



SUMMER EDITION XVI - AUGUST 12TH, 2024

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

In preparation for the new academic year, I was visiting the *Traill Annex* on Argyle St. today. A new Traill-branded mail and parcel locker has been installed in the main foyer and other activities are underway to make sure that the facilities will be ready for move-in on September 1st. This year, there will be 222 first-year Traill students in residence at Trent University. We are excited (and a little nervous) to greet our largest residential cohort of first-year students since 2008. Rest assured, there will be lots of fun orientation activities for both our undergraduates (in residence and off-campus) as well as our graduate students. **September 2nd**, in particular, will be Traill Day for new undergraduates where we offer a warm welcome, introduce students to the professional staff and student services at the College, enjoy meals, and activities together. On September 4th, we will be welcoming new graduate teaching assistants for **GTA Training Day** at the College. A full listing of all Orientation Week events at Traill is coming soon in Traill Tales.

We only have two **Pizza Fridays** left this summer. If you haven't come to Traill for all-you-can-eat pizza, chips, pop, and ice cream, you still have time. The price is still only \$5. Click on this link to RSVP and place your order for the type of pizza you prefer: [Traill College — Events List \(corsizio.com\)](https://corsizio.com)

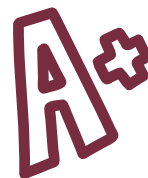
Finally, our final **William and Nona Heaslip Music on the Hill** concert will take place in the Jalynn Bennett Amphitheatre. Unfortunately, we had to cancel last week's concert due to the threat of rain. Next week, we will be going ahead rain or shine (using Bagnani Hall as our rain venue). For more details, go to the [event calendar](#).

Until next time,



# 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.



[@traillcollege](#)



[Traill College](#)



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[#traill](#)





# Backwoods Baking Presents:

## Cheesy Chicken Tater Tot Casserole

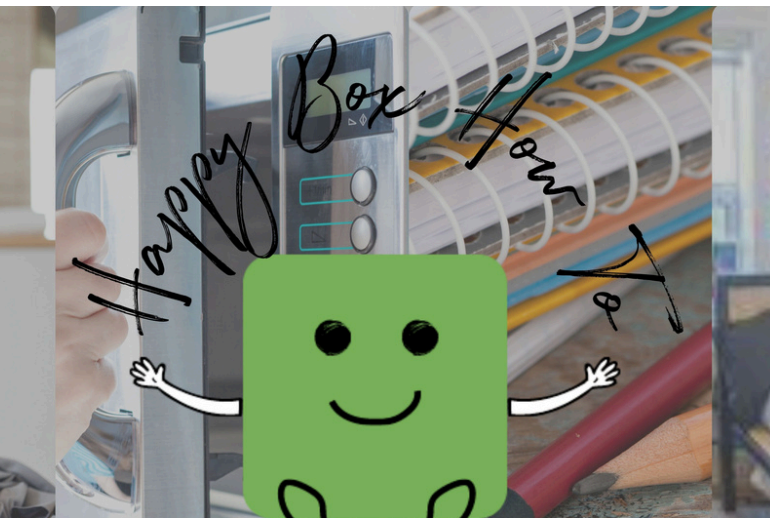
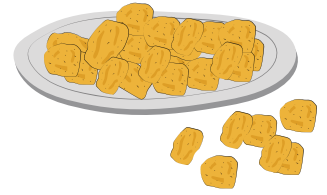
([click here](#) for original recipe)

### INGREDIENTS

- 2 cups rotisserie chicken (shredded)
- 2 cups frozen mixed vegetables (thawed to room temperature)
- 1 (10.5) ounce can cream of chicken soup
- 1 cup sour cream
- ½ cup milk
- ¼ cup grated parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon dried basil
- ¼ teaspoon black pepper
- 2 cups Colby Jack cheese (shredded)
- 1 (28) ounce package frozen tater tots

### INSTRUCTIONS

1. Preheat the oven to 375°F. Grease a 13 x 9 inch baking dish.
2. In a large bowl, combine the shredded chicken, mixed vegetables, cream of chicken soup, sour cream, milk, grated parmesan, garlic powder, onion powder, basil, salt, and pepper. Mix well.
3. Stir in the shredded Colby Jack cheese and mix well. Spread the mixture evenly in the prepared baking dish.
4. Arrange the frozen tater tots in a single layer over the chicken mixture, covering it completely.
5. Bake the casserole in the preheated oven for 35-40 minutes, or until the tater tots are golden brown and crispy, and the casserole is heated through and bubbly.
6. Remove the casserole from the oven and let it cool for 5-10 minutes before serving.



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

## Traill Mix

What did the Buffalo say to his Son When he left??  
Bison!!





# 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.](#)



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

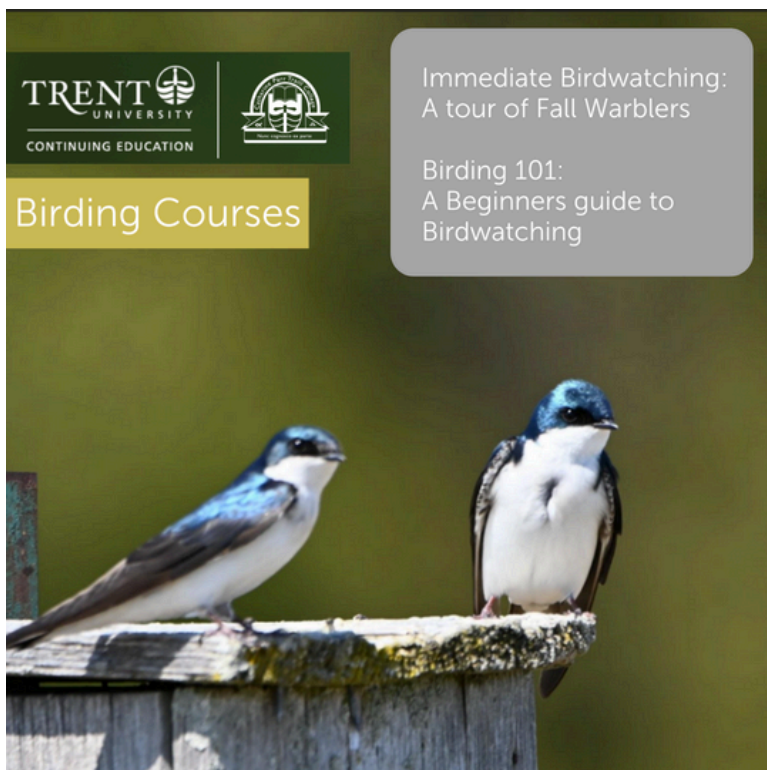
**CAST 4895H: SIN CITIES: VICE IN THE NORTH AMERICAN BORDERLANDS**

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

**FULBRIGHT Canada**

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.



**TRENT UNIVERSITY**  
CONTINUING EDUCATION

**Birding Courses**

Immediate Birdwatching:  
A tour of Fall Warblers

Birding 101:  
A Beginners guide to  
Birdwatching

More birdwatching courses are coming back to continuing education this October!  
[Register online now!](#)



**TRENT ALUMNI TAKES YOU TO**

**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



**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:** **Level Up: Resources for Upper-Year Students**

During these years you are focusing on your major area of study, understanding the complex concepts of your discipline, and entering the unique discourse of your specialty. There is no formula for success at university. Just as you are unique, the experiences you have, the problems you encounter, and the solutions and methods that you devise will also be uniquely yours. The purpose of this guide is to offer you new strategies to level up your organizational, learning, and writing skills to meet the demands of upper-year courses.

For resources and more visit:

<https://www.trentu.ca/academicskills/>



*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](#)

Taking care of yourself includes both mental and physical wellness. One way to look after yourself is making sure that you are eating a balanced and healthy diet. This includes covering all five food groups, fruits and vegetables, dairy, carbohydrates, fats and oils, and proteins. Part of eating healthy food is moderation and how much of each food group is required for each meal. Canada's food guide recommends about half the food you eat in a day should be fruits, vegetables and carbohydrates. and the other 50% should be dairy fats and oils, and proteins. They also advise that all meals should be paired with a glass of water as your drink of choice. All of these changes to your diet and the way that you approach food could make your life happier and healthier.



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"You just gotta keep going and fighting for everything, and one day you'll get to where you want." — Naomi Osaka