

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Happy Holidays Traillites!

This will be the last edition of *Trill Tales* for 2022. It has been a very busy year, capped off with a successful meeting of the Trent University Board of Governors last Friday at Traill College. The governors had breakfast in the Senior Common Room, lunch in The Trend, and met in Bagnani Hall throughout the day. It was great to have them in *situ* to see where Traill is and to think about the future possibilities of this collegiate campus in downtown Peterborough. Indeed, a revisiting of the vision of Traill is one of the strategic directions for the Board and I know that exciting times are ahead for the College on the Hill.

Our last college event, the ***Trill Seasonal Social***, will be held on Wednesday from 2 to 4 PM in Scott House. Come in from the cold for warm treats prepared by our own **Chef Christopher**. Join in the conversations, music, and festive fun aimed to help you get into the holiday spirit. Talking about holiday spirit, I wanted to take this opportunity to thank new Traillite **Elizabeth White** for her generous donation of coffee to the College. As many of you know, the renovated Senior Common Room features a new coffee bar which has proved to be a popular addition... almost too popular. By December, the College had already exhausted its coffee budget for the year! This is where Elizabeth stepped in and generously provided several cans and bags of coffee that we will happily use in 2023. Thank you, Elizabeth, for caring about Traill and the wellbeing of your fellow students.

If you need an inviting place to study or relax (and drink coffee), the College will remain open for the exam period, closing at **1 PM on Thursday, 22 December 2022**. We will reopen on **Wednesday, 4 January 2023 at 9 AM**. As we approach the holidays, I would like to wish everyone a relaxing and peaceful time spent with the people you care most about. Warmest wishes to you, and yours, on behalf of **Samantha, Zachary, Sue, Agostina** and all the College staff for a happy holiday and a successful new year.

Yours,



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

Check here to keep
up to date with
Cabinet Events



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 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:

Best Soft Christmas Cookies
By Georgie Bowers at allrecipes

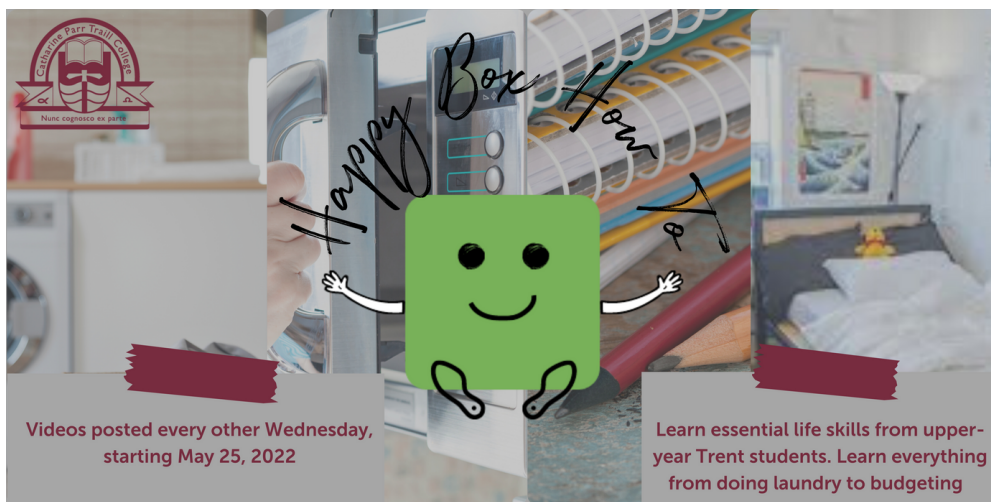


INSTRUCTIONS

1. Sift flour, baking powder, and salt together in a medium bowl; set aside.
2. Beat sugar and margarine in a large bowl with an electric mixer until smooth. Beat first egg into butter mixture. Beat second egg into mixture along with vanilla extract; add flour mixture and stir until dough is just combined. Wrap dough; chill in the refrigerator for 2 hours.
3. Preheat the oven to 400 degrees F (200 degrees C). Grease two cookie sheets.
4. Roll out dough on a clean floured surface to 1/4-inch thickness. Cut out shapes using cookie cutters; arrange them on the prepared cookie sheets. Gather scraps and repeat this step.
5. Bake in batches in the preheated oven until edges are golden, about 6 to 8 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.

INGREDIENTS

- 3 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups white sugar
- 1 cup margarine, softened
- 2 eggs
- 2 teaspoons vanilla extract



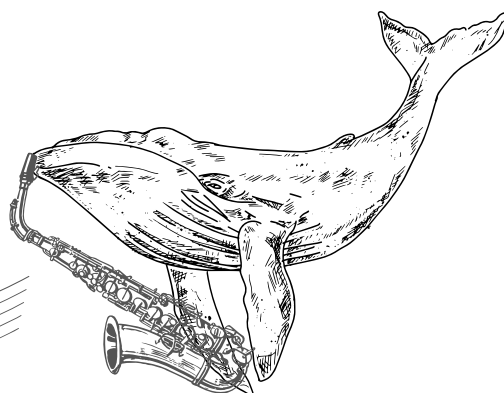
Click [here](#) to check out **Trill College's Happy Box How To's!**

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 group of whales?

An orca-stra!



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



**CATHARINE PARR
TRAIL COLLEGE
CABINET**

EXAM CARE PACKAGES

GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!

While supplies last, pick up an Exam Care Package at the College Office in SH106 starting December 8th.



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Nunc cognoscite de parte

Traill College and the Traill College Cabinet will be providing Exam Care Packages starting December 8th until supplies last. These bags will include self care items and snacks to help you succeed this exam season!



Hours for the Exam Period

MONDAY - FRIDAY
8:00AM - 10:00PM



SATURDAY & SUNDAY
8:00AM - 5:00PM

Exam Period Hours!
Monday to Friday 8:00am-10:00pm
Saturday and Sunday 8:00am-5:00pm
Good luck on all your exams!



CATHARINE PARR TRAILL COLLEGE

Traill College Seasonal Social

Drop by Scott House on December 14th, 2022 between 2pm - 4pm for festive celebrations and sweet treats!



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Nunc cognoscite de parte

Drop in for 10 minutes or two hours on **December 14th** between **2-4 pm** for live music, catered sweets, and social revelry with members of Traill College and Traill College Cabinet. Scott House is a warm and meaningful place to be during the holiday season.



Get Festive on December 14th and get a gift from Traill Cabinet!

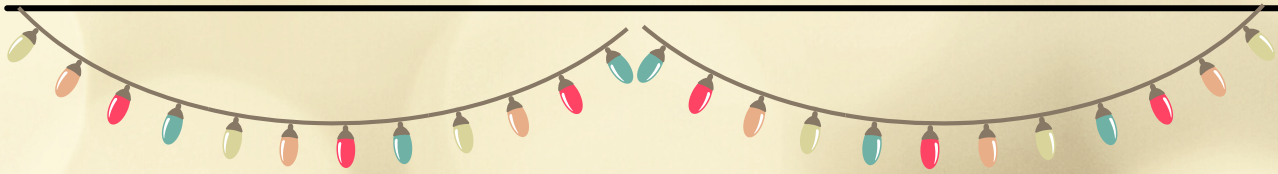
In the spirit of giving, the **first 10 people** to come to the **Traill Holiday Social** in a holiday themed sweater will get a special present from a local P'tbo business!



CATHARINE PARR TRAILL COLLEGE
Nunc cognoscite de parte

Traill Cabinet is giving away gifts from local businesses and restaurants to the first 10 people in holiday themed sweaters at the Holiday Social on December 14th from 2-4pm. So dust off your festive wear because it's that time of year!

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

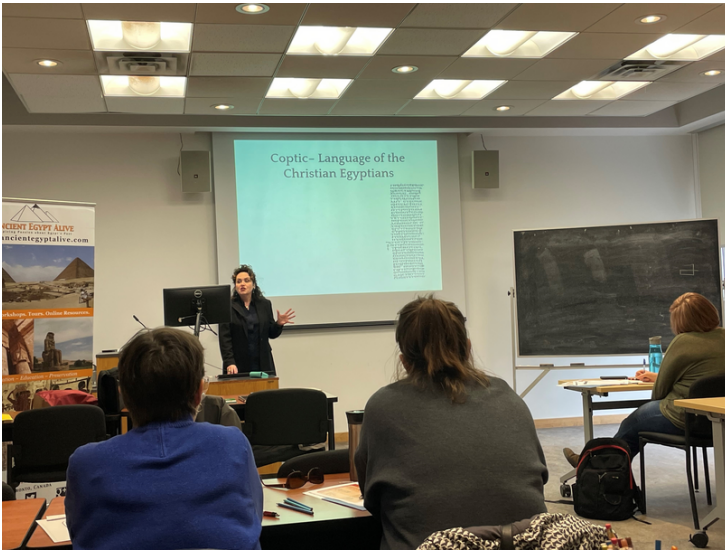


Happy Holidays Traillites

Trail College is closed starting at 1pm on December 22nd, 2022 and opens at 9am on January 4th, 2023

Scott House Hours for January 4th, 5th, and 6th, 2023 are from 9am-5pm

What's going on at Trent University?



This photo was taken at the Continuing Education workshop Hieroglyphs Decoded & The Great Tutankhamun Discovery on December 3rd! Special thanks to our instructor, Laura Ranieri Roy.



The Continuing Education workshop, Introduction to Organ, was a huge success with over 100 people in attendance! Special thanks to our instructor, Syd Birrell.

TRENT UNIVERSITY
CONTINUING EDUCATION



GIVE THE *Gift* OF LEARNING

SPRING 2023 CLASSES
REGISTRATION OPEN

trentu.ca/continuingeducation





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 the Virtual Fitness and Wellness resources and routines brought to you by Trent Athletics and Recreation.



You don't always need to go to a gym to get a fulfilling workout, Trent Athletics offers online videos, guided classes, and webinars in Yoga, Pilates, Zumba, Meditation, Mindfulness, Healthy Eating, and more.

Check it out using the link here:

<https://www.trentu.ca/athletics/welcome/virtual-fitness-and-wellness>

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 offer our services! Book an appointment on trentu.ca/sep or by phone and our student staff can assist. Appointments continue through the built-in video chat feature in the Student Experience Portal, or by phone. Still have questions? You are welcome to visit our office on the third floor of the Student Centre where you can speak with our student staff. We're happy to help!



Wellness Resources

Does the exam period bring you down? Well we are here to lift you up with some advice for a successful exam season!



Traill's Declassified School Survival Guide

Tips for success during exam period.



1. Choose a productive study space!

Do you find you get more done in the library instead of your house? Maybe study in the library then. If you need other people to study with to be more productive be sure to book that study room in advance because they are in high demand right now!



2. Use resources!

The academic skills website has so much information on their website from time management advice to how to study effectively and it's there whenever you need it!



3. Your health is non-negotiable so take care of yourself!

Whether you are a first-year writing your first exam or if this is your last, keeping a manageable study pace and healthy headspace is the key to doing your best! Get 8 hours of sleep and eat breakfast before your exam; you deserve it!



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"One kind word can warm three winter months." -Japanese proverb