

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Now that the academic year is over, I thought that the time would go by a little less quickly. However, I was wrong. Things have flown by, partly because I have been travelling. Last week, I was in Toronto for a few days to connect with Traill alumni. The historian in me relishes these conversations, learning about the exploits of previous principals, finding out about past college traditions, and hearing about the student experiences alumni appreciated the most. Since the start of the Traill Renaissance in 2016, I have always used these experiences as my guide. The most important traditions and experiences have at their core an essential aspect, or spirit, that can benefit students regardless of the decade. As we celebrate the College's 60th birthday, we look back to what has made Traill special as we lay the foundations for the next generation of Traillites.

This week our **Graduate Writing Retreat** is taking place. This popular three-day workshop is a yearly tradition at the College that brings together graduate students from all the disciplines. It is a unique mix of workshop, one-on-one tutoring and quiet writing sessions. If you are interested in this, or any other offerings from Academic Skills in the Colleges, please do not hesitate to contact me.

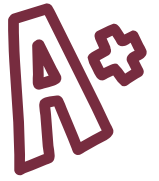
Talking about tradition, **Pizza Friday** begins again this Friday, May 10th. For nine years, we have been offering a pizza lunch on Fridays from May to August. Still, for just \$5, you get a drink, chips, pizza, and dessert. It truly is the best meal deal in town, and you won't find a more diverse and interesting group of people to be with. The genesis of Pizza Fridays came from a practical problem: What would be an appropriate collegiate event for the 21st century that would bring together students, faculty, staff, and the larger community? After a failed attempt to revive the tradition of a Traill Tea, I reflected on what was at the core of the high tea tradition. I eventually came to the conclusion that the tradition of gathering for tea was all about creating community. Ostensibly, it was about building a fellowship rooted in not only mutual interests, but in food and fun. If you like food, fun, and meeting great people, then you cannot miss out on Pizza Fridays. Registration opens every week on Wednesday at 9:00 AM and closes on Friday morning by 9:45 AM. You can register by following this link: <https://traillcollege.corsizio.com/>

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



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 events and news:
<https://www.trentu.ca/news/>

Swag Shop



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



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Backwoods Baking Presents:



Watermelon Pizza

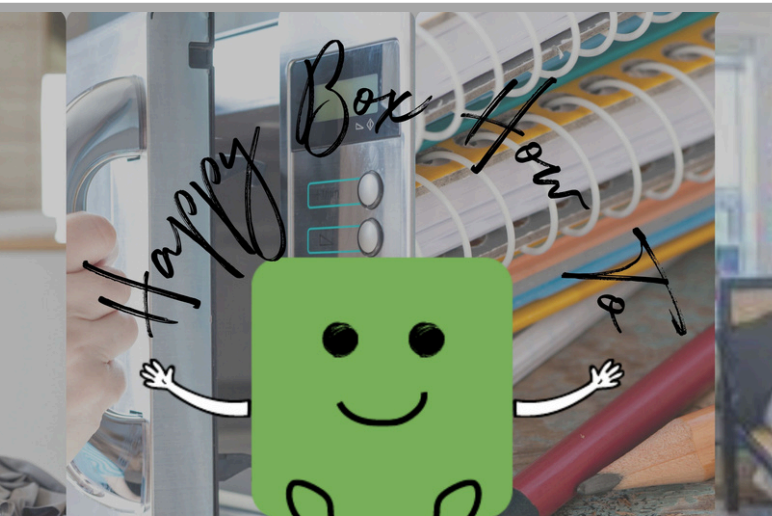
([click here](#) for original recipe).

INGREDIENTS

- 1 watermelon
- 1 cup of your choice of yogurt (coconut or greek recommended)
- 1/2 cup of strawberries sliced in half
- 1/2 cup raspberries
- 1/2 cup cherries
- 1/2 cup blueberries
- 1/2 cup pomegranite seeds
- Honey or Maple Syrup (optional)

INSTRUCTIONS

1. Using a sharp knife, cut off a slice of watermelon right down the middle, about 2-3 inches thick.
2. Using a spatula, spread an even layer of your yogurt around the watermelon leaving a bit of empty space at the top. (where your "pizza crust" is.)
3. Layer your fresh fruit on top as you please. You can add as little or as many toppings as you like!
4. Drizzle with honey or maple syrup for a little extra sweetness if desired.



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

Trail Mix

Why did the scarecrow win an award?
Because he was outstanding in his field.



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



Pizza Fridays

Every Friday
Starting May 10th

TRAILL COLLEGE
Bagnani Hall
12:00 PM - 1:00 PM

**\$5 ALL YOU CAN EAT PIZZA
+ DRINK + DESSERT!**

Catharine Parr Trill College
Nunc cognosco ex parte

A cartoon pizza slice character with a smiling face, wearing a red hat and holding a pepperoni pizza slice.

Pizza Fridays are back!!! Join us for Trill College's iconic summer tradition! Every Friday in Bagnani Hall, enjoy all-you-can-eat pizza, a drink, and a dessert for just \$5. [Click here to register.](#)



Friday Writing
Graduate Writers' Group

Starting May 17!

Every Friday
10:30am - 11:30am

- Goal setting
- Momentum & motivation building
- Tips for perfectionists
- Join Pizza Friday at Trill

ACADEMIC SKILLS
AT TRILL COLLEGE

Catharine Parr Trill College
Nunc cognosco ex parte

A QR code is located in the bottom right corner.

Join us on Fridays starting May 17th for our Graduate student writing group! Available on Zoom or in WH226. Register here for the workshop, and while you're at it stay for Pizza Friday and register for \$5 lunches to refuel!



Macbeth

May 23 -25, 2024

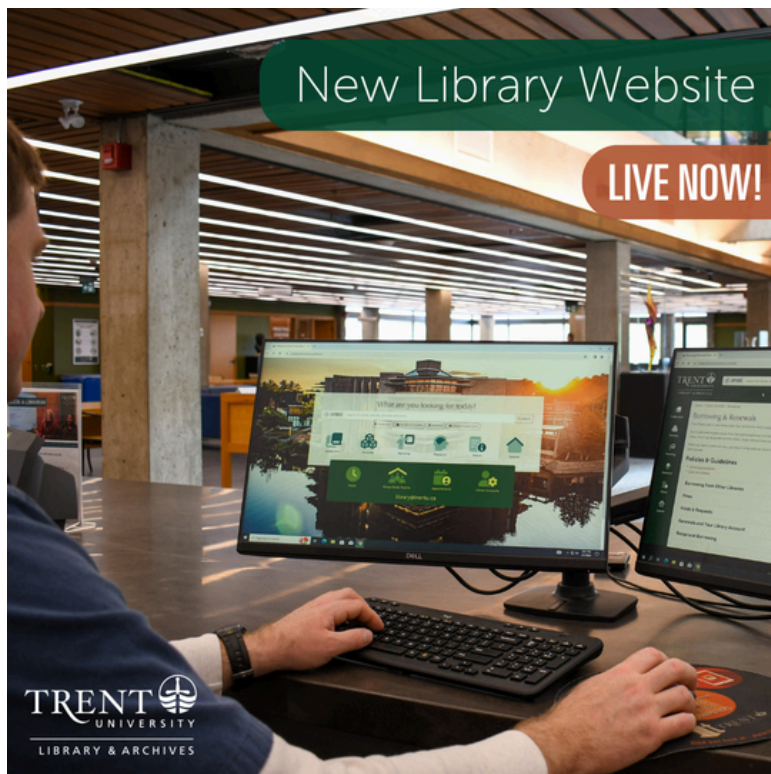
MARKET HALL PAC

TICKETS.MARKETHALL.ORG

@electriccityplayers

A lit candle is shown in the center of the poster.

The Electric City Players present Shakespeare's Macbeth. Running at Market Hall from May 23rd to 25th. Tickets can be purchased through the Market Hall Website found [here](#).



New Library Website

LIVE NOW!

TRENT UNIVERSITY
LIBRARY & ARCHIVES

A person is shown sitting at a desk in a library, using a computer. The computer screen displays the new library website.

Trent University Library & Archives are excited to announce the launch of their new website! Everyone is invited to explore the new site and provide feedback on further improvements. [Please share your thoughts here!](#)



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 Academic Skills: Tutor Board

The Tutor Posting Board offers a centralized online listing of tutors-for-hire and free departmental supports. Tutors can submit information for posting and students seeking tutors can search these listings.

Tutoring is regular or intensive instruction and review aimed at improving academic performance for a paying client. Tutors should be prepared for this work by holding a strong academic record and having some tutoring experience. Together, the tutor and client should determine meeting times and frequency, rate of pay, and instructional content.

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

<https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html>

As summer is fast approaching, bringing with it extreme heat it is important to remember how to stay safe and healthy while outside.

Although everyone is different, following these simple tips is beneficial for everyone as they help with preventing sunburns, heat exhaustion, heat sickness, and heatstroke.

Limiting UV exposure is not just staying inside or in the shade. You can limit your exposure by wearing light coloured breathable shirts and pants to help prevent you from getting a sunburn or worse.



Heat and Sun Safety

- ✓ Stay Hydrated**
Drink lots of cool drinks, even if you do not feel thirsty.
- ✓ Apply Sunscreen**
Use "broad spectrum" and "water resistant" SPF 30 or higher.
- ✓ Wear a Hat & Sunglasses**
Broad-brimmed hats provide better protection against UV rays. Sunglasses help prevent your eyes from becoming sunburnt.
- ✓ Seek Shade & Limit UV Exposure**
Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot. Avoid going in the sun when UV rays are strongest.



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"The key to a healthy life is having a healthy mind." – Richard Davidson