

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

Things are picking up speed as we hit mid-January and there are lots of things happening at the College on the Hill! Tonight, the **Symons Series for Graduate Research** is in Scott House 105 at 7:30 PM. We have two great student presenters offering their research: **Lisa Ditschun**, PhD candidate in Interdisciplinary Social Research and **Hamant France**, PhD candidate in Environmental and Life Sciences. Lisa's research uses a new methodology - the Cities for Seven Generations Framework - to address the urban challenges of sustainability, resource usage, and inequality. Hamant will discuss Environmental Remediation Applications of Tropical Hardwood waste. His research focuses on converting wood and shellfish waste materials to high surface area absorbents which are used in aquatic environmental remediation applications. Learn something new, participate in great discussion, connect with like-minded people and enjoy great snacks!

Tonight is also **Trent Night** with the Peterborough Pete's. We had a limited number of free tickets that went almost immediately after we posted it on social media last week. I hope that everyone has a fun time at the hockey game.

Talking about hockey games, Traill College honorary fellow **David Goyette** and his wife **Victoria** hosted the Traill College professional staff to their private box at the Memorial Centre. Many thanks to David for his generous hospitality and for a great evening (even though the Pete's lost to the Erie Otters 5-0). The photo below captures us and Roger (the Pete's mascot) whom we scarfed for the event.

Next week, we will be celebrating the **Lunar New Year** with Chinese dumplings (with other snacks) and good cheer in the Senior Common Room at 6:30 PM on Wednesday, January 29th. On Thursday, Professor **Chris Barrett** is returning to Traill (where he was born) to share memories about the College in the early years. A free pizza dinner will be provided (courtesy of Chris) at 6:30 PM followed by the talk in the Senior Common Room.

Until next week,

A handwritten signature in black ink, appearing to read 'Michael...', written in a cursive style.



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>

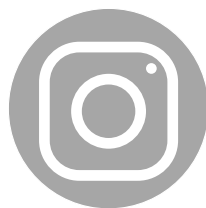
To keep up to date with the college, follow us on social media!

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:

Classic Butter Tarts

[View the Receipt Here](#)

INGREDIENTS

For the Pastry

- 2 ¼ cups flour
- 1 tbsp brown sugar
- ½ tsp salt
- ½ cup shortening, Very cold
- ½ cup butter, Very cold and cut in cubes
- 6 tbsp ice water

For the Filling

- ½ cup lightly packed brown sugar
- ½ cup corn syrup
- ¼ cup butter, melted
- 1 egg
- 1 tsp vanilla extract
- ¼ tsp salt
- (Optional) ½ cup raisins, substituting, pecans, walnuts or chocolate chips



INSTRUCTIONS

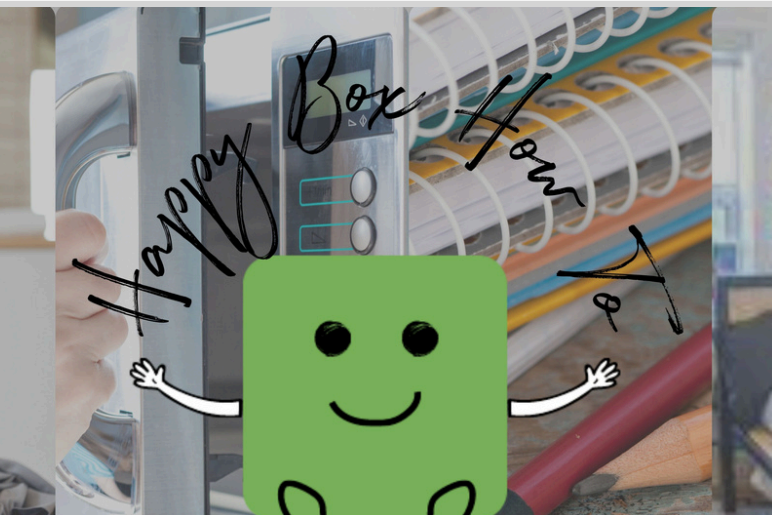
For the Crust

1. Pulse the cold butter into the flour sugar and salt using a food processor until the butter is reduced to pea sized pieces.
2. Sprinkle the water over the surface and toss with a fork until the water is incorporated into the dough. Do not over work the dough.
3. Form the dough into two rounds about an inch thick.
4. Wrap in plastic wrap and let rest in the fridge for about a half hour.
5. Roll out on lightly floured surface. Cut into rounds with 4-inch cutter. Fit into muffin cups. Chill in the fridge or freezer while you prepare the filling.



For the Filling

1. Combine all filling ingredients except raisins.
2. Mix well.
3. Sprinkle raisins in a single layer in the bottom of the pastry lined muffin cups.
4. Fill 2/3 with syrup mixture.
5. Bake on bottom shelf of oven at 425 degrees F for 12 to 15 minutes.
6. Cool completely on a wire rack and remove tarts from pans.



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

Trail Mix

Who's there?

Lettuce.

Lettuce who?

Lettuce in, it's freezing!



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



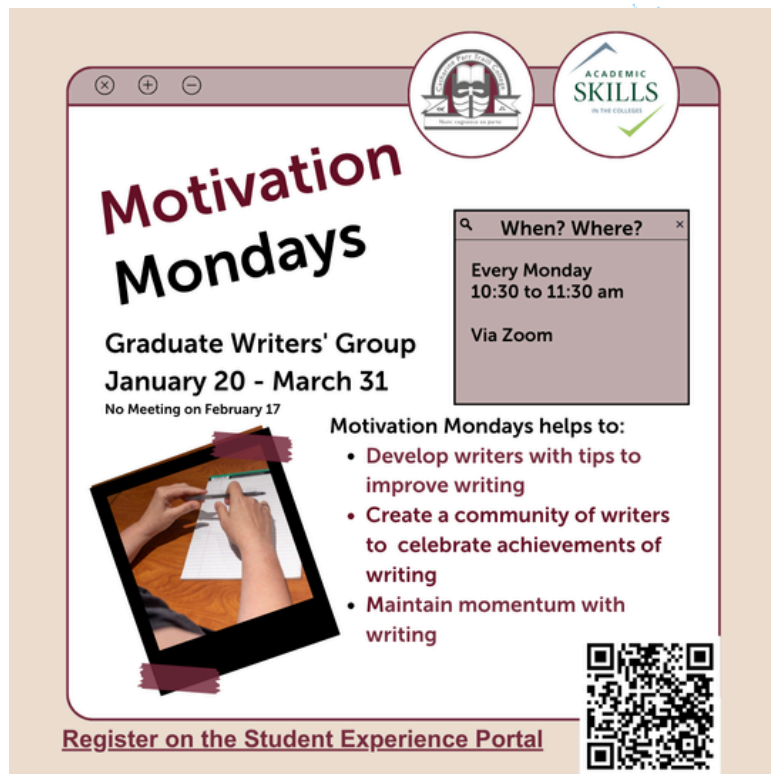
**Trent University's
2025 3MT[®]
Graduate Student
Competition**

**Applications due:
Monday, February 10 @ 4:00 pm**

ACADEMIC SKILLS
TRENT U

CELEBRATING 60 YEARS
1964-2024

Grad students: Join the challenge to explain your complex research to a general audience in Trent's 3MT. Applications due: February 10. [More information.](#) [Watch information session video here.](#)



Motivation Mondays

**Graduate Writers' Group
January 20 - March 31**
No Meeting on February 17

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

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

Register on the Student Experience Portal

ACADEMIC SKILLS
IN THE COLLEGE

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.](#)

TRAIL COLLEGE 60TH ANNIVERSARY GUEST LECTURE SERIES



30 JANUARY 2025

7:30PM

SCOTT HOUSE 105

Refreshments provided



**PROFESSOR CHRIS
BARRETT**

Growing Up Trent:
Reflections on Trail College
From Someone Who was Born There

Professor Chris Barrett returns to Trail to share his memories of Traill's early years. there will be a free pizza dinner provided by Professor Barret at 6:30pm followed by talks in the Senior Common Room at 7:30pm January 30th, we hope to see you there!

THRIVE WEEK Pause for Paws

Pause for Paws with Riddick and Reese and Traill's Academic Advisors Zachary and Ashley

**Monday February 10th
from 1:00pm-3:00pm
Senior Common Room**

Light refreshments and colouring pages will also be available.



Join Ashley, Zach, Reese, and Riddick for Pause for paws, on Monday February 10th from 1:00pm to 3:00pm, for a de-stressing event with dogs, refreshments, colouring pages, and casual conversations with academic advisors.

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 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.](#)

What's going on at Trent?



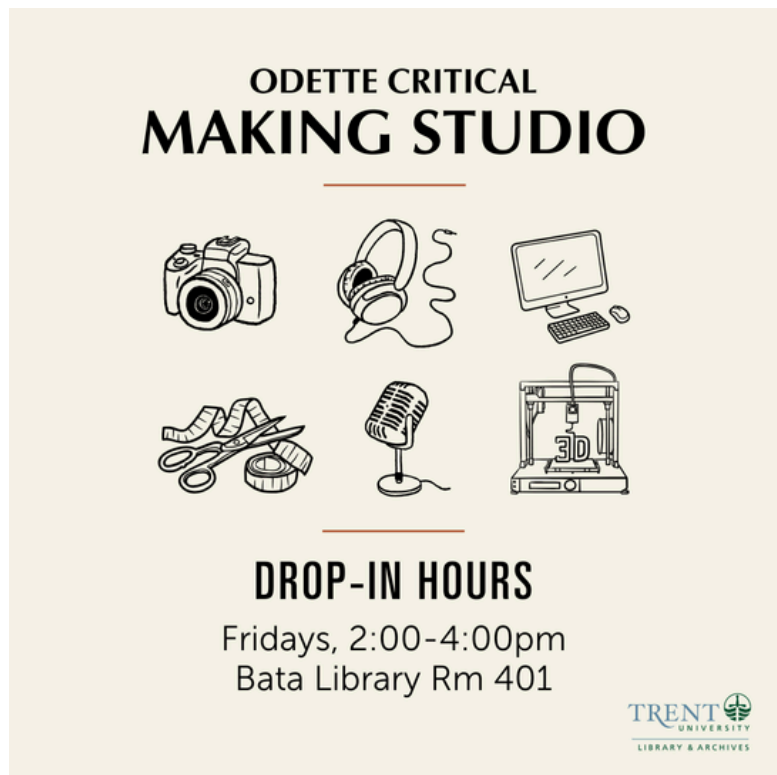
TRENT UNIVERSITY CAREERSPACE
CO-OP, CAREERS & EXPERIENTIAL LEARNING

CAREER EXPO


Tuesday, January 28
Wednesday, February 5

Student Centre Atrium
11:00A.M. - 2:00P.M.

Looking for summer jobs or career opportunities? The upcoming Career Expos have it all! Register on the SEP, and don't forget to pick up an event passport at the Careerspace table for a chance to win a pair of Apple AirPods.




ODETTE CRITICAL MAKING STUDIO



DROP-IN HOURS

Fridays, 2:00-4:00pm
Bata Library Rm 401



The Odette Critical Making Studio at Bata Library (BL 410 - 4th floor) is now hosting drop-in hours! Whether you're a seasoned creator or a complete beginner, you're welcome to come by the studio on Fridays between 2pm and 4pm to learn about the equipment, ask questions about how to complete your project, or to jump right in on making something. Open to all Trent students, faculty, and staff, the Critical Making Studio is a welcoming space with support available—no prior experience needed. For more information or to book the space email us at library@trentu.ca or visit our booking page: https://trentu.libcal.com/appointments/critical_making_studio



THE LADY EATON COLLEGE ANNUAL ART AUCTION

Calling Student Artists from all colleges!

Submissions: January 13th - 24th
Auction: January 28th - 31st
Reception: January 31st, 6-8PM, in the LEC Pit



Submissions will be accepted Jan 13th – 24th in the Lady Eaton College office from 9am-4pm.
The silent auction will take place January 28th – 31st and here is the link to the virtual auction: <https://www.32auctions.com/LECArtAuction25>
A reception will take place January 31st, 6-8PM, in the LEC Pit and we ask that all participating artists attend for closing bids.



Did you have an exceptional instructor or teaching assistant?



Nominate Now!

Trent Teaching Awards 2024-25



Nominations close
January 29, 2025



Nominations are open for the Trent Teaching Awards! They close January 29th, for more information click [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 Skill



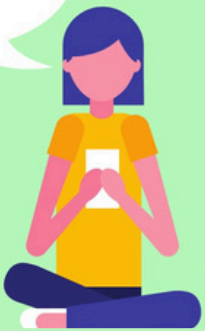
ACADEMIC
SKILLS
IN THE COLLEGES

Reach your new best with Academic Skills.

They offer online resources, workshops, and individual appointments to support your efforts to improve and refine your skills for success at university.

- Explore online resources on writing, citation, study skills, time management, and more.
- Bring questions or work to an appointment
- Learn about upcoming events or workshops

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

Mental Health Matters

Winter months can be a tough time for some people. Reduced sunlight, dropping temperatures and grey days can lead to isolation, lack of activity and other mental health challenges. So how can we look after ourselves when winter is coming?

- Sleep
 - During winter months, when nights start earlier it might be difficult to hold steadfast to a positive bedtime routine but it's even more important to do so.
- Hydration
 - Drink more water.
- Socialization
 - Research has shown that staying social is good for mental health. So, peppering your calendar with things to look forward to between now and when the weather warms up is a great way to get through the darker months.
- Staying Active
 - If the outdoors is too cold and difficult for you to enjoy, it's still important to stay active during the darker months.
- Staying Warm
 - Staying warm is important, and if you'd rather not turn the heating up, wrap yourself in warm blankets, drink hot drinks and hot water bottles.
- Eating Well
 - Make it a hobby to try out different foods relative to the month you're in. Trying vegetables from your local market and chatting to the traders about what is in season is not only a great way to eat healthier



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"Perhaps some detours aren't detours at all. Perhaps they are actually the path." — Katherine Wolf