

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

I hope that you were able to recharge over the long weekend. We are now moving into full gear with our planning for the 60th anniversary of Traill College this Fall. That's right. Sixty years ago this Fall, classes began at Trent University's *Rubidge Hall*, male students lived at *Peter Robinson House* (now Sadler House) and female students at *Catharine Parr Traill House* (now Scott House at Traill College). Fully co-educational since 1969, Traill College continues to be a dynamic and inclusive space where the university and community come together. We hope to put together a great selection of activities that will appeal to our diverse community of students, faculty, staff, alumni, and community members.

First Year Orientation is from September 2nd to 6th and lots of great activities are being planned for our new undergraduate and graduate students. The entire college community is welcome at the **Traill Carnival** which will be held on Saturday, September 7th this year. Specifically, regarding the 60th anniversary, we are planning on having a special event every Thursday at Traill, including several surprise guest speakers. On October 5th, we will also be having a special 60th Anniversary **Scarf Ceremony** and a Traill-only cruise of Little Lake and the Lift Locks. Keep reading Traill Tales for more details!

On Thursday, we were hoping to host the **Peterborough Concert Band** to our Music on the Hill summer series. When I first came to Peterborough, I was a percussionist with the concert band, and being part of this convivial group of musicians helped ease my transition to a new town. The band is now larger than ever, and we were excited (and slightly nervous) to host the largest group yet at the Amphitheatre. **Unfortunately, due to the forecast for rain and stormy weather we have had to cancel the concert.** We hope that you will join us in two weeks for our last concert in the series.

Take care,

A handwritten signature in black ink, appearing to read 'Mike [last name]', written over a horizontal line.



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.*



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[#trill](#)



Backwoods Baking Presents:

White Wine-Garlic Pasta with Scallops

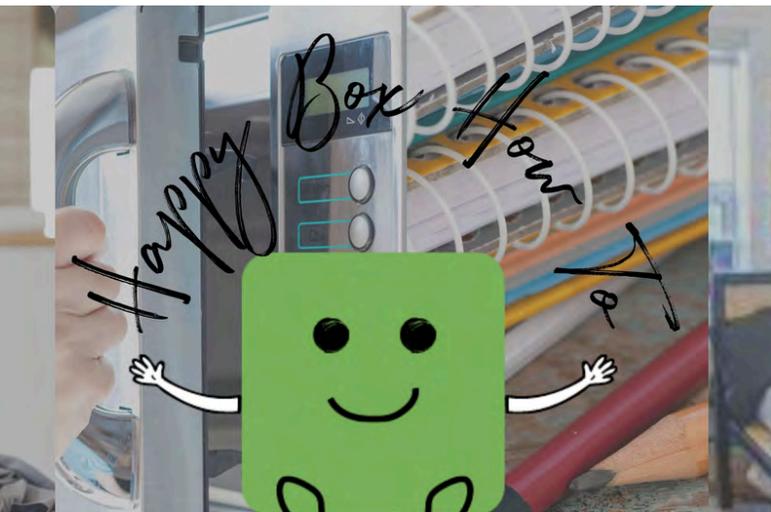
([click here](#) for original recipe)

INGREDIENTS

- Kosher salt and freshly ground black pepper
- 12 oz. linguini
- 2 Tbsp. olive oil
- 1 lb. sea scallops, muscle discarded and patted dry
- 2 cloves garlic, sliced
- 1 shallot, chopped
- 1/2 c. white wine
- 1 c. chicken stock
- 2 Tbsp. unsalted butter, cut into pieces
- 1/2 cup chopped fresh basil, fresh tarragon, and fresh chives

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Cook pasta 3 minutes less than the al dente time on the package; drain.
2. Meanwhile, heat oil in a large cast-iron or nonstick skillet over medium-high heat. Season scallops with salt and pepper. Cook, turning occasionally, until golden brown and just cooked through, 2 to 4 minutes. Transfer to a plate.
3. Add garlic and shallot to skillet. Season with salt and pepper. Cook, stirring occasionally, until shallot is just tender, 2 to 3 minutes. Add wine and cook until thickened, 1 to 2 minutes, scraping up any burnt bits. Add stock, butter, and cooked pasta. Cook, tossing, until pasta is al dente and stock is thickened, 2 to 3 minutes. Stir in herbs and scallions. Season with salt and pepper. Serve immediately.



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

Trail Mix

Why are Leopards bad at Hiding??

Because They're Always Spotted!!



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

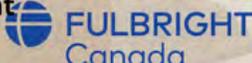
**\$5 ALL YOU CAN EAT PIZZA
+ DRINK + DESSERT!**

Catharine Parr Trail College
Nunc cognosco ex parte

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.](#)

SPECIAL TOPICS COURSE! FA 2024 AT TRILL

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 for more info

Special Topics Course! FA 2024 at Trill. 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 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 and learn more about this exciting, collaborative, community initiative. Submit your application by **Friday, August 9th, 2024.**

LEARN MORE

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

Enabled in part by the Government of Canada's New Horizons for Services Program

Canada  

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

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.

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: Student Accessibility Services (SAS)

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology. SAS supports include:

- Developing individualized accommodation plans for registered students;
- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
- Offering support through an Adaptive Technologist, using a hands-on approach which allows students to learn how their technology works and how it can be used in their studies;
- Directing and connecting students to appropriate campus resources.

To learn more about SAS and their services visit <https://www.trentu.ca/wellness/accessibility/who-we-arewhat-we-do>



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](#)

Although the academic year gives all staff and students a weekly routine and schedule, during the summer, for many of us, that is not the case. Although work may supplement this lack of a schedule, it is still important to know how having a routine is crucial to maintaining a healthy lifestyle.

Maintaining a routine helps to improve your sleep, keeps you healthy and active, prevents excess weight gain, improves your mental health, and can help you with transitioning back to school or work. Although it takes a while for a routine to become a habit, having a cheat day every once and a while is ok and won't knock you off track. Remember to start small and do what feels right for you.



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"You can only pretend to be something so long before you become it." - Hank Green