



SUMMER EDITION X - JULY 4TH, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Staff

Dear Traillites,

While the cat's away, the mice will play! **College Principal Michael Eamon** is on vacation, so this Scott House mouse is taking the opportunity to update you on the happenings at the College on the Hill.

Traill College is thrilled to welcome **J.S. Bach's Long Walk in the Snow presented by Tom Allen**. Expect to be moved by the combination of "*chamber music, storytelling, original song and music history*" (tomtomallen.com). Follow the sweet classical sounds to **300 London St.** and enjoy a summer evening of free music at the **Jalynn Bennett Amphitheatre**. Light refreshments are available for purchase, cash only. The event takes place on **July 11, 2024, from 7:00 pm-9:00 pm**.

It seems unseasonal to be planning fall activities in the heart of the summer but the **Thomas H.B. Symons Seminar Series on Graduate Student Research** is near and dear to my heart as I was the coordinator for the 2023-2024 series. The Symons Seminar Series is a unique event where graduate students from the humanities, social sciences, and natural sciences meet in seminars to discuss and present their research. The series provides an opportunity to bridge the gap between faculty, students from all graduate programs, and the larger Trent and Peterborough communities. In each seminar, two speakers, one from the natural sciences and one from the humanities or social sciences, give a presentation on their current research, followed by a discussion with the audience. Contact traill@trentu.ca if you are a graduate student interested in coordinating the series or presenting your research in 2024-2025. The first event is in **October!**

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](#).

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.*



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)



Backwoods Baking Presents:

5-Ingredient Instant Pot Mac and Cheese

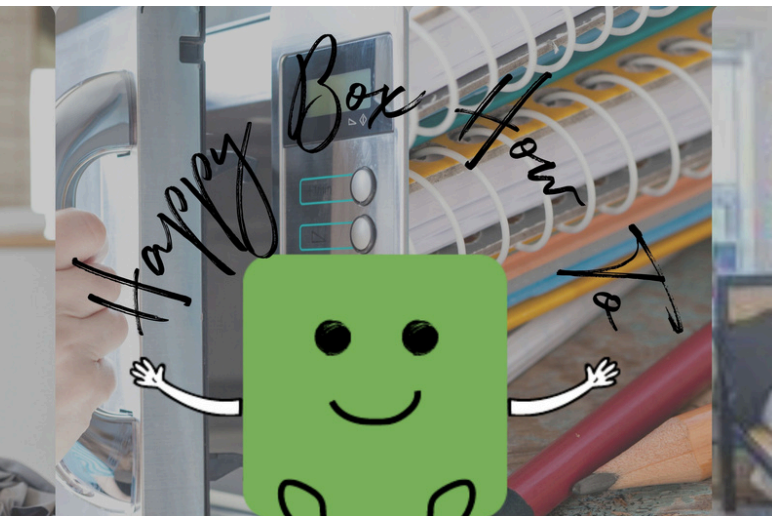
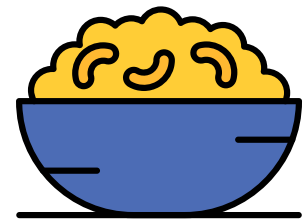
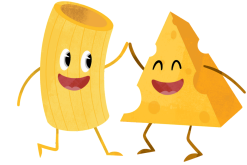
([click here](#) for original recipe).

INGREDIENTS

1. 1 lbs elbow macaroni
2. 1 tbsp Kosher Salt
3. 12 ounce can of evaporated milk
4. 3 tbsp unsalted butter
5. 3 cups shredded mild or medium Cheddar

INSTRUCTIONS

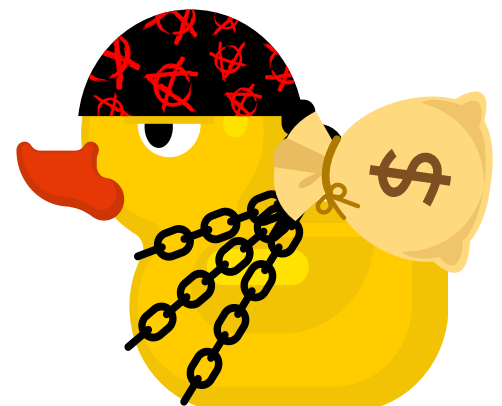
1. Combine the macaroni, 4 cups water and 1 tablespoon salt in a 6- or 8-quart Instant Pot® multi-cooker (see Cook's Note). Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on high for 4 minutes.
2. After the pressure cook cycle is complete follow the manufacturer's guide for quick release and wait until the cycle is complete. Being careful of any remaining steam, unlock and remove the lid and switch to the low saute setting.
3. Stir in the evaporated milk, butter and 1/4 cup water. Then add the Cheddar, a little at time, while constantly stirring, until the cheese is completely melted. Serve hot.



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

Trail Mix

What steals from you when you're in your bathtub?
A Robber Duckie!!!



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 Traill College
Nunc cognosco ex parte

Pizza Fridays are back!!! Join us this week for Traill 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.](#)



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 Traill

ACADEMIC SKILLS
at the college

Catharine Parr Traill College
Nunc cognosco ex parte



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!



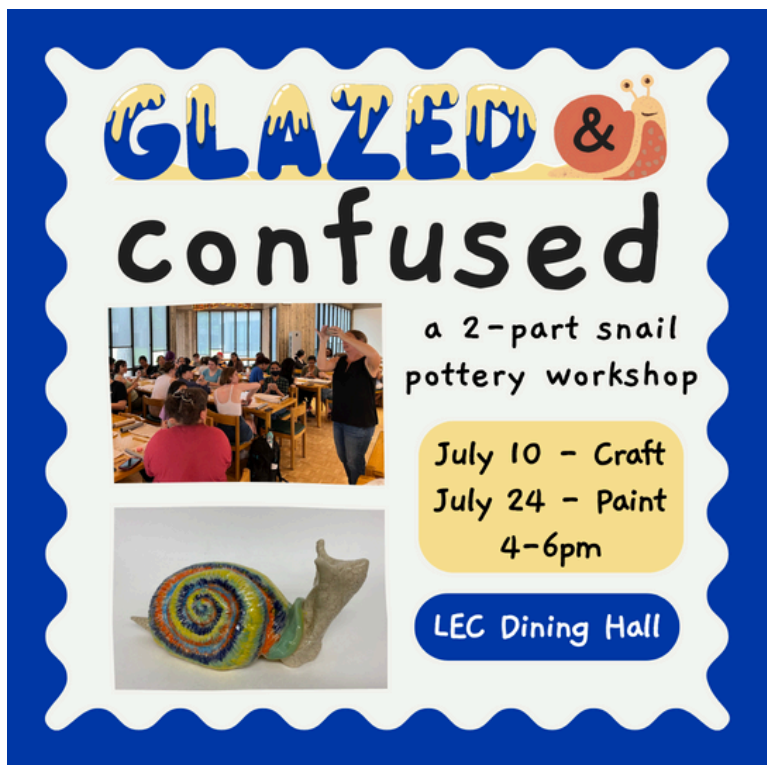
**INTERNATIONAL
POPSICLE DAY
PICNIC**

Students and Staff are all welcome to bring their lunch and enjoy music, lawn games and a cold treat!

**Monday July 8th,
12-1pm
Gzowski Quad**

Peter Gzowski College

Join Gzowski College for an International Popsicle Day Picnic! Everyone is welcome to bring their lunch and enjoy music, lawn games and a cold treat! At the Gzowski Quad on July 8th from 12-1 PM.



GLAZED & Confused

a 2-part snail pottery workshop

**July 10 - Craft
July 24 - Paint
4-6pm**

LEC Dining Hall

The LEC Pottery Series is back with its Summer 2024 event: Glazed and Confused! On July 10th, an instructor from the Art School of Peterborough will lead the group through crafting their very own piece of Snail pottery. On July 24th, the group will meet again to paint their pieces before they are sent to the kiln and prepared for pick-up! Both events will be from 4-6pm. In order to register, you must be available for both events. [Register Here](#)

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





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 Graduate Students Academic Advising

The School of Graduate Studies is dedicated to ensure success for every graduate student.

Academics as a graduate student is rewarding, but trying to find what you need to know can sometimes be challenging. The School of Graduate Studies is here to guide all of our graduate students as best as possible. We have collected our various resources and services to make them easily accessible during life's busiest moments.

The School of Graduate Studies is located in Blackburn Hall, Suite 115 and is responsible for the administration of graduate degree programs offered at Trent University, the appointment of graduate faculty, the admissions and registration of graduate students, as well as the management of scholarship and awards for graduate students.

To learn more visit

<https://www.trentu.ca/graduatestudies/current-students-faculty>



SCHOOL OF GRADUATE STUDIES

Why a Graduate Degree?

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.

@peersupportrent 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!

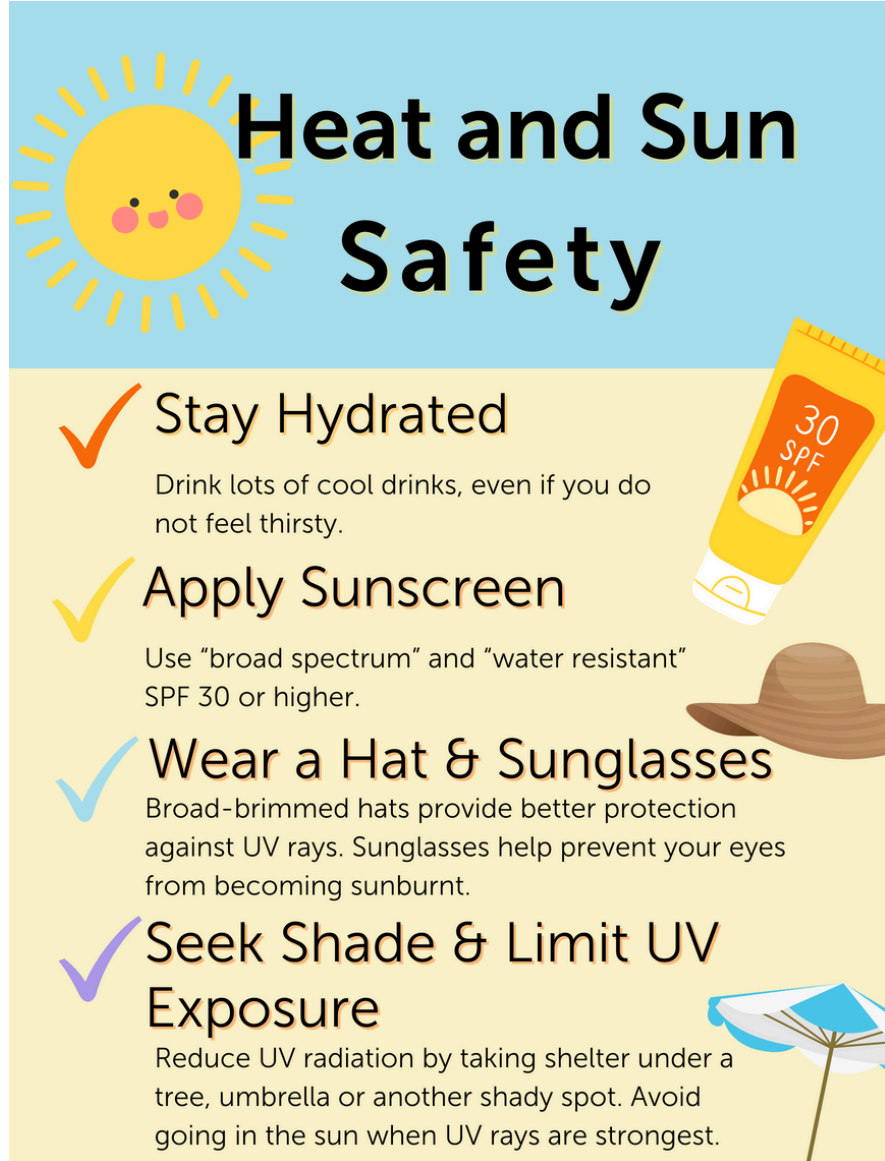
Wellness Resources

[For more information click here](#)




With summer beginning, 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.



Copyright © 2024 Catharine Parr Traill College, Trent University

"Try and live your life the way you wish other people would live theirs." - Raymond Burr