

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal

Happy End of Term Everyone!

As classes are now officially over, I would like to take this moment to wish all students luck with their final assignments and exams. Starting this weekend, **Scott House** will be open from 9 AM to 5 PM for students to work on assignments, study, or just relax. No special access is required. This extended exam period access will also be in effect on the weekend of 14th and 15th of December.

This Monday we all got in the festive mood and decorated Scott House for the holiday season. There was holiday music and treats and, as always, **Samantha Perritt** and I ended the event by placing the star on top of the tree in the Junior Common Room. If you missed our **Deck the College** celebration, don't worry. On Friday, December 13th at 2 PM we will be having our annual **Trill Seasonal Social**. There will be even more food and fun as we say goodbye to 2024 and welcome the holidays. I will take to the piano once again and everyone is welcome to join me in singing a song or two. All students, fellows, and friends of Trill are welcome to attend!

A reminder to all fans of **Trent University Continuing Education** that registration for our Winter 2025 courses is now open. Give the gift of learning this holiday season! We have discounts up to 40% off on all courses until December 31st. For more information, go to: www.trentu.ca/continuingeducation.

Finally, our next FREE **College Dinner** to fight food insecurity will be held this Sunday evening, December 8th in Scott House at 6 PM. This month's partner is **Levantine Grill**. Join us for chicken, rice, and salads. As always, food is available on a first come, first served basis. We will keep serving until it runs out. All Trill members, families, and friends are welcome.

Until next week,

A handwritten signature in black ink, appearing to read 'Michael...', written in a cursive style.



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:

Dumpling Soup

[Link Here](#)

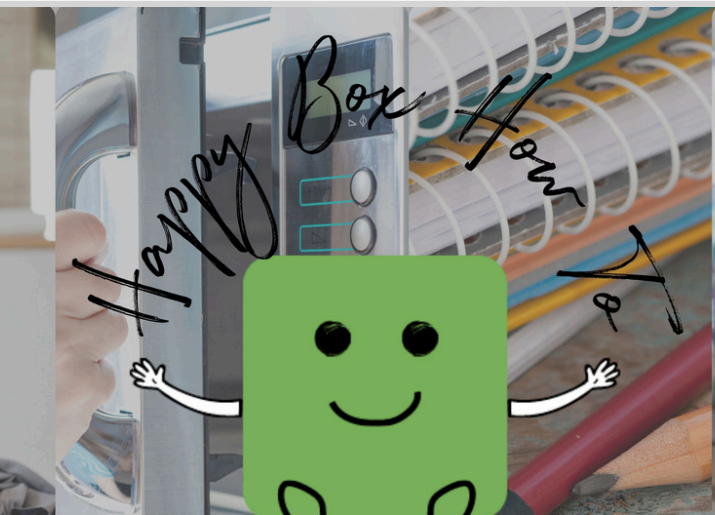
INGREDIENTS

- 1 Tbsp vegetable oil
- 2 tsp sesame oil
- 1 cup shredded carrots
- 5 green onions, thinly sliced, whites and greens separated
- 3 garlic cloves, finely chopped
- 1/4 tsp ground ginger
- 1/4 cup white miso paste
- 6 cup chicken or vegetable broth, divided
- 1 lbs frozen mini dumplings
- 3 cup baby spinach
- 3 tbs soy sauce, plus more to serve
- Hot sauce or chili oil, to serve



INSTRUCTIONS

1. In a large pot, heat the vegetable oil and sesame oil over medium heat.
2. Add the carrots, green onion whites, garlic, and ginger.
3. Cook, stirring frequently, until the vegetables begin to soften (2 to 3 minutes).
4. In a small bowl, combine the miso paste with 1/2 cup broth, whisking until the miso paste is dissolved.
5. Add the miso mixture and the rest of the broth to the pot and bring to a boil.
6. Add the dumplings and bring to a simmer.
7. Heat until the dumplings are heated through (3 to 5 minutes).
8. Stir in the spinach, cooking until the greens are wilted (1 to 2 minutes).
9. Add the soy sauce and green onion greens.
10. Serve hot with hot sauce or chili oil, and extra soy sauce.
11. Enjoy!



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

Trail Mix

What do snowmen eat for lunch?
Icebergers.



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

Trent Sustainability Office's
New Sustainable Campus Living Student Pledge
Get Professor Burrows a College Scarf



**Starting Tuesday
November 12th**

- All Colleges
- Daily from 9am - 4pm

Three Simple Steps:

1. Visit your college office
2. Sign the pledge
3. Get a tiny scarf sticker

Come to the Traill College office from 9am-4pm starting Tuesday November 12th to sign the New Sustainable Campus Living Student Pledge.

Sunday Dinners

AT Traill College

December 8th
Scott House 105

Featuring food from Levantine Grill

Chicken Shawarma
&
Mixed Bean Salad

Free meals while supplies last!

Come one, come all. On December 8th, come to Traill College's free Sunday Dinner. Enjoy some delicious food from Levantine Grill in a comfortable and relaxing environment. No cost, however, come as early as possible, there will be limited portions.

EXAM CARE PACKS

Pick up yours from the Traill College Office starting December 5th!

Visit the Traill College Office for a Free exam care package today! Included in the package is candy, tea, hot chocolate, stress balls, play-doh and more!

Transfer Into Co-op!

INFORMATION SESSION

Friday, December 6, 1:30 PM on Zoom

Applications open on myTrent from December 9 to January 12 and are available to **first year students** interested in one of 25 co-op programs.

Learn more about co-op and available programs on our website.

If you are a first-year student who is interested in applying to transfer into one of our 25 co-op programs, we invite you to attend our upcoming virtual information session. In this session students will learn about the co-op process, its benefits, and opportunities. Students can register on the Student Experience Portal in the events calendar (www.trentu.ca/sep). More information is also available on our website at www.trentu.ca/careerspace/transfer-co-op

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: Spiritual Affairs



Trent University Spiritual Affairs provides support to students from all faith traditions, as well as students who are considering questions of meaning, purpose and identity. University life provides ample opportunity for personal growth and exploration - and at times, can be stressful. Our Chaplains and Community Liaisons are available to provide spiritual support to students as they navigate this complex and exciting life stage. Our multi-faith model is rooted in respect, understanding, and inclusion.

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!

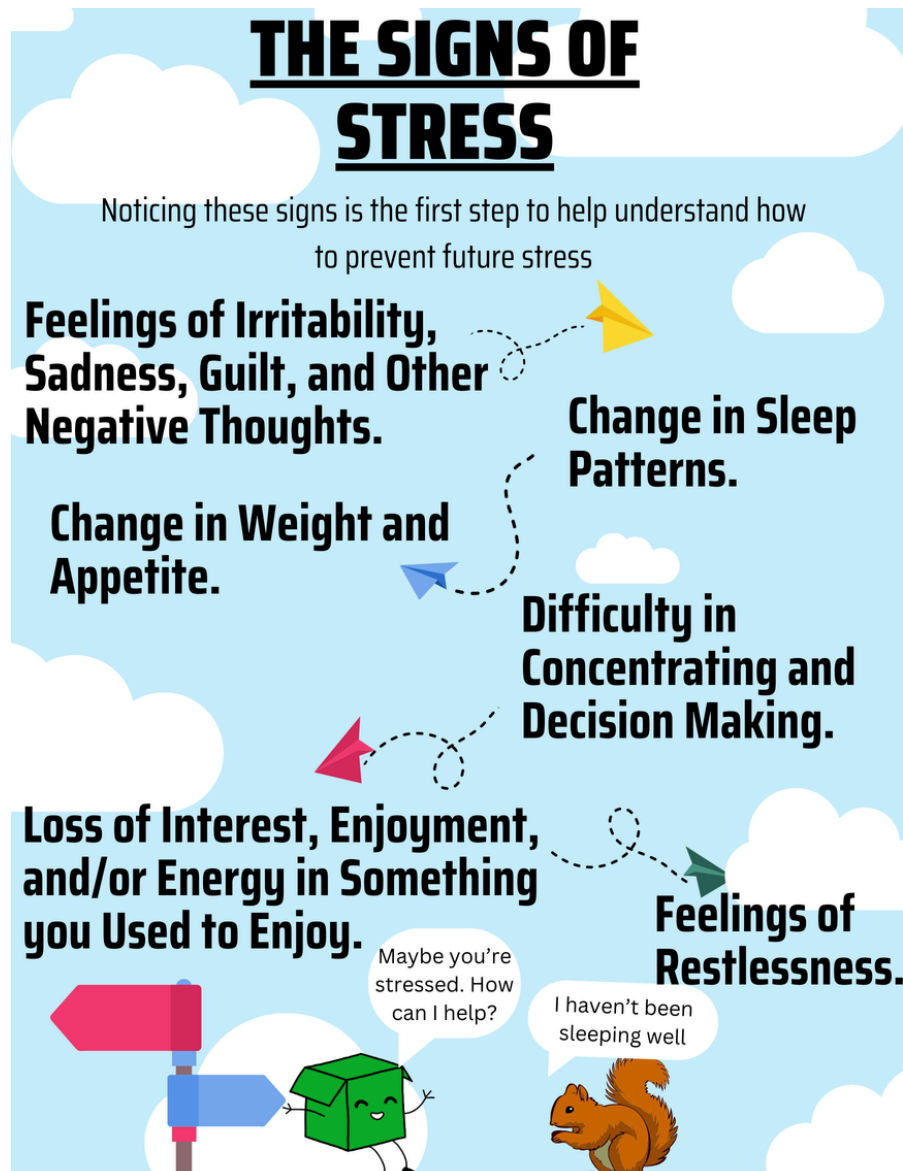
Wellness Resources

[For more information click here](#)

With exam season starting this week it is important to recognize the common signs of stress.

Stress can be different for everyone and stress manifests itself in different ways. Some common signs of stress include, but are not limited to those listed in the poster.

Once you know how stress impacts you, you will be able to understand what causes you to feel this way and take actions to prevent any future stress.



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"No Winter lasts forever; no Spring skips its return." – Hal Borland