

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

As eventful as 2020 was, I think that 2024 has been both one of the most joyful and most trying years that I have experienced in my ten years as principal of Traill College.

First, let's talk about some of the incredible things. Last spring, we had the largest number of **Trent University Continuing Education** participants a decade, or 458 students, take classes at the College. Over the summer, the **William and Nona Heaslip Music on the Hill** series welcomed almost 500 community visitors to the Amphitheatre for a variety of evening musical performances. This fall, we welcomed over 260 new undergraduates in residences at both Traill College and the Traill Annex. This is another record, being the largest first-year cohort that we have had at Traill since undergraduates returned in 2016. The increased numbers of students in residence, coupled with this being the 60th anniversary of the College, led to several popular and well-attended events. These activities included the *Traill Carnival*, the annual *Scarf Ceremony*, the *60th Anniversary Lift-Lock and Little Lake cruise*, and our inaugural *Filmmaker in Residence*, **Dr. Peter Raymond**. We welcome several special guests including **Dr. Edward David** (University of Swansea), filmmaker **Adrian Fisk**, first principal **Dr. Marion Fry**, **Dr. James Orbinski**, and **John and Tracy Kennedy** with their friends for a special 1980s alumni evening.

Our annual **Seasonal Social**, held last Friday, also broke attendance records. Held in both the JCR and SCR, you can find some photos of the celebration on page five of this edition of *Traill Tales*. If you missed any of our summer and fall activities, don't worry. Our 60th anniversary events will continue until March 2025. The next lecture will be on January 9th at 7:30 PM in Scott House. That evening, Traill honorary fellow and Professor Emeritus (York) **Michael Herren** will be giving the talk a *Day in the Life of a Seventh-Century Irish Schoolboy*. As always, admission is free, refreshments will be provided, and everyone is welcome.

For fans of **Continuing Education**, don't miss the current opportunity to register for courses and get up to 40% off until December 31st. There is still time to check out the Winter/Spring 2025 line-up at: www.trentu.ca/continuingeducation

And, talking about the holiday season, please take note that the College will be closing on December 20th. We open again on January 2nd, with full operations starting on Monday, January 6th.

I had earlier mentioned that along with the joy, there had also been some sadness this year. Indeed, recent events including the deaths of Ph.D. student and Continuing Education instructor **Eric Samtleben** and first-year student **Ernest Bour** have shaken us to the core as a College. Our thoughts continue to be with the friends and families of Eric and Ernest. And, we are also thinking of others who have struggled this term, have experienced loss, and – particularly -- who are currently ill. Indeed, the holiday season can be one of mixed emotions. For many of us, it is a wonderful opportunity to get some much-needed rest and spend more time with friends and family. For others, however, it can be a reminder of past traumas or can even amplify current struggles. On behalf of the entire staff, I want to wish you joy, rest, and solace in good measure. We all look forward to seeing you in the next year and spending time together.



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 events and news:

<https://www.trentu.ca/news/>

Swag Shop



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



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Backwoods Baking Presents:

Newfoundland Fruit Cake

[Link Here](#)

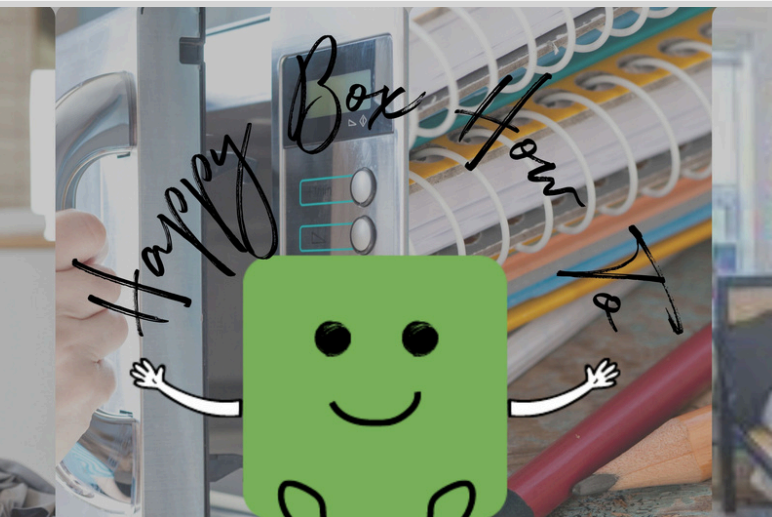
INGREDIENTS

- 2 cups brown sugar
- 2 cups hot water
- 1/2 cup butter
- 3/4 cup dates, chopped
- 1 box raisins
- 1/2 tsp cinnamon
- 1/2 tsp allspice
- 1/2 tsp cloves
- 1/2 tsp mace
- 1/4 tsp nutmeg
- 1 beaten egg
- 2 tsp baking soda
- 2 1/2 cups flour
- 1 cup chopped cherries
- 1 cup mixed fruit
- 1 cap full rum or brandy
- 1 cap full lemon almond extract
- 1 cap full vanilla



INSTRUCTIONS

1. In a large saucepan, combine brown sugar, hot water, butter, chopped dates, raisins, cinnamon, allspice, cloves, mace, nutmeg
2. Bring to boil for 5 minutes.
3. Remove from heat; let cool.
4. Add egg, baking soda, flour, cherries, mixed fruit, rum, lemon almond extract and vanilla. Combine together.
5. Place in 9- or 10-inch greased tube pan at 300F for 2 hours.
6. Enjoy!



Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube channel](#) to view

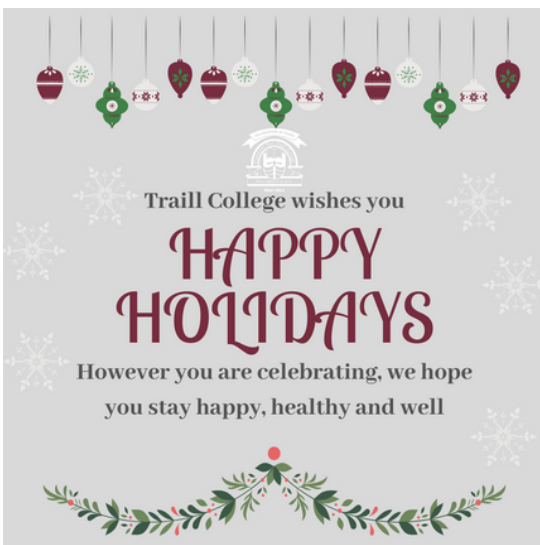
Trail Mix

Why should you never tell a joke on ice?
It might crack up



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

Traill Seasonal Social



We hope you had a great fall semester, and that you will have a restful and happy break! We look forward to seeing everyone in the new year!
Happy Holidays!



The Three Minute Thesis Competition (3MT[®]) challenges graduate students to present their highly specialized research in just 3 minutes using a single slide.
An information session will be held in Bagnani Hall at Traill College on January 20th

What's going on at Trent?

GIVE THE *Gift* OF LEARNING



REGISTER NOW FOR COURSES & WORKSHOPS

Over 30 different courses to choose from including:

- Coiled Basketry
- Historical & Modern Indigenous Life Explorations
- Creating Meaningful Photographs
- Retire With Confidence:
Your Roadmap to Financial Freedom
- The Art of Tarot
- Middle Eastern Music
- Introductory Chinese, Arabic, Latin, Bengali, or Italian



**CLASSES START
JANUARY 2025**

CHECK OUT THE FULL LIST ONLINE



trentu.ca/continuingeducation

Student Supports



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

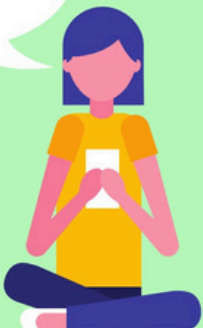
This week we are highlighting: Academic advising

ACADEMIC
ADVISING



Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success. Academic Advisors help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect with the services they need and, ultimately, take charge of their own education.

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

[For more information click here](#)

The holidays can be a tough time for some people. For many, its a time of getting together with loved ones full of cheer, but for some its a reminder of how lonely or how hard peoples lives really are.

Here are some ways to help you stay positive and maybe even spread some of that holiday cheer!

- Volunteering your time or doing something to help others is a good way to lift your spirits and broaden friendships.
- Avoid overindulging in food (and presents), and keep up routines as much as possible.
- Remember there are still things to be grateful for during the holiday season.
- Devote time to being intentionally present by being in the moment.
- Reach out if you're feeling lonely or sad. Talk to a friend or family member.
- The holiday season brings expectations and stress for many people, and it's rarely perfect. The season won't always be merry and bright, even at the best of times – and that is OK.
- Find creative new ways to mark the season – they may even become new traditions.



1964-2024

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"The pain of parting is nothing to the joy of meeting again." -Charles Dickens (Nicholas Nickleby)