



SUMMER EDITION XII - JULY 18TH, 2024

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Staff

Dear Traillites,

It's been a rewarding three weeks guiding Traill College since **Tucker the Squirrel** (and **Michael Eamon**) headed out for a much-deserved break. Michael Eamon will resume the Traill Tales updates next week as he will be back at Traill! Special thanks to Traill College student staff interns who pitched in and made this time go smooth, **Baily McArthur** and **Sydney Unsworth**, the Traill College professional staff who were there to support and answers questions, **Sue Beckwith** (Academic Skills), **Zachary Brault** and **Ashley Maschke** (Academic Advising). We have a great team!

There was important Traill related community news this week! Our very own **Rosemary Ganley** has been appointed to the **Order of Canada**. Rosemary is a journalist, activist and advocate and **Traill Fellow**! She has a long history of working to improve the experience of people as the co-founder of the **Jamaican Self-Help** initiative that supports the development of community drive initiatives in Jamaica, as a delegate to the **United Nations World Conference on Women** and served on the **Gender Equality Advisory Council of the G7**.



*Congratulations Rosemary!*



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](mailto: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/traill/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.



[@traillcollege](#)



[Traill College](#)



[traillcollege](#)



[#traill](#)



# Backwoods Baking Presents:



## INGREDIENTS

1. 1 cup of chocolate chips
2. 7-8 Giant Marshmallows
3. 1 package of Honeymaid Graham Crackers, broken into quarters

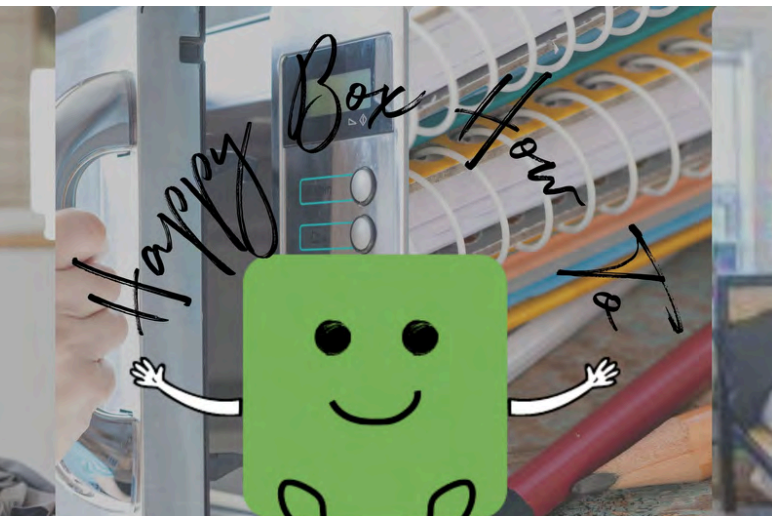


## S'mores Dip

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

## INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Heat the 5" cast iron skillet over medium low heat until warm and then turn the burner off. Add chocolate chips and allow to begin to melt while you cut marshmallows.
3. Cut marshmallows in half and lay cut side down over melting chocolate.
4. Place in oven and brown marshmallows for 3-4 minutes\*
5. Serve with graham crackers and enjoy!



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

## Traill Mix

How do Pirates know they are Pirates?  
They think, therefore they  
ARRRRR!!!!





# 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!**

The poster features the Catharine Parr Traill College logo with the motto "Nunc cognosco ex parte" and a cartoon pizza character with a face, arms, and legs, holding a pepperoni pizza.

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.](#)



**SPECIAL TOPICS COURSE! FA 2024 AT TRAILL**

**CAST 4895H: SIN CITIES: VICE IN THE NORTH AMERICAN BORDERLANDS**

Join Dr. Holly Karibo, the 2024 Trent Fulbright Research Chair in examining the history of 'illicit' economies in US-Canada and US-Mexico borderlands during the 19th and 20th centuries.

Register now via mytrent!  
Contact [canadianstudies@trentu.ca](mailto:canadianstudies@trentu.ca) for more info

The poster includes a circular portrait of Dr. Holly Karibo and a collage of historical black and white photographs showing people in various settings, including a group of people standing together and a person in a field.

Special Topics Course! FA 2024 at Traill. CAST 4895H: Sin Cities: Vice in the North American Borderlands. examines the history of 'illicit' economies in US-Canada and US-Mexico borderlands during the 19th and 20th centuries. Register now via MyTrent! Contact [canadianstudies@trentu.ca](mailto:canadianstudies@trentu.ca) for more info.



**CLIMATE Kinship**

Bridging generations in climate action mentorship

Are you interested in taking actionable steps through collaborative workshops and one-to-one mentorship?

**Seeking:**

- Seniors, aged 55+
- Youth, aged 15-30
- Individuals who can commit to twice a month in person meetings from either September - December 2024 OR January to March 2025

**If you are interested in:**

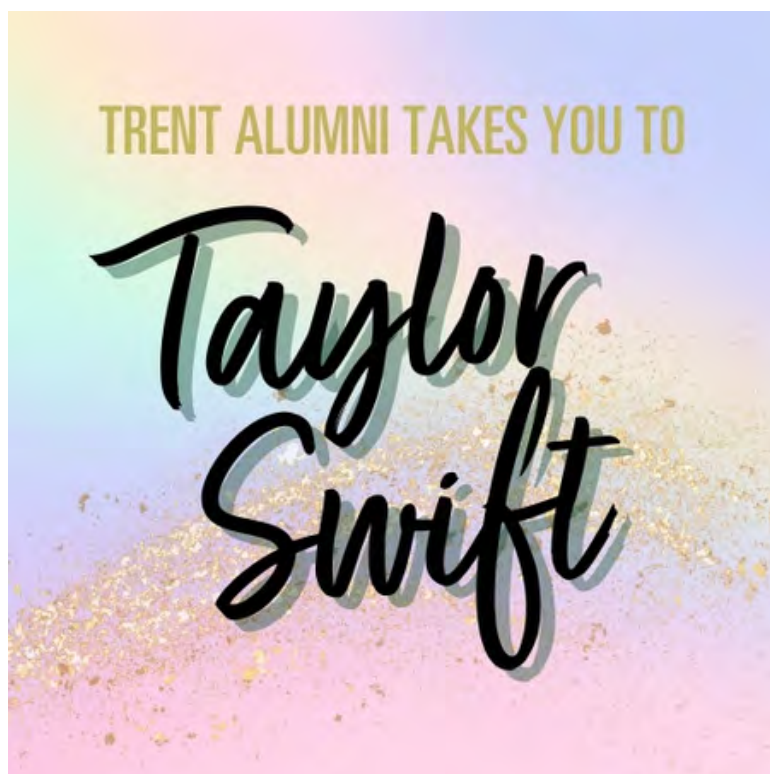
- Collaborative workshops
- Building one-to-one connections
- Fostering meaningful interactions
- Exchanging of insights and wisdom between generations
- Learning more about a variety of topics from exploring eco-emotions through art to Indigenous perspectives on climate

Get involved at [www.kwic.info/climatekinship](http://www.kwic.info/climatekinship) and learn more about this exciting, collaborative, community initiative.

A NEW approach for cultivating intergenerational solidarity in collective action to address Climate Change in our local community!

The poster features a QR code and logos for the Government of Canada's New Horizons for Seniors Program, Canada, KWIC (Knowledge, Wisdom, Involvement, Creativity), and 4RG (For Our Grandchildren).

KWCI is excited to launch this new project aimed at fostering meaningful connections between youth and seniors, with a focus on climate action mentorship. Get involved [here](#)



**TRENT ALUMNI TAKES YOU TO**

**Taylor Swift**

The poster has a pink and purple gradient background with a large, stylized script font for "Taylor Swift".

Hey, new Trent Alumni – are you ready for it? The Trent University Alumni Association is giving away tickets to see Taylor Swift LIVE. Eligible Trent University alumni are invited to enter for your chance to win 2 tickets to Taylor Swift | The Eras Tour concert on November 14, 2024, at the Rogers Centre in Toronto, ON. For details and to enter visit [www.trentu.ca/alumni](http://www.trentu.ca/alumni).



*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





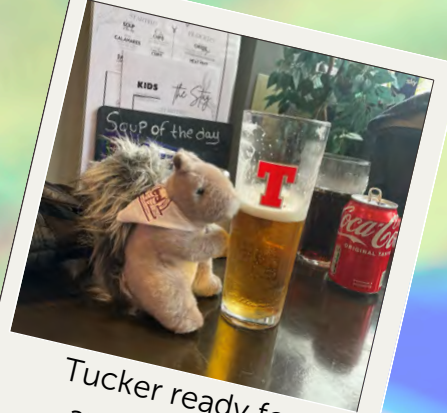
# Where in the World is Tucker the Squirrel?



Tucker thought she saw an old friend



Visiting Hector Macdonald's Tower in Dingwall



Tucker ready for another round



Tucker enjoying a pint of Tennent's



Tucker saying hello to the local sheep



Tucker taking the Squirrel Trail to meet Nessie



Tucker with new yarn bomb friends in Muir of Ord





# 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

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.

If you are looking to petition an assignment grade, your final grade, your academic standing, or for a late withdrawal meeting with an Academic Advisor is the first step in that process. Petitions are different for everyone so even if you are unsure if this is what is best for you connecting with an Advisor is always a great idea.

## ACADEMIC ADVISING



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

[For more information click here](#)

Physical inactivity is one of the leading risk factors for noncommunicable diseases mortality. People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active.

Regular physical activity benefits each age group differently. Although a common benefit is a boost to your mental health. This is because as your physical health improves your mental health improves along with it.



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"A sad soul can be just as lethal as a germ." – John Steinbeck