

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

There is no shortage of activity in the College this week and next! Last night, we welcomed the inimitable **Tomson Highway** – playwright, composer, and 2022 Massey Lecturer – to Peterborough’s Showplace for an evening of stories and music. He is the **W.L. Morton lecturer** this year, co-sponsored by the School for the Study of Canada, Champlain College, the Chanie Wenjack School of Indigenous Studies and Traill College. Tomson regaled us with anecdotes from his childhood, with reflections on his life and work and shared with us his newest musical composition. At the end, he asked me to join him on stage to sing... but -- to the relief of all those present -- I politely declined. Tomson remains in the College today offering a special seminar to Canadian Studies students in the SCR.

On Monday, the **2022 Fall Continuing Education term begins**. As you may know, Continuing Education is run through Traill College, we have over 21 classes and workshops to choose from that suits all interests of adult, lifelong learners. Special discounts are available for staff and alumni of Trent University. Courses and workshops range from *Beekeeping and American Sign Language to acrylic painting and music*. For more information on our eclectic offerings and how to register, check out our website at: www.trentu.ca/continuingeducation

Mark your calendars, next week we welcome the **Peterborough Historical Society** to the College for a special forum on the value of urban parks. **All** Traill members are welcome to this **free** event that will be held in **Bagnani Hall** from 7:30 to 9:00 PM on Tuesday, October 18th.

On Wednesday evening, October 19th, **Hamza Khan** -- the 2022 Ashley Fellow -- will be at Traill College offering a free, public lecture “Empowering Leadership.” Hamza is a global keynote speaker and bestselling author with unique insights into resilience and the future of work. He’s trusted by the world’s leading organizations to enhance human potential and optimize performance. Last May, he was the keynote speaker for the **Collegiate Way International Conference** (hosted by Trent University) and was well received by the global audience of participants. **All** Traill members are welcome to attend and are encouraged to register for this free event by [clicking on this link](#). *The Ashley Fellowship* is funded by a bequest from the late Professor C.A. Ashley, longtime friend of Trent University and an enthusiastic proponent of the role of the colleges in supporting the academic pursuits of the University. In the original terms of the fellowship, it was asked that the word “scholar” be interpreted in a broad sense and over the past four decades Ashley Fellows have included academics, artists, dancers, writers, and community leaders. This year’s Ashley Fellow is sponsored jointly between Otonabee and Gzowski colleges.

Finally, I want to offer my congratulations to **Samantha Perritt**, our former Traill College Assistant, who is taking on the role of *Traill College Coordinator*. The newly minted position reflects the growth of the College and the changing nature of her duties as we continue to offer additional and more complex services. Feel free to drop by her office and say hello and find out more about the exciting directions that Traill and Continuing Education are taking.

Until next week,

Michael

A handwritten signature in black ink, appearing to read 'Michael Eamon', located below the name 'Michael'.



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 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!





Backwoods Baking Presents:

The Best Homemade Cornbread Recipe
Made by Melissa at Bless This Mess



INGREDIENTS

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- $\frac{2}{3}$ cup granulated sugar
- 1 teaspoon salt
- 3 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{3}$ cup neutral oil or melted butter
- 1 large egg
- 1 cup milk

Optional Toppings:

- Honey
- Jam
- Butter

INSTRUCTIONS

1. Grease a 9-inch round cake pan or cast iron skillet well and set aside. Preheat the oven to 400 degrees.
2. In a medium mixing bowl, add the flour, cornmeal, sugar, salt, and baking powder. Whisk to combine well.
3. Make a well in the center of your dry ingredients and add your oil or butter, milk, and egg. Stir just until the mixture comes together and there are only a few lumps remaining.
4. Pour the batter into the prepared pan and bake for 20-25 minutes until the top is a deep golden brown and a toothpick inserted into the center comes out clean.
5. Serve hot. You can eat it with chili, or enjoy it with a cup of tea and some honey drizzled on top! Have fun trying it with different foods, and see what you like best.



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 do you call corn that's been frightened?

Screamed corn



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



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.

STUDY VIBES

DATE: OCT 14 TH

TIME: 6 PM- 10 PM

VENUE: SH 105

Snacks will be provided!

College Cabinet X College Office



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 PARÉ TRAILL COLLEGE CABINET

CATHERINE PARÉ TRAILL COLLEGE

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?

PUBLIC LECTURE

EMPOWERING LEADERSHIP

HAMZA KHAN

TRAILL COLLEGE
BAGNANI HALL

OCT 19
WEDNESDAY
7 PM

REGISTER
TRENTU.CA/SEP



Hamza Khan is a global keynote speaker and bestselling author with insights into the future of work. *Empowering Leadership* on October 19th at 7:00pm will explore enhancing human potential and optimizing performance.

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

The poster features a background image of a large, white, multi-story building with a porch, likely a campus building. The text is overlaid on the image in various colors and fonts.

Lifelong learners that take a Trent Continuing Education course or workshop will receive a digital badge and certificate of completion to bolster your resume, share with your professional network, and showcase your new experience and skills development. **8 week courses begin next week, register now!**

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 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) 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



Academic Advising is a resource that ALL undergraduate students can utilize. Appointments can be booked with Academic Advisors over the phone, or through the Student Experience Portal. For more information, visit the Academic Advising website below.

Academic Advising - Trent University

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!



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!

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

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 and make some new friends.

TCTM LUNCH

Episode 1
CLIMATE FACTS & FEELINGS
Tuesday, October 18th 12:00 pm - 1:30 pm (EST)

Episode 2
MAKING CHANGE
Tuesday, November 1st 12:00 pm - 1:30 pm (EST)

Please join the Trent cohort of Talk Climate to Me, a fun, free, unscary, online, team-based climate education experience for women and allied folks. Register here: <https://www.eventbrite.ca/e/talk-climate-to-me-lunch-cohort-tickets-405369921347?aff=OCT22lunchtl>

Canada HomeShare

by HelpAge Canada

Are you a post-secondary student looking for safe and affordable housing in Peterborough?

Join Canada HomeShare!

Fast facts:

- Intergenerational homesharing arrangement
- Student pays \$400-\$600 per month in rent
- Home provider (55+) receives up to 7 hours per week of household assistance and/or companionship
- Personal reference checks & Enhanced Criminal Record Check completed
- Facilitated by Social Worker

Do you want to learn more about our homesharing program?

Contact us:

peterborough@canadahomeshare.com

1 (800) 786-9773 ext 6

www.canadahomeshare.com

Attention TrentU students! If you're interested in an intergenerational living arrangement and seeking affordable off campus housing (\$400-600/month), @CanadaHomeShare could be the right fit for you! Apply online: www.canadahomeshare.com.



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.



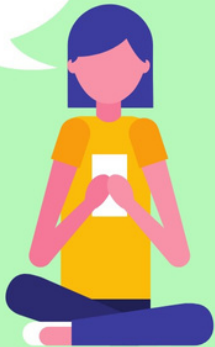
This week we are highlighting Trent University's Academic Advising:

It's mid-term season!

Are you stressed or overwhelmed? Do you want to talk to an adviser about your degree or courses? Go online to crr.trentu.ca, or call 705-748-1011 ext. 7333.

You can book a couple weeks in advance, or call for a same day appointment. Keep in mind for some days that a different college is responsible for them each day of the week (Monday-Friday). Check <https://www.trentu.ca/advising/meet-advisor> to see who will be available on what day.

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at crr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



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



We hope everyone is doing well!

It's midterm time and that means life can get stressful, and schoolwork can get overwhelming.

But don't forget about yourself and taking care of your health.

Remember the resources you have available, there's plenty of support options.



Hey Traillites, it's Midterm Season!

Don't forget to pace yourself. Your physical and mental health matters too.

Go for a walk, read a book, or maybe try one of the yummy recipes that can be found in the Trail Tales Newsletter.

Best of luck on all your tests and assignments, you've got this!



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"And just because you have colleges and universities doesn't mean you have education." ~ Malcolm X