

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal Michael Eamon

Dear Traillites,

How did you survive the first real taste of winter? Luckily, most of the snow has now melted, but it sure was a good reminder that there are more cold days ahead.

On Tuesday night, we were proud to co-sponsor (along with the School for the Study of Canada and the Trent-Swansea Law Dual Degree) **Professor Kellen B. Zale's** talk on housing insecurity and short-term rentals. Professor Zale is this year's Fulbright Chair and she spoke about her research into the multifaceted challenges that exist within the short-term rental market. At that time, I also made Professor Zale an honorary fellow of the College. It was a particularly cold evening and, as a native Texan, I think she really appreciated receiving the extra layer of clothing.

By the way, do you have your Traill scarf? All members of the college (both undergraduate and graduate) are entitled to a **FREE Catharine Parr Traill scarf**. There is no better way to demonstrate your Traill pride, while keeping warm. Drop by my office in Scott House and I will personally present you with your scarf. If you need other items of comfy apparel, do not hesitate to visit the Traill Shop in the College Office. We have toques, sweaters, and now flannel pajama pants. All clothes are at reasonable prices and all proceeds are reinvested into the College.

This week the College Office staff decorated the College in the spirit of the season. If you need a quiet and cozy place to study, then **Scott House** is the place for you. We are open from 8 AM to 10 PM, Monday through Friday.

If you are looking for holiday gifts, go no further than our **Continuing Education** program. All classes and workshops are 50% off until December 31st. Give the gift of education this winter: for more information visit [www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation).

**EVERYONE is welcome next Friday afternoon (December 8th from 2 to 4 PM) to the Traill College Seasonal Social! Enjoy great conversations, free food and drink, and join me in singing traditional holiday songs in the Junior Common Room.**

Until next week,



# Needing an Appointment?

# Looking to book an academic appointment?



[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.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

## Cabinet Corner



<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](#)



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[#trail](#)





# Backwoods Baking Presents:

## Goulash

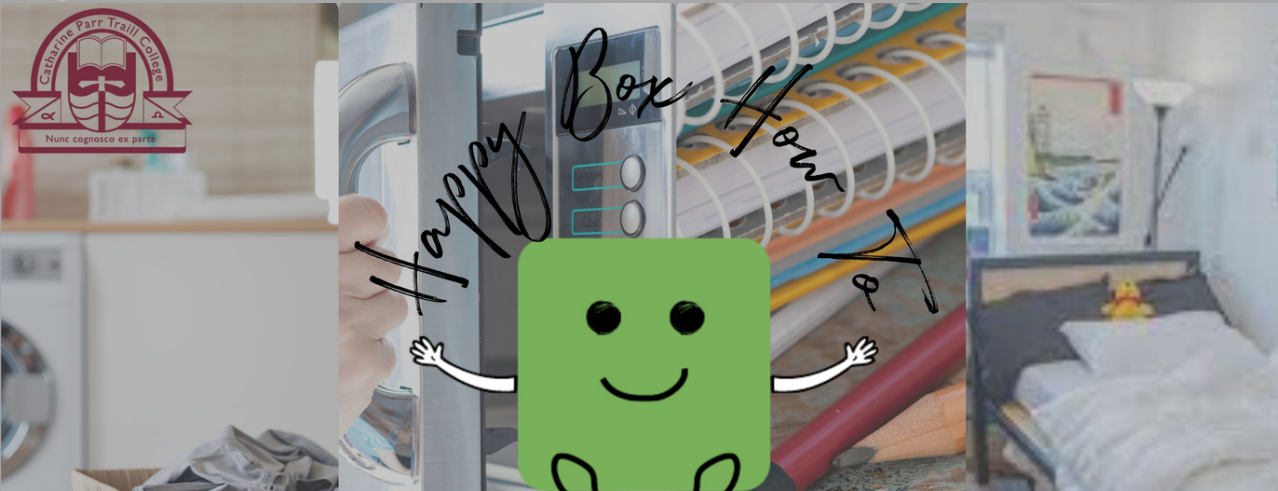
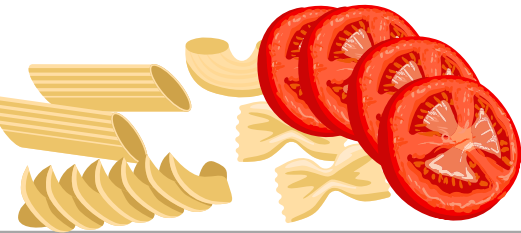
[Find the Full recipe here](#)

### INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1 lb. ground beef
- salt and pepper
- 1 tbsp. tomato paste
- 1 (15-oz.) can diced tomatoes
- 1 (15-oz.) can tomato sauce
- 1 1/4 c. low-sodium beef broth
- 1 tsp. Italian seasoning
- 1 tsp. paprika
- 1 1/2 c. elbow macaroni
- 1 c. shredded cheddar

### INSTRUCTIONS

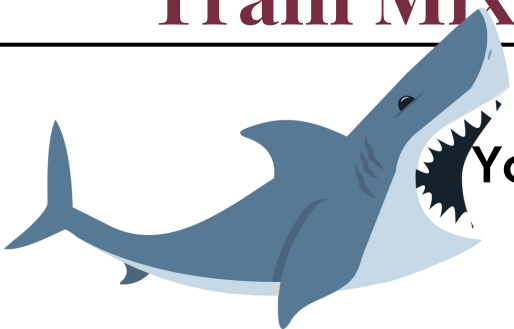
- In a large skillet over medium heat, heat oil. Add onion and cook until softened, about 7 minutes. Add garlic and cook, until fragrant, about 1 minute
- Add ground beef, season with salt and pepper, and cook, breaking up with a spoon, until no longer pink, about 6 minutes. Drain fat.
- Add tomato paste, diced tomatoes, tomato sauce, and broth. Add Italian seasoning and paprika, then stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, 10-15 minutes
- Stir in cheese until melted; season with salt and pepper, if needed



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



## Trail Mix



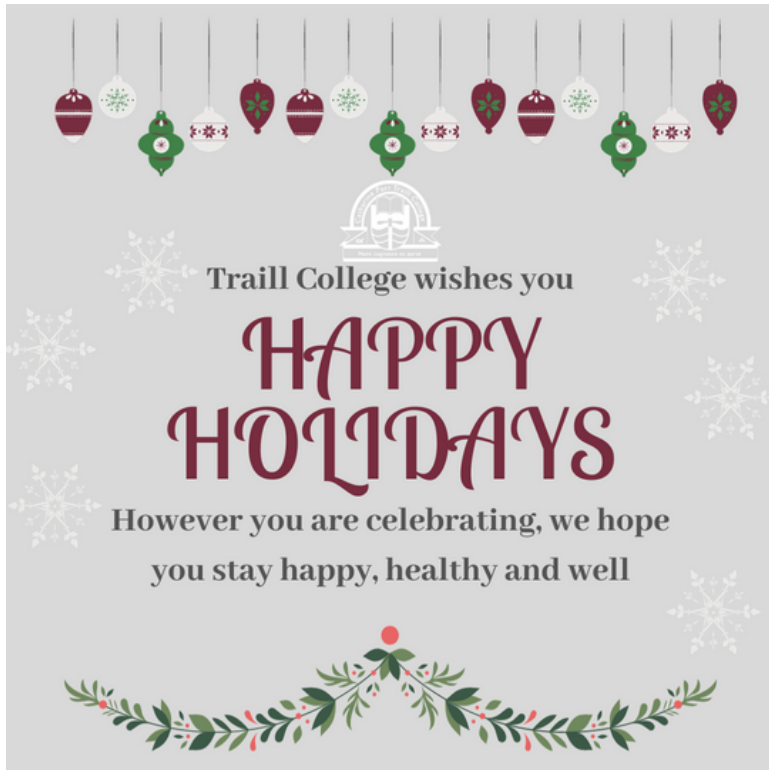
You think swimming with sharks is expensive?

It cost me an arm and a leg.





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



Trail Wishes you happy holidays! To start off the holiday season, on December 6th we will be doling out exam care packages packed with de-stressors, school supplies, toys and support guides, available while supplies last! So come on down for some free exam loot!



Thursday, November 30th  
7:00 PM to 8:30 PM  
Scott House, Rm 105

OR

Monday, December 11th  
7:00 PM to 8:30 PM  
Bagnani Hall

Join Kawartha World Issues Centre (KWIC) for a workshop about gender equality importance in Nogojiwanong/Peterborough and let's ensure that our community is Leaving No One Behind.

EMAIL  
[workshops@kwic.info](mailto:workshops@kwic.info)  
FOR MORE INFORMATION!



Amplifying Gender Equality in Nogojiwanong/Peterborough is a year-long project led by the Kawartha World Issues Centre (KWIC) from January to December 2023 to amplify Gender Equality in our community. Please visit our website to learn more about the project.



Drop by Scott House on December 8th, 2023 between 2pm - 4pm for festive celebrations and sweet treats! Trail college is a warm and welcoming space that sets a cheerful and happy tone for the holiday season, so come join us!

**Inter-Collegiate Pen Pal Program**  
Sign up using the link in the image caption!



Matches made every Monday from Nov 20 - Dec 11



Champlain College



Collège Champlain



Lady Estlin College



Peter Gzowski College

The Inter-Collegiate PenPal Program is back! Click [here](#) to be matched with a new friend that you can connect with digitally. The first match will be made on November 20th. If you miss this date, sign up is ongoing; matches will be made every Monday until December 11th!



# GIVE THE

# Gift

# OF LEARNING



## REGISTER NOW FOR SPRING CLASSES & WORKSHOPS

Over 30 different courses to choose from including:

- **Guitar School For Beginners, with David Goyette**  
8-week course for adults with little to no previous experience
- **The Basics of Beekeeping**  
6-week interactive course for beginner & novice beekeepers
- **Cooking With Chef Christopher**  
3 course options available, from appetizers to desserts!
- **Retire With Confidence: Your Roadmap to Financial Freedom**  
Two-hour workshop with several retirement planning strategies



**CLASSES START  
FEBRUARY 2024**  
CHECK OUT THE FULL LIST ONLINE



[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

# What's going on at Trent University?

 **CAREERSPACE**  
CO-OP, CAREERS & EXPERIENTIAL LEARNING

*Subscribe*  
to the Careerspace  
Newsletter!

Your campus  
connection to all  
things careers!



Receive information about upcoming events & workshops, job search strategies, resume tips, job scams, experiential learning opportunities, career resources, and so much more!

[Subscribe Here!](#)



**CREATE A  
HOLIDAY CARD**

For the residents of Fairhaven Long-  
Term Care Home

Drop in December 4th to 15th  
Bata Library Atrium  
All materials provided



**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Join us in spreading joy this holiday season in the Bata Library atrium! From December 4th to December 15th, we invite you to participate in our annual card-making event for the Fairhaven Long-Term Care Home. This heartwarming activity is not only a wonderful way to de-stress during the exam period but also an opportunity to connect with the broader Peterborough community.

 **Community Speaker Series**  
Generosity made possible through philanthropy

**NORTH AT TRENT**  **TRENT UNIVERSITY**  
FIRST CENTRE FOR CANADIAN STUDIES AND INDIGENOUS STUDIES

2023-24 Lecture Series

**SECURITY AND SOCIO-ECONOMIC  
INEQUALITIES IN THE NORTH**

 November 30, 2023  7:30 p.m.  Bagnani Hall, Trail College

 To join remotely, register using the QR code



 **GÉRARD DUHAIME**  
Full professor, Department of Sociology,  
Chair holder of the Louis-Edmond Hamelin Chair  
of Northern Research in Social Sciences,  
Université Laval

 **KAREN EVERETT**  
Senior Research Associate, Louis-Edmond-  
Hamelin Chair of Northern Research in Social  
Sciences, Université Laval



trentu.ca/northattrent Lehigh outskilts and Frobisher Bay, Photo credit: Saffron Blaze, 2009


Each year, Trent organizes a series of public talks on the broadly defined "north". Building on Trent's established role as a centre of innovation on northern research these lectures are a key feature of academic life at Trent.



You can register for the zoom [here](#).

**Help Bring Our  
Books Home**

 **HAVE AN OVERDUE  
LIBRARY BOOK?**

 **WE'D LOVE TO  
HAVE IT BACK!**

 **NO  
LATE FINES!**



**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Questions?  
Contact [library@trentu.ca](mailto:library@trentu.ca)  
or talk to staff at the Library

Do you have overdue books? Are you worried about late fines adding up? Worry no more! When you return your books, no fines will be charged (unless you've borrowed something special—a course reserve or an interlibrary loan). Even a "lost" fine will disappear when you return the book to the library.





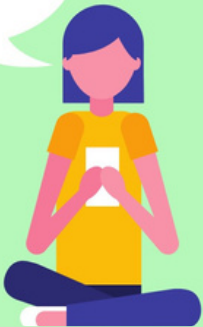
# Student Supports

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.



The Journal of Undergraduate Studies at Trent (JUST) was founded in 2007 on the belief that undergraduate research is an integral aspect of the university community. Nowhere is this more relevant than Trent, where we pride ourselves on integrating research into the undergraduate experience. Being part of one of the best undergraduate universities in Canada, JUST offers a unique opportunity for undergraduate students to publish their research at a local level.

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

<https://uhs.berkeley.edu/news/tips-eating-healthy-busy-schedule>

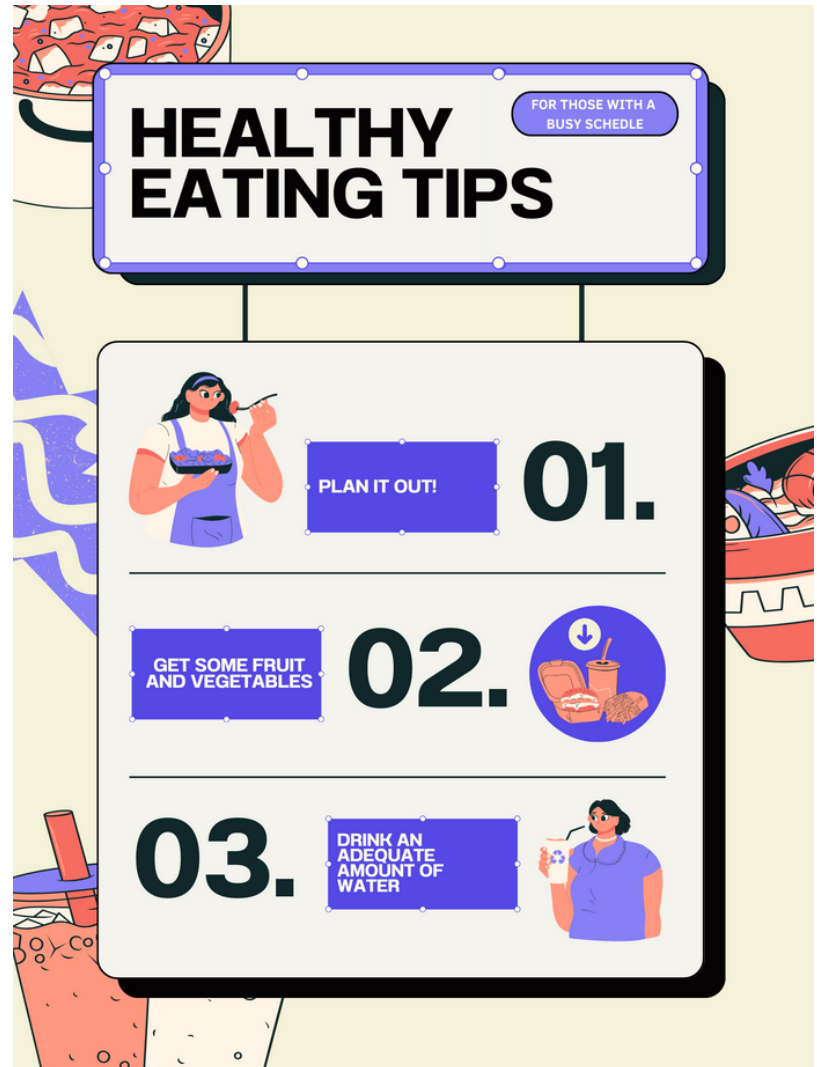
## Tips for eating healthy with a busy schedule

It's that time of year again, with exams on the horizon and with what feels like a different paper due everyday, picking the fastest or fattiest option often becomes much too easy. Here are some tips to avoid having a "girl dinner" for every dinner.

Put a reminder in your daily planner. This will help remember to eat something even if you are busy running around or working. A snack break also helps to break up the day and lets your brain relax for a moment after all that hard work.

Drink water. Drinking water is essential to our wellbeing as a whole, and it also happens to be the easiest thing to keep track of on this list. Instead of reaching for a sugary drink, guzzle some of that H2O!

Pack snacks. You can pack fruits, vegetables, or nuts to eat during the day. It will also help you save a substantial amount of money in the long run. Snacking throughout the day can also prevent overeating or eating less nutrient-dense meals later.



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"Yesterday is history, Tomorrow is a mystery, but Today is a gift. That is why it is called the present."  
— Master Oogway