

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Staff

Dear Traillites,

I have been thinking about college affiliation this week as our summer student interns have been busy contacting new **Trent University** students who plan to live off campus about the importance of connecting to a college. Choosing a college can make a big difference in the success of starting a new adventure like university.

Traill, the College on the Hill, is proud of our sense of community and being a home away from home. Each of Trent University's Colleges offer something special. Please visit the colleges site to see the special features at **Lady Eaton, Otonabee, Champlain**, and **Gzowski**, here [Colleges - Trent University](#).

I encourage you to remind yourself of your special memories of your time at Traill, (or other Trent College) and invite you to share your favourites with us by emailing traill@trentu.ca, subject line, **All Hail Traill**.

One of my favourite things about Traill College is **Tucker the Squirrel**, but Tucker is nowhere to be found! Check out **page 6** to see if you know *Where in the World is Tucker?*

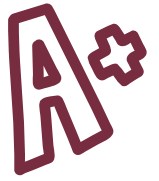
Coming up on the **Jalynn Bennett Amphitheatre stage I, The Mountain** will be performing as part of the **William and Nona Heaslip Music on the Hill Summer Series. I, The Mountain** performs energetic folk music with beautiful harmonies, and we cannot wait for their show on **July 25th at 7pm**. Please join us!

Warmly,
Pam Forgrave



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](#).

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.

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.*



[@trillcollege](#)



[Trill College](#)



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[#trill](#)



Backwoods Baking Presents:

Warm Potato, Corn, & Sausage Salad

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

INGREDIENTS

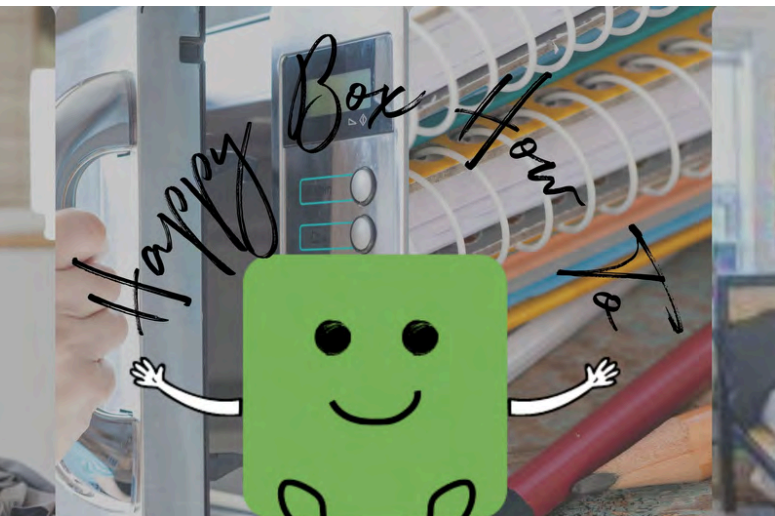
1. 1-1/2 lb (750 g) small Ontario White Potatoes, scrubbed
2. 1 each Ontario Sweet Red and Orange Pepper
3. 2 cobs Ontario Sweet Corn, cooked
4. 3 Ontario Green Onions, sliced
5. 8 oz (250 g) Ontario Smoked Sausage, such as kielbasa, diced (about 2 cups/500 mL)
6. 2 tbsp (25 mL) chopped fresh Ontario Parsley

Dressing

1. 1/3 cup (75 mL) olive oil
2. 2 tbsp (25 mL) red wine vinegar
3. 1 clove Ontario Garlic, minced
4. 1/2 tsp (2 mL) salt
5. 1/4 tsp (1 mL) pepper

INSTRUCTIONS

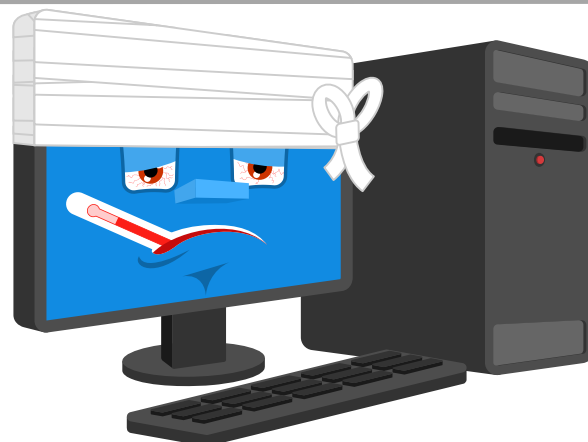
1. In large saucepan, cover potatoes with cold salted water; bring to boil. Reduce heat and simmer until tender, about 15 minutes. Drain, rinse and let cool enough to handle; cut in half or quarters, depending on size of potatoes.
2. Meanwhile, cut red and orange peppers into quarters, removing stems and seeds. Place on preheated barbecue grill over medium heat; grill until softened and slightly charred, 15 to 20 minutes. Let cool enough to handle; chop.
3. Cut kernels from corn and place in large bowl. Add potatoes, peppers, green onions and sausage.
4. In small bowl, combine oil, vinegar, garlic, salt and pepper; add to potato mixture and gently toss. Sprinkle with parsley. Serve warm.



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

Trail Mix

Did you hear about the computer that went to the doctor?
It had a virus!!



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!**

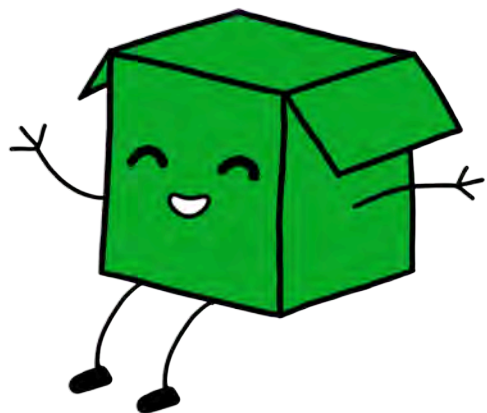
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Nunc cognosco ex parte

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

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



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!



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

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William & Nona Heaslip



MUSIC ON THE HILL

June 13th
Carpe Noctem

July 25th
I, The Mountain

June 27th
Peterborough Symphony
Orchestra Chamber Ensemble

August 8th
The Peterborough Concert
Band

July 11th
J.S. Bach's Long Walk in the
Snow
Presented by Tom Allen

August 22nd
Clarintella (Clarinet Quintet)
7-8 PM
Manorhill (Jazz Quartet)
8-9 PM

FROM 7-9 PM EVERY OTHER THURSDAY



**JALYNN BENNETT AMPHITHEATRE
TRAILL COLLEGE
300 LONDON ST., PETERBOROUGH**

**CONTACT US AT:
TRAILL@TRENTU.CA - 705-748-1011 EXT. 7020**

VISIT OUR WEBSITE



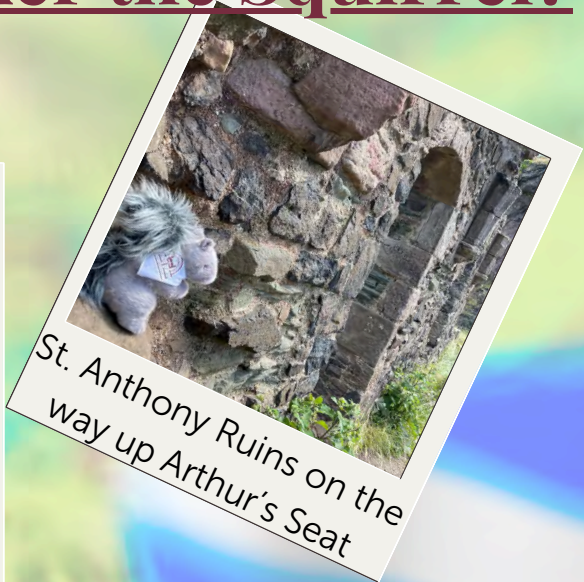
Where in the World is Tucker the Squirrel?



Tucker waiting to board the flight



At St. Anthony Ruins



St. Anthony Ruins on the way up Arthur's Seat



Dugald Stewart's memorial on Calton Hill



Inside the Victorian Market in Inverness



At the Sir Walter Scott Memorial



Tucker contemplating life on the River Ness



Tucker behind a waterfall in the Tropics House, Inverness Botanic Garden



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 Health Service's at Trent

Trent Student Health Services is a team of caring, dedicated, multi-disciplinary professionals with expertise in university health issues.

As part of the Student Wellness Centre, we support a diverse student population through the provision of confidential primary health care, health promotion, disease prevention, and wellness education.

Student Health Services is an appointment based medical clinic for all registered part-time and full-time students at Trent's Symons Campus.

To learn more visit

<https://www.trentu.ca/wellness/health>



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

[For more information click here](#)

Seasonal Affective Disorder (SAD) is considered by some to only be a concern during the winter months. However, even in the summer months, many people feel the symptoms of depression often associated with the winter.

Although the reason for this is unclear, common theories claim it is due to a disruption in routine/schedule/habits as school ends and people plan vacations resulting in changes to sleep and eating habits. For others, limited finances or health concerns restrict the ability to participate in summer activities, leading to isolation, sadness, feeling of loneliness, and/or anxiety.

While it is normal to experience mood fluctuations and some appetite and sleep changes, summer depression is a more severe condition whereby the symptoms cause significant distress and/or interfere with our daily functioning such as work, school or personal life.



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"We can't control the direction of the wind, but we can adjust our sails." - Jimmy Dean