

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Next week, is our Fall Reading Week and I don't think it could come at a better time! In case you are wondering, the existence of two unique reading weeks is a longstanding Trent tradition. The university originally had three terms in the academic year (as observed at Cambridge and Oxford) that were divided with a week's break. Over time, the university transitioned into the semester system that exists today. However, the tradition of two distinct Reading Weeks has continued and is now a model that more Canadian universities are starting to adapt.

A BUSY WEEK AT TRAILL

This Tuesday evening the College welcomed the **Peterborough Historical Society** (PHS) that hosted a well-attended forum on urban parks with a focus on nearby Jackson Park. The PHS is a valued partner with the College and we are looking forward to hosting more joint events and symposia in the future.

Hamza Khan, this year's **Ashley Fellow**, offered a free, public lecture on Wednesday evening at Bagnani Hall. Hamza offered a thoughtful and engaging talk entitled Empowering Leadership based on his experiences in the corporate trenches. It is impossible to summarize all the different facets that were addressed. Yet, one overarching theme was that corporations need to move from being profit-focused to people-focused (regarding both customers/clients and staff/employees). The Ashley Fellowship is funded by a bequest from the late Professor C.A. Ashley, longtime friend of Trent University and an enthusiastic proponent of the role which the informal contacts of College life can play in the academic pursuits of the University. Otonabee and Gzowski Colleges hosted this year's Ashley Fellow and we were happy to support them by offering space at Traill for the public lecture.

WHAT'S OPEN NEXT WEEK

Although there will be no classes, **Traill College will be open, 9 AM to 10 PM, Monday through Friday**. Feel free to drop by, use the Junior and Senior Common Rooms, the College Library, and other lounge spaces to write assignments, catch up on your reading, or just relax.

Please note that **The Trend** restaurant **will be closed** for Reading Break opening again at 8 AM on October 31st.

CONSTRUCTION UPDATE

Work on the new Jalynn Bennett Amphitheatre will continue into November. We are now starting to plan for a grand opening ceremony in Spring 2023. During Reading Week there will be two items of which to take note. First, the **south entrance to the graduate apartments** will be **temporarily closed** from Wednesday to Friday to allow for concrete work. Secondly, there will be a **partial power outage of Wallis Hall** on **Thursday, 27 October** from **9 AM to 1 PM**. I will be sending a more detailed announcement of these two events in the near future. Regardless, please be careful and aware of vehicles and workers when using the centre courtyard where the construction is taking place.

Best wishes to all for a safe and restful Reading Week.

Take care,

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:

Cranberry Bread

Made by Sabrina Snyder at Dinner then Dessert



INGREDIENTS

- 1/3 cup unsalted butter , softened
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cups whole milk
- 12 ounces fresh cranberries , (frozen cranberries are okay to use)

INSTRUCTIONS

1. Preheat the oven to 350 degrees and butter and flour an 8×4 inch loaf pan.
2. In a stand mixer cream your butter and sugar until light and fluffy, about 2-3 minutes then add in the vanilla and eggs until fully combined.
3. In a separate bowl sift together the flour and baking powder before adding it into the stand mixer on low speed, alternating with the milk until just combined.
4. Stir the cranberries in by hand until just combined and pour into the pan and bake for 60 minutes until a toothpick comes out clean.

Optional: Top with some yummy honey or icing!



Click [here](#) to check out Trail College's Happy Box How To's!

October will be focused on healthy eating. Check out previous videos for help with different skills.

Trail Mix



What did the monster serve at his dinner party?

Francranberries!



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.

CENTRE FOR TEACHING & LEARNING + TRAILL COLLEGE

GTA LUNCH AND LEARN

FREE PIZZA LUNCH INCLUDED

OCT 24
12:00 - 1:30PM
TRAILL SCR

Time Management

Common GTA Challenges



The Centre for Teaching and Learning has partnered with Traill College to present our first Lunch and Learn of the year: Time Management and Common Challenges for GTAs.

Come debrief the first six weeks of teaching and discuss challenges you may have faced as a GTA.

YOU ARE INVITED TO

MOVIE NIGHT

AT TRAILL COLLEGE

WEDNESDAY NOVEMBER 2ND, 2022
7PM-9PM
BAGNANI HALL



TRAILL COLLEGE



If you can't make it for the Halloween movie night, don't worry, we have more! going on! A free to attend drop-in movie night will be happening in Bagnani Hall from 7-9pm on November 2nd.

MOTIVATION MONDAYS: GRADUATE STUDENTS WRITERS' GROUP

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

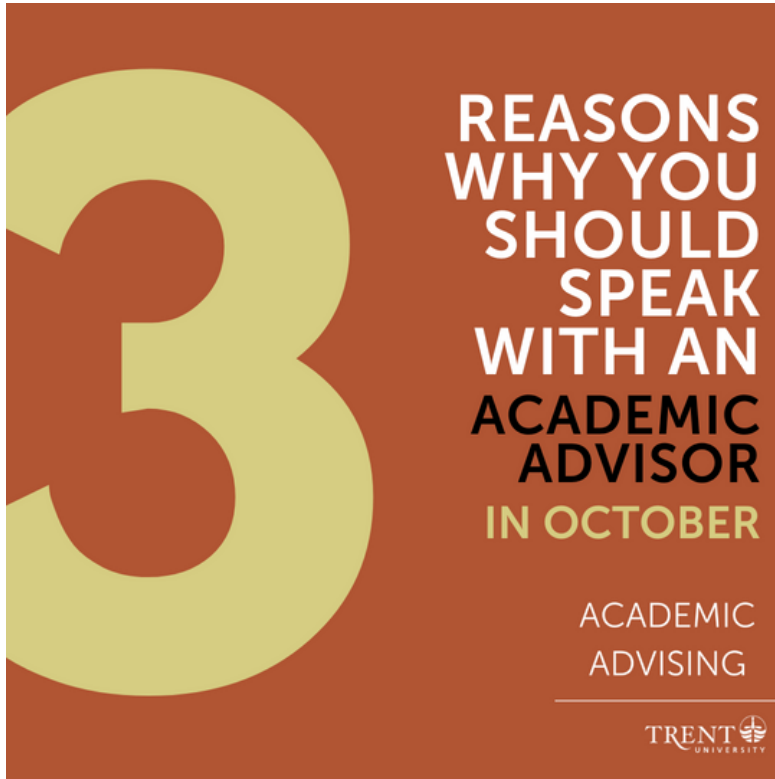
Set goals, learn motivational tips,
and plan your week

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.

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



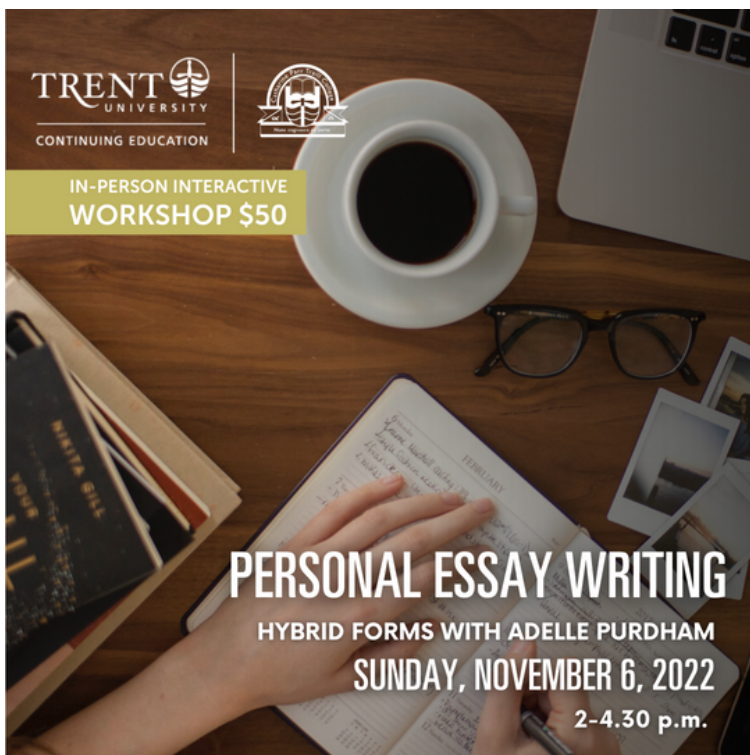
REASONS WHY YOU SHOULD SPEAK WITH AN ACADEMIC ADVISOR IN OCTOBER

ACADEMIC ADVISING

TRENT UNIVERSITY

Why Should You Speak to an Academic Advisor?

1. Planning ahead for the final date to withdraw (drop) Fall term courses on November 8, 2022. If you are planning or unsure about dropping a course, you may wish to book an appointment with an Academic Advisor to review your degree requirements and plan.
2. Applying to Graduate this year? The application to graduate in January 2023 is November 8, 2022. If you are applying to graduate in January or June 2023, we recommend reviewing the DIY Degree Check tool on the advising website and booking an appointment if you have questions.
3. Winter Course Selection: this is a great time to meet with an Academic Advisor to ensure you are registered in the correct courses for the Winter term.



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$50

PERSONAL ESSAY WRITING
HYBRID FORMS WITH ADELLE PURDHAM
SUNDAY, NOVEMBER 6, 2022
2-4.30 p.m.

Explore and discuss various types and forms of essays as well as tools and strategies to enhance your craft. Write an essay in a new form, enhance creativity, lean into playfulness and tap into your imagination. Give and receive feedback from other writers.

Follow this link to register:

<https://trentucontinuinged.corsizio.com/c/63286d8f4ab8bc210ebaa5ce>



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE FREE WORKSHOP

Brought to you by
CAREERSPACE
CAREERS & EXPERIENCES

NEW UNDERSTANDING HOW MONEY IMPACTS YOUR LIFE
WEDNESDAY, NOVEMBER 9
7-8.30 p.m.

Understanding How Money Impacts Your Life *Free Workshop brought to You by Trent University Careerspace.

Join Gail Moorhouse in the **FREE** workshop in which she will break down the impact of money in your life. Register here

<https://trentucontinuinged.corsizio.com/c/63482abd83a42581931c9025>

What's going on at Trent University?

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!

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



If you need an appointment, Trent has many academic advisors available to help with all things related to degrees and courses. Information for booking can be found in the image above, and on the next page.

STEPS: Skills to Enhance Peer Support
Upcoming Workshop

BYSTANDER INTERVENTION WORKSHOP

November 2, 6:00 - 8:00 pm on Zoom
Register at trentu.ca/sep
(click on the events page)

Learn skills to support your community!

Bystander Intervention Workshop on November 2. Learn strategies to build community safety, discuss what holds us back from helping when we know we can, and practice different interventions. This workshop is offered as part of the Skills To Enhance Peer Support (STEPS) certificate. To register for FREE visit your Student Experience Portal at trentu.ca/sep



Canada HomeShare
by HelpAge Canada

Are you a post-secondary student looking for safe and affordable housing in Peterborough?

Join Canada HomeShare!

Fast facts:

- Intergenerational homesharing arrangement
- Student pays \$400-\$600 per month in rent
- Home provider (55+) receives up to 7 hours per week of household assistance and/or companionship
- Personal reference checks & Enhanced Criminal Record Check completed
- Facilitated by Social Worker



Do you want to learn more about our homesharing program?

Contact us:

peterborough@canadahomeshare.com

1 (800) 786-9773 ext 6

www.canadahomeshare.com

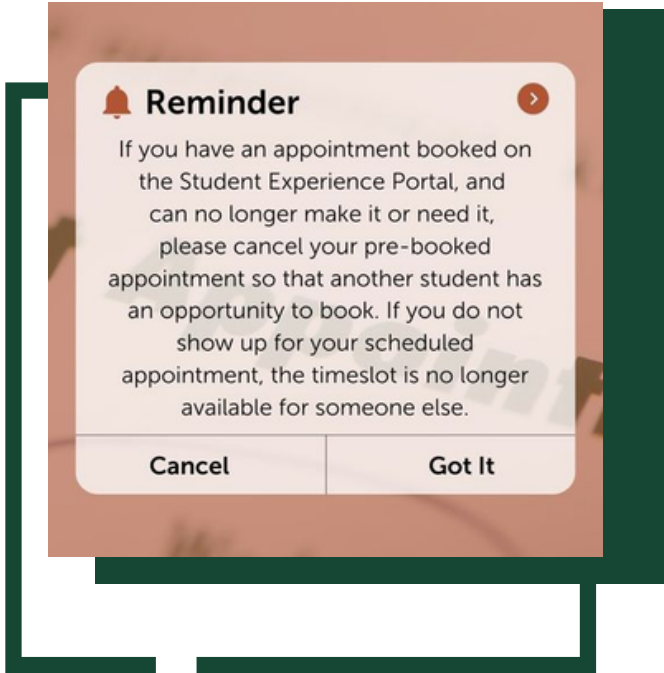


Attention TrentU students! If you're interested in an intergenerational living arrangement and seeking affordable off campus housing (\$400-600/month), @CanadaHomeShare could be the right fit for you! Apply online: www.canadahomeshare.com.



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.

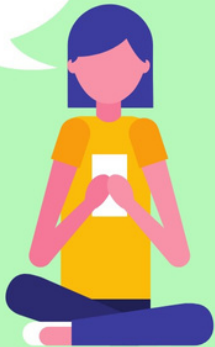


This week we are highlighting Trent University's Academic Advising:

Please remember to attend your appointments! If you need to cancel, remember to do so. This can be done online to crr.trentu.ca, or call 705-748-1011 ext. 7333.

If you're interested in an appointment, you can book a couple weeks in advance, or call for a same day appointment. Keep in mind for some days that a different college is responsible for them each day of the week (Monday-Friday). Check <https://www.trentu.ca/advising/meet-advisor> to see who will be available on what day.

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at crr.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 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



Reading Week!

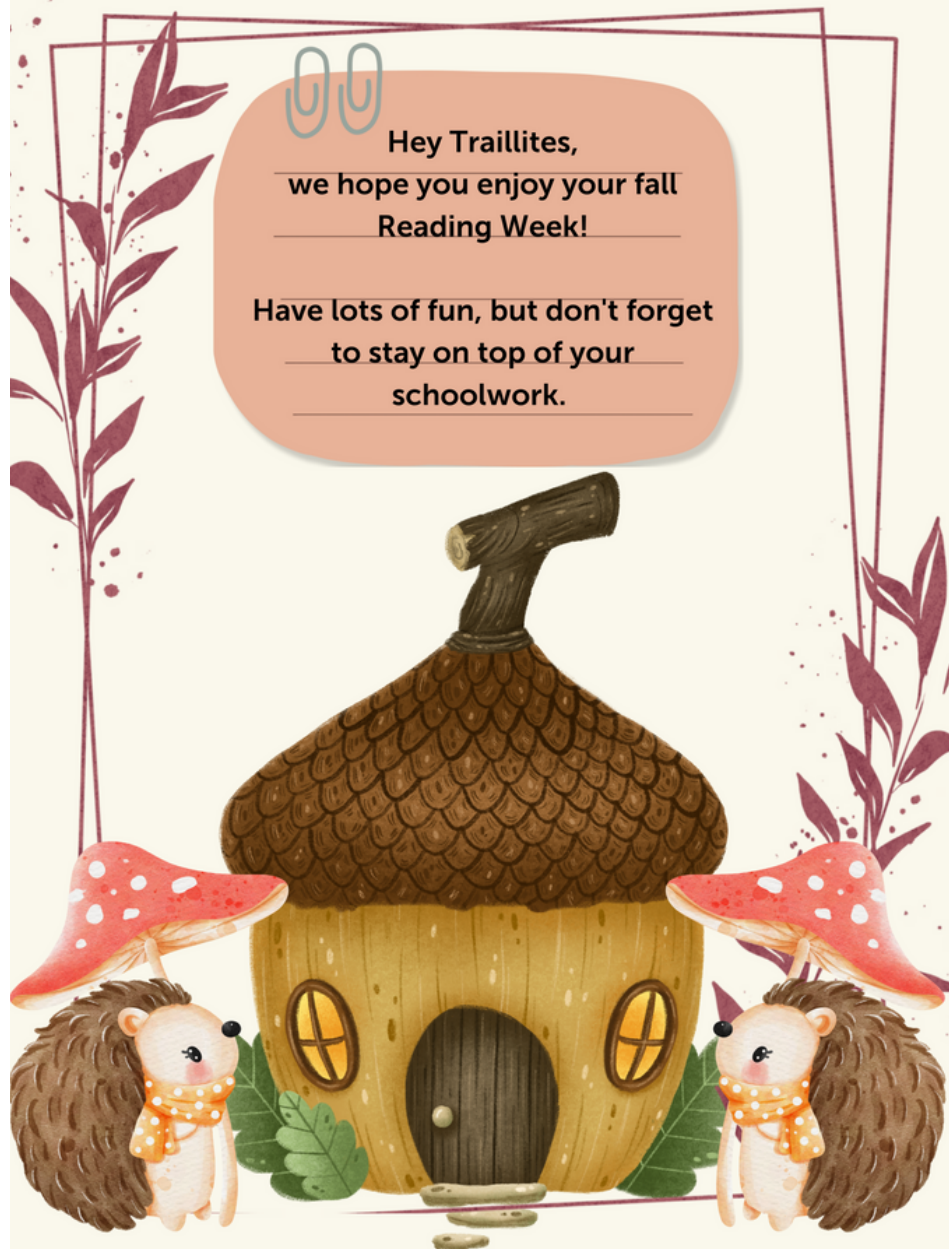
No classes

Monday October 24 - Friday October 28

Prioritize using the week to take care of your health, but make sure to stay on top of your school work.

Take this time to get a couple of readings done, study for a midterm, or start an assignment.

Have fun Traillities!



Hey Traillites,
we hope you enjoy your fall
Reading Week!

Have lots of fun, but don't forget
to stay on top of your
schoolwork.



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"The elevator to success is out of order. You'll have to use the stairs, one step at a time." - Joe Girard