



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

It is December 1st and what difference 24 hours can make! Yesterday's downpours have given way to beautiful, large snowflakes returning the College to its status of a winter wonderland. Nature, indeed, provides as coincidentally this is the day we planned to put up the holiday decorations. Today, the indefatigable college staff (**Samantha Perritt, Agostina Prigioni, Sue Beckwith, Zachary Brault, Morgan Loughlin** and I) helped to transform Scott House into a more festive space. There is something about the building's Victorian architecture that lends itself to festive flourishes. If you haven't been to Scott House lately, I would encourage you to come, relax, study, or meet up with friends. **The Trend** has also transformed into a festive space and I would encourage everyone to sample **Chef Christopher's** amazing cuisine. In fact, I would like to take this opportunity to congratulate our Chef on his recent win at the Trent Mac and Cheese Competition where he came home with the trophy for the **Best Vegan Macaroni and Cheese**.

As we move into December, don't forget that Scott House will be open **extended hours on the weekends from 8 AM to 5 PM** to allow Traillites additional spaces for exam preparation and assignment work starting December 10th.

This week, **Hugh Segal**, well-known political strategist and Principal Emeritus of Massey College will be with us at Traill College. He will be speaking as part of the 50th anniversary celebration of Canadian Studies this **Wednesday, at 7 PM in Bagnani Hall**. Everyone is welcome to attend what should be a lively event.

Mark your calendars! We will also be welcoming all students, fellows, staff, and alumni to our ***Traill Festive Seasonal Social*** that will be held in **Scott House on December 14th, from 2 to 4 PM**. Join us for free snacks, live holiday music, and great conversations in this celebration of the past year (which will also double as a great break from studies).

On a personal note, I wanted to say how truly grateful that I am to be part of Traill College. I wanted to acknowledge the many emails, cards, and even poems that I have received offering kind solace and support upon the news of my mother's death. More than ever, I am reminded how special the Traill community really is.

Until next week,



## 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

Trail Cabinet will be hosting "Study Vibes" on December 2nd and 3rd. Bring your friends or come alone. No registration required. Scott House 6-10pm



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 College offers same-day appointments Fridays from 9:00am - 4:00pm. 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](mailto: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](mailto:traill@trentu.ca)





# Backwoods Baking Presents:

Shortbread Cookies  
from Allrecipes



## INSTRUCTIONS

1. Preheat oven to 350 degrees F (180 degrees C).
2. Cream softened butter and sugar until light and fluffy. Stir in vanilla; add flour and mix well until combined.
3. Fill cookie press with the dough and form cookies onto two ungreased cookie sheets, spacing them about 1 1/2 inches apart. Bake for 10 - 12 minutes, or until the edges of the cookies are just starting to turn golden brown.
4. Remove the cookie sheets from the oven, and set them on a wire cooling rack for 2 minutes. Then transfer the shortbread cookies to the rack to cool completely.

## INGREDIENTS

- 2 cups butter, softened
- 1 cup white sugar
- 2 teaspoons vanilla extract
- 4 cups all-purpose flour



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

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

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

Squirrels are very good at explaining things, because they give it to you in a nutshell.



I was trying to come up with a few squirrel puns to make you laugh, but they were all too nutty.

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

**STUDY VIBES**

DATE: DEC 2 ND

TIME: 6 PM- 10 PM

VENUE: SH 105

Snacks will be provided!

CATHARINE PARR TRAIL COLLEGE CABINET

Come on down (town) to Traill College for a night of studying with a lot of snacks and relaxing music on the 2nd of December at 6pm. No registration required!

**EXAM CARE PACKAGES**

GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!

While supplies last, pick up an Exam Care Package at the College Office in SH106 starting December 8th.

CATHARINE PARR TRAIL COLLEGE CABINET

you got it!

Traill College and the Traill College Cabinet will be providing Exam Care Packages starting December 8th until supplies last. These bags will include self care items and snacks to help you succeed this exam season!

**Hon. Hugh Segal, OC, O.Ont, CD**  
Mathews Fellow in Global Public Policy Queen's School of Policy Studies

**50**  
1872-2022  
CANADIAN STUDIES  
ÉTUDES CANADIENNES

**A Half Century of Canadian Studies: what we have learned, and what we have forgotten**

Principal Emeritus of Massey College at the University of Toronto. Segal has spent many years in public service, political and private sector roles; spanning from provincial to federal to international policy work. He is presently a Senior Fellow of the Canadian Institute of Global Affairs, a Distinguished Fellow at the Munk School of Global Affairs and Public Policy and a Mathews Fellow in Global Public Policy at the Queen's School of Policy Studies, where he also chairs the Board of Advisors.

Segal has written seven books on public policy, politics, and international affairs, of which the most recent, "Bootstraps Need Boots" was published by UBC Press.

Wednesday December 7, 2022, 7 p.m.  
In Person: Bagnani Hall, Traill College

Virtual: pre-registration required to join on zoom.  
Masks encouraged but not required.  
[https://www.trentu.ca/canadian\\_studies\\_at\\_50/](https://www.trentu.ca/canadian_studies_at_50/)

TRENT UNIVERSITY  
SCHOOL FOR THE STUDY OF CANADA

Join Hugh Segal online or in person to explore 50 years of Canadian Studies. What have we learned, what have we missed? Virtual pre-registration is required.  
**Wednesday December 7, 7:00pm Bagnani Hall.**

*Traill College Seasonal Social*

Drop by Scott House on December 14th, 2022 between 2pm - 4pm for festive celebrations and sweet treats!

CATHARINE PARR TRAIL COLLEGE CABINET

Drop in for 10 minutes or two hours on **December 14th between 2-4 pm** for live music, catered sweets, and social revelry with members of Traill College and Traill College Cabinet. Scott House is a warm and meaningful place to be during the holiday season.

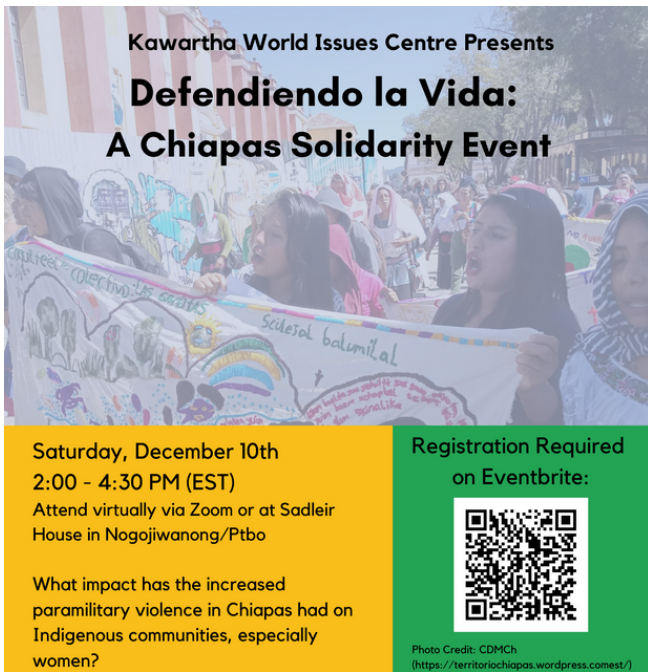
# What's going on at Trent University?



Congratulations to Traill's Chef Christopher for winning best Vegan Mac and Cheese at the Trent Mac and Cheese Competition! Come down to the Trend to try it for yourself.



Come join Egyptologist Laura Roy for an afternoon of Ancient Egypt. This special event will include writing like a Pharaoh, learning the alphabet, a delicious luncheon, and an exploration of Tutmania. Saturday December 3, 10-2:30pm



This World Human Rights Day (December 10, 2022), Kawartha World Issues Centre invites community members to join us in person and online for "Defendiendo La Vida" a solidarity event amplifying the experiences of Indigenous activists in Chiapas, Mexico. During this engaging speaker presentation and discussion, we will explore the question "what impact has the increased paramilitary violence in Chiapas had on Indigenous communities, especially women?"

Participants can attend virtually or at the Lecture Hall in Sadleir House. Spanish-English translation will be provided. COVID-19 protocols will be in place for all in person attendees. Event sponsorship is generously provided by OPIRG Peterborough, the Centre for Women and Trans People, Champlain College, the New Canadians Centre, Trent Oxfam, and the Community Race Relations Committee. Registration required, via Eventbrite.





# Student Supports

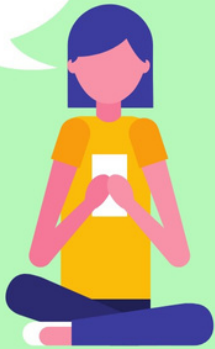
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.

This week we are highlighting Trent University's Bata Library!

Did you know you can book time with a librarian to discuss research interests and library resources? Well you can! The library also has group study rooms you can book for your study group or to work on a group assignment.



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

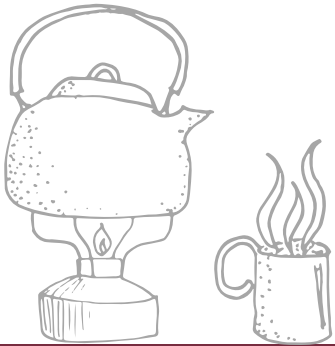
CAREERS & EXPERIENCES

Careerspace 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



We are seeing an increased circulation of respiratory illnesses this year, so to help protect yourself, others, and lessen the burden on health-care [here](#) are some ways to keep yourself safe and healthy!



## How to Protect Yourself During Flu Season

1.

Vaccinations are the most effective way to prevent COVID 19 and influenza. You can get your annual flu vaccine at your local pharmacy

2.

Take preventative measures: avoid people who you know are ill and stay home if you are feeling unwell. Cover your nose and mouth when you cough or sneeze and wear a mask in crowded areas. Wash your hands frequently.

3.

Practice other good health habits! Get plenty of rest and fluids, stay physically active, and eat nutritiously. This will help prevent getting ill but also help recovering from an illness.



*Stay safe Traillites!*



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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." — Edith Sitwell