

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

For over 100 years, reports on the problems with Canada's Residential School system were written, filed, and occasionally publicized. Yet, little was done until the weight of the system's collective failure -- our nation's collective failure -- became too apparent to ignore any longer. The injustices and inequalities that Canada's Indigenous peoples face have been known for years. Getting people to take action. That has always been the challenge.

On this second **National Day of Truth and Reconciliation** and this **Orange Shirt Day** I ask everyone to read the [TRC's Calls to Action](#) and reflect what they can do. Reconciliation will take great effort, but it also happens in the small gestures. The TRC often calls upon the federal and other governments to take action, but the spirit of that action can be embraced by us all. A few years ago, the **School for the Study of Canada** planted a Heart Garden; a natural space of healing and remembrance. Today, we are inviting individuals to visit the garden and are also providing a special brochure detailing its intent and origins. Afterwards, the SCR in Scott House will be open for light refreshments and further reflection. The College is also giving away orange T-shirts created by Ojibwe artist Miskomin Manidoomin (Sabrina Fontaine) and commissioned by the TCSA. Supplies are limited and shirts will be distributed on a first come, first served basis in the College Office.

If you are an **undergraduate member** of the College and interested in representing the interests of your fellow students, elections for student government – the **Traill College Cabinet** – has just opened! Help keep Traill a safe and vibrant place for all students. Get involved! Please click on this link for more details:

<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

On Saturday, at 11 AM the College will have its **2022 Scarf Ceremony** for all **new undergraduate** and **graduate** students. Get your college scarf, meet new students, pose for our all-college photograph, and take home a special collegiate snack. Following the ceremony will be a performance of popular **The Verandah Society** that is open to everyone young and old. For the performance, you may want to bring a blanket or a lawn chair. The actors will pass a hat at the end of the show and happily accept any donations that you can give.

Finally, registration for **Trent University Continuing Education** is now open. If you are a lifelong learner, or haven't been in the classroom for years, this is your chance to learn something new. We will be holding a registration **Open House** on Wednesday, October 5th from 6:30 to 8:30 PM in Scott House. More details can be found at:

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

Peace and love to all,

Michael



Needing an Appointment?

**Academic Advising
Same-Day Appointments**
Every Friday
from 9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
afternoons; appointments
available to book at 9am.

Cabinet Corner

Keep an eye out for upcoming events and fundraisers with Trail College Cabinet!

To keep up to date with the college, follow us on social media!



Looking to book an academic appointment?



Visit the advising website for the full schedule. Trail will have same-day appointments Fridays from 9am - 4pm starting September 23rd. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

Academic Skills appointments are available for booking by logging on to the Student Experience Portal and selecting an available date and time.

If you are a **Graduate Student** and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.



Swag Shop



Click here to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or traill@trentu.ca!





Backwoods Baking Presents:

Old Fashioned Easy Apple Crisp
Made by The Chunky Chef

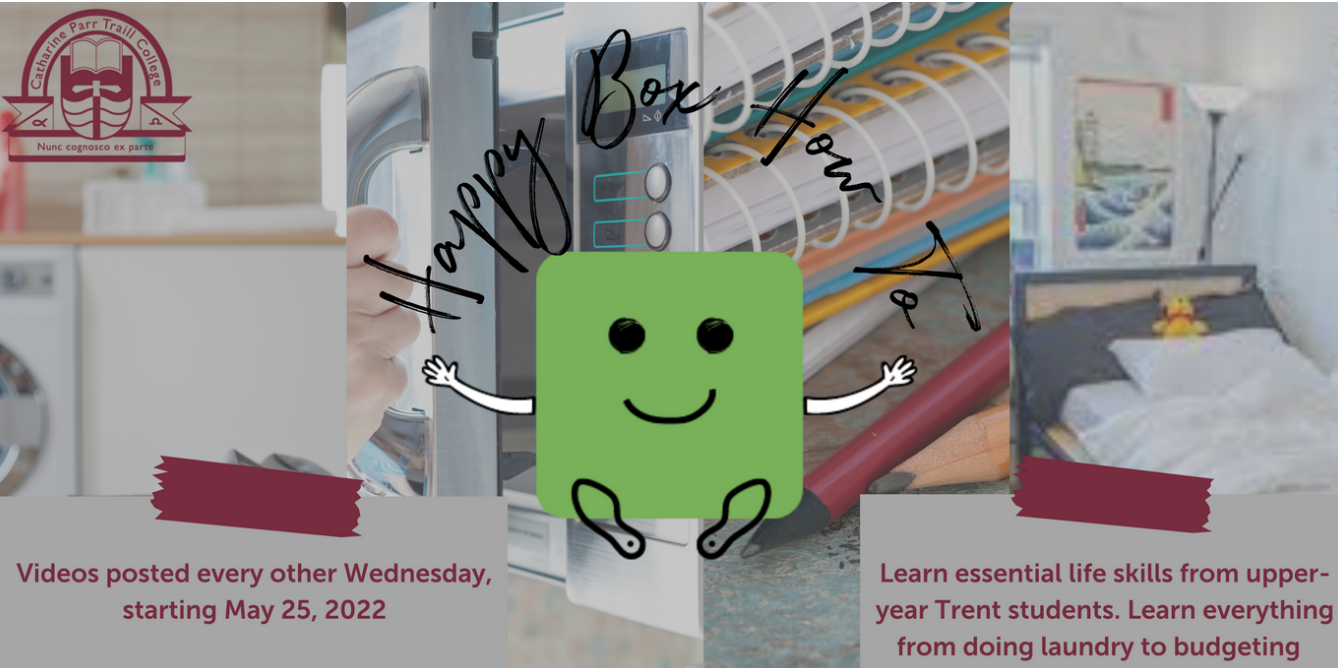


INGREDIENTS

- 6 golden delicious apples, peeled and chopped (*other varieties can be used, can also be sliced*)
- 2 Tbsp granulated sugar
- 1 tsp and 3/4 tsp ground cinnamon (*for different parts of the recipe*)
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cubes
- pinch of kosher salt (*other types of salt can be used if necessary*)

INSTRUCTIONS

1. Preheat oven to 350 F degrees. Butter an 8×8 baking dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use two forks or your hands to add the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
5. Serve warm and enjoy! (*goes well with vanilla ice cream or whipped cream*)



Click [here](#) to check out Trail College's Happy Box How To's! Check out our previous videos for some helpful tips for cooking, doing laundry, moving, and academic skills!

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Trail Mix

Why did the scarecrow win a Nobel Prize?

He was outstanding in his field.



What's going on at the College on the Hill?



Trail College Scarf Ceremony
Saturday, October 1st, 2022
11am
Traill College



Are you a new Traillite?
Get officially welcomed into the Traill College family, receive your scarf, meet other students and alumni, be a part of the 2022 College photo, and celebrate all things Traill!

Are you a new Traillite? Get officially welcomed into the Traill College family, receive your scarf, meet other students and alumni, be a part of the 2022 College photo, and celebrate all things Traill! Come down to Traill on October 1st at 11am for the Traill College Scarf Ceremony!



THE VERANDAH SOCIETY
THE KERR HOUSE LAWN - 299 DUBLIN ST
OCT 1ST AT 1:30PM PWYC AT THE DOOR



NEW DATE

Join Megan Murphy and Kate Suhr for a funny and poignant performance of local stories, and songs with musical accompaniment by Saskia Tomkins. Open to all, please bring your own chairs or blankets for the lawn.



ACADEMIC INTEGRITY: WORKSHOP FOR GRADUATE STUDENTS

Find out how to protect
your academic integrity

TUESDAY, OCTOBER 4
7:00 TO 8:30 PM
ONLINE

More information:
Academic Skills website
Registration required



Find out techniques to help you avoid plagiarism, and much more! Please refer to the Academic Skills website for more information.



Celebrate fall with us!

Pumpkinfest

at McLean Berry Farms

Oct. 15, 2022

BUS PROVIDED
DEPARTURE 1:00PM, TRAILL COLLEGE
RETURN 5:00PM, TRAILL COLLEGE

Register through the Student Experience Portal
trentu.ca/sep

Spent an autumn afternoon at the Pumpkin Patch with Traill Cabinet, the Graduate Student Association, and your friends. Bus will be provided, and will depart from Traill at 1:00, and return at 5:00.

What's going on at the College on the Hill?

Trent University Music Society Presents:

OPEN MIC NIGHT

IN PARTNERSHIP WITH TRAILL COLLEGE

8:30-9:30 PM
THE TREND,
TRAILL COLLEGE

EVERY
SECOND AND FOURTH
THURSDAY OF THE
MONTH

➤ No Registration or Musical Talent Required.

@trailcollege @trentu.music



No registration or musical talent required! Come to the Trend and enjoy the music and the space every **second** and **fourth Thursday** of the month.

MOTIVATION MONDAYS: GRADUATE STUDENTS WRITERS' GROUP

EVERY MONDAY 10:30 TO 11:30 AM
SENIOR COMMON ROOM (SCR)
SCOTT HOUSE, TRAILL COLLEGE

Set goals, learn motivational tips,
and plan your week

September 26 - December 5
For more information:
Academic Skills website



Motivation Mondays for graduate students! For those awful Mondays that we all dread. This is for it's victims. Please visit Academic Skills website for more information on the event.

STEPS: Skills to Enhance Peer Support
Upcoming Workshop

HOW TO SUPPORT A FRIEND AND HANDLE DISCLOSURES

October 5, 6:00 - 8:00 pm on Zoom

Register at trentu.ca/sep (click on the events tab)



A 2-hour workshop about understanding sexual violence and its impacts, and practicing how to respond with support and care to people in our lives who have experienced sexual violence. This workshop is offered as part of the Skills To Enhance Peer Support (STEPS) certificate. To register for FREE visit trentu.ca/sep

TRENT UNIVERSITY
CONTINUING EDUCATION

STARTING AT \$35

Back to Learning

IN-PERSON CLASSES
START OCTOBER 17, 2022

Get inspired with Continuing Education

trentu.ca/continuingeducation



Course registration for Continuing Education is open! Check out our course listings through our website and sign up now!

Continuing Education - Trent University

What's going on at Trent University?

Discover Peterborough

BINGO

2022

There is still time to grab your bingo card!

Don't forget Friday, October 7 is the last day to submit your Discover Peterborough Bingo card for a chance to win one of four grand prizes!



WWW.TRENT.CA/PTBOBINGO

There is still time to grab a Bingo card and paint Peterborough green. October 7th will be the last day to submit your card for a chance to win one of four grand prizes.

Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges

Are you interested in practicing student-tested tips, tools, and strategies to help you learn at university?

Join an Academic Skills instructor and an experienced Trent student in weekly **Learning Labs** over Zoom or in-person.

 Learn more at trentu.ca/academicskills!



Academic Skills Learning Lab!
Starting the week of September 12, 2022 the learning labs take place twice a week. Each week there is an in-person session and a Zoom session!
We look forward to seeing you there!



Canadian Studies International Student Travel Prize – Apply Now!

This prize was created to enable a Trent international student with strong academic achievement and a demonstrated interest in the field of Canadian Studies to travel to a significant heritage site or region of Canada of personal interest. In 2022-23 the prize will have funding of \$2000 available, and may be awarded to a number of students, depending on applications received.

As we continue to monitor COVID 19, travel will only be authorized if allowed by government policies at the time. We suggest that applicants look for opportunities that will allow for physical distancing, such as National Parks, or natural heritage sites. Funds may also be considered for accessing virtual Canadian cultural heritage experiences, such as online concerts, virtual art exhibitions or theatre events.

This award is open to undergraduate and graduate international students. Preference will be given to those students enrolled in undergraduate or graduate courses in the School for the Study of Canada, however all international students at Trent are encouraged to apply.

For more information or to apply, visit :

<https://www.trentu.ca/canadianstudies/experience/awards-and-scholarships/>

Applications due Oct 31, 2022 with decisions announced early November. If funds remain, a second competition will happen in January 2023



The Canadian Studies International Student prize is offered to an international student with an interest in Canadian Studies to visit a Canadian heritage site. Apply by Oct 31 [here](#)

What's going on at Trent University?

HOW TO BOOK AN ACADEMIC ADVISING APPOINTMENT

SAME DAY APPOINTMENTS

Available Monday-Friday, start booking at 8:50am for appointments on the same day.
Call the advising line 705-748-1011 ext. 7333 to book.

BOOK ONLINE

Login to the Student Experience Portal (trentu.ca/sep) to book an appointment online. You will see available appointments for the next 10 business days. If you do not see anything that fits with your schedule, please check back the next day at 9:00am EST.

ACADEMIC
ADVISING

TRENT
UNIVERSITY

How to arrive prepared for your appointment with

Academic Advising

Meeting over the phone or video chat?

Please try to connect from a place where you will be able to speak freely and won't be interrupted. Log on to myTrent and have something to take notes.

Meeting in Person?

Bring a laptop or mobile device where you can log on to myTrent and take notes.

ACADEMIC
ADVISING

TRENT
UNIVERSITY

How to book an advising appointment

<http://www.trentu.ca/advising/meet-advisor>

Same Day advising appointments will be available Monday-Friday on a daily rotation to each College. These appointments are available to book starting at 8:50am EST by calling the advising phone line 705-748-1011 ext. 7333. These appointments are available on a first come first serve basis and do book up quickly, so we encourage you to call as close to 8:50am as possible.

TRENT UNIVERSITY IS A
**SMOKE-FREE
CAMPUS**

NO SMOKING ON CAMPUS GROUNDS
EXCEPT IN DESIGNATED AREAS



The closest designated smoking area to Catharine Parr Traill College is between Kerr House and Scott House.



Student Supports

We want you to know you're supported! On-campus and in the Peterborough community, every week we will rotate through groups who can support your unique self.

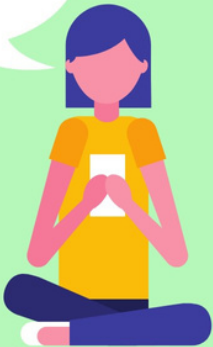


This week we are highlighting Trent Student Health Services

Student Health Services provide confidential primary health care, disease prevention, and wellness education.

To book an appointment call 705-748-1481

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

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace continues to provide Résumé, Cover Letter, or Linked In critique, Interview Prep, and Career Counselling services virtually! These can be booked through the **Student Experience Portal**, just be sure to state whether a **Zoom** or **Phone** appointment is preferred when booking.

Wellness Resources



It can be hard to balance school, work, and a social life. It's important to take time and relax.

Here are some tips about what to do when you are overwhelmed.

Take time to relax

Work-
Life
Balance

Meditate



Try out
new
hobbies!

Spend time
with loved
ones



Copyright © 2022 Catharine Parr Traill College, Trent University

But you know happiness can be found even in the darkest of times, when one only remembers to turn on the light. — Professor Albus Dumbledore