For others, it can be a painful time. Not all memories are cherished and this nation is one that exhibits continuing institutional and societal inequities. For Indigenous peoples, Canadians of colour, those from multicultural and multifaith origins, the promise of a fair and equitable country has not always been realized. For what it is worth, I am still hopeful for the future. Canada Day gives us a chance to reflect upon what we have done and what we can become as a nation. Without much fanfare (perhaps a typically Canadian trait), the Canadian Coat of Arms was altered in the 1990s. At that time, the phrase *desiderantes meliorem patriam* (they desire a better country) was added to its collection of various heraldic symbols. Now, we all know that there are many countries in the world which have official mottos boasting strength, unity, power, and the like. However, in Canada we -- officially -- are a place **from sea to sea** that **desires a better country**. Whether you choose to celebrate, or not, this weekend, I hope that everyone can find time to relax and find peace. For my part, I will definitely count my blessings of growing up Canadian and will think about renewing my commitment to creating a better country for all.

One thing that I have always loved about Peterborough is that the **New Canadians Centre** has traditionally celebrated diversity on Canada Day. This year, in the spirit of reconciliation, they are sponsoring a different type of activity, that promotes awareness and will connect us more deeply with the land and particularly the traditions and peoples of this territory. If you are looking for something enjoyable that also has deep meaning this Canada Day, I would encourage you to find out more at: <https://nccpeterborough.ca/lessons-from-the-land/>.

Until the next time,



For the most up-to-date information on Trent University's response to COVID-19 visit:
<https://www.trentu.ca/coronavirus/>

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:



Mexi-Chicken Avocado Cups

<https://www.allrecipes.com/recipe/240581/mexi-chicken-avocado-cups/>

INGREDIENTS

3 (6 ounce) cans canned chicken, drained

1 tablespoon cilantro, finely chopped

½ teaspoon chili powder, or more to taste

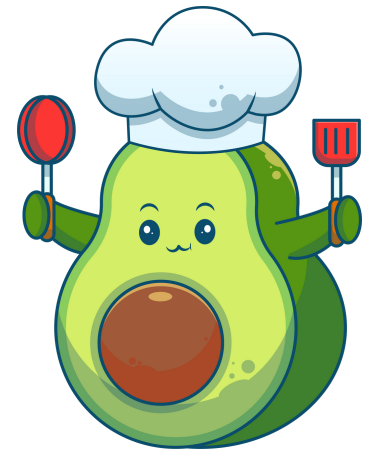
3 avocados, halved lengthwise and pitted

1 teaspoon lime juice, or to taste

INSTRUCTIONS

Stir chicken, cilantro, and chili powder together in a bowl.

Arrange avocado halves on serving dish and brush with lime juice. Spoon chicken mixture into avocado halves.



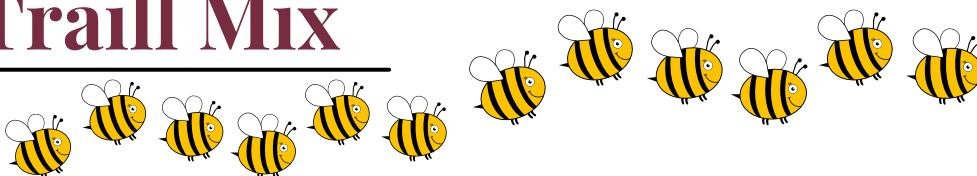
What a year it's been!



Check out our new [Year In Review Video](#) for a peek at what Traillites have been up to.

Thank you to everyone who makes Traill a great place to be. We look forward to seeing you back at all our events in 2023-2024!

Trail Mix



What do bees say in summer?
It's swarm, isn't it?!



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

CLOSED

Trent University and Traill College will be closed for the statutory holiday on **July 3, 2023**

Please note that Trent University and Traill College will be closed July 3, 2023 for the statutory holiday.

SHHH..

Shut Up and Write!

Graduate Writing at Traill:
Fridays 10 am to 3 pm

Writing with others helps beat procrastination and overcome graduate student isolation. Write together for mutual support and motivation. Bring your own lunch or register for \$5 all you can eat Pizza Fridays.

Trail College's
Pizza Fridays are Back!

Every Friday,
starting May 19th

All-you-can-eat for only \$5

The Traill Tradition of Pizza Fridays is back at the College on the Hill! Pre-register here between 9 am on Wednesday and 9:45 am on Friday to enjoy all you can eat pizza and conversation.

Erin

Muffin Man

Pronouns: they / them

Program: computer science

Year: 5th

Fun Fact: i grew up in the town where Hawaiian pizza was invented

Most Excited For: Traill murder mystery

Hey Traill! Meet your Orientation Facilitator, Erin! They take the lead at our downtown college during Orientation and keep the Happy Box in check! ALL HAIL ERIN, THE FACILITATOR ON THE HILL!



Denis and Diana Desjardins

Attending the Grand Opening of the
Jalynn Bennett Amphitheatre

Alumni Corner

Alumni of Traill College are
doing amazing things across
the globe!

Here we spotlight some
notable former Traill students.



Lynn and James Neufeld

Former Traill College principals enjoying
the amphitheater.

What's going on at Trent University?



CFF FM
TRENT RADIO
100.9 / 102.0 and AREA

BATTLE OF THE BANDS

Radio Project Day
FRIDAY JUNE 30 @ 10 AM - 7 PM

A radio special, we dare programmers to play ONLY one artist or band and tell us why you love them so much to showcase them through a 30 minute broadcast. Please email David at psa@trentradio.ca for more information or questions.



Deadline has been extended! Apply by June 30th

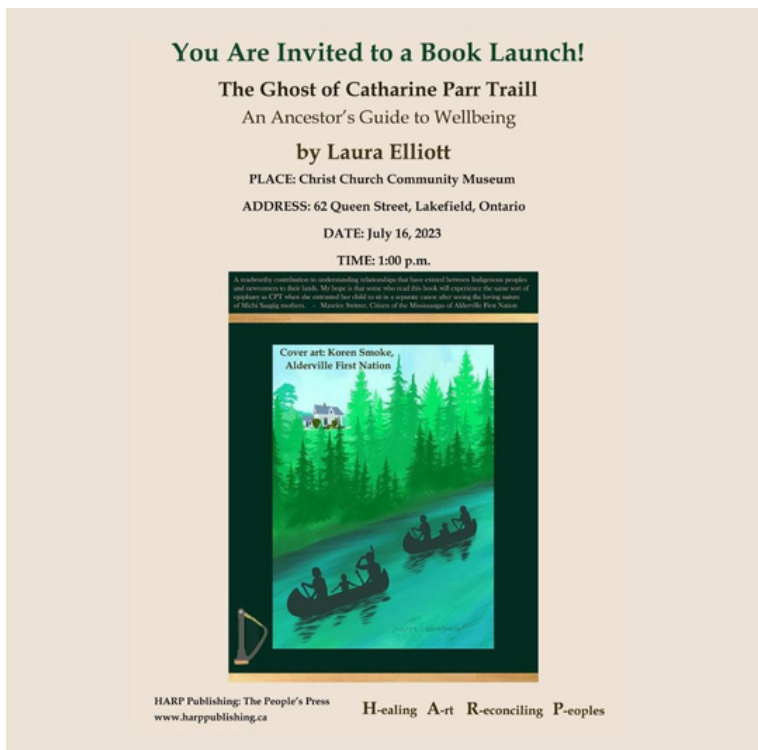
WE ARE HIRING EAST VS WEST CO-CHAIRS

Requirements:

- MUST BE 18 YEARS OF AGE OR OLDER
- MUST CURRENTLY BE ENROLLED AT TRENT UNIVERSITY
- HAVE THE ABILITY TO WORK IN A TEAM SETTING
- PREFERABLY ORGANIZED EVENTS FOR THE UNIVERSITY BEFORE
- A COVER LETTER AND RESUME REQUIRED IN APPLICATION

Please send application through the Student Experience Portal. Job ID: 31728

The Winter 2024 East vs West Charity Hockey Game needs volunteer co-chairs! Collaborate with College Cabinets to plan and facilitate the event. Please apply on the [Student Experience Portal](#) and send questions to eastvswesthockey@trentu.ca.



You Are Invited to a Book Launch!

The Ghost of Catharine Parr Trill
An Ancestor's Guide to Wellbeing
by Laura Elliott

PLACE: Christ Church Community Museum
ADDRESS: 62 Queen Street, Lakefield, Ontario
DATE: July 16, 2023
TIME: 1:00 p.m.

Cover art: Koren Smoke, Alderville First Nation

HARP Publishing: The People's Press
www.harppublishing.ca H-ealing A-r-t R-econciling P-eoples

Please join Laura Elliott for the launch of their book "The Ghost of Catharine Parr Trill: An Ancestor's Guide to Wellbeing", July 16, 2023 at 1:00pm at the Christ Church Museum in Lakefield.



TRENT GRADUATE STUDENT SYMPOSIUM CALL FOR ABSTRACTS

2023

SUBMISSIONS OPEN TO ALL TRENT GRADUATE STUDENTS IN MASTERS OR PH.D. PROGRAMS.

SUBMIT A 250-WORD ABSTRACT FOR YOUR CONFERENCE PAPER!
SUBMISSIONS DUE: JULY 15, 2023

APPLY AT THE [LINK IN OUR BIO!](#)

TGSS

The Trent Graduate Student Symposium is now accepting submissions! For symposium registration, abstract submission, links to social media, and contact information, please [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.

Bata Library & Archives

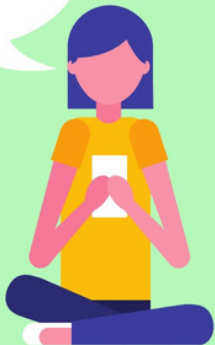
Get to know the librarians! They are research experts and amazing guides to the many resources in the library .

Book-A-Librarian

Virtual (Zoom) and in-person research help is available by appointment. Use the Book-A-Librarian link to select a date and time for a help session.

<https://www.trentu.ca/library/lrcc>

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.

@peersupportrent 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

Financial Health

University, while rewarding, is expensive. It can be challenging to figure out how to manage all your expenses.

It can be tempting to avoid looking and thinking about money because it is so stressful! But avoiding only leads to more stress.

Here are some tips to help you build healthy financial habits.

- Create a Budget using a template (Word, Excel, online all have examples).
- Make a shopping list so you are not tempted by online/in-store marketing ploys.
- Browse the flyers for sale items or use an app like Flipp.
- Use coupons, search for online deals and request price matching.
- Shop in bulk and share with friends.



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"The expert in anything was once a beginner". Helen Hayes