

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

We had a very successful Homecoming weekend at the College. Approximately 120 new students, surrounded by alumni and fellows of the College, received their scarves at a matriculation ceremony held in the Jalynn Bennett Amphitheatre. At the time, **Dean Pappas '85** and **Charles Meanwell '66** were made honorary fellows of the College for their service to Trent. Charles piped all those present to the front lawn of Kerr House where a group photo was taken. The ceremony was followed by Traill-themed cake and cupcakes with refreshments under the big tent on the Kerr House back yard. That afternoon, we also opened Charles' exhibition ***Colour and Shape*** and welcomed **Megan Murphy, Irish Millie, and The Receivers** for great performances in the ***Fiddling for Fox*** benefit concert for cancer research. Many thanks to everyone who made this possible, particularly **Don White** and **Ainsley** from IT who looked after the sound for both the matriculation ceremony and the performances.

We were also joined by **Anne Quinlan (Scott)** and **Jeannette Scott**, direct descendant of *the* Jeannette Scott: the namesake of Scott House. As they had never been in the building, and I had the honour of showing them both around the College. A photo of Jeannette, to mark the occasion, can be found below.

On Monday, as part of the University's marking of the ***National Day of Truth and Reconciliation***, the **School for the Study of Canada** and the College, supported a small space of reflection at the Heart Garden outside of Kerr House. I also shared words about Truth and Reconciliation at our activities on Saturday, encouraging everyone present to take a bit of every day to think about the hurtful legacies of the past and what we can do to move forward together.

A reminder to all undergraduate members of the College that the Traill Cabinet elections close tomorrow. To find out more about the candidates, see: <https://www.trentu.ca/colleges/trail/belong/college-cabinet> To vote, please check your Trent email for the Qualtrics survey link. Do it soon! ***The election closes at 9:00 AM Friday morning (October 6th).***

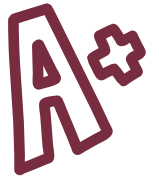
It is hard to believe, but this weekend is **Thanksgiving**. I would like to take this opportunity to remind everyone that the College will be closed on Monday, opening again on Tuesday morning at 7:30 AM. While many are looking forward to the break with family, Thanksgiving can be a difficult time for others. Acknowledging that, I want to wish everyone peace and a restful long weekend. I personally think it is important to take some time to reflect at Thanksgiving about what we are thankful for. Gratitude is an important part of our education journey together; a part that often gets overlooked in the face of classes, assignments, and other commitments. The pace of life seems relentless at times, and I hope that this weekend will offer us all some time to take a break and focus on what is truly important. I am truly grateful for the rich experiences and wonderful interactions that being principal of Traill offers with students, staff, faculty, alumni, and community members.

Here's to you... with thanks.



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 or your home department.

Cabinet Corner

Elections Are Open!



Closes Oct 6th @ 9AM

For information on the candidates, click below

<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 response to COVID-19 visit: <https://www.trentu.ca/coronavirus/>

Swag Shop



Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)





Backwoods Baking Presents:

PEPPERONI PIZZA ROLLS

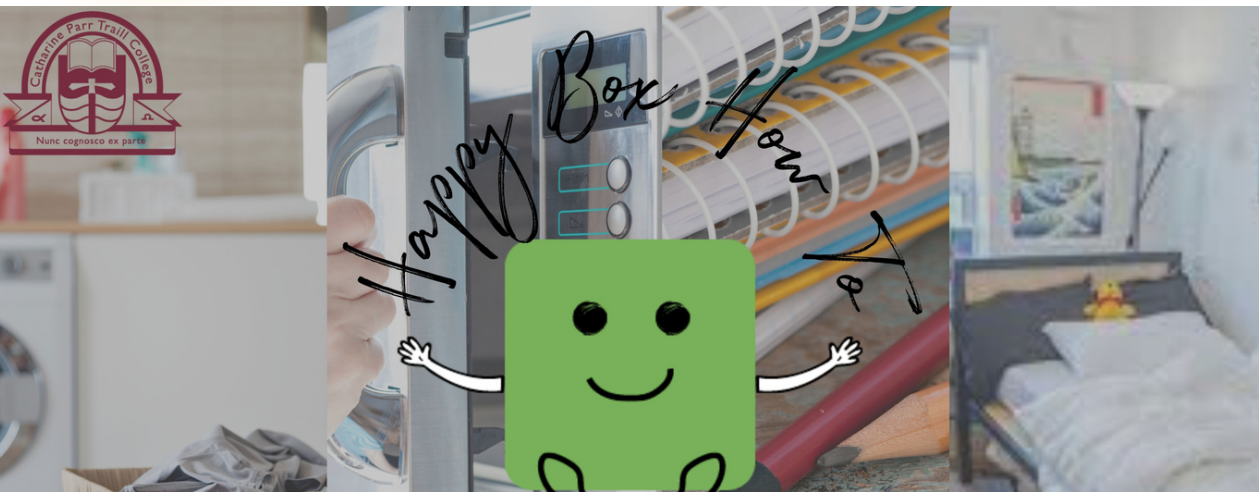
<https://www.aheadofthyme.com/pepperoni-pizza-rolls/>

INGREDIENTS

- 1 cup pizza sauce,
- 1 + 1/2 cups mozzarella cheese, shredded
- 2 oz. pepperoni slices (about 24 pieces)
- 1/4 cup cornmeal (optional)
- 1 tbsp olive oil (optional, for brushing)
- 2 tbsp Parmesan cheese, grated
- 1 tsp fresh parsley (optional)

INSTRUCTIONS

1. Preheat oven to 400F.
2. Roll dough into a large rectangle. Spread pizza sauce on top, sprinkle mozzarella evenly and add pepperoni slices on top
3. Roll up the dough tightly lengthwise into a log and pinch the end edges to seal.
4. Cut the rolled dough into 12 even pieces
5. Options: cover bottom of rolls in cornmeal
6. Place rolls on baking tray lined with parchment paper. Brush a little bit of oil over the rolls for crispier crusts.
7. Bake for 20 minutes until golden brown. Let the pizza rolls cool for 5-10 minutes.
8. Sprinkle Parmesan cheese and parsley on top and serve warm with pizza sauce or marinara sauce for dipping



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



Trail Mix

Why do seagulls fly over the sea?
If they flew over the bay, they would be bagels.



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



Reminder

Trail College will be closed on Monday, October 9th

Have a safe and relaxing Thanksgiving, Traillites!

Traill College wishes you a happy and healthy Thanksgiving. We will be closed Monday, October 9th, reopening Tuesday October 10th at 9am.



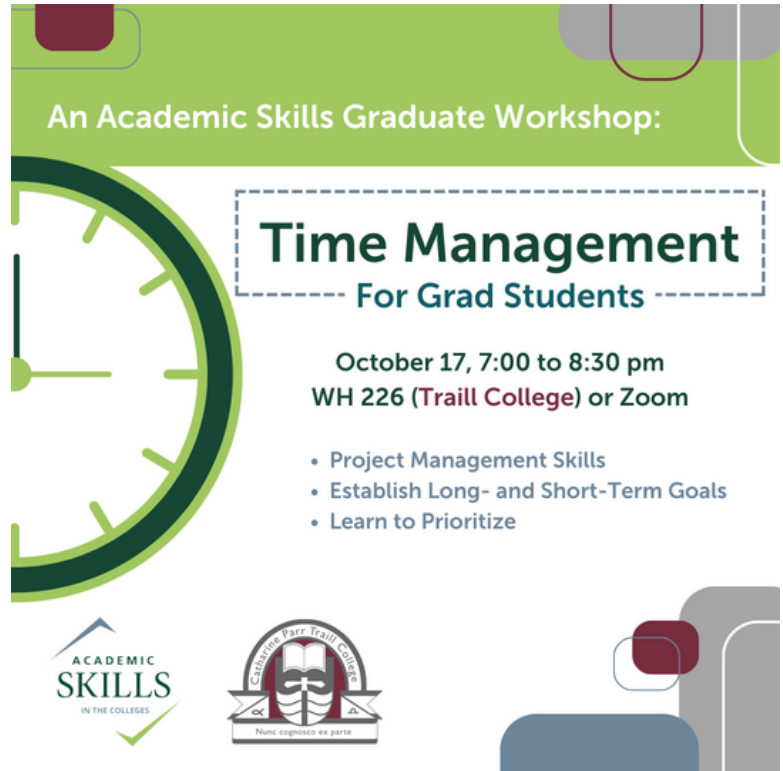
2023 TRAILL Visiting Fellow

DR LAURA U. MARKS
Grant State Professor, School for the Contemporary Arts at Simon Fraser University

- Free Public Lecture**
"Healthy Living for Monads: Do We Need a Multiverse?"
Tuesday October 31st
Bagnani Hall
7-9pm
- Graduate Seminar/ Job Talk**
Thursday November 2nd
Bagnani Hall
7-9pm
All Grad Students Welcome!
- College Dinner**
Friday November 3rd
Bagnani Hall
6-9pm
Join us as we welcome Dr. Marks as a fellow of Traill College. Food, live music and fun. Tickets available on the Traill events page.



Join us in welcoming our visiting fellow, an innovative scholar of new media and film, Dr. Laura U. Marks. She will be hosting a free public lectures on October 31st and November 2nd.





An Academic Skills Graduate Workshop:

Time Management For Grad Students

October 17, 7:00 to 8:30 pm
WH 226 (Traill College) or Zoom

- Project Management Skills
- Establish Long- and Short-Term Goals
- Learn to Prioritize



Need help balancing competing time pressures and commitments, such as research, course work, teaching, and personal life? Join us Oct. 17th in person or online. Register for the Zoom through the Student Experience Portal.



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?



Barbie - Q

HEY BARBIE!
Traill Cabinet Dinners are **BACK!**

BBQ starts at 6pm in the Trend. Followed by a workshop by Pamela Forgrave, with the viewing starting at 7pm.

Join us on October 15 for a BBQ @ the Trend for students. Everyone is welcome to enjoy snacks and drinks!

CATHARINE PARR TRAILL COLLEGE
Nunc cognosco ex parte

CATHARINE PARR TRAILL COLLEGE
"CABINET"
TRAILL COLLEGE

Hey Barbie! Come to Traill On October 15, at 6pm and join us for a barbecue dinner, compliments of the Trend. Followed by a workshop provided by Pamela Forgrave, and to top off the night with the critically acclaimed Barbie movie.



Catharine Parr Traill College
Nunc cognosco ex parte

TRAILL'S GREAT PUMPKIN ART FEST: CARVING, PAINTING, FOOD & FUN!

I'M SO PUMPED-KIN 'BOUT IT

WEDNESDAY, OCTOBER 18TH

KERR HOUSE LAWN TRAILL COLLEGE

SESSION 1
10AM - 12PM

SESSION 2
6PM - 8PM

APPLE CIDER AND TREATS PROVIDED

Come on up to the college on the hill on Wednesday October 18th and join us for an artfest! featuring pumpkin carving, painting, food, and a whole lot of fun.



Popcorn provided

SHREK
6-7:30PM

ADDAMS FAMILY
8-9:30PM

October 31st
Jalynn Bennett Amphitheatre
Traill College

HALLOWEEN DOUBLE FEATURE

CATHARINE PARR TRAILL COLLEGE
Nunc cognosco ex parte

The spooky month has begun, and to top off a month filled with ghouls and ghosts we will be hosting a Halloween movie night. A double creeper feature of Shrek and The Addams Family on the 31st.



Traill or Treat!

Candy Contest

Submit your guess at the Traill College Office (SH 107) for a chance to win a jar of goodies!

All are invited to take a chance on the "Traill or Treat" candy contest until October 31st. Submit your guess of how many candies are in the jar. If your guess is closest, you get to take it home!

What went on at the College on the Hill?

Traill Carnival

A special thanks to the Trent Graduate Student Association, Law and Arts Society, Traill College Cabinet, and the Traill College staff for making the day possible!

The grand finale to O-week was a hit and was a great way to usher in the new school year!



What's going on at Trent University?



**DOWNLOAD
THE TRENT U
SAFETY APP**

trentu.ca/safetyapp

Trent University has launched a new safety app, adding another layer to the University's robust campus safety. Be sure to enable notifications to access all features. For more information, visit trentu.ca/safetyapp.

**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. Please indicate Symons Series Abstract in the subject line.

**ABSTRACTS DUE
October 13, 2023**

EMAIL TO 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 before October 13th.

QUEEN'S PARK FIELD TRIP

Monday, October 30, 2023

Join MPP Dave Smith and recent Political Studies graduate Jenna Depaiva for a day at Queen's Park!

8:00 A.M.: Bus Departs from Symons Campus
10:00 A.M.: Arrive at main entrance to Queen's Park
3:30 P.M.: Bus Departs from Queen's Park for Trent

There is no cost, and transportation from Symons campus to and from Queen's Park (Toronto) is provided.

Scan here to register for the event!
Registration deadline: October 16



THE 2023 STEPHEN KATZ LECTURE IN INTERDISCIPLINARY AGING STUDIES

*Distinguished Visiting Scholar
Dr. Anne Basting presents*

The Right to a Meaningful Old Age:

**How integrating arts and culture into health
and social services can transform aging**



**Monday November 6th,
2023**

6:00 PM

BATA LIBRARY ROOM 411

TRENT UNIVERSITY



TRENT CENTRE FOR AGING & SOCIETY



Generously made possible through philanthropy

You are invited to a special event in the Trent Centre for Aging & Society, on Monday November 6th from 6 to 8pm in Bata library room 411. For more info and to register, click [here](#)



What's going on at Trent University?



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

Counselling Services
Workshop

An Introduction to Mindfulness

6-Session Group Workshop
Thursdays in October & November from 1p-2:30p
Begins Thursday, Oct. 5th | Lady Eaton College, 'The Pit'

Limited spaces. Email counselling@trentu.ca to reserve your spot!

Mindful or Mind full? Mindfulness practices can assist us in appreciating the unfolding moments of our lives, managing stress, and supporting our health. Please email counselling@trentu.ca to sign up.



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

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 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.



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.



ACADEMIC SKILLS IN THE COLLEGES
Learn more at 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](https://trentu.ca/academicskills/).



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](https://www.instagram.com/trentuacademicskills) acdskills@trentu.ca

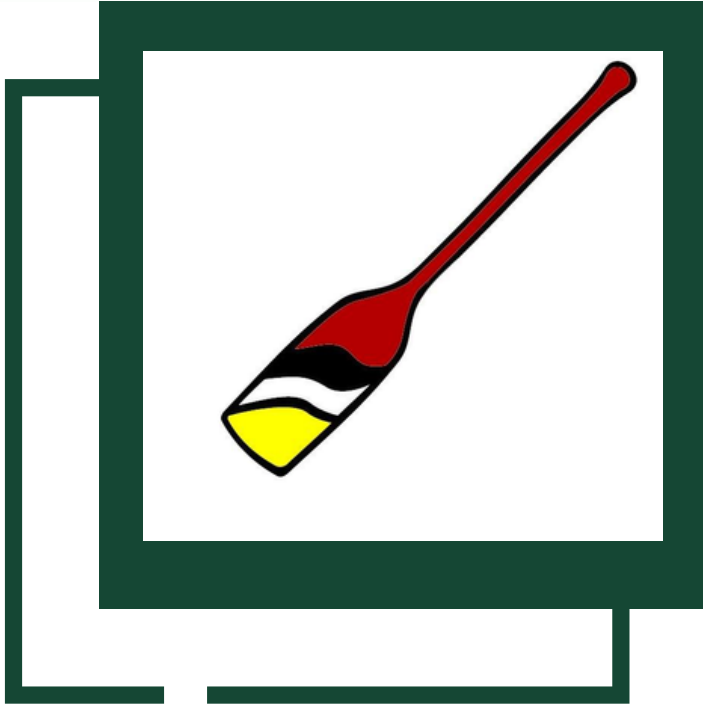
ACADEMIC SKILLS IN THE COLLEGES

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!



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.



First Peoples House of Learning (FPHL) is honoured to offer cultural services to a diverse community of Indigenous learners (First Nations, Status/Non-Status, Métis and Inuit). We collaborate with students to support their academic success, personal development and leadership potential. FPHL embodies the Indigenous worldview of education as a ceremony of learning. We nurture a community that recognizes the voices and spirits of our students.

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!

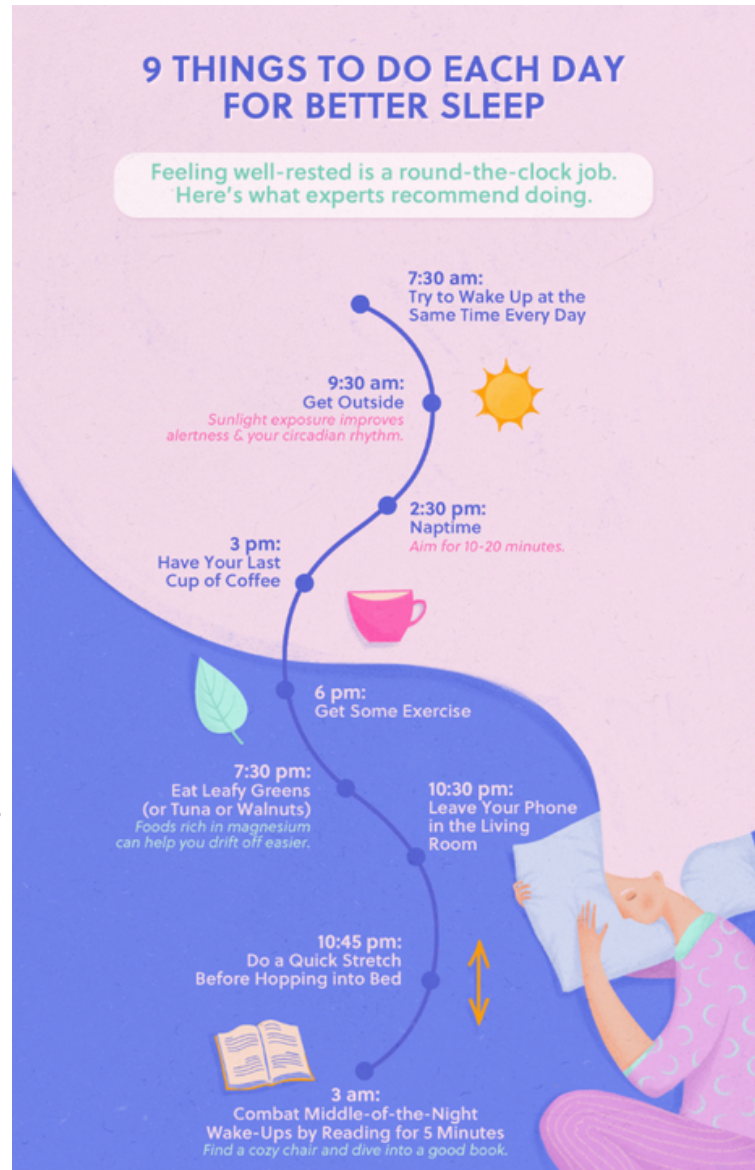
Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

<https://www.purewow.com/wellness/things-to-do-throughout-the-day-for-better-sleep>

Eleven Tips on How to Maximize your Sleep

1. Stick to a schedule and don't sleep in late on weekends.
2. Establish a bedtime routine. This might include shutting off screens, changing into comfy PJ's, and reading.
3. Don't eat or drink a lot before bed. Eat a light dinner at least 2 hours before sleeping.
4. Avoid caffeine and nicotine. Both are stimulants and might keep you awake.
5. Exercise. If you're trying to sleep better, the best time to exercise is in the morning or afternoon.
6. Keep your room cool. Turn the temperature in the room down, as this mimics the natural drop in your body's temperature during sleep.
7. Sleep primarily at night. Daytime naps steal hours from your nighttime sleep.
 8. Keep it dark, quiet, and screen-free.
 9. Use your bed only for sleep.
10. Soak and sack out. Taking a hot shower or bath before bed helps relax tense muscles.
11. Don't catastrophize. Tell yourself "It's OK; I'll fall asleep eventually."



Copyright © 2023 Catharine Parr Traill College, Trent University

"I tell the kids, somebody's gotta win, somebody's gotta lose. Just don't fight about it. Just try to get better."
- Yogi Berra