



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Let it snow! As many readers will know, Peterborough and Traill College received its first snowfall this season and it was a big one. The College on the Hill is now a winter wonderland: the trees are all draped in sparkling white ribbons of snow and the lawns are now glistening carpets of fluffy, white flakes.

As the weather turns colder, I would like to take this moment to ask everyone to **be extra cautious** when visiting Traill. Our snow removal teams are excellent, but due to the hilly nature of the grounds even cleared pathways can be slippery, particularly at night. This is due to the flash freezing of the runoff from the snowbanks. Please add a few extra minutes to your schedule, so you can get to classes without having to run.

If you want to warm up between classes, don't forget to check out either **The Trend** in the basement of Wallis Hall or the common rooms of **Scott House**. Both are open Monday to Friday, from 8 AM to 10 PM. We are bringing back extended weekend hours again this December. Keep watching the newsletter for more details.

Funnily enough, if you are already fed up with winter, just come for a visit to the Amphitheatre construction site. Last week, the workers installed the artificial turf (or the "I can't believe it's not grass") on the tiers of the performance space. With a little sun, the snow has already started to melt, and the centre of the College has a healthy-looking green space amongst the ice and snow. I have always said that Traill is an oasis in downtown Peterborough. Now, it is looking more oasis-like than ever with the amphitheatre's perma-grass and green light standards (that, when you squint, almost look like palm trees).

Regardless the season, Traill is the place to be.

Take care,

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 College offers same-day appointments Fridays from 9:00am - 4:00pm. 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:

Oatmeal Breakfast Bars  
from Yumna Jawad on *feel good foodie*



## INGREDIENTS

- 2 cups old-fashioned rolled oats
- ½ cup cane sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 eggs
- ½ cup almond milk
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- ¼ cup walnuts finely chopped (optional)
- ¼ cup dried cranberries (optional)

## INSTRUCTIONS

1. Preheat oven to 350°F. Butter or line an 8-inch square pan.
2. Combine the dry ingredients including the rolled oats, sugar, baking powder, salt, and cinnamon together in a bowl.
3. In another bowl, combine the wet ingredients including the eggs, milk, applesauce, and vanilla extract. Transfer the dry ingredients over the wet ingredients and set aside until flavors blend, about 20 minutes.
4. Fold in the walnuts and cranberries, and spread combined mixture into prepared square pan.
5. Bake in the preheated oven until edges are golden brown, about 30-35 minutes. Allow to cool on wire rack for 5 minutes before slicing.

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

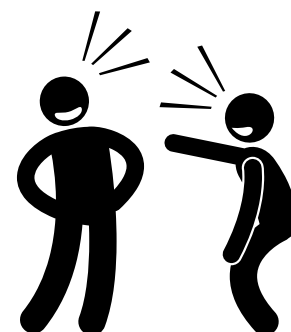
Click [here](#) to check out Trail College's Happy Box How To's!

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

## Trail Mix

What do you call a factory that makes nice products?

**A satisfactory!**



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

Trail College Presents

## LATE NIGHT Paint Night!

Join the fun on Thursday, November 17th  
from 7pm - 9pm, Scott House 105

Meet some new friends, and take some time to be creative!

Register through the Student Experience Portal [trentu.ca/sep](http://trentu.ca/sep)

A great opportunity to socialize with your fellow Traillites!

Snacks provided



This time of year is busy, fast, and sometimes stressful. Why not take a break from the computer and spend an evening painting with some fellow students?

Join us **Thursday, November 17th from 7-9pm** in Scott House 105 for painting and snacks.

## Hey Traillites!

Is there a recipe you wish you knew in your first year? We want to know your favourite recipes that you just can't live without or ones that remind you of home.

Email your recipes to [traill@trentu.ca](mailto:traill@trentu.ca) and you may be featured in our cookbook for incoming students



Hey Traillites! Traill is making a cookbook for future students, and we are looking for recipes you think should be included. These can be recipes of your own making or ones you found. **Please email [traill@trentu.ca](mailto:traill@trentu.ca) with your recipe or the link to one.**

## Inter-Collegiate Pen Pal Program


Sign up now using the link in our bio to learn how to write letters and make a new pal!



Deadline to sign up is November 15th



The Pen Pal program is a great way for students to meet new friends. When you sign up, you will be matched with a student with similar interests. Register here:  
[https://trentu.qualtrics.com/jfe/form/SV\\_eKSKxmJoSeacsQK](https://trentu.qualtrics.com/jfe/form/SV_eKSKxmJoSeacsQK)



## 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](http://trentu.ca/sep) if you wish to attend online.**

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



**Game Night at Traill College**  
Scott House, Junior Common Room (JCR)

November 21, 2022  
6pm-9pm

Catharine Parr Traill College  
Nunc cognosco ex parte

Register through the Student Experience Portal [trentu.ca/sep](https://trentu.ca/sep)

The poster features illustrations of playing cards, dice, a chessboard, and a squirrel.

Come on down (town) to Traill College for a night of boardgames, card games, and snacks. **November 21, 6:00-9:00pm** in the Junior Common Room  
**Register through the Student Experience Portal**



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

The poster includes musical notes and a vintage microphone illustration.

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.



TRENT UNIVERSITY  
CONTINUING EDUCATION

IN-PERSON INTERACTIVE  
WORKSHOP \$75

## THE WRITE RETREAT:

CREATIVE NOURISHMENT. WRITING AND YOGA

SUNDAY | NOVEMBER 20, 2022  
1-4.30 p.m.

NEW

The background image shows hands holding a small yellow flower.

How do you nourish your creative self? The Write Retreat is a place and a space to write, connect with other writers, and experience wellness for body, mind, and spirit.

**Follow this link to register:**

<https://site.corsizio.com/c/632878a44ab8bca5d9baa9b4>



TRENT UNIVERSITY  
CONTINUING EDUCATION

IN-PERSON INTERACTIVE  
WORKSHOP \$50

NEW

## RIGHT-SIZING YOUR MENUS:

COOKING FOR 2 TO 6 PEOPLE  
WEDNESDAY, NOVEMBER 23, 2022  
7-9 p.m.



The background image shows hands rolling dough on a wooden surface.

Menu planning is critical for healthy eating, cooking methods, and ensuring food doesn't go to waste. Join Chef Christopher Wednesday November 23 from 7-9pm.

**Follow this link to register:**

<https://trentucontinuinged.corsizio.com/c/633ddea356154e4f2b431c4e>

# What's going on at Trent University?



## 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 to Improve your writing skills?** Students can join in person or remotely. Remote attendees must register in advance to receive the zoom link.

**This week's topic (November 11th)** is *Incorporating evidence (quotations/paraphrase) in your writing.*



## 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/](http://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!



## Fundraiser Gala Dinner with Elder Dorothy Taylor

Join us for Sacred Water Circle water-teachings, a quilt raffle and a 4-course vegetarian dinner provided by the Seasoned Spoon



**Tuesday, November 22, 5:30-9 pm**  
**at The Seasoned Spoon Café,**  
**\$25 per person**  
**link is in the bio**

The Seasoned Spoon is holding a Fundraiser Gala Dinner with Elder Dorothy Taylor. The proceeds will go towards purchasing a new wheelchair for her so she can continue her activism safely.

Visit @theseasonedspoon on Instagram for more information.



# FINISH STRONG

with Academic Skills

**Saturday, November 26, 2022**  
**10:00 am to 12:30 pm**

**10:00 am - 11:00 am**  
Take inventory of term projects.  
Complete assignment plan for end of term.

**11:00 am to 12:30 pm**  
Create an exam study guide.  
Practice study strategies.  
Tips to manage exam stress.



**To register, visit [www.trentu.ca/sep](http://www.trentu.ca/sep) or email [acdskills@trentu.ca](mailto:acdskills@trentu.ca)**

Refreshments provided

Online and in-person attendance options available.

It's almost December! With the end of the semester fast approaching it's time to work on final assignments as well as exam preparation. Join Academic Skills on November 26th to gain tips and advice for how to finish the semester strong.



# Student Supports

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

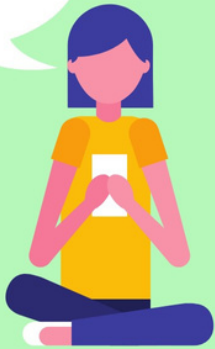


This week we are highlighting Trent University's Rebound Peer Support

Rebound is a peer-support program that fosters connections between junior year students and upper year students. These connections help you find resources, services, and supports on campus to help with the University transition.

You can register for rebound mentoring [here](#). If you would like to become a rebound guide, hiring takes place in the winter for the next fall term. If you have any questions, you can email [rebound@trentu.ca](mailto:rebound@trentu.ca).

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

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.

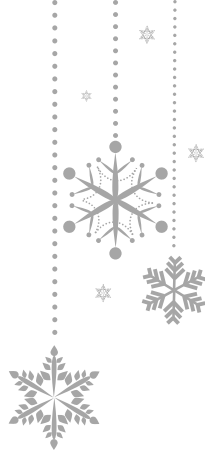


## CAREERSPACE

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



Enjoy the freshly fallen snow and get outside. It's too easy to become sedentary during the cold months but it's important to keep active!

Take extra caution when out: dress warm, wear proper footwear, and avoid icy areas.



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"I wonder if the snow *loves* the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'go to sleep, darlings, till the summer comes again.'" - Lewis Carroll