



SUMMER EDITION XIII - JULY 25TH, 2024

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Prinicipal

Dear Traillites,

Happy Summer! Although I have been away for the past few weeks, I hear that it has been a really warm (and sometimes rainy) start to July. I wanted to take this moment to thank **Pam Forgrave** and the summer interns at Traill for keeping *Traill Tales* going in my absence. I can report that **Tucker the Squirrel** had a great time in Scotland as well and she was happy to see that some of her photos made it into the newsletter. We started and ended our time in *Edinburgh*. In fact, the day we arrived the entire city was full of police and temporary barricades were making the ever-crowded Scottish capital feel even more busy. We learned later that it was all for **King Charles III** who spends one week a year at Holyrood Palace. He had picked the same day us we did to arrive and get to his lodgings in the Royal City, which are a bit posher than the studio flat where we stayed in Leith. The rest of the time we were in *Inverness*. It is a bustling industrial city (being near the North Sea) and busy tourism centre as the largest city in the Highlands. Both the dolphin and salmon are popular symbols in the city... and for good reason. A ten-minute walk north from our place led us to the salt-water tidal basin where dolphins are known to inhabit. A five-minute walk south brought us to the River Ness, a swift, fresh-water haven for wildlife punctuated by fishers looking for salmon and trout. I am hard-pressed to think of another city that straddles to the two aquatic regions in a similar fashion.

While it was nice to be away, I am very happy to be back at Traill. Particularly, as we welcome I, The Mountain to the Jalynn Bennett Amphitheatre this Thursday evening. Comprised of Trent alumni, **Matt Lamers** (guitar) and **Matt Rappolt** (percussion), the four-piece Indie-Folk group never disappoints. The free community concert starts at 7 PM. Bring a chair or blanket. Snacks and cushions can be purchased as well.

Until next week,



# 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/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.



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[#traill](#)



# Backwoods Baking Presents:

## Coconut Mango Ice Cream

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

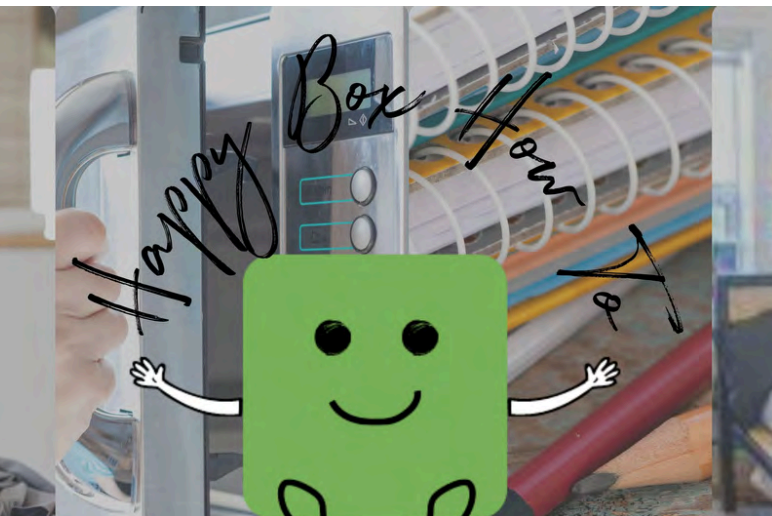


### INGREDIENTS

1. 750g frozen chopped mango
2. 400ml can of coconut milk
3. 395g can sweetened condensed milk
4. 600ml thickened cream
5. 2 tbsp toasted coconut flakes, to sprinkle

### INSTRUCTIONS

1. Place mango and coconut cream in a food processor. Process until mixture is smooth and combined.
2. Using an electric mixer, beat condensed milk and thickened cream until soft peaks form. Fold in mango mixture. Pour mixture into a 9cm-deep, 11.5cm x 20cm metal loaf pan. Sprinkle with coconut flakes. Freeze for 6 hours or overnight.
3. Remove from freezer. Stand at room temperature for 10 minutes. Serve.



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

## Traill Mix

Why do ghosts love elevators?  
Because it lifts their spirits!!!!





# 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 Traill College logo at the top right, which includes the name 'Catherine Parr Traill College' and the motto 'Nunc cognosco ex parte'. Below the logo is a cartoon illustration of a slice of pizza with a face, arms, and legs, holding a pepperoni pizza. The background is a light grey with a subtle pattern.

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 features a collage of historical black and white photographs showing people in various settings, including a group of people standing in a line and a person sitting at a desk. The Fulbright Canada logo is on the right, and a circular portrait of Dr. Holly Karibo is at the bottom right.

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**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 includes a QR code and logos for the Government of Canada's New Horizons for Seniors Program, Canada, KWIC (Knowledge Without Inequality), 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 features a large, stylized, handwritten-style text 'Taylor Swift' in black, set against a background of a soft, pastel-colored sky with a hint of a cityscape at the bottom.

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



**June 27th**  
Peterborough Symphony  
Orchestra Chamber Ensemble



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

**July 25th**  
I, The Mountain



**August 8th**  
The Peterborough Concert  
Band



**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 Housing Services**

While living in residence is a convenient and all-inclusive way to live while you study, sometimes off-campus accommodation is right for you. Whether you're searching for a single room or a whole house, we'll help make your search a bit easier through our partnerships with Places4Students and SpacesShared.

Visit [trentu.ca/housing](https://trentu.ca/housing) to find more resources on how to find off-campus housing or more information about your residence life!



*Hello!*



## **PEER SUPPORT**

AT TRENT UNIVERSITY

Check out the Student Experience Portal at  
[ccr.trentu.ca](https://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](https://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](#)

This week is National Drowning Prevention week. Here are a few things you can do in order to keep yourself and others safe around water.

Did you know that drowning is often silent and tends to go unnoticed, even within a few feet of a crowd of people? A person can drown in less than 60 seconds due to lack of supervision and in less than two inches (six centimeters) of water. Taking precautions and water safety seriously can save your life, and the lives of others. Refer to the visual to see ways in which you can stay safe around water this summer.



*5 Easy Ways to*  
**STAY SAFE IN WATER**

- 1. Learn to Swim**  
Taking lessons up-to and beyond lifesaving training allows for yourself and others to be safer in water. 
- 2. Safety Measures around pools**  
Install pool alarms, a fence around the pool or a strong cover to prevent falling in. 
- 3. Have a 'Water Watcher'**  
Especially with children swimming, it is important to have an adult around that is watching in case there is an incident. 
- 4. Know the signs of Drowning**  
Drowning can happen in under a minute, understanding what drowning looks like can save a life. 
- 5. Use Lifejackets**  
Using Lifejackets is the easiest way to stay safe in the water. Make sure that you are not substituting lifejackets for floaties, especially with children. 

**NATIONAL DROWNING PREVENTION WEEK**  
**JULY 21-27, 2024**



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"Live for each second without hesitation." – Elton John