

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Longtime readers of Traill Tales will know that we always include a fun and tasty recipe every week. This has been so successful in the past that we are now planning a standalone **Traill College Recipe Book**. Do you have a favourite recipe? Perhaps it is comfort food, or a special dish that you wish that you knew how to make in first year. Is there something that you just can't live without, or that reminds you of home? We want to hear from you! Please send along suggestions to traill@trentu.ca and keep reading Traill Tales for future updates.

On Wednesday evening I had the honour to officially welcome **Dr. Fiona Sampson**, C.M. '87 as an honorary fellow of the College. Dr. Sampson is this year's **Traill Lawyer in Residence**, a special program undertaken with the Law and Arts / Law and Business Dual Law Degree with the University of Swansea. After being inducted as a fellow, Dr. Sampson talked about her inspiring work in Kenya to change the laws regarding child defilement where she, and her team, won a landmark legal ruling in just 10 months. Moving forward, she is now working to implement a special training program with local police to quickly identify and deal with cases that involve the sexual abuse of minors. For the gravity of the issue, the talk was incredibly uplifting and empowering. Dr. Sampson's core message, that individuals can make real change, was not lost on the audience of budding, young lawyers.

Finally, tomorrow is **Remembrance Day**. As an historian of public history and memory, I was asked to talk with different media outlets this week about the history and importance of the occasion. Repeatedly, it was asked why we should mark Remembrance Day, or it is still relevant. Although initially shocking, it is a fair question. As time moves on, fewer people have direct contact to the great wars of the twentieth century. Our collective memory, as they say, is fading. Some may even conflate Remembrance Day as a celebration of military action, rather than a reflection upon sacrifice and loss. For me, however, Remembrance Day was never a static occasion. Originally, a time to mark the Armistice of the Great War, it slowly became a more encompassing day of remembrance for an increasing list of conflicts. It also became a time to honour those who continue to serve Canada in its armed forces. I think today, Remembrance Day can encompass all these past practices as well as offer us an important moment to press pause and reflect. I think the purpose of a university, and particularly Trent, is to take the time to have these necessary and sometimes difficult reflections about human interaction. These are moments of reflection that should turn into broader conversations about what can be done. What real change can we effect to reduce the of violence and aggression? Lately, there's been a lot of anger, protests, and people defining what freedom means to them. I feel that part of our reflection this Remembrance Day should be around questions like: What can I do to combat aggression? Who is hurting around me, or who is causing hurt to others. What can I do to alleviate hurt and promote peace? Trent University is marking Remembrance Day with a ceremony, led by Otonabee College Principal **Dr. Jessica Becking**, in Champlain's Great Hall starting at 10:45 AM.

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

Keep an eye out for upcoming events and fundraisers with Trail College Cabinet!

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 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!





Backwoods Baking Presents:

Traditional Gingerbread Biscuits
from Lang Pioneer Village, *Old Time Crafts and Cooks*



INGREDIENTS

- ½ cup hot melted shortening
- ½ cup white sugar
- 1 cup molasses
- ½ cup hot water
- ½ tsp ground cloves and cinnamon (can substitute nutmeg for cinnamon)
- 1 tsp baking soda
- 4 cups all-purpose flour
- 1 tsp salt
- 2 tsp ginger

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Melt the shortening and combine with sugar in a large mixing bowl. Then add the molasses.
3. Dissolve the baking soda in hot water and add to the mixture.
4. Sift the dry ingredients and add to the liquids all at once.
5. Mix until smooth and well blended.
6. Chill the dough for at least 2 hours.
7. Roll out the dough to a ¼ inch thickness on a well-floured surface.
8. Cut into shapes and place on a greased cookie sheet and bake for 8 minutes at 400°F.
9. Cool, and finally decorate if desired.

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 and moving tricks, and more.

Trail Mix

A man walks up to a librarian and asks, "Do you have any books on Pavlov's dogs and Schrödinger's cat?"

The librarian responds, "It rings a bell but I'm not sure if it's here or not."



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

Trent University Music Society Presents:

OPEN MIC NIGHT

IN PARTNERSHIP WITH TRAILL COLLEGE

8:30-9:30 PM
THE TREND,
TRAILL COLLEGE

EVERY
SECOND AND FOURTH
THURSDAY OF THE
MONTH

➤ No Registration or Musical Talent Required.

@traillcollege @trentu.music



No registration or musical talent required! Come to the Trend and enjoy the music and the space every **second** and **fourth Thursday** of the month.

Community
Speaker Series



Lassi Heininen,
University of Lapland
Changing Arctic Security

A North At Trent Lecture
7:00 pm, November 10, 2022
Bata Film Theatre BL103,
Symons Campus

50
1972-2022
CANADIAN
STUDIES
ÉTUDES
CANADIENNES

Dr. Lassi Heininen is Professor (emeritus) of Arctic Politics at University of Lapland (Finland), Editor of Arctic Yearbook, Chair of (traveling symposium) Calotte Academy, Leader of UArctic's TN on Geopolitics & Security. His research fields include IR, Geopolitics, Security Studies, Environmental Politics, Northern European Studies, Arctic Studies.

Everyone Welcome. Masks encouraged by not required
In person event. No registration required.
trentu.ca/canadian_studies_at_50
trentu.ca/canadianstudies/community/north-trent-lecture-series

TRENT UNIVERSITY
SCHOOL FOR THE STUDY OF CANADA

The Frost Centre is pleased to present **Lassi Heininen** from University of Lapland. Happening **Thursday November 10, 2022, at 7:00 p.m.** Bata Film Theatre BL 103, this talk is in person and open to the public.

Traill College Presents

LATE NIGHT Paint Night!

Join the fun on Thursday, November 17th
from 7pm - 9pm, Scott House 105

Meet some new friends, and take some time to be creative!

Register through the Student Experience Portal trentu.ca/sep

A great opportunity to socialize with your fellow Traillites!

Snacks provided



This time of year is busy, fast, and sometimes stressful. Why not take a break from the computer and spend an evening painting with some fellow students?
Join us **Thursday, November 17th from 7-9pm** in Scott House 105 for painting and snacks.

Traill College
ACADEMIC SKILLS
IN THE COLLEGES

Strong Writing for Graduate Students

Thursday November 24, 1:00 - 2:30 pm
Scott House 105, Traill College

This Workshop will:

- Explore principles of strong writing
- Explore the writing process as an aid in clarifying the thought process
- Discuss style and flow in writing, the needs of the reader, and the basis of strong writing

More information can be found on the Academic Skills website

Happening both in-person and online, this workshop is geared towards helping graduate students tackle the demands of post-graduate assignments. **Register at trentu.ca/sep if you wish to attend online.**

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



Game Night at Traill College
Scott House, Junior Common Room (JCR)

November 21, 2022
6pm-9pm

Register through the Student Experience Portal trentu.ca/sep

Catharine Parr Traill College
Nunc cognosco ex parte

The poster features illustrations of playing cards, dice, a checkers board, and a squirrel.

Come on down (town) to Traill College for a night of boardgames, card games, and snacks. **November 21, 6:00-9:00pm** in the Junior Common Room
Register through the Student Experience Portal



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 reminds you of home.

Email your recipes to traill@trentu.ca and you may be featured in our cookbook for incoming students

Catharine Parr Traill College

The poster is decorated with various food items like an avocado, tomatoes, peppers, and lemons.

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 with your recipe or the link to one.**



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$75

THE WRITE RETREAT:
CREATIVE NOURISHMENT. WRITING AND YOGA
SUNDAY | NOVEMBER 20, 2022
1-4.30 p.m.

NEW

The background image shows hands holding a small yellow flower.

How do you nourish your creative self? The Write Retreat is a place and a space to write, connect with other writers, and experience wellness for body, mind, and spirit.

Follow this link to register:

<https://site.corsizio.com/c/632878a44ab8bca5d9baa9b4>



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$50

RIGHT-SIZING YOUR MENUS:
COOKING FOR 2 TO 6 PEOPLE
WEDNESDAY, NOVEMBER 23, 2022
7-9 p.m.

NEW


The background image shows hands rolling dough on a wooden surface.

Menu planning is critical for healthy eating, cooking methods, and ensuring food doesn't go to waste. Join Chef Christopher Wednesday November 23 from 7-9pm.

Follow this link to register:

<https://trentucontinuinged.corsizio.com/c/633ddea356154e4f2b431c4e>

What's going on at Trent University?



ACADEMIC SKILLS
TRENT U

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.*



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.



Learn more at trentu.ca/academicskills/



Academic Skills Learning Lab! Starting the week of September 12, 2022 the learning labs take place twice a week. Each week there is an in-person session and a Zoom session! We look forward to seeing you there!

Inter-Collegiate Pen Pal Program

Sign up now using the link in our bio to learn how to write letters and make a new pal!



Deadline to sign up is November 15th



The Pen Pal program is a great way for students to meet new friends. When you sign up, you will be matched with a student with similar interests. Register here:

https://trentu.qualtrics.com/jfe/form/SV_eKSKxmjoSeacsQK



Canada HomeShare

by HelpAge Canada

Are you a post-secondary student looking for safe and affordable housing in Peterborough?

Join Canada HomeShare!



Fast facts:

- Intergenerational homesharing arrangement
- Student pays \$400-\$600 per month in rent
- Home provider (55+) receives up to 7 hours per week of household assistance and/or companionship
- Personal reference checks & Enhanced Criminal Record Check completed
- Facilitated by Social Worker

Do you want to learn more about our homesharing program?

Contact us:
peterborough@canadahomeshare.com
1 (800) 786-9773 ext 6

www.canadahomeshare.com



If you are interested in an intergenerational living arrangement and seeking affordable off campus housing (\$400-600/month), @CanadaHomeShare could be the right fit for you! **Apply online: www.canadahomeshare.com.**



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 Spiritual Affairs and Multi-Faith Resources

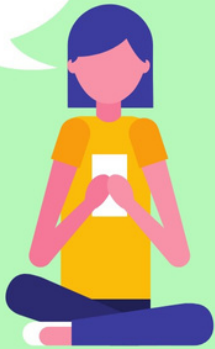
Spiritual Affairs provides support to students from all faith traditions, as well as students who are contemplating meaning, purpose and identity.

Encouraging openness, inquiry, and spiritual growth, Spiritual Affairs is built on a multi-faith model rooted in respect, understanding, and inclusion.

Explore the webpage below to find out more:

<https://www.trentu.ca/currentstudents/student-support/spiritual-affairs>

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

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.

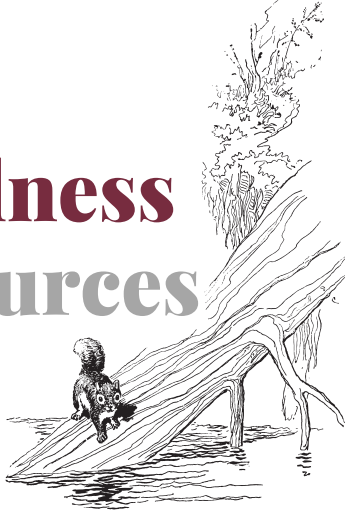


CAREERSPACE

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



The Drumlina

This Autumn has been particularly warm and sunny, perfect for enjoying time outside. We hope you are able to carve out time in your day to spend some time in Nature.

Here are some places on campus and downtown to enjoy the 'more-than-human-world.'



Trent Nature Areas



Jackson Park



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"To live in the hearts of those we love is not to die."
- Epitaph of a young Canadian boy buried at *Petit-Vimy British Cemetery*, Arras