

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

As is often the case, this has been a week of both successes and sadness. To begin with, I would like to address the results of the recent Cabinet elections at Traill College. I see Cabinet as one of the oldest and most important student groups at Traill. They are key to animating the undergraduate life and, in turn, provide the permanent staff in the College Office a window into the changing needs of students. I am happy to announce the winners of the recent election. Joining co-presidents **Taylor Labelle** and **Aidan Cooke** along with Minister of Academics **Lyne Soroka-Sarrazin** are the following newly elected students:

Perlin Foo, Minister of Athletics

Amy Graves, Don on Cabinet

Bailey McArthur, Minister for Human Rights and Accessibility

Ambrosia Day, Cabinet Archivist

Alec Howie as Member at Large

I want to thank everyone who participated in the elections and wish the new cabinet only the best for the 2023-24 academic year.

On a more somber note, I would like to address the situation that is occurring in the Middle East. Like many people, I was shocked and deeply saddened about the violence that is has taken place, and continues, in Israel and Gaza. I know that there are members of the Traill community that have relations, friends, and family on both sides of the conflict. Earlier this week **Trent International** and the **Office of Equity, Diversity & Inclusion** put out a joint statement of support for all students. I would like to mirror those sentiments here and say that the College is also here to support you and can direct you to resources that are available such as:

- Those through **Counselling Services** in Peterborough: 705-748-1386 or counselling@trentu.ca (appointments can be made to see counsellors either in Blackburn Hall, or at the counselling office at Traill College).
- Volunteer chaplains and community liaisons from various faith traditions in the community are also available to students through Trent Spiritual Affairs' Multi-faith Network.
- Staff and faculty in need of support can access Lifeworks: Employee Assistance Plan.
- **Trent International** can always be reached for resources and support at trentinternational@trentu.ca.

If you prefer, please feel free to contact me directly (michaeleamon@trentu.ca). If you are in distress, please know that you need not be alone. We can help.

Take care,

Michael

Needing an Appointment?

Looking to book an academic appointment?



[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.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Cabinet Corner



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

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

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

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*



[@trailcollege](#)



[Trail College](#)



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[#trail](#)





Backwoods Baking Presents:

Baked Mini Doughnuts

<https://www.allrecipes.com/recipe/242308/baked-mini-doughnuts/>

INGREDIENTS

Doughnuts:

- 2/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground nutmeg, or more to taste
- 1/8 teaspoon salt
- 1/4 cup milk
- 1/2 teaspoon vanilla extract
- 5 tablespoons softened butter
- 1/3 cup white sugar
- 1 egg

Cinnamon-Sugar Coating:

- 1/3 cup white sugar
- 1 teaspoon ground cinnamon

INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Grease miniature muffin cups or line with paper liners.
2. Make the doughnuts: Whisk flour, baking powder, nutmeg, and salt together in a bowl. Stir milk and vanilla extract together in a separate bowl. Beat butter and sugar together in a third bowl using an electric mixer until smooth and creamy; beat in egg.
3. Stir flour mixture, alternating with milk mixture, into butter mixture until batter is smooth. Spoon batter into a piping bag and pipe into muffin cups, about 2/3-full.
4. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 10 to 12 minutes.
5. Meanwhile, make the coating: Mix sugar and cinnamon together in a bowl; add warm doughnuts and gently toss with hands until coated.

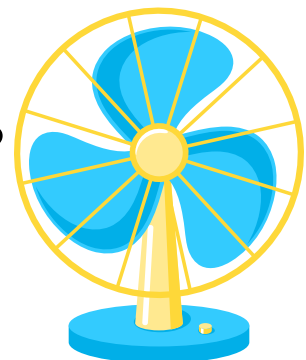
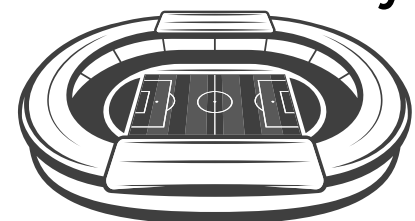


Click on Trail's
[YouTube](#)
channel
to view




Trail Mix

Why are sports stadiums always so cold?
They're filled with fans.



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



An Academic Skills Graduate Workshop:



Time Management For Grad Students

October 17, 7:00 to 8:30 pm
WH 226 (Traill College) or Zoom

- Project Management Skills
- Establish Long- and Short-Term Goals
- Learn to Prioritize

Need help balancing competing time pressures and commitments, such as research, course work, teaching, and personal life? Join us Oct. 17th in person or online. Register for the Zoom through the Student Experience Portal.

Announcing the First Presenters in the Symons Series on Graduate Student Research



October 19
7pm-9pm

**Bagnani Hall
Traill College**

Pearl Finkelzon
Harvest Now!? Navigating Human Dynamics in an Established Community Garden



Hadia Mustansir
The Effects Of Overgeneralization on Pattern Discrimination tasks on Rodent Models: Would This Lead to an Impaired PS, and Impaired Memory extinction?



Support your peers, and learn something new!
All are welcome.
Food will be provided free of charge.



Traill is proud to announce the first presenters in the Symons Series! Pearl Finkelzon and Hadia Mustansir will be presenting their research in Bagnani Hall at Traill College on October 19 from 7 to 9PM. Free refreshments will be provided.

2023 TRAILL Visiting Fellow

FREE PUBLIC LECTURE

Dr. Laura U. Marks: Grant State Professor, School for the Contemporary Arts at Simon Fraser University.

"HEALTHY LIVING FOR MONADS: DO WE NEED A MULTIVERSE?"

Tuesday October 31st
Bagnani Hall 7-9pm






Join Dr. Laura U. Marks in discussion of her book "Healthy Living for Monads: Do we Need a Multiverse?" October 31st 7-9pm. Questions and refreshments will follow the lecture.

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.

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



Barbie - Q

HEY BARBIE!
Traill Cabinet Dinners are **BACK!**

BBQ starts at 6pm in the Trend. Followed by a workshop by Pamela Forgrave, with the viewing starting at 7pm.

Join us on October 15 for a BBQ @ the Trend for students. Everyone is welcome to enjoy snacks and drinks!

CATHARINE PARR TRAILL COLLEGE
Nunc cognosco ex parte

CATHARINE PARR TRAILL COLLEGE
"CABINET"
TRAILL COLLEGE

Hey Barbie! Come to Traill On October 15, at 6pm and join us for a barbecue dinner, compliments of the Trend. Followed by a workshop provided by Pamela Forgrave, and to top off the night with the critically acclaimed Barbie movie.



Catharine Parr Traill College
Nunc cognosco ex parte

TRAILL'S GREAT PUMPKIN ART FEST: CARVING, PAINTING, FOOD & FUN!

I'M SO PUMPED-KIN 'BOUT IT

WEDNESDAY, OCTOBER 18TH

KERR HOUSE LAWN TRAILL COLLEGE

SESSION 1
10AM - 12PM

SESSION 2
6PM - 8PM

APPLE CIDER AND TREATS PROVIDED

Come on up to the college on the hill on Wednesday October 18th and join us for an artfest! featuring pumpkin carving, painting, food, and a whole lot of fun.



Popcorn provided

SHREK
6-7:30PM

ADDAMS FAMILY
8-9:30PM

October 31st
Jalynn Bennett Amphitheatre
Traill College

HALLOWEEN DOUBLE FEATURE

CATHARINE PARR TRAILL COLLEGE
Nunc cognosco ex parte

The spooky month has begun, and to top off a month filled with ghouls and ghosts we will be hosting a Halloween movie night. A double creeper feature of Shrek and The Addams Family on the 31st.



Traill or Treat!

Candy Contest

Submit your guess at the Traill College Office (SH 107) for a chance to win a jar of goodies!

All are invited to take a chance on the "Traill or Treat" candy contest until October 31st. Submit your guess of how many candies are in the jar. If your guess is closest, you get to take it home!

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.



TRENT UNIVERSITY | **CAREERSPACE**
CO-OP, CAREERS & EXPERIENTIAL LEARNING

Fall Recruitment Fair

Wednesday, October 18
11:00 A.M. - 2:00 P.M.
Trent University - Student Centre

Register through the Student Experience Portal at trentu.ca/SEP

Sponsored by: 
GAUVREAU
ACCOUNTING TAX LAW ADVISORY

Discover a world of opportunities tailored for you! Top employers will gather to showcase a diverse range of career positions. Bring your resumes, our fair is designed to help you make meaningful connections and gain insights into the job market.

FOREST BATHING

October 19th, 2pm



Join Kristina Domsic, Gzowski College, Trent Outdoors, and Trent Spiritual Affairs for a forest bathing walk! We will meet at the GC Breezeway and then make our way to the trails by the Camp Kawartha Environment Centre. Register [here](#)

QUEEN'S PARK FIELD TRIP

Monday, October 30, 2023

Join MPP Dave Smith and recent Political Studies graduate Jenna Depaiva for a day at Queen's Park!

8:00 A.M.: Bus Departs from Symons Campus
10:00 A.M.: Arrive at main entrance to Queen's Park
3:30 P.M.: Bus Departs from Queen's Park for Trent

There is no cost, and transportation from Symons campus to and from Queen's Park (Toronto) is provided.

Scan here to register for the event!
Registration deadline: October 16



What's going on at Trent University?



Counselling Services Workshop

TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

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.



Counselling Services Workshop

TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

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.



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).



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!



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!



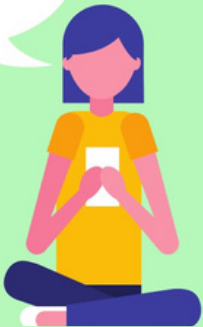
Student Supports

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.



Trent University offers IT services including strategy, applications, infrastructure, and support, alongside essential resources and information to meet the technological needs of the Trent Community. Our Service Desk Team is available and happy to assist you with technology throughout your time at Trent, whether it's via phone or in-person during operating hours and through the Service Hub that is available 24/7.

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://accelerate.uofuhealth.utah.edu/resilience/using-check-in-questions-to-promote-well-being>

<https://www.emmanuelhouston.org/event/self-care-wellness-check-in-digital/>

Questions to ask for a Wellness Check-In

- What is a high and a low from the day?
- What is one thing that went well (yesterday, during your shift, etc.)?
- Share a moment of awe (from yesterday, during your shift, etc.). A moment of awe is when you experience that feeling like you're a part of something bigger (e.g., looking at the stars, teaching something to a child, etc.)
- What is one thing that you are grateful for right now?
- What is one thing you are going to do for yourself (during your shift, after you leave, etc.)?
- Share one best thing and one hard thing that happened (yesterday, during your shift, etc.).
- What is something funny that happened (yesterday, during your shift, this week, etc.)?
- What is something that you want to remember or remind yourself during your shift/ workday today?
- What is one thing that is currently giving you hope?

Wellness Wheel



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"My dark days made me stronger. Or maybe I already was strong, and they made me prove it."
—Emery Lord