

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

On Saturday, we held our **Scarf Ceremony for the Class of 2022** where we inducted almost 100 new students as members of the College. The weather was perfect as both undergraduate and graduate students lined up and were “scarved in” by alumni and fellows of the College. Traill alumna **Julie Gagné** was present to document the event and take the massive, all-college photo on the front yard of Kerr House. At the ceremony, we also inducted three new honorary fellows of the College: Peter Robinson College alumnus and local physician, **Dr. Tom Miller**; Community organizer and activist **Dr. Rosemary Ganley**; and 3) Traill uber-alumnus **James Forrester**. Later in the day, over 50 community members and students enjoyed a special performance of **The Verandah Society** by **Megan Murphy, Kate Suhr, and Saskia Tomkins**. The variety show blended storytelling, music, and comedy and included the best history of Kerr House and its former inhabitants that I have ever heard told. I had the privilege to also induct Megan, Kate, and Saskia as honorary fellows, replete with their own Traill scarves.

Scarves are a relatively new tradition at Trent, but have quickly become one of the most identifiable elements of the colleges. I personally believe that they are an important way to build a collegiate community. Indeed, scarves are unique in how they can be worn. They can be visibly wrapped around your neck as a loud, and proud, symbol of your collegiate identity. On the other hand, a scarf can also be tucked under your coat, close to your heart, as a subtle and personal reminder of your attachment to something bigger. And, that is exactly what Traill College is about! As a founding college, we share our motto with the university at large: *nunc cognosco ex parte*, or now I know in part. For all our wonderful differences, various origins, beliefs, and cultures, we all share a core value that animates the entire Traill community. That is to say, I feel that we are here because we believe collectively in the transformative value of higher education. Knowing that we are all part of something greater creates, not only a sense of purpose, but also encourages a life of humility. I wholeheartedly believe that the greatest goal of education is to achieve self-improvement that, in turn, leads to a personal commitment to the amelioration of the lives of others. If you missed the ceremony, please drop by my office in Scott House and I will personally welcome you to the College.

This weekend is Thanksgiving. Please be aware that the College (and the university) will be closed on Monday. Whether you mark the holiday, or not, I hope that you can have a relaxing, reflective, and restorative weekend with friends and family.

Until next week,

Michael

A handwritten signature in black ink, appearing to read "Michael Eamon".



## Needing an Appointment?

**Academic Advising  
Same-Day Appointments**  
Every Friday  
from 9am - 4pm  
Booked by the College Office



**Academic Skills  
Appointments**  
Monday-Friday  
afternoons; appointments  
available to book at 9am.

## Cabinet Corner

Keep an eye out for upcoming events and fundraisers with Trail College Cabinet!

To keep up to date with the college, follow us on social media!



## Looking to book an academic appointment?



Visit the advising website for the full schedule. Trail will have same-day appointments Fridays from 9am - 4pm starting September 23rd. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

**Academic Skills** appointments are available for booking by logging on to the Student Experience Portal and selecting an available date and time.

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.



## Swag Shop



Click here to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or [traill@trentu.ca](mailto:traill@trentu.ca)!





# Backwoods Baking Presents:

Pumpkin Brownies  
Made by Kristyn Merkley at Lil' Luna



## INGREDIENTS

- 3/4 cup all purpose flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup butter melted
- 1 1/2 cups sugar
- 2 tsp vanilla extract
- 3 eggs
- 1/4 cup cocoa powder
- 1/2 cup semi sweet chocolate chips
- 1/2 cup pumpkin puree
- 3/4 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg

## INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease an 8x8 inch baking pan.
3. In a bowl, stir together the flour, baking powder, and salt.
4. In a separate bowl, stir together the melted butter, sugar, and vanilla. Mix in eggs one at a time. Gradually stir in your flour mixture, and divide the batter evenly among two separate bowls.
5. Stir in cocoa powder and chocolate chips to one batter. In the second bowl of batter, stir in the pumpkin puree, cinnamon, cloves, and nutmeg.
6. Spread 1/2 of the chocolate batter into the bottom of a greased 8x8 baking pan. Spread 1/2 of the pumpkin batter on top of that.
7. Add dollops of each of the remaining batters into the baking pan. Then, drag a kitchen knife gently through the dollops of chocolate and pumpkin batter to create a swirled top.
8. Bake at 350 for 45-48 minutes. Enjoy!

**Happy Box How To's**

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Click [here](#) to check out Trail College's Happy Box How To's!

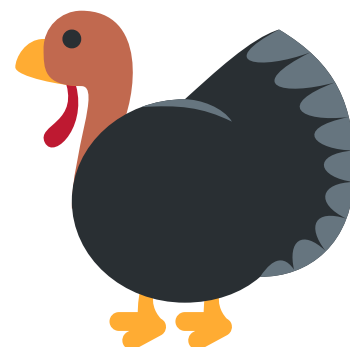
October will be focused on healthy eating. Check out previous videos for help with different skills.

## Trail Mix



What would you get if you crossed a turkey with a ghost?

**A poultrygeist!**



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

Trent University Music Society Presents:

## OPEN MIC NIGHT

IN PARTNERSHIP WITH TRAILL COLLEGE

8:30-9:30 PM  
THE TREND,  
TRAILL COLLEGE

EVERY  
SECOND AND FOURTH  
THURSDAY OF THE  
MONTH

➤ No Registration or Musical Talent Required.

@traillcollege @trentu.music



## STUDY VIBES

DATE: OCT 14 TH

TIME: 6 PM- 10 PM

VENUE: SH 105

Snacks will be provided!

College Cabinet X College Office



No registration or musical talent required! Come to the Trend and enjoy the music and the space every **second** and **fourth Thursday** of the month.

Midterm season is coming up! Pop by SH 105 on Friday, the 14th of October between 6-10 pm to join Traill College and the college cabinet for a quiet study session. Snacks and drinks will be provided. No registration is required.

CATHERINE PARR TRAILL COLLEGE CABINET

CATHERINE Parr Traill College  
Nunc agnoscit ex parte

**GSAH**

Celebrate fall with us!

## Pumpkinfest

at McLean Berry Farms

Oct. 15, 2022

BUS PROVIDED  
DEPARTURE 1:00PM, TRAILL COLLEGE  
RETURN 5:00PM, TRAILL COLLEGE

Register through the Student Experience Portal  
trentu.ca/sep



Spend an autumn afternoon at the Pumpkin Patch with Traill Cabinet, the Graduate Student Association, and your friends. Bus will be provided, and will depart from Traill at 1:00, and return at 5:00.


## MOTIVATION MONDAYS: GRADUATE STUDENTS WRITERS' GROUP

EVERY MONDAY 10:30 TO 11:30 AM  
SENIOR COMMON ROOM (SCR)  
SCOTT HOUSE, TRAILL COLLEGE

Set goals, learn motivational tips,  
and plan your week

September 26 - December 5

For more information:  
Academic Skills website



Motivation Mondays for graduate students! For those awful Mondays that we all dread. This is for it's victims. Please visit Academic Skills website for more information on the event.

# What's going on at Trent University?

## 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!](https://trentu.ca/academicskills!)



Academic Skills Learning Lab!

Starting the week of September 12, 2022 the learning labs take place twice a week. Each week there is an in-person session and a Zoom session!

We look forward to seeing you there!

## Time Management for Grad Students

THURSDAY OCTOBER 13, 1:00 - 2:30 PM

SCOTT HOUSE ROOM 105, TRAILL COLLEGE

Need help balancing course work, teaching commitments, university obligations, and personal life?

This workshop will help with:

- Project management skills
- Establishment of long- and short-term goals.
- Conquering the workload



If you're a grad student looking for help with time management, then this workshop is perfect for you! This free to attend drop-in event will be happening on October 13th from 1-2:30 PM in SH 105.

## WEN-DO WOMEN'S SELF DEFENCE

SATURDAY, OCTOBER 15TH:

FROM 1-4 P.M. ON THE  
TRENT PETERBOROUGH  
CAMPUS

REGISTER  
WITH THE LINK  
BELOW!  
OR EMAIL  
[CONSENT@TRENTU.CA](mailto:CONSENT@TRENTU.CA)

This FREE 3-hour workshop is a perfect introduction or refresher for ALL women who want to learn about ways to protect themselves and their boundaries. It is also an opportunity for you to connect with other women while reflecting on the realities of the world we live in.

TRENT  
UNIVERSITY  
CONTINUING EDUCATION



STARTING AT \$35

Back to Learning  
IN-PERSON CLASSES  
START OCTOBER 17, 2022

Get inspired with Continuing Education

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

Course registration for Continuing Education is open! Check out our course listings through our website and sign up now!

Continuing Education - Trent University

# What's going on at Trent University?

## HOW TO BOOK AN ACADEMIC ADVISING APPOINTMENT

### SAME DAY APPOINTMENTS

Available Monday-Friday, start booking at 8:50am for appointments on the same day.  
Call the advising line 705-748-1011 ext. 7333 to book.

### BOOK ONLINE

Login to the Student Experience Portal ([trentu.ca/sep](http://trentu.ca/sep)) to book an appointment online. You will see available appointments for the next 10 business days. If you do not see anything that fits with your schedule, please check back the next day at 9:00am EST.

ACADEMIC  
ADVISING



How to arrive prepared for your appointment with

## Academic Advising

### Meeting over the phone or video chat?

Please try to connect from a place where you will be able to speak freely and won't be interrupted. Log on to myTrent and have something to take notes.

### Meeting in Person?

Bring a laptop or mobile device where you can log on to myTrent and take notes.

ACADEMIC  
ADVISING



### How to book an advising appointment

<http://www.trentu.ca/advising/meet-advisor>

Same Day advising appointments will be available Monday-Friday on a daily rotation to each College. These appointments are available to book starting at 8:50am EST by calling the advising phone line 705-748-1011 ext. 7333. These appointments are available on a first come first serve basis and do book up quickly, so we encourage you to call as close to 8:50am as possible.

TRENT UNIVERSITY IS A  
**SMOKE-FREE  
CAMPUS**

NO SMOKING ON CAMPUS GROUNDS  
EXCEPT IN DESIGNATED AREAS



The closest designated smoking area to Catharine Parr Traill College is between Kerr House and Scott House.



# Student Supports

We want you to know you're supported! On-campus and in the Peterborough community, every week we will rotate through groups who can support your unique self.



This week we are highlighting Trent University's Spiritual Affairs support network:

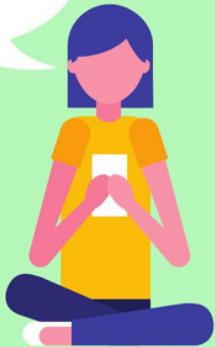
Available for students of all faiths, and also for those with questions about meaning or purpose.

Find more information below, or use the second link to get in-touch with somebody:

<https://www.trentu.ca/currentstudents/student-support/spiritual-affairs>

<https://www.trentu.ca/currentstudents/student-support/spiritual-affairs/multi-faith-network>

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 continues to provide Résumé, Cover Letter, or Linked In critique, Interview Prep, and Career Counselling services virtually! These can be booked through the **Student Experience Portal**, just be sure to state whether a **Zoom** or **Phone** appointment is preferred when booking.

# Wellness Resources



Trail College will be closed on Monday October 10 due to the Thanksgiving long weekend.

Take some time to enjoy the changing leaves and get a breath of fresh air outside.

We hope you have a great long weekend!



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"Look at the earth crowded with growth, new and old bursting from their strong roots hidden in the silent, live ground, each seed according to its own kind...each one knowing what to do, each one demanding its own rights on the earth. So artist, you too from the depths of your soul...let your roots creep forth, gaining strength." ~ Emily Carr