

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

What a success we had with our first **College Dinner** of the year to fight food insecurity. For those who are unaware, we host a monthly, free dinner for students, their families, and friends. Last Sunday, over 170 people received free meals at the Trill Annex Dining Hall (part of The Village on Argyle). It was a great evening that demonstrated how diverse the College is with a rich mix of graduate students, new undergraduates, and mature undergraduates. Our next free dinner is planned for February 9th at Scott House. Further details will be shared soon.

For fans of **Continuing Education**, our Winter Term started this week. There are still spots available for classes and workshops starting in February, including for our new **Guitar 101** and **The Wonderful World of Birds**. Enroll now and get a 20% discount! For more details, please see: [www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation)

From now until March, we are continuing our special **60th Anniversary Programming** at the College. There will be a variety of guest speakers and events every Thursday evening starting at 7:30 PM in Scott House. Come out and explore a new topic, make new friends, and eat some free snacks!

Finally, don't miss out on our big **Anniversary Dinner**, on Thursday, February 27th at the Holiday Inn. This will be the largest formal College Dinner held in years where we will celebrate six decades of Trill with great food and entertainment. Get your tickets now! Tickets for staff, alumni, and community members are \$50 for this three-course meal (beef and vegetarian options). Students get a special reduced rate of \$15!

Register now:

STUDENT TICKETS (\$15): <https://trillcollege.corsizio.com/event/67855a2f75e446ab0bc94d88>

NON-STUDENT TICKETS (\$50): <https://trillcollege.corsizio.com/event/6785591275e446ab0bc8d0d9>

For out-of-town visitors, a limited number of discounted rooms are available. For more information, please contact Stanley Rodriguez, [stanley.rodriguez@whg.com](mailto:stanley.rodriguez@whg.com), 705-740-6555.

Until next week,

Michael

A handwritten signature in black ink, appearing to read "Michael". The signature is stylized and fluid.



# 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>

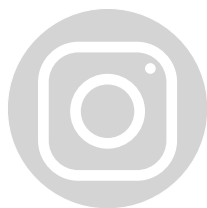
To keep up to date with the college, follow us on social media!

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.*



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)



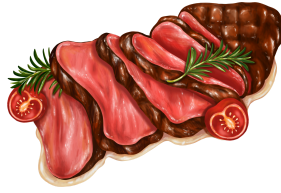
# Backwoods Baking Presents:

## Creamy Steak Fettuccine

### INGREDIENTS

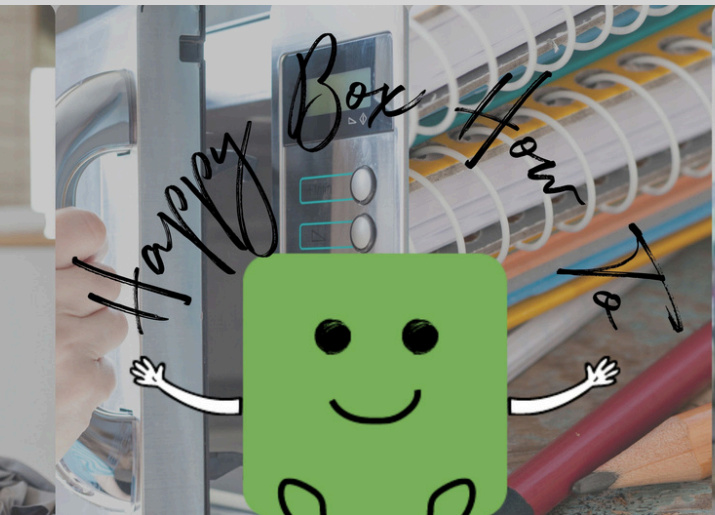
- 12 oz. fettuccine
- 1 lb. sirloin steak
- 2 Tbsp. vegetable oil
- Freshly ground black pepper
- 2 Tbsp. butter
- 2 cloves garlic, minced
- 2 Tbsp. all-purpose flour
- 2 cups milk
- 1/2 cup freshly grated Parmesan
- 1 Tbsp. freshly chopped parsley
- 1 1/2 cups halved cherry tomatoes
- 4 cups baby spinach
- 2 Tbsp. balsamic glaze (1/3 c. balsamic vinegar simmered for about 10 minutes)

[View the Receipt Here](#)



### INSTRUCTIONS

1. In a large pot of boiling salted water, cook pasta until al dente according to package directions. Reserve 1/2 cup pasta water before draining. Return pasta to pot.
2. Coat both sides of steak with oil and season generously with salt and pepper. In a large skillet over medium-high heat, cook steak to desired doneness, 4 minutes per side for medium-rare. Transfer to a plate to let rest for 10 minutes. Thinly slice steak.
3. In skillet, melt butter over medium heat. Add garlic and cook until softened and fragrant, 1 to 2 minutes. Whisk in flour and cook 1 minute more, then slowly add milk, whisking to break up lumps, and simmer until thickened, 5 minutes. Add Parmesan and parsley and season with salt and pepper. Add tomatoes and cook until bursting, 2 to 3 minutes.
4. Add cooked pasta and 1/4 cup reserved pasta water to skillet and toss to combine, adding more pasta water as needed. Add spinach and toss until wilted.
5. Top with sliced steak and drizzle with balsamic glaze.



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

## Trail Mix

Where do snowmen keep their money?  
In snowbanks!



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

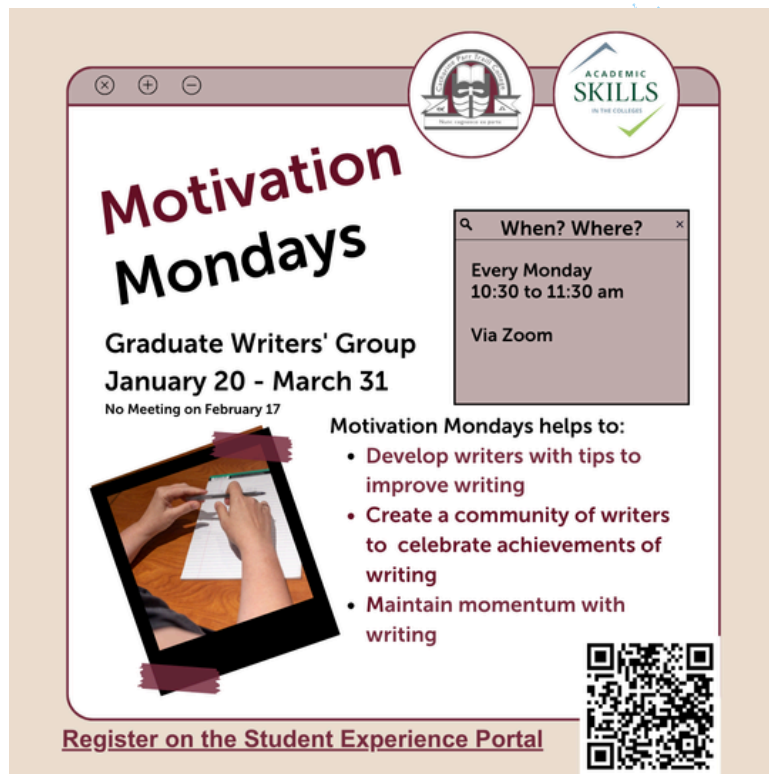


**GSA** Trent Graduate Student Association's  
**Clothing Swap**  
 SHOP GENTLY USED CLOTHES  
**BROWSE NEW AND USED CLOTHES AT THE TGSA'S CLOTHING SWAP!**  
**JAN 18TH 10AM - 2PM**  
**THE TREND, TRAILL COLLEGE**  
 QUESTIONS? EMAIL  
 VPSTUDENTAFFAIRSTGSA@TRENTU.CA

TGSA + Traill's Clothing Swap Take 2!

The TGSA welcomes all graduate students to browse our growing collection of gently used and donated clothing and winter wear on January 18th from 10am - 2pm.

Join us at The Trend in Traill College to snack on sweets from Black Honey Bakery, chat with your friends, and shop for free clothing, winter coats, hats, mittens, scarves, and more!



**Motivation Mondays**  
**Graduate Writers' Group**  
**January 20 - March 31**  
 No Meeting on February 17  
**Motivation Mondays helps to:**

- Develop writers with tips to improve writing
- Create a community of writers to celebrate achievements of writing
- Maintain momentum with writing

**When? Where?**  
 Every Monday  
 10:30 to 11:30 am  
 Via Zoom

**Register on the Student Experience Portal**

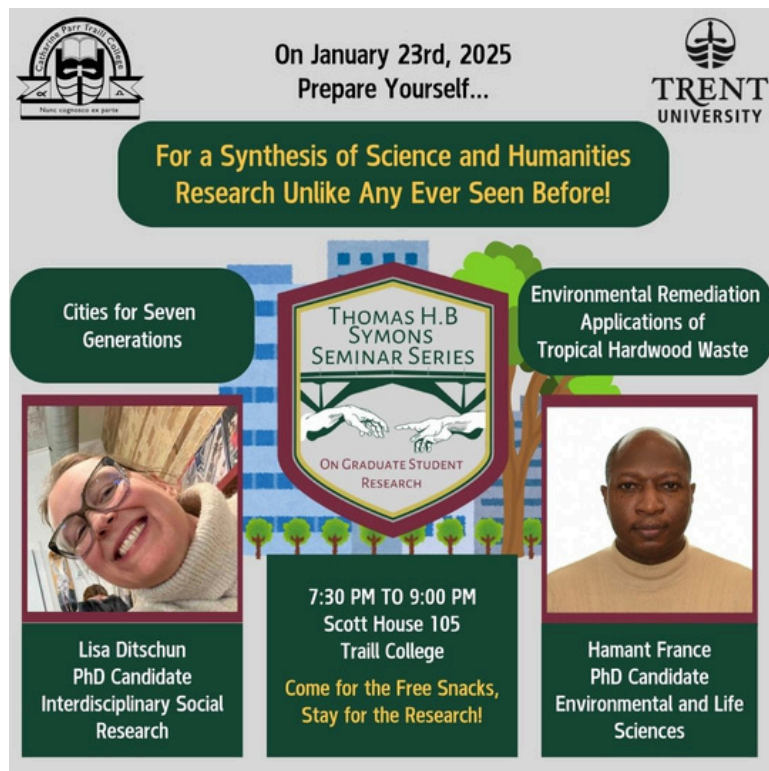
The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. Meeting every Monday (except Monday, February 17) starting on Monday, January 20 to March 31 from 10:30 to 11:30 am. Online only. [Register here.](#)



**Trent University's**  
**2025 3MT®**  
**Information Session**  
**Monday, January 20th**  
**@ 2:00 pm**  
 Bagnani Hall, Traill College

ACADEMIC SKILLS TRENT U

The Three Minute Thesis Competition (3MT®) challenges graduate students to present their highly specialized research in just 3 minutes using a single slide. An information session will be held in Bagnani Hall at Traill College on January 20th.



On January 23rd, 2025  
 Prepare Yourself...  
**For a Synthesis of Science and Humanities Research Unlike Any Ever Seen Before!**

**Cities for Seven Generations**  
 Lisa Ditschun  
 PhD Candidate  
 Interdisciplinary Social Research

**Environmental Remediation Applications of Tropical Hardwood Waste**  
 Hamant France  
 PhD Candidate  
 Environmental and Life Sciences

**THOMAS H.B. SYMONS SEMINAR SERIES**  
 ON GRADUATE STUDENT RESEARCH  
 7:30 PM TO 9:00 PM  
 Scott House 105  
 Traill College  
**Come for the Free Snacks, Stay for the Research!**

On January 23rd at 7:30 P.M, join Lisa Ditschun and Hamant France for our *Synthesis for Science and Humanities* Symons Seminar Series!

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

## CALLING ALL MATURE & TRANSFER STUDENTS

Join Academic Skills and Academic Advising for social study sessions.

Wednesdays 1-2:30pm  
- In the Pit -  
Lady Eaton College

Jan. 15 to March 12, 2025  
Refreshments provided



## STUDY CAFÉ

Study Café: Calling all mature and transfer students!

Hosted by Academic Advising and Academic Skills, Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development.

Each week we'll meet over refreshments to discuss tested strategies for studying, test-taking, and preparing assignments. We'll also cover important info about course and degree planning and introduce helpful services across campus.

From January 15 - March 12, 2025 (excluding Reading Week), Wednesdays, 1-2:30pm in The Pit, Lady Eaton College.

## West Bank Homeroom



Are you looking for community and learning support?

Join us Mondays at 3pm starting January 6th!

Learn more and sign up here!



Each week, Homeroom will focus on strategies to help you thrive through your semester: managing time and finding balance, reading and lecture hacks, how to write university assignments, and study tips and tricks. Upper-year Trent students and special guests will join us each week to share tips and resources followed by free food and prizes! [More information](#)

## SHARE YOUR UNDERGRADUATE RESEARCH IN A FUN & CHALLENGING COMPETITION



3MP is back! The 3-Minute Paper (3MP) Competition is an exciting competition for undergraduate students completing an honours seminar, an honours thesis, or a major project in any discipline.

3MP challenges students to balance complexity with concision as they explain their research, findings, and its relevance in only 3 minutes! Did we mention participants have only 3 minutes to do this?? If you are an undergraduate student in 3rd or 4th year completing research, don't miss this opportunity to develop essential skills, gain invaluable experience, and expand resumes and portfolios.

Visit [www.trentu.ca/3MP](http://www.trentu.ca/3MP) for more information!

## WRITING ABOUT QUANTITATIVE DATA: WORKSHOP FOR GRADUATE STUDENTS



28 JANUARY 7:00 PM - 8:30 PM

Online Via Zoom

Are you a graduate student planning to include quantitative data in your research project? Then this workshop is for you!

REGISTRATION IS REQUIRED



Are you planning to include quantitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis for quantitative data, how to write about statistics, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in the results and discussion section of your thesis. [Register 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!

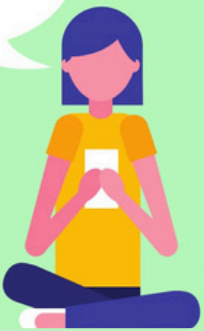
**This week we are highlighting: Academic advising**

ACADEMIC  
ADVISING



Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success. Academic Advisors help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect with the services they need and, ultimately, take charge of their own education.

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

## Winter Recreational Activities

Canadian winters can be harsh, and often we find ourselves huddled in our homes as respite from the bitter cold.

It's all too natural to hibernate in our warm beds, but you should take the time to try some outdoor activities while there's still snow on the ground.

- Ice Skating
  - a Canadian tradition, whether at a local rink or a nearby pond, skating is a popular pastime.
- Skiing
  - Skiing is a great workout, keep an eye out on social media and maybe even convince some friends friends to go on a ski trip.
- Snowshoeing
  - A bit more accessible and can be just as fun as skiing. It's a very social activity.
- Ice Fishing
  - There's nothing quite like sitting on frozen ice and waiting around for hours.
- Indoor Recreation
  - if the cold really isn't your forte, keep an eye on leagues and activities at your local gym.

# 5

Ways to \_\_\_\_\_  
**Staying Active  
During the Winter**



1. Ice Skating

2. Skiing



3. Snowshoeing

4. Ice Fishing



5. Indoor Recreation



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Believe you can and you're halfway there - Theodore Roosevelt