

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

I have to be honest. I have always disliked this time of year. Don't get me wrong. I love the Fall with its spectacular colours, warm days, and crisp evenings. I love how the smoke rises in straight lines from chimneys, yet in spite of this, somehow the rich smell of the wood burning still hangs in the air. This year, in particular, I love the additional gift of warm weather and the fact that the leaves are still on many trees like they are clinging (as I am) to the idea that the season will never end. No, when I say I hate this time of year, I actually mean this week as this is when we "fall back" to standard time. The days are already getting shorter and returning to standard time seems to somehow hasten the process.

Many people may not realize that the changing of the clocks, like income tax, is a legacy of the First World War. In the years, leading up to the War, several provinces had experimented with the idea of "daylight savings" by adjusting the clocks forward one hour in the spring (and sometime back again in the fall). In 1918, the federal government passed national legislation to standardize what had become a patchwork of different observances. In general, urban dwellers who worked in factories, or offices, enjoyed the idea of having extra day light, whereas rural Canadians, farmers and railway execs generally opposed tinkering with Sir Sandford Fleming's standard time.

For people like me -- who do not welcome leaving and returning to home in the dark -- there is still hope as there is a lot going on at the College to add some brightness to our lives. On Wednesday evening, our Traill Lawyer in Residence **Dr. Fiona Sampson**, C.M. '81/ '17 will be providing a special session in Bagnani Hall from 6:30 to 9:00 PM. Join us for live music, free food, a little celebration, and then a riveting talk from Dr. Sampson, a world-renown advocate for international human rights and justice for girls.

On Thursday evening, the **2022 Fekete Lecture** will take place in Bagnani Hall. The College is happy to help support this great event and this year **Dr. Lisa Parks**, Professor of Film and Media Studies from UC Santa Barbara who will be presenting her lecture "Mixed Signals: Media Infrastructures and Globalization." This begins at 7:30 PM.

And, to avoid being late, don't forget to turn your clocks back on November 6th.

Until next time,

A handwritten signature in black ink, appearing to read "Michael Eamon", located at the bottom left of the page.



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:

Old-Fashioned Rice Pudding
by Christin Mahrlig



INGREDIENTS

- 6 cups whole milk, divided
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup long grain white rice (can be a bit lenient with how much is used)
- 2 teaspoons vanilla extract
- Ground cinnamon, optional as a topping
- Raisins, optional inside the rice pudding or as a topping
- Whipped cream, optional as a topping

INSTRUCTIONS

1. In a large saucepan, combine 5 1/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.
2. Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.
3. Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to consistency of yogurt.
4. Once thickened, remove from heat and stir in vanilla. Can also add raisins here if desired.
5. Let it cool and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Top with cinnamon, raisins, and/or whipped cream if desired once being served.

Happy Box
How-To

OCTOBER IS
**EAT
BETTER,
EAT
TOGETHER**
MONTH!

Trail College
Non cognosce se parva

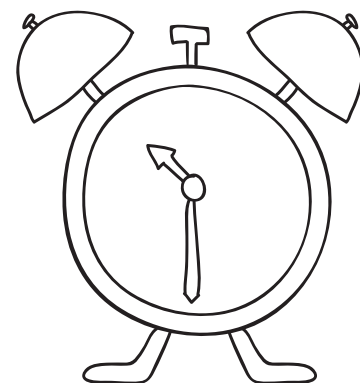
Click [here](#) to check out Trail College's Happy Box How To's!

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

Trail Mix

What does a clock do when it's really hungry?

It goes back for seconds!



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.

SPOOKY NEIGHBOURHOOD WALK

NOVEMBER 3RD, 7PM
MEETING SPOT: SCOTT HOUSE



TRAILL COLLEGE
Nunc cogno, ex parte

GSA

If you like ghost stories and want to know more about some haunted places close to the Traill Campus, join the Graduate Student Association **Thursday November 3rd at 7:00**. The tour will begin at Traill College.

Community Speaker Series



Lassi Heininen,
University of Lapland
Changing Arctic Security

A North At Trent Lecture
7:00 pm, November 10, 2022
Bata Film Theatre BL103,
Symons Campus

50
1872-2022
CANADIAN
STUDIES
ÉTUDES
CANADIENNES

Dr. Lassi Heininen is Professor (emeritus) of Arctic Politics at University of Lapland (Finland), Editor of Arctic Yearbook, Chair of (traveling symposium) Calotte Academy, Leader of UArctic's TN on Geopolitics & Security. His research fields include IR, Geopolitics, Security Studies, Environmental Politics, Northern European Studies, Arctic Studies

Everyone Welcome. Masks encouraged by not required
In person event. No registration required.
trentu.ca/canadian_studies_at_50
trentu.ca/canadianstudies/community/north-trent-lecture-series

TRENT UNIVERSITY
SCHOOL FOR THE STUDY OF CANADA

The Frost Centre is pleased to present Lassi Heininen from University of Lapland as part of the Canadian Studies 50th Anniversary Conversations and Celebrations. Happening Thursday November 10, 2022 at 7 p.m. Bata Film Theatre BL 103, this talk is in person and open to the public.

ACADEMIC SKILLS
IN THE COLLEGES

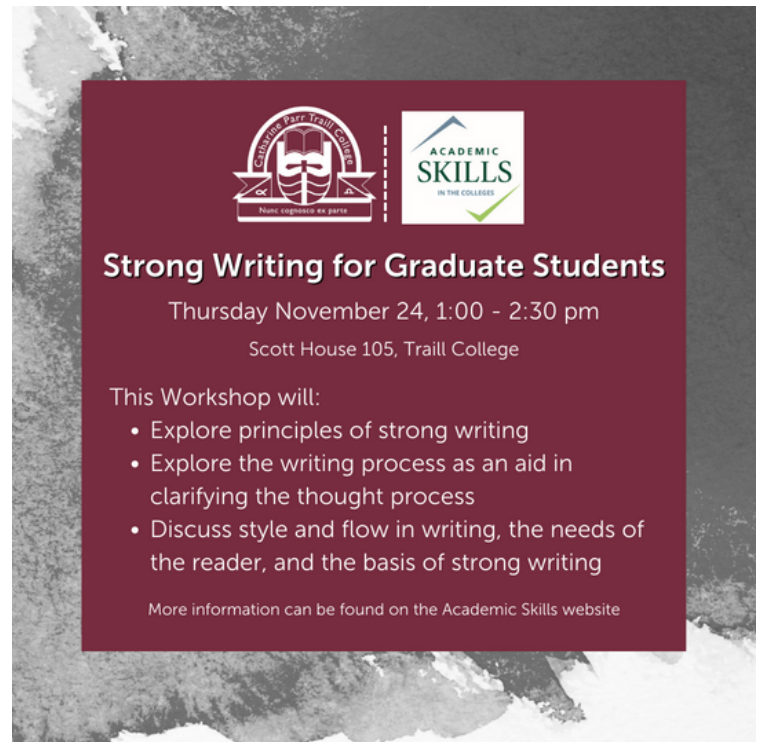
Strong Writing for Graduate Students

Thursday November 24, 1:00 - 2:30 pm
Scott House 105, Traill College

This Workshop will:

- Explore principles of strong writing
- Explore the writing process as an aid in clarifying the thought process
- Discuss style and flow in writing, the needs of the reader, and the basis of strong writing

More information can be found on the Academic Skills website

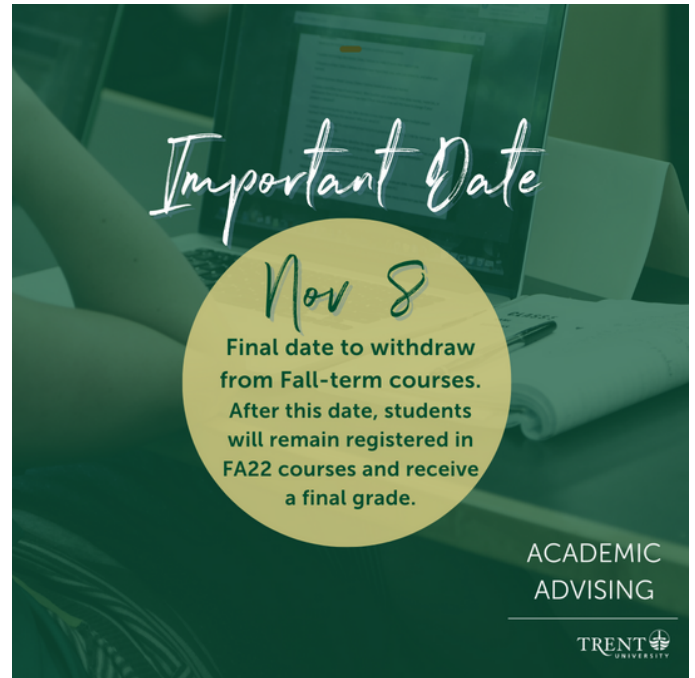


Happening both in-person and online, this workshop is geared towards helping graduate students tackle the demands of post-graduate assignments. Register at trentu.ca/sep if you wish to attend online.

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

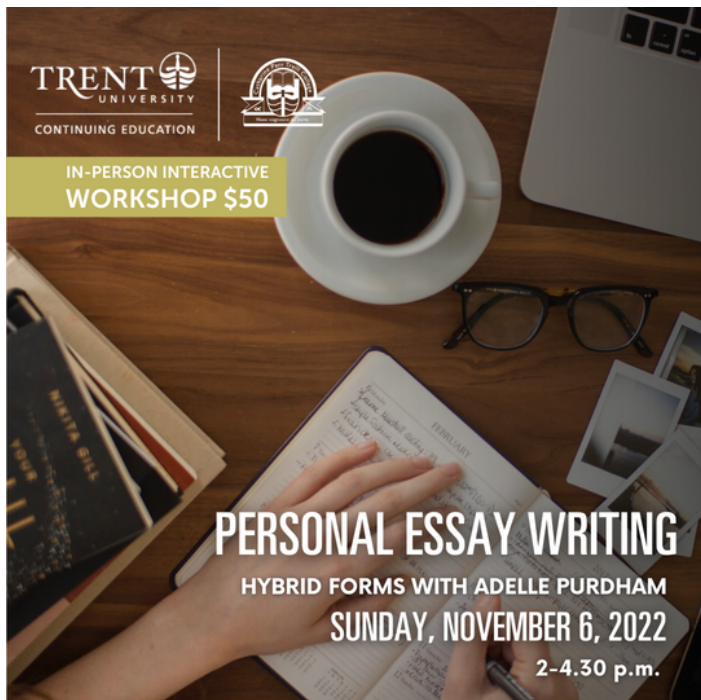


Thinking about grad school? Learn more about our graduate programs at the School of Graduate Studies in-person open house, Nov. 7th. RSVP today!
<https://bit.ly/3TTcMzQ>



Important Date Reminder: Tuesday November 8, 2022 is the final date to withdraw from Fall-term courses.

After this date, students will remain registered in Fall-term courses *and* receive a final grade. If you are thinking of dropping a course, we encourage you to speak with an Academic Advisor to review your degree and program requirements.



Explore various types of essays as well as tools and strategies to enhance your craft. Write an essay in a new form, enhance creativity, lean into playfulness, and tap into your imagination. Give and receive feedback from other writers.

Follow this link to register:

<https://trentucontinuinged.corsizio.com/c/63286d8f4ab8bc210ebaa5ce>



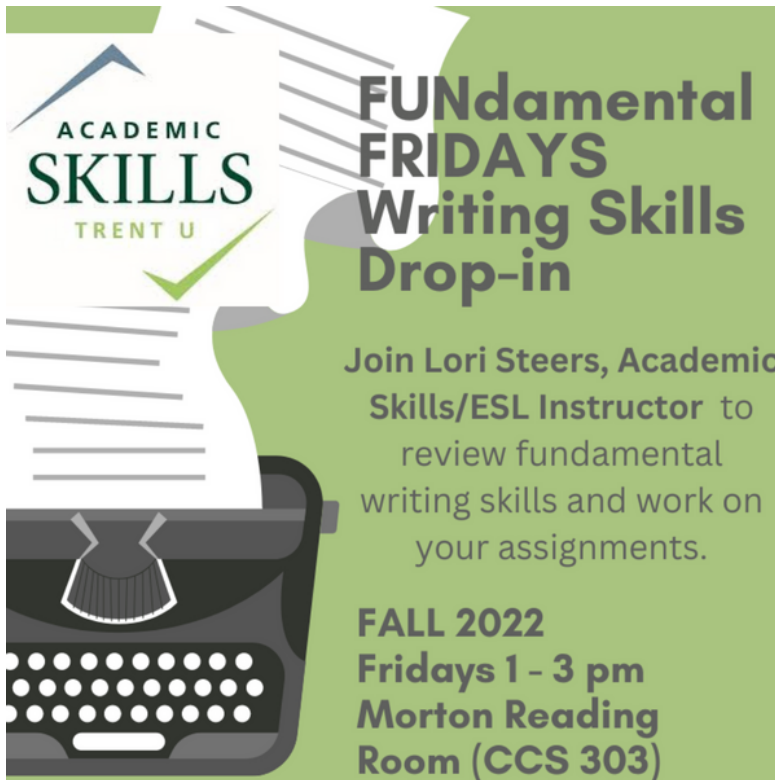
Understanding How Money Impacts Your Life Workshop brought to you by Trent University *Careerspace*.

Join Gail Moorhouse in the **FREE** workshop where she will break down the impact of money in your life.

Register here:

<https://trentucontinuinged.corsizio.com/c/63482abd83a42581931c9025>

What's going on at Trent University?



ACADEMIC SKILLS
TRENT U

FUNdamental FRIDAYS Writing Skills Drop-in

Join Lori Steers, Academic Skills/ESL Instructor to review fundamental writing skills and work on your assignments.

FALL 2022
Fridays 1 - 3 pm
Morton Reading Room (CCS 303)

Looking for a space to write? Want to learn more about essential writing skills?

Join Academic Skills at FUNdamental Friday Drop-In. Review fundamental writing skills and work on your assignments with Lori Steers, Academic Skills/ESL Instructor. Each week, Lori will review a new writing topic for 20 minutes; following this review, time is available to work on writing assignments while Lori is available to discuss your work/answer your questions. Students can join for the review of writing topics remotely (20 minutes) if they are unable to attend in-person; remote attendees must register in advance to receive the zoom link.

Schedule of Topics

- Paraphrasing- November 4
- Incorporating evidence (quotations/paraphrase) in your writing-November 11
- Writing clear sentences: Avoiding common writing/grammatical errors-November 18
- Writing effective paragraphs (body/introduction/conclusion)-November 25
- Editing your paper December 2
- Exam Study Strategies - December 8



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.



ACADEMIC SKILLS
IN THE COLLEGES

Learn more at trentu.ca/academicsskills/

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!



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.

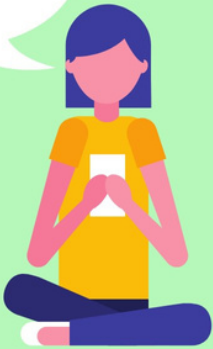


This week we are highlighting Trent University's Student Accessibility Services (SAS).

The 2022FA exam schedule has been posted! You can review it by clicking on the 'Exam Schedule – Student View' icon in myTrent under Academics > Courses.

Students with disabilities who are registered with SAS and who require accommodated time or other exam related accommodations for an in-person exam must book their exams using the SAS Portal a minimum of two weeks prior to the start of the formal exam period.

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

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



It's November! The fall semester is flying by, and while it's easy to get caught up in recent festivities, don't forget about eating healthy.

There are plenty of local resources for getting ahold of fresh and delicious fruits and vegetables. Make sure to give your body the fuel it needs, especially with exam season drawing near.

It's November!

We hope everyone had a spooktacular Hallowe'en. Make sure to have some fruits and vegetables to balance out all those yummy treats.

If you're looking for some fresh and healthy ingredients, keep an eye out for the Peterborough Farmer's Market. From 8am-1pm, the market happens every Saturday inside Peterborough Square.



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"If I could turn back time..." - Cher