

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

We had a wonderful weekend at the College on the Hill. On Saturday afternoon the **Trent University Classes of '66 to '70** arrived for a reunion tour. Many had been students at Trill or Peter Robinson during this time and were happy to see both what had changed and what was still traditionally Trill. On Sunday, Honorary Trill Fellows **Megan Murphy, Kate Suhr,** and **Saskia Tomkins** put on a performance of their popular variety show, ***The Veranda Society***. Over 90 people were in attendance on the Kerr House lawn to hear this special and poignant blend of music and storytelling. The weather was perfect, and I couldn't think of a better way to publicly celebrate Mother's Day, the end of Peterborough's **Artsweek** and, indeed, Trill College.

On Tuesday evening, the Peterborough Historical Society met at the College where an important roundtable was held on the important topic of "Heritage Conservation and Urban Regeneration." **Deborah Keay**, Manager, Municipal Engineering with D.M. Mills Associates and **Roy Turner**, Senior Architect with Lett Architects joined moderator **Dennis Carter-Edwards** for a lively discussion that brought the community and the university together once again at Trill.

As announced in the last Trill Tales Pizza Friday is back this week! You can place your order right now for Friday at: <https://trillcollege.corsizio.com>. Feel free to pay online or in-cash went you get here. For just \$5 you can get all-you-can-eat pizza, a drink, and a dessert. That makes it the best lunch deal in town. Come join us in the true collegiate tradition of food, fellowship, and fun!

Don't forget that the College will be closed on Monday, 22 May to mark the Victoria Day holiday.

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon".



## 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](mailto: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](mailto:traill@trentu.ca)!







# Backwoods Baking Presents:

## VEGAN CREAMY MUSHROOM RAMEN

<https://www.budgetbytes.com/vegan-creamy-mushroom-ramen/>



### INGREDIENTS

- 1/2 Tbsp cooking oil
- 4 oz. baby bella mushrooms
- 1.5 cups vegetable broth
- 1 handful fresh spinach
- 1 package ramen noodles (discard seasoning)
- 1/2 cup coconut milk (canned)



### INSTRUCTIONS

Slice and add mushrooms to a small sauce pot with the cooking oil and sauté over medium heat until the mushrooms are soft, dark.

Add the vegetable broth and bring the broth up to a boil. Once boiling, add the ramen noodles (without the seasoning packet) to the broth. Cook the noodles in the boiling broth for about 3 minutes.

Turn the heat off, add a heaping handful of fresh spinach, and stir until the spinach is wilted (about 30 seconds). Pour the coconut milk into the pot and stir to combine.



#### Optional Garnishes

- 1 green onion, sliced
- 1 Tbsp chili garlic sauce or sriracha



## What a year it's been!

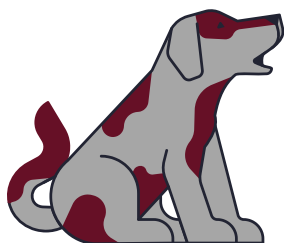


Check out our new [Year In Review Video](#) for a peek at what Traillites have been up to.

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

How do you tell the difference between a dog and a tree?



By their bark!

# 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 starting May 19th! Pre-Register using the link here and enjoy all you can eat pizza and conversation. <https://trailcollege.corsizio.com>.



**SHHH**

Shut Up and Write!

Fridays Starting May 19

ACADEMIC SKILLS IN THE COLLEGE

Graduate Writing at Trail:  
Fridays 10 am to 3 pm



Catharine Parr Trail College  
Nunc cognosco ex parte

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 and Trent University will be closed on *Monday May 22*



Catharine Parr Trail College  
Nunc cognosco ex parte

Victoria Day not only commemorates the birth of Queen Victoria but in Canada, it also recognizes Queen Elizabeth II's birthday.



# What's going on at Trent University?



**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](http://trentu.ca/academicskills)

Graduate students join us on Monday mornings to get inspired with your writing. Register for the Zoom link at [The Student Experience Portal](#)



**Yoga with Goose and Ozzy**

**MAY 30TH**  
12 PM - 1PM

Peter Gzowski College

Will you be there? Join Gzowski College for alpaca yoga May 30th from 12 pm-1 pm!  
Register [here](#)



**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](mailto: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.



**EAST VS WEST**  
TRENT UNIVERSITY  
EST. 2011

**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 Trent College Cabinets are hiring volunteer East Vs West Co-Chairs and the deadline to apply is May 31st! If you are interested in running the East Vs West hockey game visit the Student Experience Portal and apply.



# 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.

## Information Technology

	<b>Accounts and Access</b> Information about your Trent account and access for all Trent community members.		<b>Computing, Applications &amp; Printing</b> Information about on-campus computers, computer purchasing, Microsoft Office, printing and file access.
	<b>Email and Collaboration</b> Information about staff and student email, Google G-Suite, Office 365, collaboration and survey tools.		<b>Enterprise Information Systems</b> Information about the information systems used at Trent including myTrent, the student information system, financial information system and IRIS reporting service.
	<b>Networking and Telecommunications</b> Information about the Trent network including the campus network, WiFi, ResNet, remote access and voice services.		<b>Information Security</b> Information about the Trent cybersecurity program including phishing, encryption, multi-factor authentication and malware scanning.
	<b>Contact Trent IT</b> Please use the following form to contact the IT service desk for assistance.		<b>Exam Support Ticket</b> Click here to create a ticket related to a Blackboard final exam.

Summer Hours of Operation:  
 Peterborough Campus Physical Presence - 2nd Floor Bata Library:  
 Monday - Friday: 8:30 am – 4:30 pm  
 Durham Campus Physical Presence - Rm TN119:  
 Monday - Friday: 9:00 am – 1:00 pm  
 Saturday/Sunday: Closed (both locations)

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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!

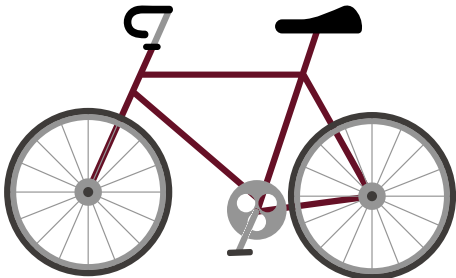


# Wellness Resources

Cycling is a great summer activity to stay healthy!

You can cycle with friends or on your own. Get outside and interact with the environment while providing exercise for your mind and body! Check out some of the great trails around campus [here](#).

**Happy trails to you!**



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"Everyone you will ever meet knows something you don't." — Bill Nye