

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

It is hard to believe, but preparations for the fall term are now into full swing. We have an exciting line-up of Orientation programming for new students, great new events planned for the Amphitheatre, and we will also be welcoming **Dr. Laura Marks**, as our *Traill Visiting Fellow* at the end of October. Stay tuned to the newsletter for a full breakdown of upcoming college activities.

As I mentioned in our last newsletter, renovations of Scott House 105 (the multi-purpose room) are going well. This space used to be part of the original dining hall at Traill College, but over the years became more of a tired corner of the building. The renovations will not only highlight the heritage elements of the space, but will see the introduction of a stage, stage lighting, and new audio-visual technology. Ron Thom was fond of skylights and we have discovered three large windows in the room that had been covered over at some time in the past. Part of renovation will include the introduction of energy efficient glass that will bring natural light into the space for art classes (and can be covered for theatrical performances). It is very exciting to see this room come back to life and I promise to include some photos of the renovations in the weeks to come.

Don't forget that Monday is the Civic Holiday and that Traill College will be closed. In Peterborough, the August civic holiday has been named Peter Robinson Day, in honour of the land agent who helped to bring 2,024 Irish immigrants to the region in 1825. I have Peter Robinson on the mind today as I will be speaking at **4th Line Theatre** tonight about Irish migration to the Canadas in the 18th and 19th century. They are doing a revival of **Robert Winslow's** famous **Cavan Blazers** and I will be adding a little historical context before the show, wearing my hat as a pre-Confederation historian. The legacy of Rob, and 4th Line Theatre, is so important. Theatre is a significant way to engage the larger public in past stories and historical debate. Creating microhistories, telling the stories of past events on stage, gives the public both the space and the time to think about the human condition. This can foster a wider understanding, not only of the past, but of its application to the present. And, I think we can all agree that anything that promotes more understanding is very welcome these days.

More 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](https://www.instagram.com/trailcollege)



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



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



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

Tilapia with Corn Salsa

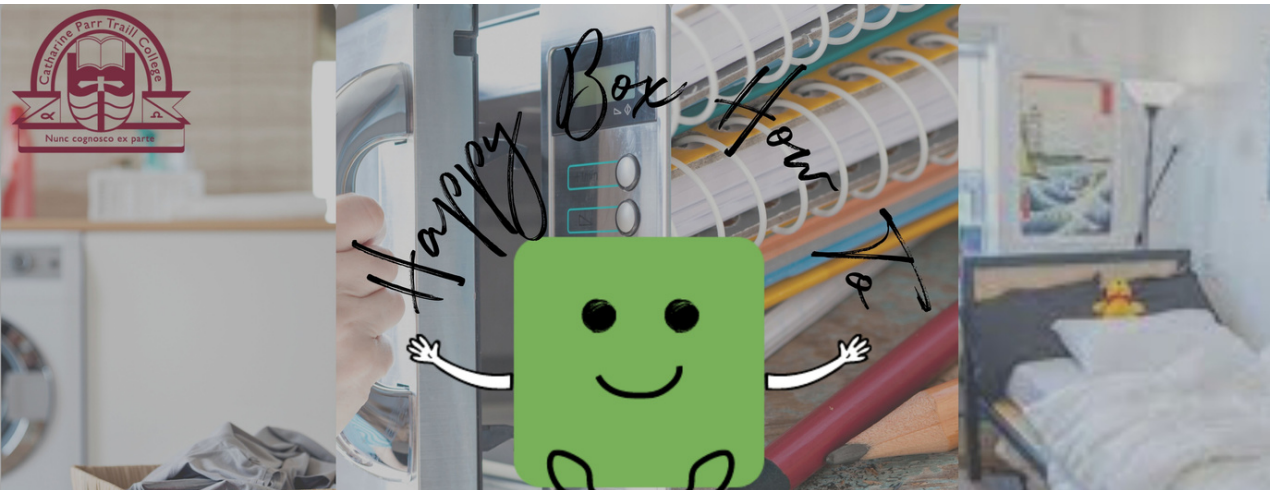
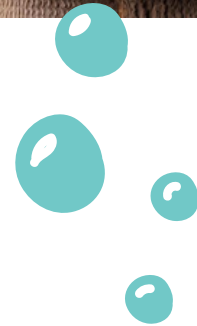
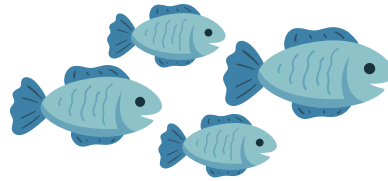
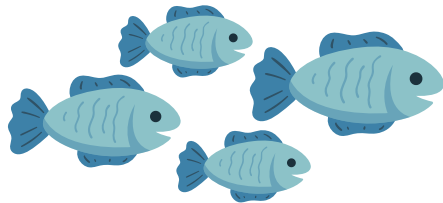
<https://www.tasteofhome.com/recipes/tilapia-with-corn-salsa/>

INGREDIENTS

INSTRUCTIONS

- 4 tilapia fillets (6 ounces each)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) whole kernel corn, drained
- 1/2 cup Italian salad dressing
- 2 tablespoons chopped green onion
- 2 tablespoons chopped sweet red pepper

- Drizzle both sides of fillets with oil; sprinkle with salt and pepper.
- Broil 4-6 in. from the heat until fish flakes easily with a fork, 5-7 minutes.
- Meanwhile, in a small bowl, combine the remaining ingredients.
- Serve with the fish.

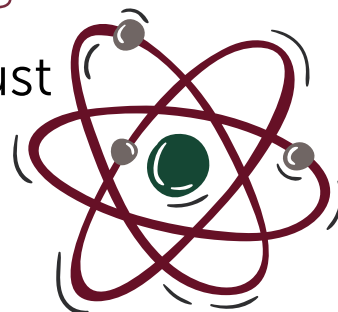
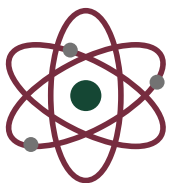


Click on Trail's [YouTube channel](#) to view



Trail Mix

Do you know why you should never trust an atom?



Because they make up everything.

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



Trent University and Trill College will be
CLOSED MONDAY
AUGUST 7th 2023
CIVIC HOLIDAY



Please note that the university, including Trill College will be closed for the civic holiday on
August 7, 2023.



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](#)

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



Trill College's

Pizza Fridays are Back!

Every Friday,
starting May 19th

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



The Trill 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.



Ashlyn Kerr-Sutcliffe '18



Alumni Corner

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



Carol Rand '89



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.



WEDNESDAY, AUGUST 09 2023
FROM 1PM - 3PM

SEXUAL VIOLENCE ON CAMPUS:

PREVENTION, INTERVENTION AND SURVIVOR SUPPORT

LOCATION: ZOOM

The Student Support Certificate is a series of workshops geared toward academic and non-academic staff who have direct contact with students. These courses aim to enhance the capacity of Trent Faculty and staff members to effectively assist students in a variety of situations, and to help create a supportive environment that builds students' life skills and ability to cope with a range of issues.

[Register 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.

Campus
Security

Security Contact numbers

Emergency

(705) 748-1333 Peterborough

(905) 435-5111 Durham

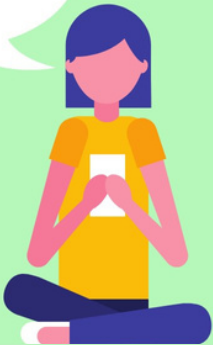
General Inquiries

(705) 748 -1328 Peterborough

(905) 435-5111 Durham

trentu.ca/security

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!**

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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

Data from the spring 2019 National College Health Assessment survey suggests that 29% of students have sleep difficulties that are affecting their academic studies.

Sleep Hygiene Tips

Keep a consistent routine, whether it's the weekend or a weeknight you should be going to bed and waking up at approximately the same time.

Take time to wind down towards the end of your day.

Try not to look at your electronics right before bed, or just as you wake up.

If you are having trouble falling asleep, don't stay in bed, after 20 minutes get up and do something else that is relaxing, like reading a book on the couch.

Make sure you get access to sunlight at some point in the day. If that's hard to do, there are sun lamps specifically designed to trick your eyes into thinking they've received sunlight.

Regular exercise is proven to help us fall asleep at night.

Link being in bed with sleeping, so try to avoid doing other things in bed.



Can't sleep because of racing thoughts? Try keeping a journal next to your bed to write down any and all worries that are preventing you from sleeping.

Source: <https://campusmentalhealth.ca/infosheets/rest-and-sleep-2>



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"I want to do the imagining, not be the idea". - Barbie