

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

How wonderful it was to be in Nova Scotia last week and catch up with so many great alumni. On Thursday, I joined Chancellor **Stephen Stohn '66**, Dean and Head of Trent Durham, **Scott Henderson '84**, AVP Development **Sherry Booth '98**, and the Momentous Change Campaign Director **Donna Doherty** at the incredible Canada Museum for Immigration at Pier 21. Special thanks to Trill alumnus **David Wallbridge '96** for being our liaison at the location. On Friday, I managed to drive out to Wolfville to meet **Pat Townsend '65**. She gave a wonderful tour of Acadia University, the South Mountain, and then on to Grand Pré. It was a very blustery day on the Bay of Fundy as you can see in the photo below. Pat also shared some great photos from her time at Trill including the one of her and friends outside of Scott House.

I love visiting Trent alumni. I particularly enjoy hearing stories of what they loved -- and what they didn't like so much -- about their experiences at the college. I find these stories essential in guiding my current decisions as I navigate that balance between meeting needs of twenty-first century students while maintaining the appropriate spirit of Trill. There is a timelessness to the collegiate experience and Trill has truly been a home-away-from home for many. Here's to the past, present, and future students of the College on the Hill!

A handwritten signature in black ink, appearing to read "Michael Eamon".

P.S. for fans of Trent Continuing Education register now for courses and get a 50% discount! Go to: www.trentu.ca/continuingeducation



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



The Cabinet Sunday Feast Series Continues on Nov 19: Canada Night

<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.



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Backwoods Baking Presents:

One Pot Lemon Pasta

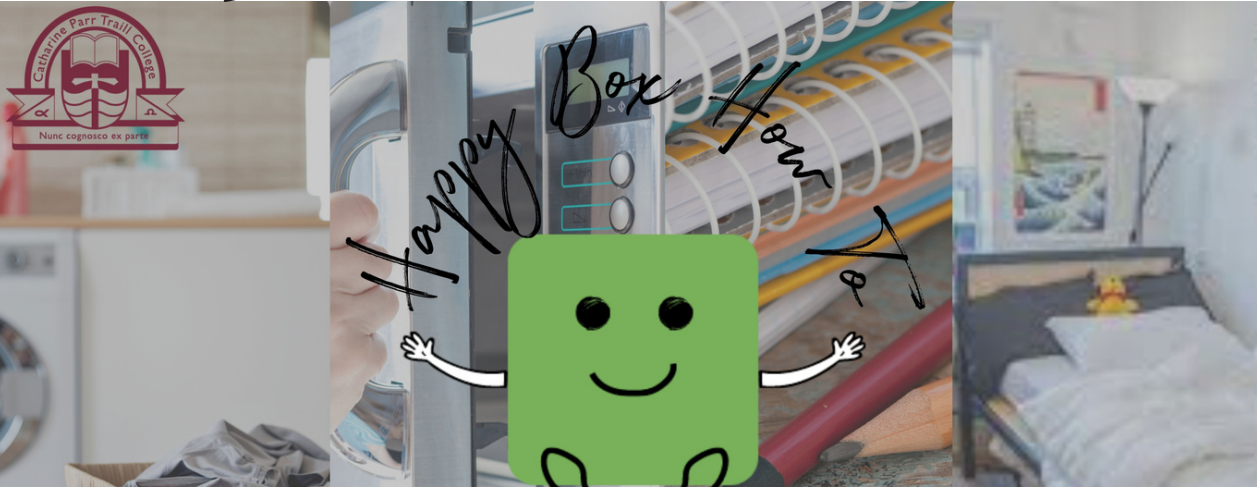
<https://www.thepioneerwoman.com/food-cooking/recipes/a43963571/lemon-pasta-recipe/>

INGREDIENTS

- 2 tbsp. olive oil
- 2 tbsp. unsalted butter
- 4 garlic cloves, thinly sliced
- 1/4 tsp. red pepper flakes
- 1 lb. dry spaghetti
- 2 tsp. kosher salt
- 1/2 c. grated parmesan cheese, plus more to serve
- 2 tbsp. fresh lemon zest
- 1/4 c. fresh lemon juice
- 1/4 c. chopped fresh basil, plus more to serve
- Freshly ground black pepper, to serve

INSTRUCTIONS

- Heat a large pot over medium heat; add the olive oil and butter. Allow the butter to foam, then add the garlic and red pepper flakes. Cook until fragrant, 1 minute.
- Add the pasta, 6 cups of water, and salt to the pot and bring to a simmer. Reduce the heat to medium-low and continue simmering for 8 to 10 minutes, stirring frequently to prevent sticking, until the pasta is al dente.
- Remove from the heat and stir in the parmesan, lemon zest, lemon juice, and basil. Serve topped with more parmesan, basil, and black pepper.



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



Trail Mix

How does the moon cut his hair?
'Eclipse it.



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


Announcing the Presenters in the Symons Series on Graduate Student Research

Madhuaravindh Kasipalayam Saravanan and Malvika Polamreddy

Time Series Forecasting using the Silverkite and Neural Prophet model

Monisola Ajeigbe

Examining the Synergy Between B Corporation Certification and Sustainable Cooperative Practices: A Cluster Analysis of Credit Unions in Ontario




THOMAS H.B. SYMONS SEMINAR SERIES
ON GRADUATE STUDENT RESEARCH

NOVEMBER 16th
7pm-9pm

Bagnani Hall
Trail College

Support your peers, and learn something new!
All are welcome!
Free Refreshments!



Catharine Parr Traill College
Nunc cognosco ex parte

Join us to learn about some of Trent's grad students research, refreshments will be available. It will take place in Bagnani Hall from 7-9pm on November 16th. We look forward to seeing you support your peers in their research.

THRIVE WEEK
DIY STRESS BALL DROP IN



STOP BY SCOTT HOUSE 105 BETWEEN 7-9PM TO MAKE YOUR VERY OWN STRESS BALL

Thursday November 16th, 7-9pm




Make your way downtown, walking fast, faces pass and you're at Bagnani Hall between the hours of 7 and 9 on November 16 to join in on making DIY stress balls during Thrive week. A great de-stressor!

Nov 19th

Trail Cabinet Sunday Feast Series. Board games & music in the Trend @ 4pm. Free dinner @6pm



CATHARINE PARR TRAIL COLLEGE
CABINET

COAST-COAST: CANADA NIGHT



Trail Cabinet's Sunday Feast Series continues on November 19th with "Coast-Coast: Canada Night". Celebrate being a Canuck with food, board games, and music. All are welcome. Board games in the Trend at 4pm, dinner starts at 6pm. First come first served



Trail College Seasonal Social

Drop by Scott House on December 8th, 2023 between 2pm - 4pm for festive celebrations and sweet treats!




Drop by Scott House on December 8th, 2023 between 2pm - 4pm for festive celebrations and sweet treats! Trail college is a warm and welcoming space that sets a cheerful and happy tone for the holiday season, so come joins us!

What went on at the College on the Hill?



The Fall College Dinner



What's going on at Trent University?

The Trent Language and Linguistics Festival

Friday Nov. 17th, 2023
3:00 - 6:00pm
THE GREAT HALL
Champlain College



Join us for an afternoon full of fun, diversity, culture, languages, ethnic foods, and more!



FREE ADMISSION

Champlain College

International Education Week offers an opportunity to reflect on the value of internationalizing our degrees. At Champlain College, we celebrate the diverse perspectives brought to the classroom every day by people from all cultures and backgrounds.

Inter-Collegiate Pen Pal Program

Sign up using the link in the image caption!



Matches made every Monday from Nov 20 - Dec 11



The Inter-Collegiate PenPal Program is back! Follow this link to be matched with a new friend that you can connect with digitally: [here](#). The first match will be made on November 20th. If you miss this date, sign up is ongoing, so matches will be made every Monday until December 11th!

Transfer into Co-op Info Session *Humanities & Social Sciences*

November 22, 2023
10:00 - 11:00 AM
TSC 2.02

With 16+ Humanities & Social Sciences co-op programs to choose from, you can put your skills and knowledge to work and gain 12 months of paid work experience in as little as four years!

*The transfer-in pathway is open only to full-time first year students.

Register at trentu.ca/SEP

Are you in your first year and interested in transferring into Humanities or Social Sciences co-op program? Join us for an info session to learn more about your options. Register now through the Student Experience Portal at trentu.ca/SEP



NORTH AT TRENT



2023-24 Lecture Series

SECURITY AND SOCIO-ECONOMIC INEQUALITIES IN THE NORTH

November 30, 2023 7:30 p.m. Bagnani Hall, Traill College

To join remotely, register using the QR code



GÉRARD DUHAIME

Full professor, Department of Sociology, Chairholder of the Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval



KAREN EVERETT

Senior Research Associate, Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval



trentu.ca/northattrent

Iqulit uusiSkits and Erobisher Bay, Photo credit: Saffron Blaze, 2009

Each year, Trent organizes a series of public talks on the broadly defined "north". Building on Trent's established role as a centre of innovation on northern research these lectures are a key feature of academic life at Trent. You can register for zoom [here](#).

What's going on at Trent University?

TAPSCOTT-LOPES BUSINESS AND SOCIETY LECTURE



CREATING AN URBAN CULTURAL HUB

CAMERON BAILEY

CEO, Toronto International Film Festival (TIFF)

NOVEMBER 23, 2023

DURHAM GTA

1:00 p.m.

PETERBOROUGH

Livestreamed at 7:00 p.m.



The CEO of one of the world's biggest and most important film festivals, Bailey brings a comprehensive wealth of experience to his position, and under his lead the festival continues to grow in size and significance every year. In his engrossing talks, Bailey traces what it takes to grow a cultural organization, from engaging staff at all levels, to capturing the attention of the world

Need a little help finishing up the semester and getting ready for exams?

Come for the morning, afternoon, or all day!

10 am to noon

- Take inventory of term projects
- Make a plan to complete assignments

1pm to 3pm

- Create an exam study guide
- Practice study strategies
- Learn to manage exam stress

Refreshments provided!

FINISH STRONG

Workshop



ACADEMIC SKILLS
IN THE COLLEGE

Sunday

November 26, 2023

10 am to 3 pm

OC Commons

Otonabee College

Want a strong finish for the last few weeks of the term? Join Academic Skills Instructors on Sunday, November 26 from 10 am to 3pm in the Otonabee College Commons and let us help you make a plan for finishing course assignments and plan for final exams. Enjoy tasty refreshments!

PETERBOROUGH COMMUNITY LEGAL CENTER VIRTUAL INFORMATION SESSION



Join us for a zoom information session hosted by the Peterborough Community Legal Center, where we will discuss the rights and responsibilities of both tenants and landlords.

This session is a valuable opportunity to gain insight into the legal aspects of renting and leasing.

DATE : NOVEMBER 24TH

TIME : 10:30 A.M. EST

Virtual for Durham and Peterborough Students



Scan the QR code and save the link to your calendar

We are thrilled to announce a live Zoom information session in partnership with the Peterborough Community Legal Center. The primary focus of this session is to empower students with integral knowledge regarding the legal aspects of Off Campus Housing. During the session, experts will dive into the intricate details of tenants' and landlords' rights and responsibilities.



STUDENT Housing Day

November 29th, 2023

11:00 a.m. - 2:00 p.m.

STUDENT CENTRE
Symons Campus



The Off Campus Housing Department is also hosting Student Housing Day on November 29th at The Student Center. This event is a unique opportunity for students to engage with local landlords, connect with potential roommates, and gain deeper insights into the housing market in the Peterborough community.



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 is leading the conversation on creating a more equitable world, and the Centre for Human Rights, Equity, and Accessibility (CHREA) is at the forefront, guiding the way forward. Our mission encompasses monitoring university policies, advising on matters of human rights and accessibility, and facilitating the resolution of complaints. Here, you'll discover a wealth of resources and valuable information for those seeking to broaden their perspective and gain a deeper understanding of their role in nurturing a more equitable and inclusive community. Join us in the journey to foster a more just and inclusive world.

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

Adjusting to Daylight Saving Time

How to Prepare for the Start and End of Daylight Saving Time

We are two weeks into daylight saving time, and if you've been having trouble sleeping, being productive or focusing, you can likely point the blame at daylight saving. The switch to daylight saving time alters your normal pattern of daylight exposure. This can throw off your body's circadian rhythm, which helps control sleep and other biological processes. Developing a plan to cope with the time change can reduce its impact on your sleep and overall wellness.

SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

<p>Stay clear of stimulants late in the day.</p> 	<p>Do a regular exercise.</p> 
<p>Create a relaxing bedtime/pre-bedtime routine.</p> 	<p>Stick to a consistent sleep schedule.</p> 
<p>Keep your room cool and comfortable.</p> 	<p>Avoid foods that can disrupt sleep.</p> 
	<p>Unplug an hour before bed.</p> 



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"It's not enough to be nice in life. You've got to have nerve."
— Georgia O' Keeffe