

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal Michael Eamon

Dear Traillites,

It has been brought to my attention that many of the newest subscribers to *Trill Tales* are interested in the courses that **Trent University's Continuing Education** program provides to lifelong learners in the community. I am happy to say that we are hard at work putting together an exciting selection of courses for our term starting in the Winter of 2024. As courses are approved, they will be added to our Continuing Education website that is available at: [www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation) However, if you want some great programming suggestions before the Winter term starts, *Trill Tales* is the place for you!

For example, on Saturday, September 29th, Trill is hosting a public concert, ***Fiddling for Fox***, with Irish Millie, the Receivers, and The Verandah Society. Admission is FREE, but donations will be taken to support cancer research. The public benefit concert runs from 2 to 4 PM and I hope to see you there!

Tomorrow, the *Colleges at Trent University* will be marching in the **Peterborough Pride Parade**. If you are interested in joining us in supporting Peterborough's LGBTQ2+ community, please register and sign the waiver here via your Student Experience Portal: <https://ccr.trentu.ca/ccrevents.htm?evtid=3176> Be at City Hall at 1:30 PM for a 2:00 PM parade start. Have fun and happy Pride!

Finally, nominations for positions in the **Trill College Cabinet** are now open. Cabinet is the undergraduate government at the College and has been a core part of the student experience for almost 60 years. Do you want to make a difference in the lives of other Trent students? Do you want a challenge? Are you curious about what Cabinet does? Check out this website for more information: [College Cabinet - Colleges - Trent University](http://College Cabinet - Colleges - Trent University). Interested in submitting a nomination? Then click here: [Cabinet Nomination Form.docx \(live.com\)](http://Cabinet Nomination Form.docx (live.com))

Until next week,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is stylized and fluid.



# 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

**Nominations Are Open!**  
Closes Oct 1st @noon

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

## Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or [trail@trentu.ca](mailto:trail@trentu.ca)!

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



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)

For the most up-to-date information on Trent University's response to COVID-19 visit: <https://www.trentu.ca/coronavirus/>



# Backwoods Baking Presents:

## Loaded Potato Soup

<https://spoonuniversity.com/recipe/loaded-potato-soup>

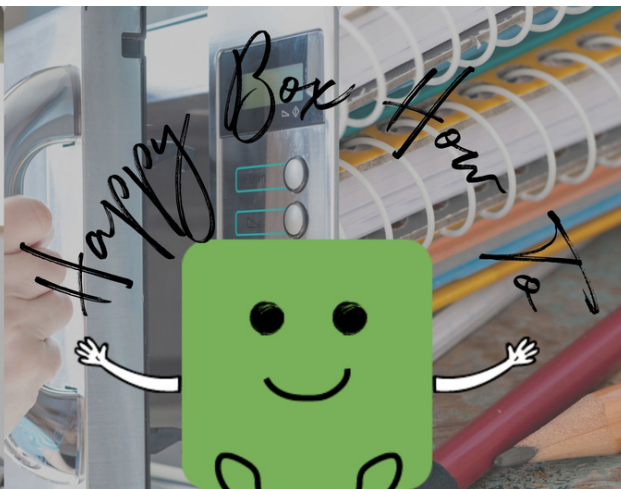
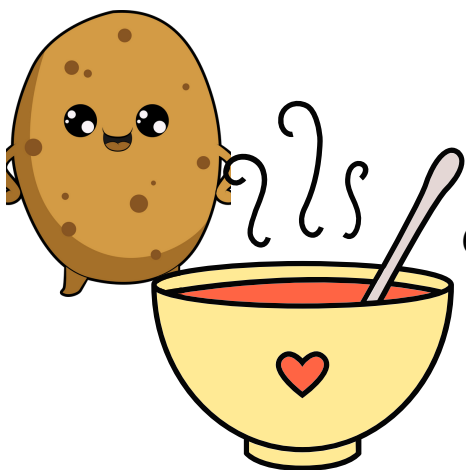


### INGREDIENTS

- 1 can cream of potato soup
- ¼ cup shredded cheddar cheese
- 1 russet potato, diced
- 2 slices bacon, chopped
- 2 green onions, thinly sliced

### INSTRUCTIONS

1. Fry bacon in saucepan until crisp. Remove and let cool on paper towel for 5 minutes.
2. Discard bacon fat from saucepan.
3. Wash and peel potato. Dice into small, bite-sized pieces.
4. Cook potato in saucepan until brown, about 10 minutes.
5. Add potato soup and cook over medium heat for about 6 minutes.
6. Ladle soup into two serving bowls and sprinkle with cheese, bacon and scallions.



Click on Traill's [YouTube channel](#) to view



## Trail Mix

Why does Humpty Dumpty love autumn?  
Because he had a great fall.



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

## The Nuts and Bolts of Your Degree

Understanding your program options for first year students

Sept 25th,  
11am-12pm  
Traill College  
Jalynn Bennett  
Amphitheatre

Learn how to design  
a degree that reflects  
your unique interests  
and goals

Have your questions  
answered by  
Academic Advisors  
and Careerspace

ACADEMIC  
ADVISING  
TRENT



CAREERSPACE

## GRADUATE ACADEMIC INTEGRITY: POLICY AND PREVENTION STRATEGIES

TUESDAY SEPTEMBER 26 7:00-8:30PM

ACADEMIC  
SKILLS  
IN THE COLLEGES



Wallis Hall, Room 226 or Zoom  
Register for Zoom



Looking to make your degree stand out?  
come and converse with Traill's very own academic  
advising team to profile a degree that suits you!

Graduate students please join us to explore Trent's  
Academic Integrity policy and learn prevention  
strategies while using sources. For more  
information: [Information for Graduate Students](#)

## GRADUATE STUDENTS OF ALL DISCIPLINES!

ANSWER THE CALL FOR  
ABSTRACTS FOR The  
Thomas H.B. Symons  
Seminar



\$50 stipend and Symons Series  
Certificate for all speakers for delivering  
a 15-minute talk on their research

### Abstract Submission Guidelines

1. Abstracts should explain your research in a way that is interesting and understandable to someone unfamiliar with the field.
2. Abstracts can be on work in progress, portion of the work, or a completed project or thesis.
3. Abstracts should be a maximum of 250 words and should include your name, a title, your level (MA, MSc., Ph.D) and department.
4. Abstracts can be emailed to [traill@trentu.ca](mailto:traill@trentu.ca). Please indicate Symons Series Abstract in the subject line.

ABSTRACTS DUE  
September 30, 2023

EMAIL TO [traill@trentu.ca](mailto:traill@trentu.ca)



The Symons Seminar Series is an event held on  
campus throughout the academic year. For those  
interested, submit your abstract to [traill@trentu.ca](mailto:traill@trentu.ca)  
before September 31st.



NEW THIS FALL

## SAME-DAY COUNSELLING

at



### WHEN & WHERE

FRIDAYS 11:00AM - 3:00PM  
TRAILL COLLEGE SCOTT HOUSE,  
ROOM 208.1

### HOW TO BOOK

Call Counselling Services on Fridays  
before 10AM  
Call: (705) 748-1386



Having a bad day? Looking for someone to talk to?  
Call before 10am on Fridays to book a same-day  
appointment between the hours of 11 and 3.

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

## Fall Cabinet Elections

### How to Apply

Fill out the nomination package found on our website  
<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

(submissions are due by noon Oct 1)

There will be an optional "meet the nominees night" on the 2nd. Voting period runs from Oct 4-6

★★★



To find the nomination form and available positions please visit our website [here](#). If you have any questions email [traillcabinet@gmail.com](mailto:traillcabinet@gmail.com)



Attention New Trail Students!

## Scarf Ceremony

September 30th, 11am

Trail College invites all new Traillites to come and be officially welcomed to Trail and get your maroon and grey stripes!

Following the Scarf Ceremony at 2 PM, come to Fiddling for Fox, an Irish music concert to support cancer research.



# What's going on at Trent University?

## Beyond Agendas: Tips and tricks for time management

### Workshop

Want to learn more about how time management and emotions are connected?

Join Counselling, SAS, and Academic Skills on

September 20  
September 27, and/or  
October 4

11:30 am to 12:30 pm  
CC 307

To register: [www.trentu.ca/sep](http://www.trentu.ca/sep)

Discuss common myths and emotions related to time management and to learn some strategies to find balance in your day. Register for some or all sessions on the [Student Experience Portal](#) events calendar.

## 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!](http://trentu.ca/academicskills!)

Join an Academic Skills instructor and an experienced Trent student in weekly Learning Labs over Zoom or in-person. More information can be found on the [Academic Skills website](#).



TRENT UNIVERSITY  
Student Wellness Centre  
COUNSELLING SERVICES WORKSHOP

# Surfing the waves of emotions

6-Session DBT Group Workshop  
Wednesdays in October & November from 1:30p-3p  
Begins Wednesday, Oct. 4th | Blackburn Hall, Suite 135

Email [counselling@trentu.ca](mailto:counselling@trentu.ca) by Sept. 27th, 2023 to express interest!

Join us for a six-week Dialectical Behavior Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations.



## The Writing Room

Writing Skills Drop-In with Academic Skills!

Tuesdays 11am-1pm  
Morton Reading Room (CCS 303)

Join Lori Steers, Academic Skills/ESL Instructor, every Tuesday to strengthen your writing skills!



Scan for the Writing Room schedule!



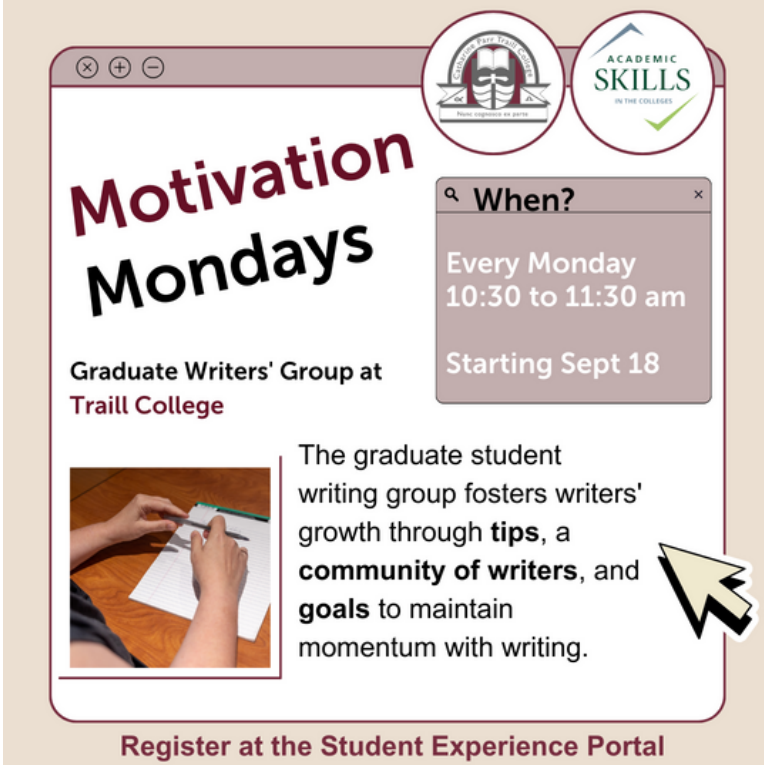
Connect with us!

@trentuacademicskills | [acdskills@trentu.ca](mailto:acdskills@trentu.ca)



Join Academic Skills for their weekly drop-in writing support sessions: a great opportunity to ask questions about your writing and discuss your assignments with an Academic Skills Instructor!

# What's going on at Trent University?



**Motivation Mondays**

Graduate Writers' Group at Traill College

**When?**  
Every Monday  
10:30 to 11:30 am  
Starting Sept 18

The graduate student writing group fosters writers' growth through **tips**, a **community of writers**, and **goals** to maintain momentum with writing.

[Register at the Student Experience Portal](#)

The first session in September will be in person outdoors and the remainder will be in WH 226 and on Zoom. Register [here](#).



## REBOUND PROGRAM

HOW DOES YOUR COOKIE CRUMBLE?

Are you looking to get the most out of your classes? Do you have concerns about juggling everything? You are not alone, and we are here to help! Click [here](#) to get started!



**MISSION MINISERIES**

Thursday September 28th 7pm  
Jalynn Bennett Amphitheatre



PETERBOROUGH DOWNTOWN BUSINESS IMPROVEMENT AREA  
**The BORO**

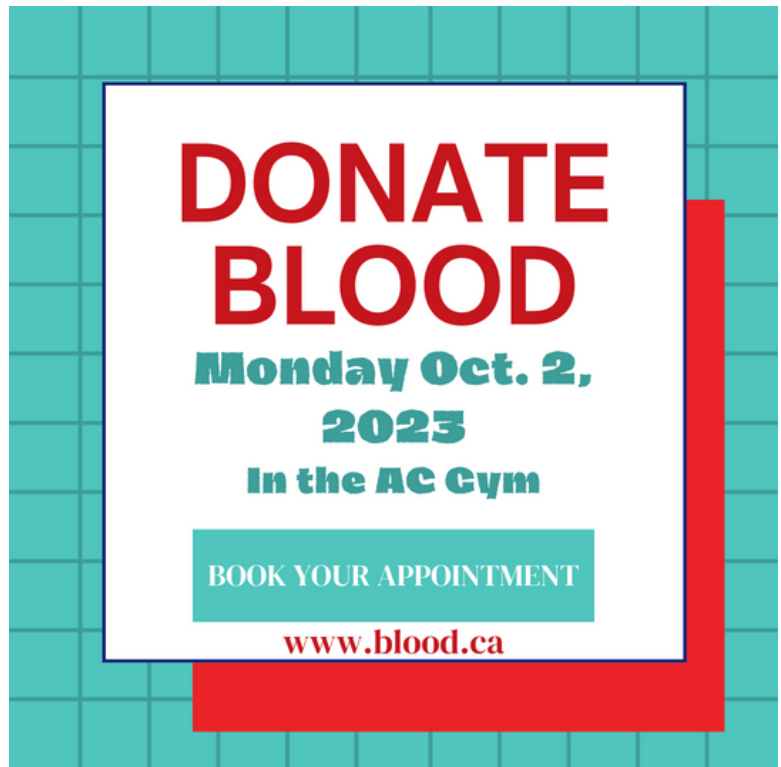
OPIRG DIS-ORIENTATION and NEW CANADIAN CENTRE  
Panel Discussion

**"Navigating Borders Through Art and Activism."**  
and  
**HUMMINGBIRDS**

Directed by Silvia Del Carmen Castaños and Estefanía "Beba" Contreras



Join us on September 28th at 7pm at the Jalynn Bennett Amphitheatre for a panel discussion followed by a lovely performance by HummingBirds.



**DONATE BLOOD**

**Monday Oct. 2, 2023**

**In the AC Gym**

[BOOK YOUR APPOINTMENT](#)

[www.blood.ca](http://www.blood.ca)

Interested in giving blood? Stop by the athletics centre on October 2nd. If you are concerned about your eligibility, click [here](#).



# Student Supports

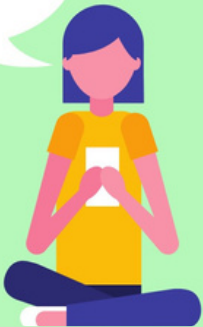
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



While living in residence is a convenient and all-inclusive way to live while you study, sometimes off-campus accommodation is right for you. Whether you're searching for a single room or a whole house, we'll help make your search a bit easier through our partnership with [Places4Students](#).

Other questions about housing in Peterborough? Explore the Housing website [here](#)

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

Here are some tips for living healthy. Even if it's hard to do them all, everybody's gotta start somewhere!

- **Eat healthy**
  - A well-balanced, healthy diet is at the core of well-being.
- **Get enough rest**
  - Prioritizing sleep is one of the best things you can do for yourself.
- **Avoid 'news overdose'**
  - Unfortunately, the news is often filled with stories of suffering. This can cause you to focus on your worst fears instead of recognizing the good things in life.
- **Stay positive**
  - Maintain a compassionate mindset. Random acts of kindness give us hope. Whether we perform them, receive them or watch them.
- **Do something meaningful**
  - Putting effort into the things that matter to you will bring out the best in you.
- **Keep good company**
  - Maximize spending time with people you enjoy being around.



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"A lot of what is most beautiful about the world arises from struggle." - Malcolm Gladwell