

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal Michael Eamon

Dear Traillites,

A great Traill tradition returning last Friday night. Almost four years to the day, we held a full **College Dinner** in Bagnani Hall. Over 60 students, staff, faculty, and guests were in attendance. The special guest for the dinner was **Dr. Laura U. Marks**, our 2023 Traill Visiting Fellow. But, we were also delighted by the presence of **Dr. Christopher Barrett**, a chemistry professor at McGill University. Chris made a surprise appearance at the dinner. He was born while his parents were dons at Traill College, back in the late 1960s and spent his infant years in Scott House. This made him the longest-serving member of the college present at the dinner! We are so happy that he could be there and rekindle his connection with the College on the Hill and hope to see him more frequently in the months to come. Our house photographer (and proud Traillite) Julie Gagne took some great shots of the evening, some of which you can find further in the newsletter.

On Thursday evening, I will be honoured to be in Halifax as part of a Trent alumni event at the **Canadian Museum of Immigration at Pier 21**. Only one of two national museums outside of the national capital, Pier 21 was the first place that thousands of immigrants saw as they arrived to a new life in Canada. My friend Dr. Monica Macdonald, Director of Research, will be saying a few words to the Trent contingent about the museum and its significance. That will be followed by an alumni reception and an introduction of the new Trent Momentous Change campaign.

This Friday is **Trent University Open House** and Traill once again will be on display. From 10 AM to 2 PM, the College will be open for residence tours. A shuttle bus will take visitors from the Symons Campus to Traill throughout the event. All the key spaces including the JCR, SCR, Library, and The Trend will be open with student and staff guides present to answer any questions. Free refreshments will be available in The Trend. If you haven't seen Traill lately, this is the time to visit and get the full tour.

Finally, **calling all fans of Trent University Continuing Education**. We are just putting the final touches on our Winter/Spring term registration. In the next two weeks, the new courses and workshops will be posted to our website [www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation) where, until December 31st, all classes are 50% off! What a great deal for yourself, or if you want to give the gift of education this holiday.

Until next week,



# 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](mailto: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/traill/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.



[@traillcollege](#)



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[#traill](#)



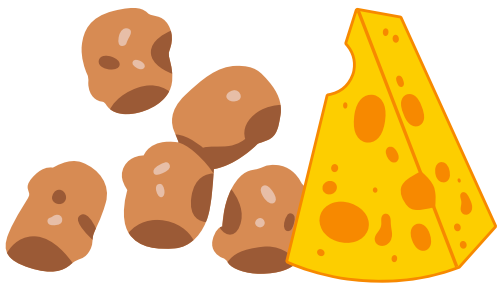


# Backwoods Baking Presents:

## Tater Tot Casserole

### INGREDIENTS

- 1 pound ground beef
- 1 (10.5 ounce) can condensed cream of mushroom soup
- salt and ground black pepper to taste
- seasoning to taste
- 1 (16 ounce) package frozen tater tots
- 2 cups shredded Cheddar cheese



### INSTRUCTIONS

- Gather the ingredients. Preheat the oven to 350 degrees F (175 degrees C).
- Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until completely browned and crumbly, 7 to 10 minutes. Stir in condensed soup; season to taste
- Transfer beef mixture to a 9x13-inch baking dish; layer tater tots evenly on top and sprinkle with Cheddar cheese.
- Bake in the preheated oven until tater tots are golden brown and hot, 30 to 45 minutes.

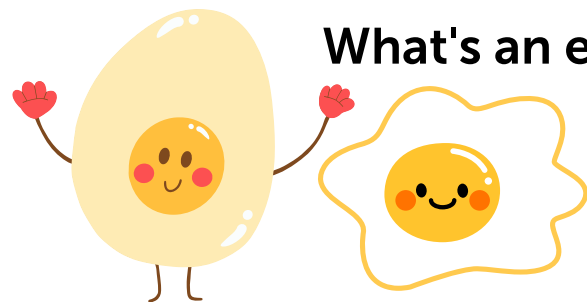


Click on Trail's [YouTube channel](#) to view



## Trail Mix

What's an egg's favorite vacation spot?  
New York City.



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




**THRIVE WEEK**  
**Pause to Paws**

Come visit us in the SCR to de-stress with some dog petting and an casual conversation with our Academic Advisors.

**Thursday November 16th**  
**1-3pm**  
**Senior Common Room**

Light refreshments and colouring pages will also be available.

**Riddick**



Come visit the goodest boy, Riddick, and our supportive academic advising team, on November 16th from 1 to 3 PM. This will be a de-stress event held during Thrive week.

**THRIVE WEEK**  
**DIY STRESS BALL DROP IN**



**STOP BY BAGNANI HALL 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**



**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

**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, signup is ongoing, so matches will be made every Monday until December 11th!



# What went on at the College on the Hill?



The Fall  
College  
Dinner





# What's going on at Trent University?

## Writing Café

with Academic Skills in the Colleges

Sunday, November 12, 2023  
10 am to 3pm

ACADEMIC  
SKILLS  
IN THE COLLEGES

### Crawpaddie's Den (LEC)

Join us to work on a written assignment in a  
comfy, cozy, community space!

Set writing goals!

Stay focused!

*Come for the day, or a part of the day.*



Enjoy baked  
goods and  
drinks while  
you write!

Pleased to support students as part of Thrive Week!  
Email [acdskills@trentu.ca](mailto:acdskills@trentu.ca) for more information.

Thrive  
EXPLORE YOUR PATH  
TO MENTAL HEALTH

Working on a written assignment? Find it hard to set goals and stay focused? Join Academic Skills on Sunday, November 12th in Crawpaddies Den (Lady Eaton College) for Writing Café. Register at [www.trentu.ca/sep](http://www.trentu.ca/sep). For more information, email [acdskills@trentu.ca](mailto:acdskills@trentu.ca)

## 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](http://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](http://trentu.ca/SEP)

## GIS Research Day

Nov 15

TRENT  
UNIVERSITY  
LIBRARY & ARCHIVES



The Maps, Data & Government Information Centre is delighted to invite you to attend Trent's annual Geographic Information Systems (GIS) Research Day talks! For further information and the schedule of talks, visit MaDGIC's GIS day webpage!

Community  
Speaker Series  
Generosity made possible through philanthropy

NORTH AT TRENT

TRENT  
UNIVERSITY  
FROST CENTRE FOR CANADIAN STUDIES  
AND INDIGENOUS STUDIES

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](http://trentu.ca/northattrent)

Iqaluit outskirts 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?

## Community Grief Circle

Wednesday, November 15

2:30pm-4pm | TSC 1.07

Registration link in bio



You are invited to a safe and supportive environment to process grief related to ongoing harm, violence, and war in the world. This event is open to all members of the Trent community to grieve and unite in mutual support. Our focus is to offer a space to hold and share our sadness while connecting with support resources.

## Buddhist Meditation

November 16 | 3-4pm  
Multifaith Room: LEC 202



Take a break from school and join Trent Spiritual Affairs and the Buddhist Place for a guided 45-minute meditation. This event will be held at the Multi-Faith Room (LEC 202). Limited seating available. This event will be capped at 12 people. For more info please visit <https://www.thebuddhistplace.org/>

Trent School of Business

### CEO in Residence



### Events

#### Mentor Sessions

Wednesday, November 15

11:00 A.M. - 6:00 P.M.

Peter Gzowski College kitchen

#### Discussion Panel

Thursday, November 16

4:00 P.M. - 6:00 P.M.

OC 205



Bob Gauvreau '01

Register for events at [trentu.ca/CEOinResidence](https://trentu.ca/CEOinResidence)



Gain business advice from Bob Gauvreau, Trent's CEO in Residence. Register for an in-person mentoring session or attend his discussion panel. You're the CEO of You: Building your Personal Leadership Brand, invest in your personal brand.

Learn more at [trentu.ca/CEOinresidence](https://trentu.ca/CEOinresidence)



## Collegiate Leadership

With practice, leadership is available to all

Do you want to become a stronger leader, explore curriculum, and build your resume? Apply to join the Collegiate Leadership Program! Visit the link in @otonabee\_college's Instagram bio to apply by Nov. 13.



# 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 committed to ensuring a safe commute and campus experience for all members of our community. Trent Walkhome is a service that provides students, faculty and staff members a safe alternative to walking alone at night. This fall, Walkhome services are available upon request. To request a walk please call 705-748-1328 or text 705-931-0032. Routine queries can be directed to [walkhome@trentu.ca](mailto:walkhome@trentu.ca).

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

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](http://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

After the time changes it is important to set yourself up for strong mornings, try these tricks:

- Set an alarm.
- Breathe in the new day.
- Drink water before coffee.
- Move your body in all directions.
- Make time to exercise.
- Cultivate an attitude of gratitude.
- Repeat your routine.
- Enjoy a cup of coffee or tea.
- Take advantage of self care.
- Prioritize important tasks.
- Spend time on a hobby.
- Do a crossword puzzle.
- Write a Journal.
- Take a Shower in the Morning and Evening.

## Good Morning Challenge

Wake up early	Meditate	Don't reach out for your phone	Stretch
Drink water	Make your bed	Write a journal	Set an intention for the day
Take a shower	Do your skincare routine	List 3 things you're grateful for	Prepare coffee or tea
Eat breakfast	Prepare clothes	Meal Prep	Get some fresh air

RobeMart  
Best Quality. Best Price.

<https://robemart.com/blog/6-tips-great-morning-routine/>

<https://asana.com/resources/best-morning-routine>  
<https://www.cnn.com/2021/08/24/health/morning-routine-healthy-tips-wellness/index.html>

<https://robemart.com/blog/6-tips-great-morning-routine/>



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"If you spend your whole life waiting for the storm, you'll never enjoy the sunshine."  
—Morris West