

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Happy **Head of the Trent / Homecoming!** Fifty-two years ago, this iconic rowing race began at Trent University and for fifty-one years it has been paired with the alumni homecoming. This year, there are lots of different activities taking place, both on the main campus and at Traill College. For more information, check out the university calendar of events at: <https://www.trentu.ca/events>

Homecoming should be a fun time where alumni, new students, and the community can come together and celebrate Peterborough and the university that brings us all together. Last year, however, some people took their celebrations a little too far. Just east of Traill, on London Street, hundreds of revelers crowded dangerously into the streets damaging property and disturbing neighbours. This cannot happen again. We Traillites pride ourselves as being part of a caring, supportive community. But, at Trent, we are also only **part** of something larger. The Peterborough community and the university are not separate entities. We are interconnected and enrich each other. Not caring about your neighbour and being involved in destructive behaviour has ripples (like a pebble in a pond) that expand far beyond the individual. We all have the power to control what we radiate outwards... let us project only our best selves as we celebrate this weekend.

This is especially important as Saturday, 30 September is also the **National Day for Truth and Reconciliation**. That is the time, each year, where the entire nation is asked to reflect upon our relationships -- past and present -- amongst Canada's First Peoples and settlers. It is a time where we ask ourselves what the legacies of this shared past are and how can we move forward together. As the national day of remembrance falls on a weekend, the university -- like the federal government -- will be marking it on Monday, 2 October with various activities. At Traill, we ask that you drop by the Heart Garden at Kerr House on Monday to learn more about its origins, its purpose, and pause for some quiet reflection.

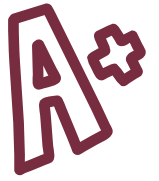
Finally, on Saturday 30, September, we are having our **Class of 2023 Scarf Ceremony**. If you are a new Traill student, this is your chance to get your scarf, meet other new students, and get in the historical group Traill photo. Free refreshments will be served. It all starts at 11:00 AM. We will also be inducting longtime city councilor **Dean Pappas** and Peter Robinson alumnus and artist **Charles Meanwell** as honorary fellows of the college. After the ceremony, we will be officially opening Charles Meanwell's newest exhibition: **Colour and Shape**. It will hang in Wallis Hall until May. Everyone is welcome to visit and experience Charles' work. Later, at 2 PM, join us for a cancer benefit concert: **Fiddling for Fox**. It will feature performances from Celtic music phenomenon **Irish Millie**, her band **The Receivers**, and the beloved **The Verandah Society**.

Looking forward to seeing you soon,

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive, with a long horizontal line extending from the end.

Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trail College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Cabinet Corner

Nominations Are Open!
Closes Oct 1st @noon

<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or trail@trentu.ca!

To keep up to date with the college, follow us on social media!



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)

For the most up-to-date information on Trent University's response to COVID-19 visit: <https://www.trentu.ca/coronavirus/>





Backwoods Baking Presents:

Spicy Sriracha Noodles

<https://www.budgetbytes.com/wp-content/uploads/2012/08/Spicy-Noodles-plate.jpg>

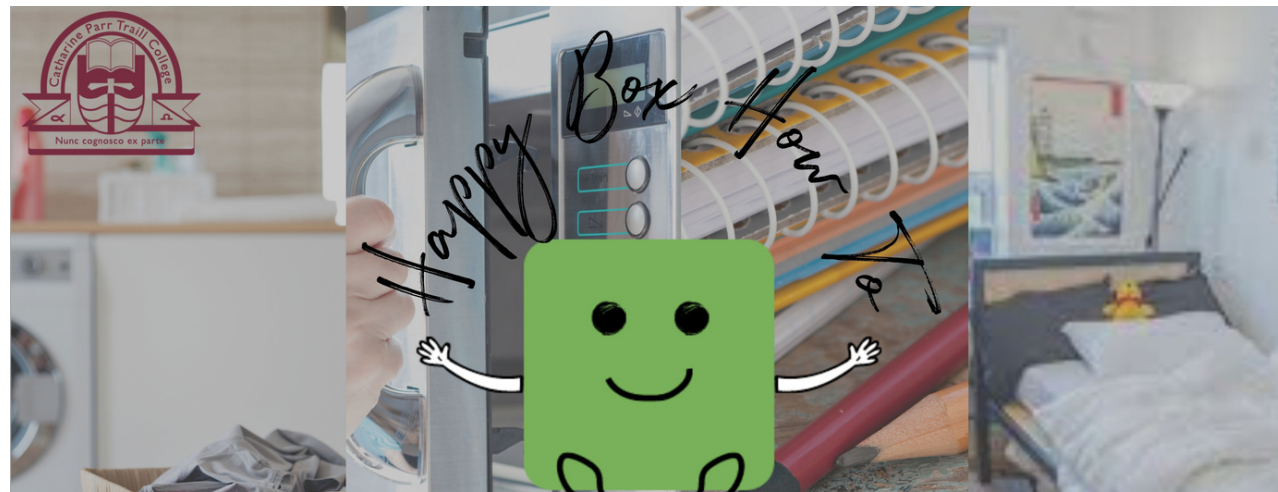
INGREDIENTS

- 8 oz. lo mein noodles
- 4 Tbsp butter
- 0.5 tsp crushed red pepper
- 4 large eggs
- 2 Tbsp brown sugar
- 2 Tbsp soy sauce
- 4 Tbsp sriracha
- 2 handful fresh cilantro (optional)
- 2 green onion, sliced



INSTRUCTIONS

1. In a small bowl, stir together the brown sugar, soy sauce, and sriracha. Set the sauce aside.
2. Bring a pot of water to a boil for the noodles. Once boiling, add the noodles and boil until tender. Drain the noodles in a colander.
3. Crack two eggs into a bowl then whisk lightly.
4. Heat the butter in a skillet over medium heat, then add the eggs and crushed pepper and lightly scramble the eggs. Avoid over cooking the eggs.
5. Once the noodles have drained, add them to the skillet with the eggs, then drizzle the sauce over top. Toss the noodles and eggs to coat in the sauce.
6. Top the noodles with fresh cilantro and sliced green onion, then serve



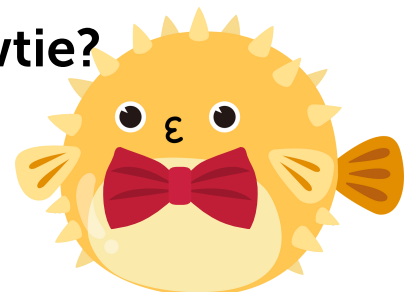
Click on Traill's [YouTube channel](#) to view



Trail Mix

What do you call a fish wearing a bowtie?

Sofishticated



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

MISSION MINISERIES

Thursday September 28th 7pm
Jalynn Bennett Amphitheatre

OPIRG DIS-ORIENTATION and NEW CANADIAN CENTRE
Panel Discussion

"Navigating Borders Through Art and Activism."

and

HUMMINGBIRDS

Directed by Silvia Del Carmen Castaños and Estefanía "Beba" Contreras



PETERBOROUGH
DOWNTOWN BUSINESS
IMPROVEMENT AREA

The **BO**RO



Join us on September 28th at 7pm at the Jalynn Bennett Amphitheatre for a panel discussion followed by a lovely performance by HummingBirds.



NEW THIS FALL

SAME-DAY COUNSELLING

at



WHEN & WHERE

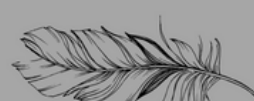
FRIDAYS 11:00AM - 3:00PM
TRAILL COLLEGE SCOTT HOUSE,
ROOM 208.1

HOW TO BOOK

Call Counselling Services on Fridays
before 10AM
Call: (705) 748-1386



Having a bad day? Looking for someone to talk to?
Call before 10am on Fridays to book a same-day
appointment between the hours of 11 and 3.



National Day of Truth and Reconciliation

You are invited to visit the Heart Garden at Traill College

"This time, each year, we are asked to reflect upon our relationships to the past and present; a time where we ask ourselves what the legacies of this shared past are and how can we move forward together"
- Dr. Michael Eamon

In the spirit of reconciliation, we ask you to take a moment of reflection at Traill's very own, **Heart Garden**.
Founded in 2019 by Dr. Cindy Blackstock



As the national day of remembrance falls on a weekend, the university will be marking it on Monday, October 2 with various activities. At Traill, we ask that you drop by the Heart Garden at Kerr House on Monday to learn more about its origins.

GRADUATE STUDENTS OF ALL DISCIPLINES!

ANSWER THE CALL FOR ABSTRACTS FOR The Thomas H.B. Symons Seminar



\$50 stipend and Symons Series Certificate for all speakers for delivering a 15-minute talk on their research

Abstract Submission Guidelines

1. Abstracts should explain your research in a way that is interesting and understandable to someone unfamiliar with the field.
2. Abstracts can be on work in progress, portion of the work, or a completed project or thesis.
3. Abstracts should be a maximum of 250 words and should include your name, a title, your level (MA., M.Sc., Ph.D) and department.
4. Abstracts can be emailed to traill@trentu.ca. Please indicate Symons Series Abstract in the subject line.

ABSTRACTS DUE
October 13, 2023

EMAIL TO traill@trentu.ca



The Symons Seminar Series is an event held on campus throughout the academic year. For those interested, submit your abstract to traill@trentu.ca before October 13th.

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

Fall Cabinet Elections

How to Apply

Fill out the nomination package found on our website

<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

(submissions are due by noon Oct 1)

There will be an optional "meet the nominees night" on the 2nd. Voting period runs from Oct 4-6



To find the nomination form and available positions please visit our website [here](#). If you have any questions email traillcabinet@gmail.com



Attention New Traill Students!

Scarf Ceremony

September 30th, 11am

Traill College invites all new Traillites to come and be officially welcomed to Traill and get your maroon and grey stripes!

Following the Scarf Ceremony at 2 PM, come to Fiddling for Fox, an Irish music concert to support cancer research.



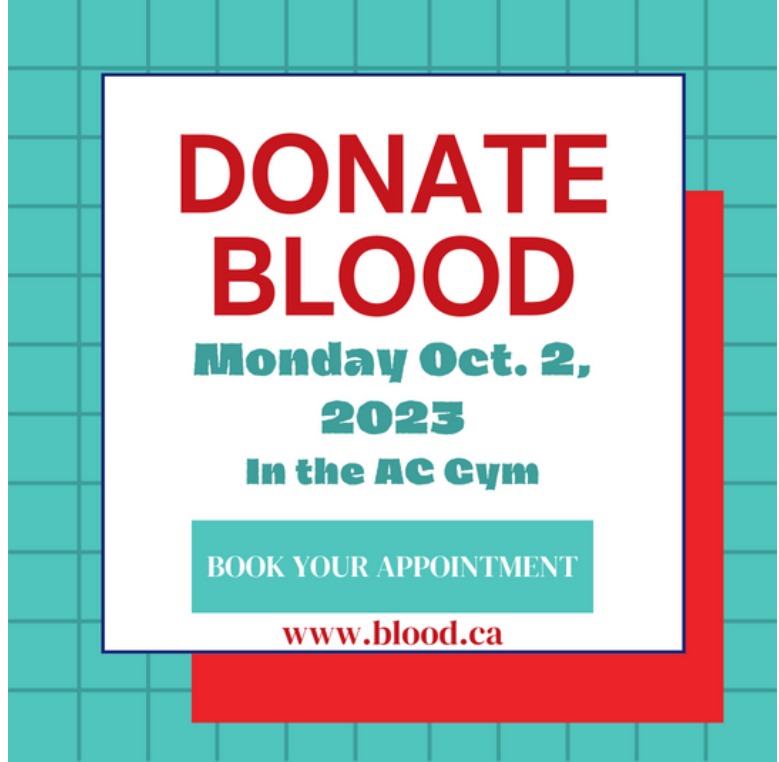
What's going on at Trent University?



**DOWNLOAD
THE TRENT U
SAFETY APP**

trentu.ca/safetyapp

Trent University has launched a new safety app, adding another layer to the University's robust campus safety. Be sure to enable notifications to access all features. For more information, visit trentu.ca/safetyapp.



**DONATE
BLOOD**

**Monday Oct. 2,
2023**

In the AC Gym

BOOK YOUR APPOINTMENT

www.blood.ca

Interested in giving blood?
Stop by the athletics centre on October 2nd. If you are concerned about your eligibility, click [here](#).

Beyond Agendas: Tips and tricks for time management

Workshop

Want to learn more about how time management and emotions are connected?

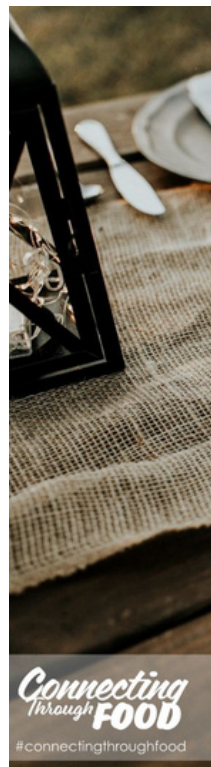
Join Counselling, SAS, and Academic Skills on

September 20
September 27, and/or
October 4

11:30 am to 12:30 pm
CC 307

To register: www.trentu.ca/sep

Discuss common myths and emotions related to time management and to learn some strategies to find balance in your day. Register for some or all sessions on the [Student Experience Portal](#) events calendar.



Pay What You Can Harvest Lunch

Wednesday, October 4

Champlain Great Hall

11:30am – 2pm or sold out

Debit, credit, TrentU Card & cash accepted.

Lunch will be served on a first-come, first-serve basis

Your meal makes a difference!

All meal proceeds will be donated to the TCSA's One Stop Chop Food Pantry to support student food security

Everyone welcome!

Connecting
through **FOOD**

#connectingthroughfood

This Pay What You Can lunch is supported by all of the on-campus food service partners with all of the proceeds being returned to The TCSA One Stop Chop food pantry.

What's going on at Trent University?



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

Counselling Services
Workshop

An Introduction to Mindfulness

6-Session Group Workshop
Thursdays in October & November from 1p-2:30p
Begins Thursday, Oct. 5th | Lady Eaton College, 'The Pit'

Limited spaces. Email counselling@trentu.ca to reserve your spot!

Mindful or Mind full? Mindfulness practices can assist us in appreciating the unfolding moments of our lives, managing stress, and supporting our health. Please email counselling@trentu.ca to sign up.



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

Counselling Services
Workshop

Surfing the waves of emotions

6-Session DBT Group Workshop
Wednesdays in October & November from 1:30p-3p
Begins Wednesday, Oct. 4th | Blackburn Hall, Suite 135

Email counselling@trentu.ca by Sept. 27th, 2023 to express interest!

Join us for a six-week Dialectical Behavior Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations.



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.



The Writing Room

Writing Skills Drop-In with Academic Skills!

Tuesdays 11am-1pm
Morton Reading Room (CCS 303)

Join Lori Steers, Academic Skills/ESL Instructor, every Tuesday to strengthen your writing skills!



Scan for the Writing Room schedule!



ACADEMIC SKILLS IN THE COLLEGES
Learn more at [trentu.ca/academicskills!](https://trentu.ca/academicskills)

Join an Academic Skills instructor and an experienced Trent student in weekly Learning Labs over Zoom or in-person. More information can be found on the [Academic Skills website](https://trentu.ca/academicskills).



Connect with us!
[@trentuacademicskills](https://www.instagram.com/trentuacademicskills) acdskills@trentu.ca

Join Academic Skills for their weekly drop-in writing support sessions: a great opportunity to ask questions about your writing and discuss your assignments with an Academic Skills Instructor!



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.



Campus Security is dedicated to creating a safe and welcoming environment for students, staff, faculty and visitors. We recognize, and respect the diverse nature of the Trent Community. Prioritizing the safety of our faculty, staff and students, Campus Safety has launched a new TrentU Safety app. The app comes with a number of valuable safety features.

Download here -> trentu.ca/safetyapp.

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

Here to listen and support. Let's connect.

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



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

<https://www.trentu.ca/academicskills/how-guides/how-manage-your-time/time-management-strategies#daily%20planner>

Here are some Tips and Tricks for Using a Planner Effectively! Many of us have fallen into buying them and finding them difficult to stay on top of!

Using a planner can...

- **Reduce stress** by showing you what needs to be done and when, ideal for optimizing your time.
- Exercise your **time management** skills through organization.
- **Stimulate productivity** by keeping you on track with tasks.
- Help you to **practice self-care** by prioritizing it in your schedule.
- Encourage **punctuality** in your day-to-day to-dos.

In addition to having a weekly schedule, it is essential to create a long term plan that will help you get a better grasp of when the university crunch comes barreling down your hallway.

A 4-Month Planner can be an excellent tool to use; it allows you to see all the months of a term without turning a page or changing screens.



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“Only when the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realise that one cannot eat money.” - Alanis Obomsawin