

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

We are proud to offer you *Traill Tales* every week to keep you informed about what is happening at the College on the Hill. In case you were interested in a little history, Traill College started with a weekly newsletter back in 2017. In 2018/19, the newsletter took on its current format and the name changed officially to *Traill Tales*. In 2020, when we had to work from home, we continued to publish the weekly newsletter, but under the expanded (and fairly accurate) title of *Traill Tales: Going Squirrely*. When we returned to the College in-person, the name changed back again to just *Traill Tales*. I really appreciate the weekly feedback from readers and hope that the newsletter continues to meet your expectations. Keep the comment coming! For those who are new to the newsletter, I encourage to click on the link in this email to get a .pdf of the entire newsletter complete with recipes, announcement of upcoming events, jokes, alumni news, and other bits of information that you may find useful.

It is just two weeks until **Orientation Week** and the beginning of classes. If you are a new student this year, why not purchase a limited edition Traill College orientation shirt? They are just \$15 and a way to class up your T-shirt wardrobe. For more information, please see:

https://secure.touchnet.net/C20636_ustores/web/store_main.jsp?STOREID=2

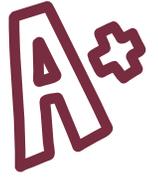
With Orientation around the corner, we are not quite ready for the new term. However, we are getting very close. The restoration of the brick walls along the staircase in the parking lot is now complete. Yearly thawing and freezing, along with carpenter ants and other critters, had led to the spalling of the original brickwork. It is nice to see it neat and tidy again. In other restoration news, the varnishing of the wood and painting of the walls of **Scott House 105** is now complete. Over the next two weeks, the electricians will finish the installation of the new lighting and IT will ensure the new podium is installed. We are also waiting for the new stage, large screen monitor and project screen for the room. It is my hope that this space will take on an expanded life when complete hosting classes in art, media studies, theatre and performance, as well as being a new meeting place for students and fellows alike.

One final note, there are only two **Pizza Fridays** left this summer. Don't forget to register (<https://traillcollege.corsizio.com>), because we would love to see you.



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>

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

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

Swag Shop



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



[@trailcollege](https://www.instagram.com/trailcollege)



[Trail College](https://www.facebook.com/Trail College)



[trailcollege](https://www.tiktok.com/trailcollege)



[#trail](https://twitter.com/trail)





Backwoods Baking Presents:

Vegan Sweet Potato Chickpea Curry

<https://www.allrecipes.com/recipe/265472/vegan-sweet-potato-chickpea-curry/>

INGREDIENTS

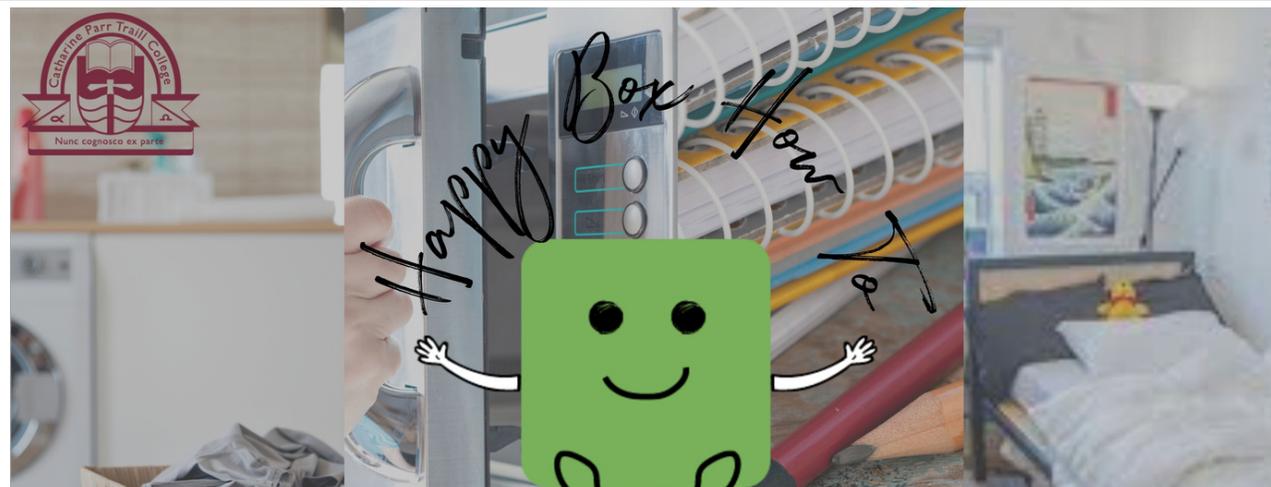
- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 (15 ounce) can chickpeas, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk
- 1 sweet potato, cubed
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1/2 teaspoon salt
- 1/4 teaspoon red chile flakes
- 1 cup baby spinach

INSTRUCTIONS

- Heat oil in a skillet over medium heat.
- Cook onion, garlic, and ginger in hot oil until softened, about 5 minutes.
- Add chickpeas, tomatoes, coconut milk, and sweet potato.
- Bring to a boil, reduce heat to low, and simmer until tender, about 15 minutes.



Season with garam masala, cumin, turmeric, salt, and chile flakes. Add spinach right before serving.



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



Trail Mix



I am a chemistry student but I am thinking of becoming a comedian because I am so-dium funny.



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



Trail College's
Pizza Fridays are Back!

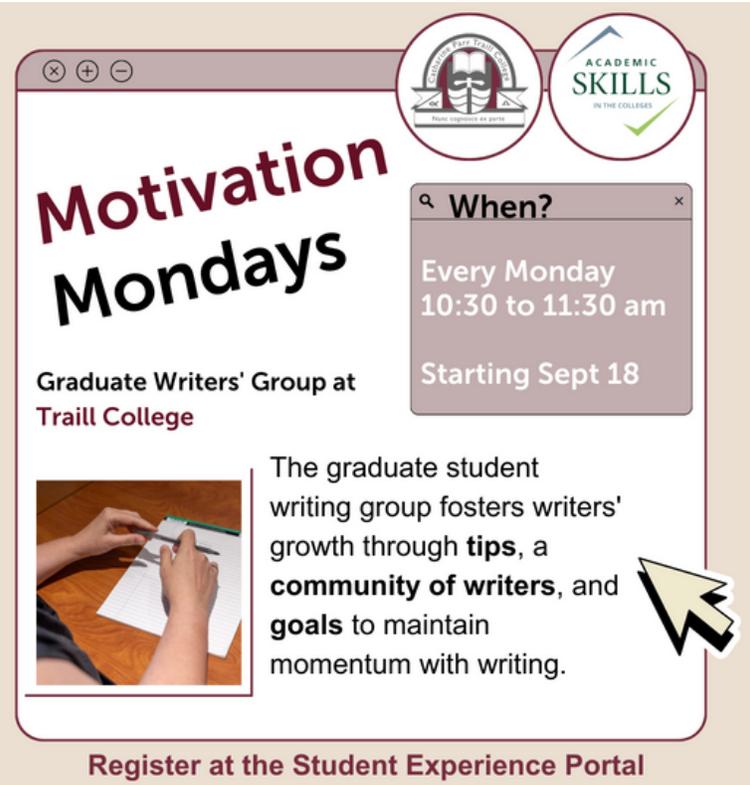
Every Friday,
starting May 19th

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



Catharine Parr Trail College
Nunc cognosco ex parte

The Trail 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.



Motivation Mondays

Graduate Writers' Group at
Trail 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](#)



**RESIDENCE
MOVE IN**

Sept 2nd
Sept 3rd (Trail)
Sept 4th

Residence Move In day for new Trail Students is September 3rd! Let's get ready to welcome the new cohort.

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

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.

Self-Care Night with Otonabee College Friendship Bracelet Edition

August 24th 5-7pm
OC Commons

Otonabee College's last Self-Care Night is happening Thursday August 24th, 2023 from 5 P.M. to 7 P.M. in the Otonabee College Commons! For more information, contact: otonabee@trentu.ca

Order your College Orientation T-shirt now!

Available in both Black and White!



Shirts are available for purchase through the Trent Market Place!

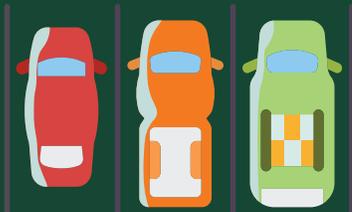
Get your Orientation Shirt NOW!! These college specific shirts are a great way to showcase your College Pride! Make sure to get a white shirt if you want to tie dye it during Orientation week. Order [here](#).



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.

PARKING



Permits for fall parking are now available. Please visit [Trentu.ca/parking](https://www.trentu.ca/parking/) for rates and to view the interactive parking maps. There is no complimentary parking at Symons Campus. Please note a Trill Pass is required to park in the parking lots at Trill College. Register for a parking pass or download the HotSpot app.

<https://www.trentu.ca/parking/>

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 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!

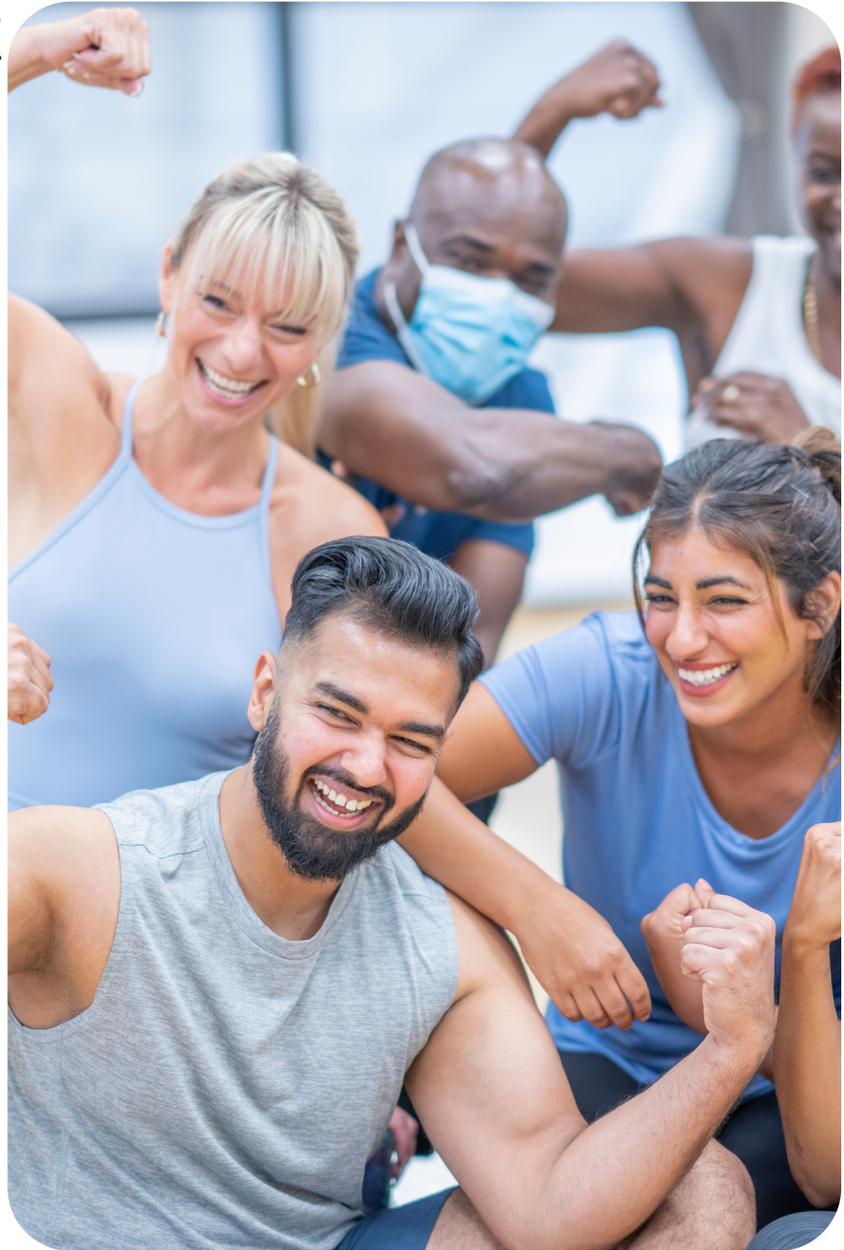
Wellness Resources

TRENT ATHLETIC CENTRE

Trent Students are Members!



Drop in Gym Times
Group Classes
Personal Training
Esports
Rock Wall Climbing
Varsity Teams
Rowing
Squash Courts
Cardio Equipment
Weights



The Athletic Centre is hiring for part-time student positions, check out the opportunities on their website <https://www.trentu.ca/athletics/welcome/job-opportunities>



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"When educating the minds of our youth, we must not forget to educate their hearts". - Dalai Lami