

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

:
Dear Traillites,

Another Friday, another pizza. That is right. **Pizza Fridays** have been a great success this summer (for the eighth year running!) However, all good things must come to an end. There are only two more Pizza Fridays left this summer. Don't miss your chance to have pizza, drink, snacks, and dessert all for the super low price of \$5. Registration in advance is necessary (but, you can pay at the door). Please go to <https://trillcollege.corsizio.com> to place your order. The link opens every Wednesday and closes at 9:45 AM on Friday.

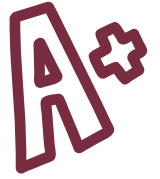
Some people have asked me, "why Pizza Fridays?" Well, the answer is one that mixes both pragmatic need and philosophical direction. In fact, at Trill we try to be intentional about even the most routine things. In regard to Pizza Friday, food service at *The Trend* has always been suspended in the summer. However, Trill continues to have a healthy group of staff, faculty, and students that continue to come to the College on the Hill. Pizza Friday was a way to meet that practical need for food on site, albeit, one day a week. To meet the larger demand, for several years we also ran the *Trill Tuck Shop* that offered chips, drinks, and chocolate bars for reasonable prices during the summer. In fact, our unofficial mascot (**Tucker the Squirrel**) derives her name from the Trill Tuck Shop that first used her image in its marketing. Philosophically, Pizza Friday was conceived as a means to bring together the entire college community of faculty, students, staff, alumni, and community members. Food and fellowship are two core tenets of the collegiate system around the world. How this is done is culturally constructed and can take many forms. At Trill, affordable pizza was seen as the great unifier. Even eight years ago, \$5 per person did not come close to covering the costs of Pizza Fridays. However, I believe that offering a subsidized meal that brings the college together is important way of building and maintaining a supportive community. So, please come to Pizza Friday and discover the fellowship that exists at Trill. And, if you need support, our professional staff are there as well creating a good opportunity to book an appointment, or ask for advice. We are here for you.

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trail College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Cabinet Corner



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

Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or trail@trentu.ca!

To keep up to date with the college, follow us on social media!



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)

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





Backwoods Baking Presents:

Broccoli and Cauliflower Soup

<https://hurrythefoodup.com/broccoli-and-cauliflower-soup/>

INGREDIENTS

1 onion

1 tsp olive oil

1/2 broccoli (or 2 cups, chopped, frozen)

1/2 cauliflower (or 2 cups, chopped)

4 cups vegetable broth

1 clove garlic

1 tbsp dijon mustard

Salt and pepper to taste

1 tsp thyme, fresh (or dried)

1 tsp basil, fresh (or dried)

1 cup cheddar cheese or 2/3 cup low fat cream

For Vegans

1 tbsp nutritional yeast

1 tbsp parsley, dried (or chives)

INSTRUCTIONS

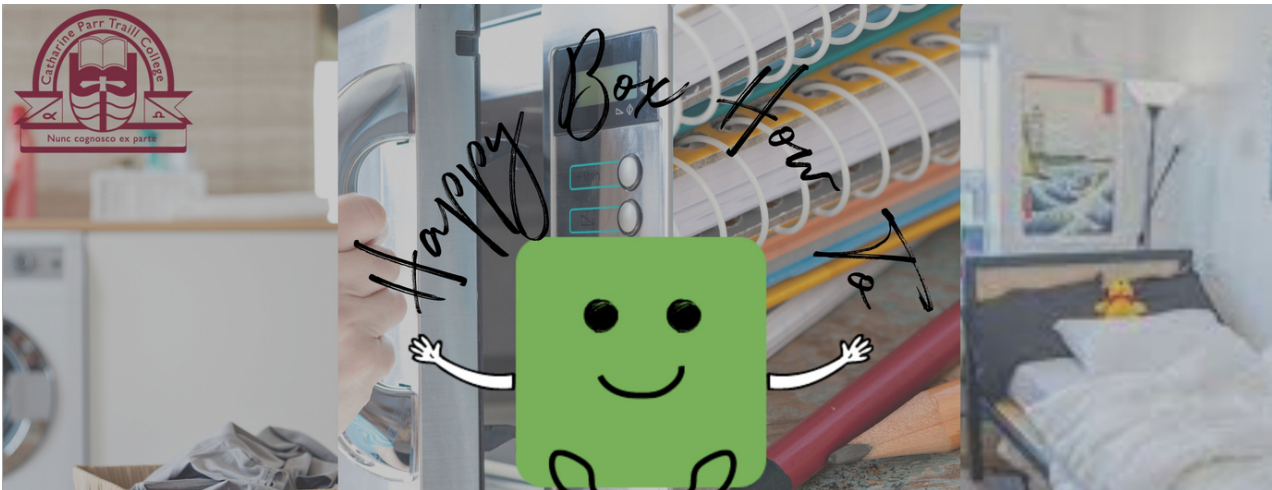
Slice the onion into rings and throw it in a big pan with the olive oil. Cook on a low-medium for 3 minutes.

Chop the garlic roughly and cook for another minute. In the meantime, roughly chop the broccoli and cauliflower.

Make the veggie stock as per packet instructions. Throw the broccoli and cauliflower into the pan. Add the stock and simmer for fifteen minutes.

Turn the heat off and add the cheddar cheese. Add the thyme, basil and mustard. Give it all a good stir and let the flavours mix together for a few minutes.

Finally, use a hand blender and give it a blend!



Click on Trail's [YouTube channel](#) to view



Trail Mix

Yesterday I watched a guy spill all his Scrabble tiles on the road.



I asked him "What's the word on the street?"



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



ACADEMIC SKILLS SESSION

Academic culture and expectations for international graduate students

Wednesday August 16th 9am EDT Online

[Registration is required. Please click here to register.](#)

Academic Skills and Trent International present an information session on Trent academic culture and expectations. [Click here to register](#)

Motivation Mondays

Graduate Writers' Group at Traill College

When?
Every Monday
10:30 to 11:30 am
Starting Sept 18

The graduate student writing group fosters writers' growth through **tips**, a **community of writers**, and **goals** to maintain momentum with writing.

[Register at the Student Experience Portal](#)

The first two sessions in September will be in person outdoors and the remainder will be in WH 226 and on Zoom. Register [here](#)



Traill 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.

Thomas H.B. Symons Seminar Series on Graduate Student Research

Watch for details coming this fall!!

Bridging interdisciplinary research since 1993-94

TRENT UNIVERSITY

Attention Graduate students! Stay tuned for all the details to participate in the Symons Series 2023-2024



A special thank you to
John MacMillian-Jones '76
for the donation of a heritage table.

Alumni Corner

Alumni of Traill
College are doing
amazing things across the globe!
Here we spotlight some notable
former Traill students.



Jeff Leal '74
Mayor of Peterborough



What's going on at Trent University?



RapidILL

Wow! That was fast!

Have you noticed that your Omni requests for copies from other institutions are being delivered to your inbox far quicker than before?

Library Services has enrolled in a service called RapidILL that leverages international lenders to fill copy requests around the clock. Since launching RapidILL in late June, requests are being filled in fewer than 8 hours on average. The quickest copy to arrive so far was filled in just 12 minutes!

If you're interested in receiving your copies quickly through this service, place your request using an [Omni search](#) so you're getting the best bibliographic data possible.



CAREERSPACE
CAREERS & EXPERIENCES

Careerspace Field Placement Bursary

Students in select Fall 2023 Field Placements could be eligible for up to \$1500!

For more information please contact:
experiential@trentu.ca

CEWIL
CANADA

Students in select Fall 2023 Field Placements may be eligible for up to \$1500. For more information please contact experiential@trentu.ca.

ALPACA
YOGA
AUGUST 16TH

To end our summertime festivities, we are hosting a great opportunity to try a Yoga class with Trent's alpacas, Ozzy and Goose. Join us at the Gzowski College Office, and we'll walk together up to the alpaca pen where our furry friends will be waiting for us. No experience is needed. Please bring a towel or a mat. On August 16th, 2023 at 12 P.M. to 1 P.M. Click [here](#) to register.



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.

Welcome to the
**OFFICE OF THE
REGISTRAR**

trentu.ca/registrar
trentu.ca/studentfinances

We are here to help you with:

Financial Aid
(OSAP, Scholarships & Bursaries)

Course Registration Questions

Transcripts

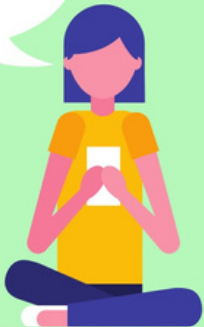
Verification of Enrolment

Letter of Permission

Application to Graduate

trentu.ca/registrar

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

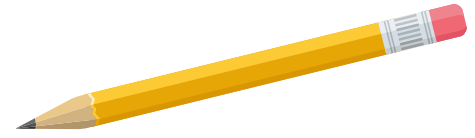
Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

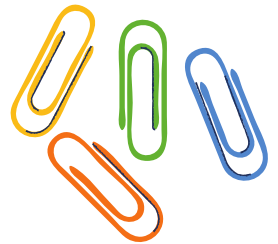
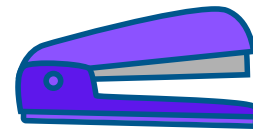
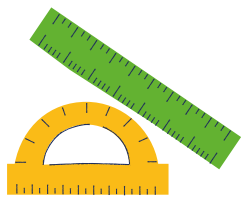
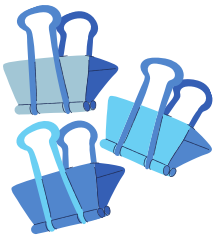
Wellness Resources

It is time to think about BACK to SCHOOL!

Tips for starting a succesful term



- 1) Create a calendar that organizes your activities and responsibilities and make it a habit to use it. Try out some digital or paper options to see what works best for you.
- 2) Remember that you cannot control everything so focus on what you can control.
- 3) Before classes start, take a walk around campus and locate your course locations, study spaces, places to eat so you are familiar with where you are going.
- 4) Schedule activities that bring you happiness, it is essential to make time for yourself. Investigate the many clubs, teams and groups on campus. Check out the events calendar for your city and school.
- 5) Remember your physical health and eat properly, exercise regularly and practise healthy sleep habits.



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"Education is the most powerful weapon which you can use to change the world " - Nelson Mandela