



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



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

Dear Traillites,

This week my mother died. Her health had been declining in recent years, but things really took a turn for the worse this Fall. Mom was a fighter (and some would say stubborn). She had been diagnosed with MS in her mid-40s and fought every obstacle that came her way. In spite of her struggles, she was also demonstrably loving, compassionate and grateful for the care of others. Over the last two weeks, I spent a lot of time sitting in her Ottawa hospital room watching, reflecting, mourning, and being amazed.

All around her, dozens of nurses, PSWs, and physicians buzzed around: strangers who had dedicated their lives to helping strangers by enduring long shifts, navigating frenetic hallways full of people and equipment; offering care to those who could recover and comfort to those who could not. I thought of the many Traill students who are now training for such a career in the health sciences. I gained renewed appreciation for their struggles and wondered if they will fully know the gratitude that their future actions will garner. Little do they realize that their hard work will benefit so many.

My mother was in an isolation wing where everyone had to wear PPE of gown, gloves, face mask and shield. I frequently wondered how many tears a surgical mask could absorb before being entirely useless. Yet, I knew that I wasn't special. As I sat beside her bed, I thought of the thousands of people who, over the past two years, spent the last moments with their loved one separated by a multitude of additional, unfamiliar barriers. I also thought about the hospital workers for whom these extra hot, uncomfortable, and dehumanizing layers were part of their daily existence and how they still managed to dig deep into a well of compassion. Although the nurse who attended my mother had only known her for a relatively short time, she wept as she described her last moments; her face mask filled with tears and her face shield fogged up just as mine had.

I am reminded of the oft-quoted line from the late Fred Rogers that we should "think of the helpers" in times of tragedy, to think of those who try to make the world a better place. And, while this is an important act, what is often forgotten is that Mr. Rogers also believed that "thinking about the helpers" was only part of the human equation. For him, we also should aspire to "be" the helpers, that is to say that we all can benefit both friends and strangers alike with the talents we have been given.

At university, however, it is easy to become obsessed with the aspects of higher education that can be easily evaluated. Don't get me wrong. Assignments, midterms, and exams are crucial and indeed the primary way that we have to assess the successful reception of lessons. Yet, in the end, it is the lessons that defy easy measurement, and equally the lessons that are largely taught outside of the classroom, that can matter most. Attending not-for-credit talks, a friend's concert or play, College events, volunteering, these all help us to realize the larger value of dedication, compassion, and gratitude. These are all core values that connect us, connect friends, connect strangers, and brings us together in life and in death. As the end of term approaches, make sure that you take some time away from your formal studies to be there for others and, in so doing, be there for yourself.

Until next week,

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

Trail Cabinet will be hosting "Study Vibes" on December 2nd and 3rd. Bring your friends or come alone. No registration required. Scott House 6-10pm



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:

Banana Pudding  
from foodnetwork



## INSTRUCTIONS

1. Separate the yolks from the whites of 3 of the eggs; set aside. Add the remaining whole egg to the yolks.
2. In a saucepan, whisk together 1/2 cup sugar, the flour and salt. Stir in the whole egg and 3 yolks, and milk. Cook uncovered, stirring often, until the mixture thickens, about 10 minutes. Remove from the heat and stir in the vanilla.
3. Preheat the oven to 425 degrees F.
4. Spread a thin layer of pudding in a 1 1/2-quart dish. Arrange a layer of vanilla wafers on top of the pudding. Thinly slice the bananas crosswise, and arrange a layer of banana slices over the wafers. Spread 1/3 of the remaining pudding over the bananas and continue layering wafers, bananas and pudding, ending with pudding.
5. To make the meringue, beat the egg whites with a pinch of salt until they are stiff. Gradually beat in the remaining 1/4 cup sugar until the whites will not slide out of the mixing bowl when it is tilted.
6. Spread the meringue over the pudding with a spatula, making a few decorative peaks on top, and bake until the meringue is lightly browned, 5 minutes.

## INGREDIENTS

- 4 large eggs
- 3/4 cup sugar
- 3 tablespoons all-purpose flour
- 1/2 teaspoon plus a pinch salt
- 2 cups whole milk
- 1/2 teaspoon vanilla extract
- 30 to 40 vanilla wafers
- 3 to 4 medium ripe bananas

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

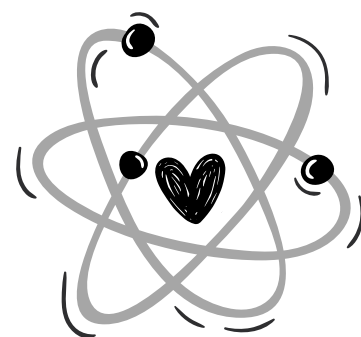
Click [here](#) to check out Trail College's Happy Box How To's!

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

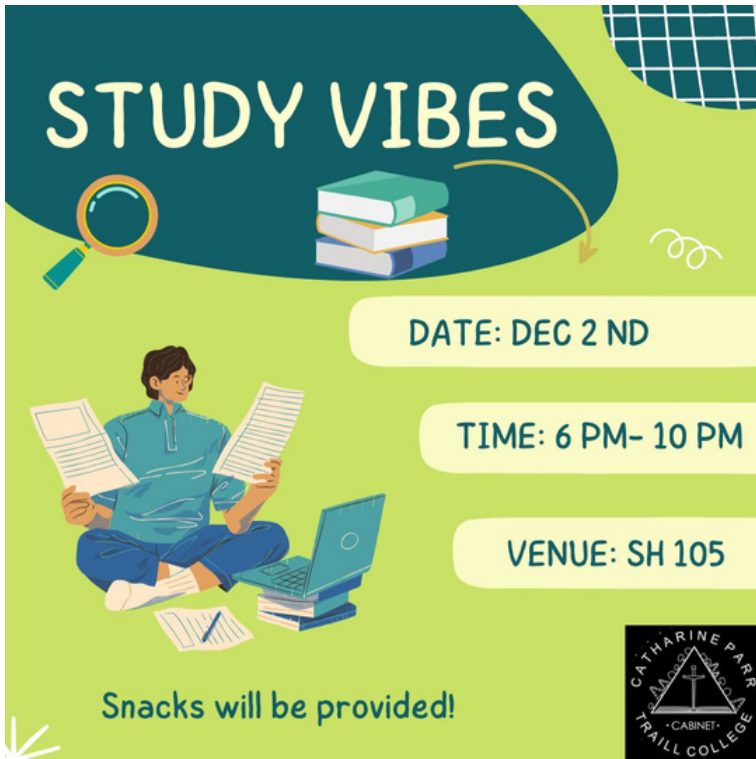
## Trail Mix

You occupy space and have mass.  
What does that mean?

**You matter.**



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



**STUDY VIBES**

DATE: DEC 2 ND

TIME: 6 PM- 10 PM

VENUE: SH 105

Snacks will be provided!

CATHARINE PARR TRAILL COLLEGE  
"CABINET"

The poster features a green and blue color scheme with illustrations of a magnifying glass, books, a person reading, and a laptop. The text is arranged in a clean, modern layout with rounded rectangular boxes for the date, time, and venue.



**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

CATHARINE PARR TRAILL COLLEGE  
"CABINET"

The poster is decorated with various food items like mushrooms, potatoes, tomatoes, and peppers. It has a warm, inviting feel with a mix of grey, green, and red tones.

Come on down (town) to Traill College for a night of studying with a lot of snacks and relaxing music on the 2nd of December at 6pm. No registration required!

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.**



**Hon. Hugh Segal, OC, O.Ont, CD**  
Mathews Fellow in Global Public Policy Queen's School of Policy Studies

**50**  
1972-2022  
CANADIAN STUDIES  
ÉTUDES CANADIENNES

**A Half Century of Canadian Studies: what we have learned, and what we have forgotten**

Principal Emeritus of Massey College at the University of Toronto. Segal has spent many years in public service, political and private sector roles; spanning from provincial to federal to international policy work. He is presently a Senior Fellow of the Canadian Institute of Global Affairs, a Distinguished Fellow at the Munk School of Global Affairs and Public Policy and a Mathews Fellow in Global Public Policy at the Queen's School of Policy Studies, where he also chairs the Board of Advisors.

Segal has written seven books on public policy, politics, and international affairs, of which the most recent, "Bootstraps Need Boots" was published by UBC Press.

Wednesday December 7, 2022, 7 p.m.  
In Person: Bagnani Hall, Traill College

Virtual: pre-registration required to join on zoom.  
Masks encouraged but not required.  
[https://www.trentu.ca/canadian\\_studies\\_at\\_50/](https://www.trentu.ca/canadian_studies_at_50/)

TRENT UNIVERSITY  
SCHOOL FOR THE STUDY OF CANADA

The poster features a portrait of Hugh Segal and a QR code. It includes detailed information about the event, including the speaker's background and where to find more information.

Join Hugh Segal online or in person to explore 50 years of Canadian Studies. What have we learned, what have we missed? Virtual pre-registration is required.  
**Wednesday December 7, 7:00pm Bagnani Hall.**



**Traill College Seasonal Social**


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

CATHARINE PARR TRAILL COLLEGE  
"CABINET"

The poster shows a photograph of the exterior of Scott House at Traill College, decorated with colorful string lights and snow. A red bow is placed at the bottom of the image.

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.


# 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.*



**WORKSHOP + CATERED LUNCH \$100**  
ONLINE OPTION \$75

**HIEROGLYPHS DECODED**  
**& THE GREAT TUTANKHAMUN DISCOVERY!**  
**WITH EGYPTOLOGIST LAURA RANIERI**  
**SATURDAY, DECEMBER 3**  
10 a.m - 2.30 p.m.



Come join Egyptologist Laura Ranieri Roy for a fun and enriching afternoon of learning about Ancient Egypt. This special event will include writing like a Pharaoh, learning the alphabet, a delicious luncheon, and an exploration of Tutmania. **Saturday December 3, 10-2:30pm**



**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.



**IN-PERSON INTERACTIVE FREE WORKSHOP**

**AN INTRODUCTION TO ORGAN**  
WITH SYD BIRRELL  
**MONDAY, DECEMBER 5, 2022**  
7-9 p.m.



Peterborough Singers Director Syd Birrell will educate and enchant you during this two-hour introduction to Organ, complete with history, context, and live organ music. This event is free at **Murray Baptist Church, 175 Murray Street from 7-9pm**



# 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.

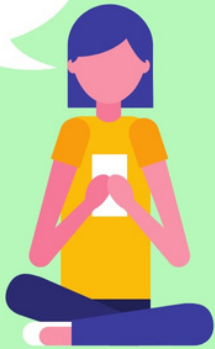


This week we are highlighting Trent University's Tutor Board!

The Tutor Posting Board is offered by Academic Skills and is a centralized list of tutors offered for free by the departments or for hire. There is a posting board for the Humanities, Social Sciences, and Sciences.

If you would like a tutor or to become a tutor you can find more information [here](#).

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

As the exam period draws near it is a good idea to get ahead on your studying and take advantage of the resources available to you such as Academic Skills or Study Vibes here at Traill



How to manage your  
time wisely prior to  
exams

1. Make a schedule
2. Organize a study group
3. Get some sleep and eat well to help you focus



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"I am not afraid of storms, for I am learning how to sail my ship." — Louisa May Alcott