

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

What a week it has been! Most of the time we have been preparing for our last big event of the academic year: **Three Minute Thesis (3MT)**. A special shout out to Traill Academic Skills Instructor, **Dr. Sue Beckwith**, for putting together an incredible event with her colleagues in Academic Skills. In the end, seventeen contestants competed from nine different graduate programs at Trent. Friends, family, faculty and the public filled Market Hall in downtown Peterborough and they were not disappointed. I have been emceeing this event for nine years and this was one of the best cohorts of students we have ever seen. Joining us yesterday evening was an all-star judging panel that included the well-respected **Sarah Budd** (CEO of the Kawartha and Peterborough Chamber of Commerce), **Dr. Bob Ezrin**, world-famous music producer and philanthropist, and Trent's beloved Chancellor **Dr. Stephen Stohn**. I am so happy that I can announce our graduate student winners:

School of Graduate Studies 1st Place Prize and Audience Choice

**Jenna Bolzon**

"Standing up for Science: Paying Attention to Replication Issues Can Unearth a Ton of Problems"

Catharine Parr Traill College 2nd Place Prize

**Stephanie Aultman**

"Memories of the Forest: Traditional Ecological Knowledge in North Central Belize"

Trent Graduate Student Association (TGSA) 3rd Place Prize

**Christian Bihun**

"Solving the Bioenergetic Equation for Walleye in the Great Lakes"

Our first-place winner, Jenna, will now represent Trent University at the Provincial Finals in Orillia this May. Congratulations to our winners and to all the participants for this stellar 3MT evening!

Finally, a reminder that *The Trend* restaurant will be closed as of 3 PM today for the summer. Not only does today mark the annual summer closing, it marks the end of **Chef Christopher's** time with us. Further down in the newsletter you will find some photos that were taken at Chef's surprise retirement party. We all appreciate Chef's dedication to the students and he fully embraced the Traill spirit in everything he did. We will miss him!

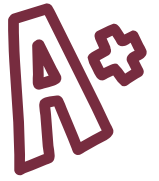
Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive, with a long horizontal stroke at the end.



# 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](#).

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

## 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:

## Baked Italian Chicken Dinner

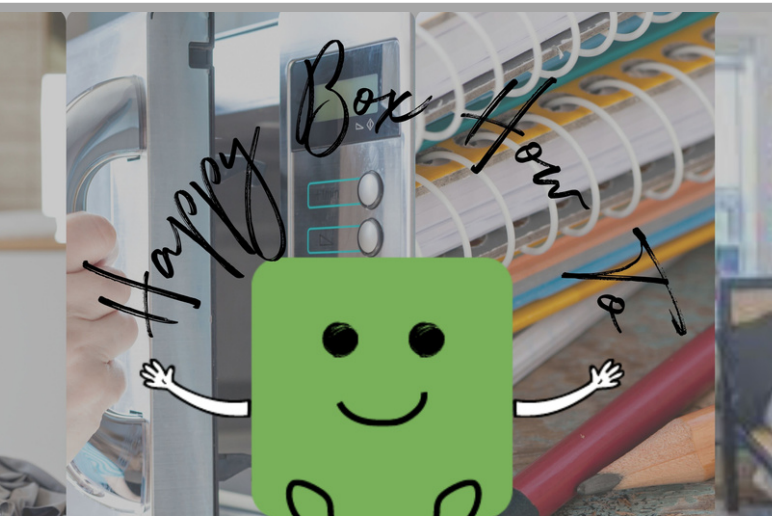
[Link](#)

### INGREDIENTS

- cooking spray
- 1 pound skinless, boneless chicken breast, cut into cubes
- 1 (10 ounce) package frozen broccoli
- 4 potatoes, diced
- ¼ cup butter, melted
- 1 (.7 ounce) package Italian dressing mix

### INSTRUCTIONS

- Preheat the oven to 350 degrees F (175 degrees C). Spray a 13x9-inch baking dish with cooking spray.
- Layer chicken, broccoli, and potatoes evenly into the prepared baking dish in the order listed. Drizzle melted butter over the top. Sprinkle with Italian dressing mix.
- Bake in the preheated oven until chicken is cooked through and potatoes are tender, 45 to 60 minutes.



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

## Trail Mix

I used to run a dating service for chickens.

But I was struggling to make hens meet.





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



## Bata Extended Exam Hours\*

MARCH 31 TO APRIL 20

Monday	8am - 1am
Tuesday	8am - 1am
Wednesday	8am - 1am
Thursday	8am - 1am
Friday	8am - 1am
Saturday	10am - 1am
Sunday	10am - 1am

\*The Library Service Desk closes earlier than the building



TRENT UNIVERSITY  
CONTINUING EDUCATION

IN-PERSON 4-HOUR WORKSHOP

## GIVE THE *Gift* OF LEARNING

### SONGBIRDS OF SPRING: BIRDWATCHING BASICS

SATURDAY, APRIL 27TH, 2024  
9:00 AM – 1:00 PM EDT  
[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

Looking for a good study space to grind out the rest of the semester? Then take a look at these extended hours at the Bata Library! Bata is a great place to focus, its quiet atmosphere and helpful resources make it the ideal spot for finishing up papers or cramming for exams.

Birds have captivated humans for centuries and it's hardly a wonder why. To witness is a privilege and delight to any who observe. This is a four hour workshop with local travel to discover the wonders of local bird populations. Register for the workshop [here](#).

## CALL FOR RECIPES!

2024 marks Traill's 60th anniversary! To celebrate this milestone we are creating a cookbook and would like current and former students to be a part of it! Share your cherished recipes and memories and be entered into a draw to win some Traill swag!

Email submissions to [traill@trentu.ca](mailto:traill@trentu.ca)

Submit a recipe for your chance to win a hoodie, notebook, and mug

In celebration of Traill's 60th anniversary we are creating a cookbook and would like to include recipes from students and alumni! Send your recipes and photos to [traill@trentu.ca](mailto:traill@trentu.ca) and be entered to win some Traill merch!



Scott House will be open on Saturday April 13th and April 20th from 10 AM to 4 PM. Don't forget that the Library, our common rooms, and study spaces are also regularly open Monday to Friday from 9 AM to 10 PM



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



**HAPPY RETIREMENT CHEF!**



**We will miss you chef! Everyone at Traill is wishing you all the best in your retirement.**





# Student Supports

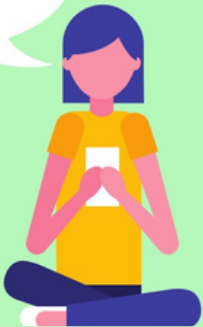
We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!

## This week, we are highlighting Trent Nature Areas!



With approximately 1,400 acres of land situated on the banks of Otonabee River and over 30 kilometres of nature trails, Trent boasts one of the most picturesque University campuses in the country. The combination of lush forest, drumlins, streams and open fields provides a unique learning and recreational environment that is used by Trent students, faculty and staff as well as by members of the Peterborough and surrounding communities.

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

Earth Day is April 22nd, and while it's a wonderful day to celebrate our beautiful planet, it's also an opportunity to reflect on the feelings of stress or anxiety you may experience when thinking about the effects of climate change or world issues, and how you can cope with these thoughts and feelings.

Here are some tips to cope with feelings of climate anxiety.

[Click here for more information](#)

## FIVE WAYS TO COPE WITH CLIMATE ANXIETY

### 1) Validate your response to climate change

You are not alone! Anxiety related to climate change is climbing for many demographics.



### 2) Feel your feelings

Avoiding emotions, like in any circumstance, can lead them to becoming bottled up, more intense, and potentially exploding. Once we process our feelings, through activities such as feeling our feelings, or talking to trusted and like-minded others, we can then let them go.

### 3) Focus on the reasonable and achievable steps you can take and live your values

Rather than judging ourselves or others for what we perceive we are doing or not doing, it is also absolutely ok to meet yourself where you are at, acknowledging that we all have different competing demands, levels of responsibilities, geographic locations and capabilities. Doing what you can do is enough.



### 4) Be mindful of media intake

Reading the news and following social media with regards to climate change can be a great way to stay informed. However, too much information all at once can become overwhelming.



### 5) Engage in fulfilling activities

It is important to pace ourselves and create balance. This is especially true with climate change as it is an ongoing issue. Continue to hold space for and engage in activities that provide a sense of enjoyment and achievement.



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"Never retreat, never explain, never apologize – get the thing done and let them howl!"  
- Nellie McClung