

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal Michael Eamon

Happy Reading Break Traillites!

We are officially at the halfway mark of the fall term. Although the College remains open, things are a bit quieter than normal. This slight break in activity gives Samantha and I a bit more time to get ahead on our planning for November and December.

For fans of our **Continuing Education** program, we are just in the final stages of finalizing our instructors and courses for our Winter/Spring term. Registration for our classes and workshops will be starting in mid-November and we will be offering a 50% discount for early bird subscribers. Please stay tuned to *Trill Tales* for more information, or visit the Continuing Education website: www.trentu.ca/continuingeducation

Next week we are honoured to have **Dr. Laura U. Marks** as our **2023 Trill Visiting Fellow**. Established almost 15 years ago, the Trill Visiting Fellow is a scholar with a particular expertise in graduate instruction. Successful candidates are asked to offer a specialized graduate lecture and job talk and a public lecture open to everyone. For more information, please feel free to contact anyone in the Trill College Office. Everyone is welcome to attend Laura's free public lecture on Tuesday, 31 October in Bagnani Hall at 7 PM. Her presentation will be based on her new book in media studies entitled *Healthy Living for Monads: Do We Need A Multiverse?* Refreshments will also be served.

Graduate students interested in Laura's **job talk and graduate seminar** are welcome to join her in Bagnani Hall on Thursday, 2 November at 7 PM.

On Friday, 3 November we will be honouring Laura at our first **College Dinner** in three years in Bagnani Hall. Graduate students interested in tickets should contact their home department as there is a limited number of free tickets available. Fellows of the College and other interested parties should contact me directly if they required a ticket at the cost of \$20. There will be great food and live music in a convivial and interdisciplinary atmosphere. Definitely an event not to be missed!

One final activity to mention, also on Tuesday, October 31st is the College's special Hallowe'en double feature. We will be showing family-friendly *Shrek* at 6pm followed by *The Addams Family* at 8pm! The movies will be screened in Jalyynn Bennett Amphitheatre, so dress warmly or bring a blanket. Free popcorn will be provided.

Lots of treats (and no tricks) at the College 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 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:

Easy 5-minute Tomato Basil Soup

<https://momsdinner.net/easy-tomato-basil-soup/>

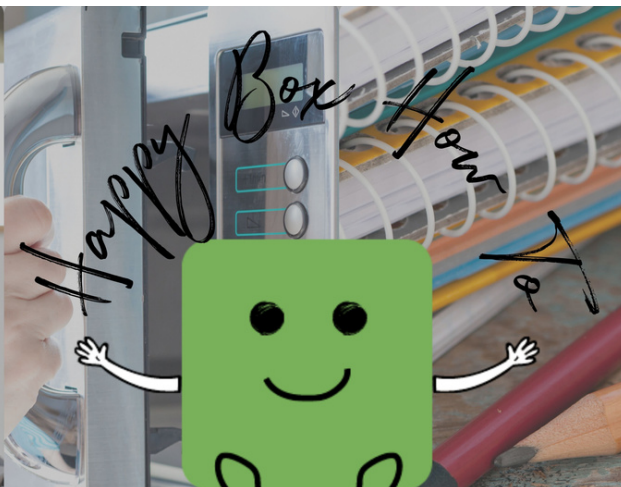
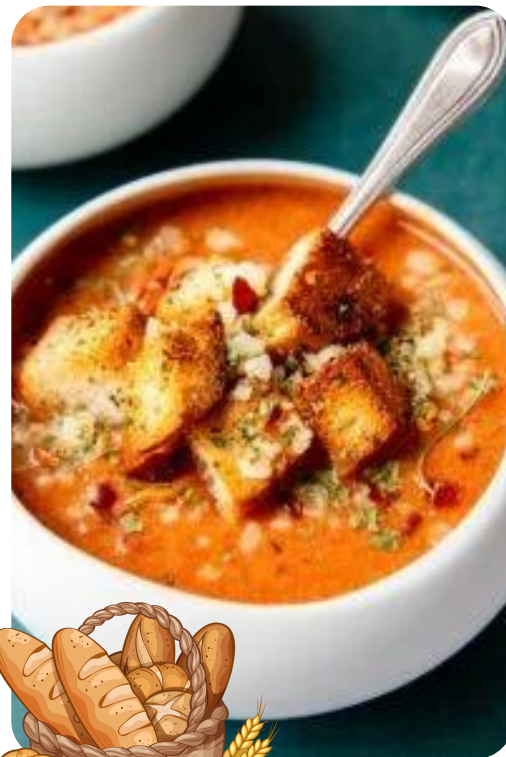
INGREDIENTS

- 2 (10 oz) cans condensed tomato soup (ex: Campbell's)
- 20 oz whole milk (or substitute)
- 1 cup of jarred Tomato Basil Marinara
- 3 teaspoons of dried basil
- 1 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 3 cups of thick cut bread (cubed)
- 1/4 cup of olive oil
- 1/2 teaspoons of kosher salt
- grated parmesan cheese
- red pepper flakes
- fresh basil for garnish



INSTRUCTIONS

1. Heat the oven to 400 degrees.
2. Whisk all ingredients together in a large saucepan over low heat. Heat through for about 5-10 minutes stirring occasionally.
3. Lightly crush the dried basil in your hands before adding it to the saucepan.
4. While the soup is cooking prep the garlic croutons. Place cubed bread on a rimmed baking sheet. Toss the bread with olive oil and sprinkle the herbs and seasoning.
5. Roast the croutons for 5 minutes, toss and then roast for another 5-8 minutes until golden brown.



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



Trail Mix

Which month do trees dread?

Sept-timberrrr!



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



Popcorn provided

SHREK
6-7:30PM

ADDAMS FAMILY
8-9:30PM

October 31st
Jalynn Bennett Amphitheatre
Traill College

HALLOWEEN DOUBLE FEATURE

College on the Hill
Traill College
Non cogitamus in parte

The poster features a green Shrek character on the left and the Addams Family on the right, with a large green letter 'S' in the background. A banner at the bottom reads "HALLOWEEN DOUBLE FEATURE".

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.



2023 TRAILL
Visiting Fellow

FREE PUBLIC LECTURE

Dr. Laura U. Marks: Grant State Professor, School for the Contemporary Arts at Simon Fraser University.

"HEALTHY LIVING FOR MONADS: DO WE NEED A MULTIVERSE?"

Tuesday October 31st
Bagnani Hall 7-9pm

College on the Hill
Traill College
Non cogitamus in parte

The poster features a portrait of Dr. Laura U. Marks, a diagram of a temporal net of privileged, and a painting of a woman with a bird. The Traill College logo is at the bottom.

Join Dr. Laura U. Marks in discussion of her book "Healthy Living for Monads: Do we Need a Multiverse?" October 31st 7-9pm. Questions and refreshments will follow the lecture.



Traill or Treat!

Candy Contest

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

College on the Hill
Traill College
Non cogitamus in parte

The poster features a squirrel holding a jar of candy and a speech bubble with the contest details. The background is decorated with various candies.

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!



THRIVE WEEK

DIY STRESS BALL DROP IN

STOP BY BAGNANI HALL BETWEEN 7-9PM TO MAKE YOUR VERY OWN STRESS BALL

Thursday November 16th, 7-9pm

College on the Hill
Traill College
Non cogitamus in parte

Thrive
EXPLORE YOUR PATH TO MENTAL HEALTH

The poster features a squirrel holding a stress ball and the Traill College logo. The background has a sunburst pattern.

Feel free to swing by Bagnani Hall between the hours of 7 to 9 on November 16 to join us in making DIY stress balls during Thrive week.

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

THRIVE WEEK Pause to Paws

Come visit us in the SCR to de-stress with some dog petting and an casual conversation with our Academic Advisors.

Thursday November 16th
1-3pm
Senior Common Room

Light refreshments and colouring pages will also be available.

Riddick



Come visit the goodest boy, Riddick, and our supportive academic advising team, on November 16th from 1 to 3 PM. This will be a de-stress event held during Thrive week.

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/



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 | 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!



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 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.



Transfer into Co-op Info Session
Humanities & Social Sciences

November 22, 2023
10:00 - 11:00 AM
TSC 2.02

With 16+ Humanities & Social Sciences co-op programs to choose from, you can put your skills and knowledge to work and gain 12 months of paid work experience in as little as four years!

*The transfer-in pathway is open only to full-time first year students.

Register at trentu.ca/SEP

Are you in your first year and interested in transferring into Humanities or Social Sciences co-op program? Join us for an info session to learn more about your options. Register now through the Student Experience Portal at trentu.ca/SEP



Winter Clothing Drive

Support international students and newcomers to prepare for winter by donating your gently used clothing

TRENT UNIVERSITY
TRENT INTERNATIONAL

🕒 **Donate by October 31, 2023**

📍 **Drop Off Location:**
TI Office (CC 302)

In partnership with OPIRG, Trent International will be hosting an annual winter clothing drive! As of now, there is a call for donations and they will be accepting them until October 31, 2023.



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





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.



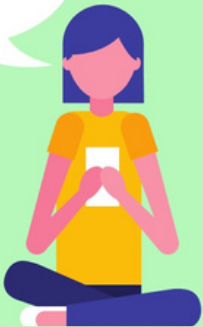
Academic Skills

Practice student-tested tips and strategies in weekly Learning Labs with an Academic Skills Instructor and an experienced Trent student to enhance your learning habits.

In a short 30-minute session, we focus on different learning strategies each week, such as managing time, procrastination, reading and notetaking, writing, as well as studying and exam prep. Feel free to listen along or jump in and share your own tips and tricks!

Most weeks, the same Learning Lab will be offered twice: Monday at 11:30am in-person in Bata Library and Wednesday at 7pm over Zoom. Sign up through the Trent Student Experience Portal and find the Peterborough Events Calendar on the left-hand menu.

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.trentu.ca/natureareas/> <https://www.peterborough.ca/en/explore-and-play/parks-and-trails.aspx>

Get outside before the snow!

With winter quickly approaching; take advantage of the parks, trails, pavilions and streams that Peterborough and Trent, have to offer!

Trent University is proud to support a sustainable, and diverse environment and habitat.

With approximately 1,400 acres of land situated on the banks of Otonabee River and over 30 kilometres of nature trails, Trent boasts one of the most picturesque University campuses in the country. The combination of lush forests, drumlins, streams and open fields provides a unique environment that is used by members of Peterborough and surrounding communities.

In the City of Peterborough, we have:

- 362 hectares of parkland
- Over 100 unique parks
- 36 kilometres of multi-use trails

All of which are available for everyone.



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"Try not to become a person of success, but rather try to become a person of value."

~ Albert Einstein ~