



WINTER EDITION V - FEBRUARY 9, 2024

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal Michael Eamon

Dear Traillites,

For those of you who missed it, the Ashley Fellow – **Bridget Larocque** – offered an engaging talk last night in Bagnani Hall as part of the **North of Trent** lecture series. To an almost full lecture hall, she gave a personal, poignant, and at times humorous take on the serious and destructive legacies that continue to be faced in the Northwest Territories. The traditional structures of colonial governance and practice, she observed, continue to interfere with the holistic and collaborative ways inherent to various Indigenous knowledges in the region. After a lively Q and A session, **Marilyn Burns** -- the Vice President of Enrolment, Communications and Colleges – offered some words of gratitude and presented Bridget with a gift as the North of Trent lecturer and our 44th Ashley Fellow. If you missed Bridget, don't despair. She will be in **The Trend** on Tuesday for an informal coffee chat. It goes from 2 to 4 PM and coffee, tea, and light refreshments will be served free of charge.

Attention all graduate students in a thesis, or dissertation program! The deadline for **Three Minute Thesis (3MT)** proposals is this Monday, 12 February. This is a great opportunity to hone your public speaking skills and compete for some serious prize money. If you are interested, please see the Academic Skills website for more information: [Three Minute Thesis \(3MT®\) at Trent - Academic Skills - Trent University](#).

Finally, Traill College is hiring! Are you a hardworking, detail-oriented person looking for interested in a fun and rewarding summer employment? We may have the position for you! All registered students are eligible. See the advertisement in this newsletter for more details, or go directly to the Student Experience Portal.

Until next week,



(From Left to Right: Bridget Larocque, Michael Eamon, Frederica Scarpa)

# Needing an Appointment?

# Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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

Trill 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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner



The next free dinner brought to you by Traill Cabinet will be on February 10 at 6pm in The Trend.

## Swag Shop



*Click [here](#) to view our swag shop and order online!  
Pick up orders and pay with cash at the College Office.*

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/>



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# Backwoods Baking Presents:

## BEEF AND CABBAGE STIR FRY

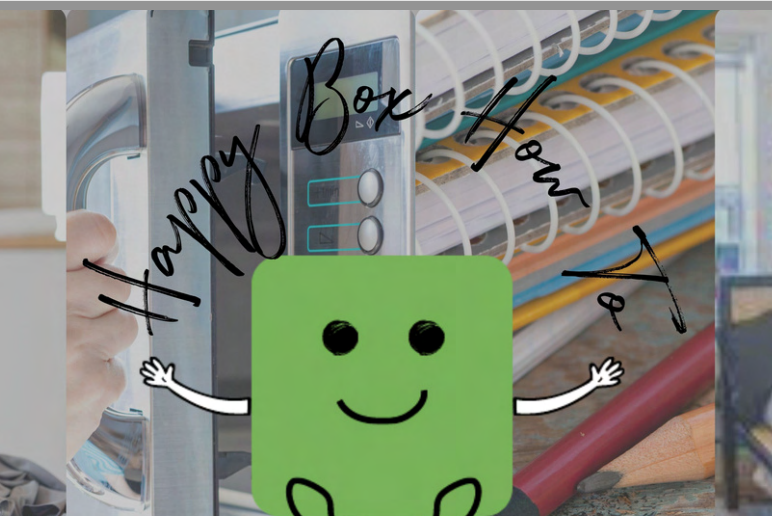
[Find the Full recipe here](#)

### INGREDIENTS

- 2 Tbsp soy sauce
- 1 Tbsp toasted sesame oil
- 1 Tbsp sriracha\* (
- 1/2 Tbsp brown sugar
- 1/2 head green cabbage
- 2 carrots
- 3 green onions
- 1/2 Tbsp neutral cooking oil
- 1/2 lb. lean ground beef
- 2 cloves garlic
- 1 Tbsp fresh grated ginger

### INSTRUCTIONS

- In a small bowl stir together the soy sauce, toasted sesame oil, sriracha, and brown sugar.
- Shred the vegetables. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half the cabbage. Peel two carrots, then use a cheese grater to shred them (1 cup shredded). Slice three green onions. Mince two cloves of garlic. Peel a knob of ginger, then grate it
- Heat a large skillet over medium heat. Once hot add the cooking oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about five minutes).
- Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted. Stir in the prepared sauce and the green onions. Top with a sprinkle of sesame seeds and a drizzle of sriracha



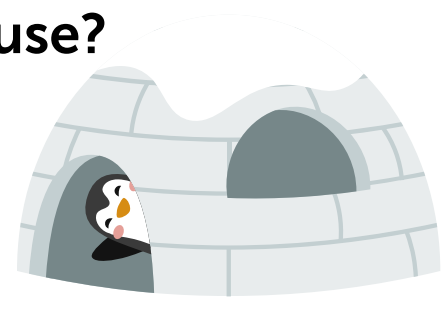
Check out our new video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

## Trail Mix

How does a penguin build it's house?



Igloos it together.



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

The Colleges of Trent Present

## COFFEE CHATS WITH BRIDGET LAROCQUE

2024 Ashley Fellow

February 6th and 13th



Bridget Larocque, Métis born and raised in Inuvik, NWT, serves as a policy advisor and researcher with the Arctic Athabaskan Council (ACC) and was executive director of Gwich'in Council International (GCI) from 2007-12. A unique expertise on the Arctic Council and Arctic governance issues. Drop by The Trend at Trill College to get to know our Ashley Fellow over coffee on Feb 6 and 13th at 2pm. The North at Trent Lecture will be held on Feb 8 in Bagnani Hall at 7:30pm

## TRILL COLLEGE IS HIRING!

Do you have college spirit? Do you want to be a part of a supportive team? Apply today!  
Trill College has 2 summer positions available:

- ▶ **Events & Programming Intern** (JOB ID #34387)
- ▶ **Outreach & Orientation Facilitator** (JOB ID #34384)

Apply through the Job Board on your Student Experience Portal!

**Deadline: February 16, 12pm**

Trill College is hiring for summer positions! The available positions are: Events and Programming Intern, and Outreach and Orientation Facilitator. Apply through the job board on the Student Experience Portal before February 16.

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



**St. Scholastica Feast Day**

**Traill Cabinet Feast Series**  
February 10, 6pm at The Trend

Join us for a medieval-themed night filled with revelry and merriment. Whether you arrive in medieval finery or modern threads, come warm up with a free meal.

**S: SCHOLASTICA'S DAY 1354**

**CATHARINE PARR TRAILL COLLEGE CABINET**

The Traill Cabinet Feast Series continues on February 10 for a medieval night like no other as we celebrate St. Scholastica Feast Day and the 669th anniversary of the Scholastica Day Riot. Whether you come in your best medieval finery or modern threads, join Cabinet in the Trend at 6pm for a free meal.



ACADEMIC SKILLS and  Present...

**WRITING ABOUT QUALITATIVE DATA FOR GRAD STUDENTS**

13 FEBRUARY 2024  
7PM - 8:30PM Online via ZOOM

Are you planning on including qualitative data in your research project? Then this may be the workshop for you!

**REGISTER NOW**



Grad students: Are you planning to include qualitative data in your research project? Register for the workshop on February 13 at 7:00 pm.



**2024 3MT<sup>®</sup>**

**Applications Closing SOON!**

**Get your submissions in before it's too late!**



Interested in showing off your research, or flexing your public speaking skills? This is the opportunity for you! Applications are currently open, and will close on Monday February 12. Scan the QR Code or visit the [Academic Skills website](https://www.trentu.ca/colleges/trail/belong/college-cabinet) for more information.

**WINTER FUNDING APPLICATIONS NOW OPEN!**

Applications Due Feb 20 @12pm

**ATTENTION PLEASE!**

Fill out the application form and send it and supporting documents to [traillcabinet@gmail.com](mailto:traillcabinet@gmail.com)



! Find the form on our website

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



Calling all Clubs & Groups! Apply for winter funding using the application form and email it (and your additional documents) to [traillcabinet@gmail.com](mailto:traillcabinet@gmail.com) by Feb 20, 12pm. Form can be found on our website [here](https://www.trentu.ca/colleges/trail/belong/college-cabinet)

# What's going on at Trent University?



ACADEMIC SKILLS  
IN THE COLLEGE



**MOTIVATION**  
*Mondays*

- Discuss strategies for setting writing goals
- Build momentum
- Motivational discussions on overcoming
  - Impostor syndrome
  - Distractions
  - Writers block
  - Burnout

Every Monday  
10:30 to 11:30  
Starting January 22

Motivation Mondays are back, with a vengeance!  
With support from Academic Skills you can get weekly help with various support structures available to you!



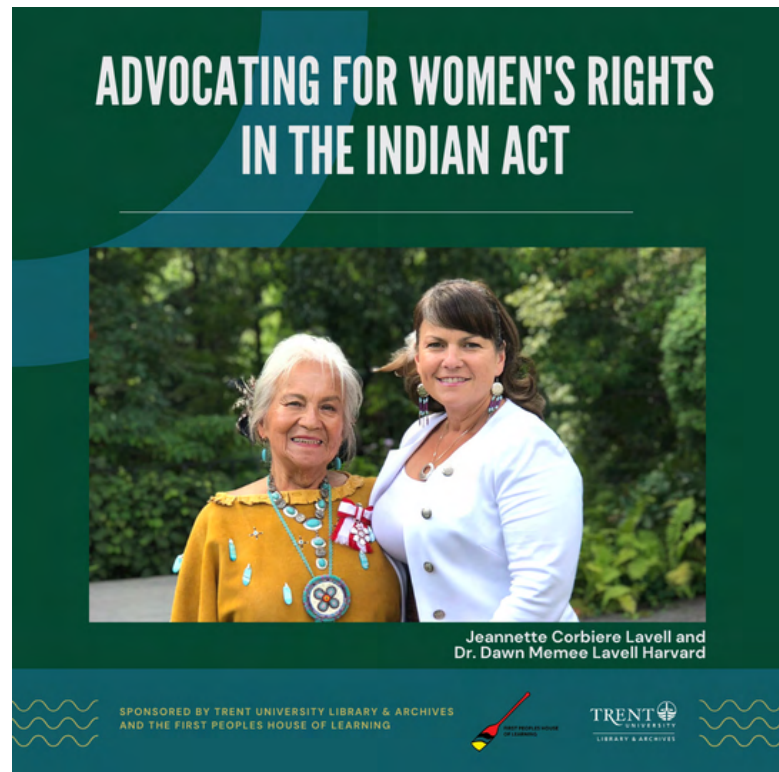
## Social Group for Autistic Students

MEETING TUESDAYS FROM  
3:30PM-4:30PM  
BLACKBURN HALL RM 135


CONNECT | DE-STRESS | CREATE

YOU DO NOT NEED TO BE REGISTERED WITH SAS TO ATTEND THIS GROUP.  
MORE INFORMATION CAN BE FOUND BY EMAILING  
CHLOE AT [CDEVLIN@TRENTU.CA](mailto:cdevlin@trentu.ca)

Join Student Accessibility Services on Tuesdays from 3:30 to 4:30 pm for a drop-in style social group for autistic students! You do not need to be registered with SAS to attend - all are welcome. Find us in Blackburn Hall, room 135. You can email questions to [cdevlin@trentu.ca](mailto:cdevlin@trentu.ca) for more information.




## ADVOCATING FOR WOMEN'S RIGHTS IN THE INDIAN ACT



Jeannette Corbiere Lavell and  
Dr. Dawn Memee Lavell Harvard

SPONSORED BY TRENT UNIVERSITY LIBRARY & ARCHIVES  
AND THE FIRST PEOPLES HOUSE OF LEARNING



Jeannette Corbiere Lavell and Dr. Dawn Memee Lavell-Harvard discuss their contributions to advocating for the legal status rights of Indigenous women in the Indian Act, as well as their research and writing aimed at promoting the equality of Indigenous women and children. Feb. 13, 3:20 to 6:30 PM in Room BL 411 of the Bata Library. [Register here.](#)



IT'S BACK!!!!

## ADHD GROUP

Join us in the SAS Group Room on  
Thursdays from 3:30-4:30 PM for a  
relaxed discussion with peers about tips  
and tricks!

Drop-in friendly!

In Blackburn Hall RM 135

The Student Accessibility Services group is back!  
Join us on Thursdays from 3:30 to 4:30 pm in Blackburn Hall, room 135. You do not need to be registered with SAS to attend - all are welcome. Email [cdevlin@trentu.ca](mailto:cdevlin@trentu.ca) for more information.

# What's going on at Trent University?

48TH ANNUAL  
**ELDERS & TRADITIONAL PEOPLES GATHERING**  
**Feeding Our Spirit: Language, Culture and Land-based Reclamation**  
**FEBRUARY 9-11, 2024**

Supported by

Through keynote addresses, panel discussions, workshops, and ceremony, the 2024 Elders & Traditional Peoples Gathering will focus on renewing connections to community, to culture and to traditions for all Indigenous Peoples on Turtle Island. Take part in hands-on learning, cultural presentations, and keynote addresses. All are welcome. Visit [trentu.ca/eldersgathering](https://trentu.ca/eldersgathering) for program details and to buy your ticket.

**CONTINUE YOUR Education**  
**Expand YOUR MIND**

REGISTER NOW FOR WINTER-SPRING 2024 CONTINUING EDUCATION CLASSES  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Interested in lifelong learning? Take a look at what's offered by continuing education. There are over 30 offerings that you can find on the website [here](https://trentu.ca/continuingeducation).  
 Classes start next week!

*Graduate*  
**Writing and Research Week**

■ Winter Reading Week  
 ■ February 20 to 23

**Virtual workshops for graduate students**  
 Choose workshops that interest you

- Literature Reviews & Proposals
- Fundamentals of Graduate Writing & Revision
- Research Strategies & Citation Management
- Oral Presentations & Visual Design

During the winter reading week (February 20 to February 23) Academic Skills and Trent Library will present virtual workshops for graduate students. The workshops will focus on topics that are relevant to graduate students as they work through their course work and research projects. [Register here.](#)

**Waste Challenge**  
 Do you have what it takes to become... The Champion?

Trent's SO, in partnership with Food Services, is challenging the colleges (& Durham) to be the best sorters of waste. Less than 10% of waste generated on campus actually belongs in the garbage - are you recycling and composting properly?

**Contest Dates:**  
**Feb 1-16**

Winner to be announced on March 28th!

**VS** Lady Eaton  
**VS** Trail  
**VS** Otonabee  
**VS** Durham  
**VS** Gzowski  
**VS** Champlain

We're launching a Trent-wide Waste Challenge to foster better sorting of waste with all Trent students. Colleges (and Durham) will be competing against each other and ONE will be named the Champion! The challenge runs from February 1-16, 2024. Volunteers will audit the waste during this period to measure which college sorts the best!



# Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!



At Trent University, we want to create a Culture of Consent. That means respecting people's boundaries, communicating about consent, not coercing or pressuring people to do what they don't want to do, and standing up against sexual violence.

**Consent at Trent** offers workshops, resources, and support services for everyone in the Trent community: students, staff, faculty, and people of all genders. Check out their website for information about preventing and responding to sexual violence and follow their Instagram for updates on new workshops, events, and resources.

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 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](http://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's easy to get caught up in day-to-day stress. Many students struggle to find time for themselves, especially those of us who are juggling multiple academic, employment, family, and relationship responsibilities.

Remember that you, too, deserve care. Relying on and supporting one another is what makes us human! You deserve to give and receive love.

**What is something you can do this week to reach out for support or offer love to yourself?**



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"There is no better teacher than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance next time." - Malcolm X