

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Cultural Studies Week began with a successful and well-attended opening reception in the Senior Common Room on Monday evening. There is still plenty of time to come to Traill and see some of the wonderful art, sculpture, and photography that is on display from our Cultural Studies students. Temporary exhibitions are in Bagnani Hall and Scott House and are open to the public. Tonight and Friday, there will be film screenings and theatrical presentations as well. Don't miss all the activities that are happening to celebrate creative expression at Trent University.

Next Tuesday afternoon (March 12th) in the Senior Common Room in Scott House everyone is welcome to attend a free luncheon with **Dr. Chris Barrett**, the **Ray March Visiting Fellow in Chemistry for 2024**. Chris will be giving a special presentation entitled: *"From Traill, 'Round the World, and Back Again: How Trent Prepares Students Well for Global Adventures."* We consider Chris one of our oldest honorary fellows of the College. His parents Peter and Karen Barrett were dons at Traill in the late 1960s and the College is where he learned to walk and talk. Needless to say, he has a special connection with Traill -- and we with him -- and we are overjoyed that he will be here during his residency as the March Fellow.

As we hit mid-March, a flurry of activities are about to happen at the College. These include the **Traill Cabinet Gala**, **3MT**, the **Symons Series Gala**, and a whole lot more. Make sure you read the inner pages of the newsletter for more information on upcoming events. I will also be highlighting some of the bigger activities in my message. Stay tuned for more!

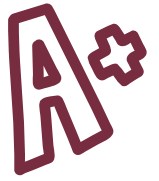
Take care,

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



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 or your home department.

Cabinet Corner

SPACE COWGIRLS
TRAIL CABINET FORMAL & TRAIL COLLEGE AWARDS
SAT. MARCH 23
6PM
PUBLICAN HOUSE
(294 CHARLOTTE ST)
TICKET INCLUDES DINNER, 1 DRINK & AFTER PARTY
\$25
YEE HAW
CATHARINE PARTRIDGE
TRAIL COLLEGE
QR CODE

Tickets are \$25 and include a full dinner, a drink, and the after party. Click here to purchase tickets!

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!



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)

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



Backwoods Baking Presents:

Spinach Dip Pasta

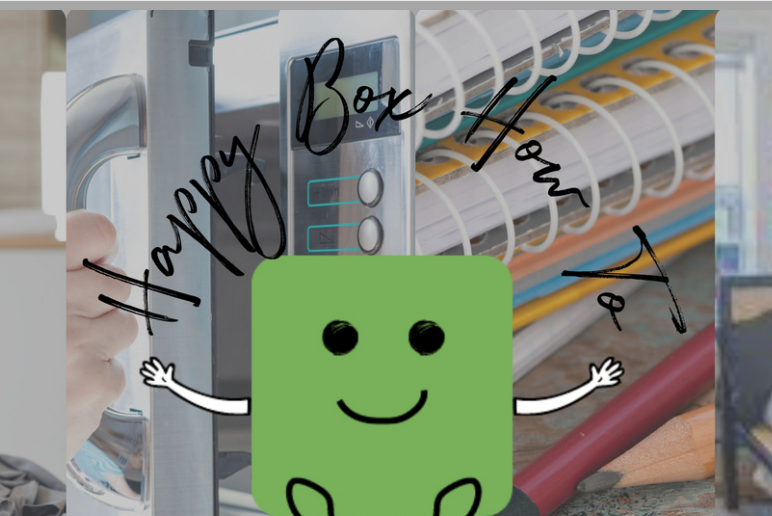
[Link](#)

INGREDIENTS

- 3Tbsp. extra-virgin olive oil
- 2 large shallots, coarsely chopped
- 3 garlic cloves, coarsely chopped
- 2½ tsp.kosher salt, divided, plus more
- 1 14-oz. can artichoke hearts, drained, coarsely chopped
- 1 10-oz. package frozen spinach, thawed, drained
- 8 oz. penne
- 2 cups whole milk
- 4 oz. cream cheese, room temperature, cut into pieces
- 2 oz. Parmesan, finely grated (about 1 cup)
- ¼ tsp. freshly ground pepper
- 4 oz. part-skim mozzarella, coarsely grated (about 1¼ cups)
- Hot sauce (for serving)

INSTRUCTIONS

- Heat broiler with olive oil over medium heat. Add shallots, garlic, and 1/4 tsp salt. Cook, stirring occasionally, until shallots are translucent, about 4 minutes.
- Stir in artichoke hearts and spinach
- Add penne, milk and 2 tsp salt to pan, stir to combine. Bring to a boil. Simmer, stirring occasionally until most of the liquid is absorbed and pasta is al dente, 16–18 minutes.
- Remove from heat.
- Stir in cream cheese and parmesan. Add salt and pepper to taste
- Sprinkle mozza over pasta, broil until golden brown and serve.



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

Trail Mix

How do you row a canoe filled with puppies?

Bring out the doggy paddle.



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



SPACE COWGIRLS
TRAIL CABINET FORMAL
& TRAIL COLLEGE AWARDS

SAT. MARCH 23
6PM
PUBLICAN HOUSE
(294 CHARLOTTE ST)

\$25

TICKET INCLUDES
DINNER, 1 DRINK &
AFTER PARTY

CATHARINE PARR
TRAIL COLLEGE
CABINET

YEE HAW



Saddle up and blast off to Traill Formal 2024! Happening Saturday March 23 at 6pm at the Publican House. Tickets are \$25 and include a full dinner, a drink, and the after party. [Click the link here to get your tickets!](#)



-Law Movie Nights-

THE BEE MOVIE

with bee expert
Pamela Forgrave



7pm
March 12
Bagnani Hall

Looking for fun activity? Join the Law community at Traill to watch the Bee Movie! Take the opportunity to get to know a little bit more about bees with Traill's very own Pam Forgrave.



From Trail, 'Round the World, and Back Again.
How Trent Prepares Students Well for Global Adventures.



March 12
Senior Common Room,
Traill College
12 Noon
Lunch provided!



Prof. Christopher Barrett
McGill University, Fac. Sci.,
School of Environment,
Montreal Neurological
Institute.

Hear from Prof. Christopher Barrett who grew up at Traill and has experienced a number of diverse University environments. Happening March 12 at noon in the SCR Lunch is provided



TRENT UNIVERSITY
CONTINUING EDUCATION



IN-PERSON 7-HOUR
WORKSHOP



GIVE THE Gift OF LEARNING

THE WRITE RETREAT: CREATIVE NOURISHMENT

SATURDAY, APRIL 20
9 A.M. - 4 P.M.
trentu.ca/continuingeducation

If you are looking for the time and focus to engage in the craft of writing and share your work with others, this is the workshop for you. 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](#).

WE'RE HIRING!

Trail Interns



**Summer Interns
(May-August)
JobIDs 34997 &
34994**

**2024-2025
Academic Year
Interns
(September-April)
JobID 34944**

Apply online through the Trent Student Experience Portal by **Monday, March 11th, 2024**

We can't wait to hear from you!

What's going on at Trent University?



INSPIRE INCLUSION IN
NOGOJIWANONG/PETERBOROUGH
IN COLLABORATION WITH COMMUNITY PARTNERS



International Women's Day 2024

Friday March 8th



"Stories From our Grandmothers" by Naim-Tara (أنا-تارا), Star Daughter Woman

REGISTER HERE



For more information visit:
www.kwic.info/international-womens-day-2024

Downtown March & Rally: Noon - 1pm

Starting at Peterborough Square Courtyard
(340 George St N) and ending at
City Hall (500 George St N)

Featuring: City Councillor Jay Lachica and
Peterborough's Poet Laureate, Zysah von Bieberstein

Community Event: 5 - 7:30 pm Peterborough Public Library* and on Zoom

Doors open at 4:30 pm

Free, hybrid inclusive event with light refreshments
Hosted by Simal Iflikhar

Featuring: Raging Grannies Janet McCue, Aanya
Singh, Jaida Ponce, Kait Dueck & Sarah Lewis

*Friends of the Library Community Room

Miigwetch/Thank you to our supporters



Join the Kawartha World Issues Centre and Kawartha Sexual Assault Centre this International Women's Day for their downtown rally and community event.

Refreshments provided!

[Click here](#) for more information.

TRENT ACTIVE MINDS 6TH ANNUAL MENTAL HEALTH PANEL

Navigating the Shadows: Unpacking
LGBTQ+ Hate, Discrimination, and
Mental Health

Thursday, March 21st, 2024
6:00 PM-8:30 PM

TSC Event Space,
Room I.07

Join us on Thursday, March 21st, from 6:00 PM to 8:30 PM in the Trent University Student Centre Event Space for our sixth annual Mental Health Panel on Navigating the Shadows: LGBTQ+ Hate, discrimination, and Mental Health! [Register here](#).

Do You Rent?

Join us for a Virtual Information Session

Presented by the



Friday, March 8, 2024, 1:30pm EST

This Introductory Session Will Discuss:

- Residential Tenancies Act
- Common Issues Faced by Tenants
- Tenant Rights & Responsibilities

Virtual Session is on Zoom



Please Scan the QR Code to Register or Visit Our Bio @trent_offcampushousingdurham

Hosted by



In collaboration with



For more details, please contact: offcampushousing@trentu.ca or
studentaffairs@durhamcollege.ca

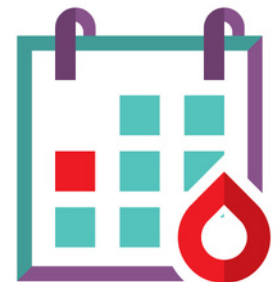
Friday March 8, 1:30 pm | [Register here!](#)

Join us for a Virtual Information Session discussing topics relevant for (and available to) all Trent students in Durham and Peterborough who rent (or are planning to rent) off-campus.



Take a
study break
to donate.

Book now at blood.ca



Blood for Life

Trent University Blood Mobile: March 13th
ATHLETIC CENTRE GYMNASIUM 10AM-2PM
Please come out and save a life! Make your
appointment online @blood.ca, download the
GIVEBLOOD APP or call 1 888 2DONATE (236.6283)



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!

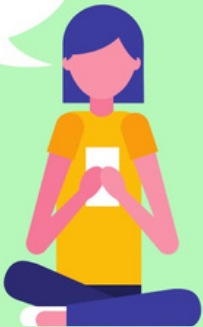


This week we are highlighting: **Continuing Education**

Trent's Continuing Education program provides access to a variety of experts in different fields for learning in an informal, relaxed and personalized setting. The courses are offered at Trail College! We are very happy to offer Continuing Education courses that embrace the ideals of lifelong learning that Trent was founded on.

Find a list of courses [here](#)

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's that time already; only a few weeks left in the semester and all the projects, papers, exams, and last-minute challenges can create a lot of additional stress.

Whether this is your first or last semester at Trent, stress management is an important skill that will help you in school and life.

Here are some tips and suggestions to help you cope and even thrive as you finish this semester strong.

Click [here](#) for more information

Manage Your End-of-Semester Stress



Get organized

Develop a schedule with all your due dates. Then break down the projects into smaller parts and decide when to do what. Having a plan enables you to take better control of your time and energy so you can handle stress more effectively.



Be positive about yourself

Make sure you are treating yourself with respect and love. Self-criticism, and shame do not promote better behavior, but discourages you. So treat yourself with dignity even when your performance is not perfect.



Listen to and care for your body

Be aware of stress signals such as insomnia and upset stomach. Get 7-8 hours of sleep, avoid foods that are high in fats and sugar, and exercise your body.



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"Success is more permanent when you achieve it without destroying your principles."

- Walter Cronkite