

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Without jinxing things, I think that I can say that classes have begun very successfully at Trill College. **Orientation Week** was a great success including the annual **Trill Carnival** that saw almost 500 people visit the College on the Hill. Many thanks to the **Trill College Cabinet**, the **Trent Graduate Students Association (TGSA)**, **The Law and Arts Society**, **Red Wagon Catering**, and everyone in the College Office for making the event such a success.

The newly renovated **Scott House 105** is being field tested by students as is the **Jalynn Bennett Amphitheatre**. If you haven't seen either of these new spaces, I would invite you to come to Trill. I look forward to hearing what you think. Both spaces have a few more renovations left before they are entirely complete. Keep watching the newsletter for information about the official opening of Scott House 105 coming up this year.

For anyone who uses Peterborough Transit, the 11A bus that serves Trill College has a new stop. For the duration of the construction on Parkhill, the bus will be diverting up Dublin St. During that diversion, riders can request to get off the bus at the corner of Dublin and Rubidge streets (look for the miniature bus stop sign). That saves riders the walk from the corner of London and Reid. We anticipate that this stop will be in use until at least November.

Tonight, we are having a special **Grad Student Social** for all new grad students to Trill College. Join myself, **Samantha Perritt**, **Dr. Sue Beckwith**, academic skills staff, and graduate professors for a casual meet and greet. It starts at 7 PM and free refreshments will be provided under the big tent on Kerr House Lawn.

Finally, next Tuesday I will be in Ottawa for the **Momentous Change Alumni Event** at the Canadian Museum of History. It will be a great time to connect with Trent and Trill alumni in the Ottawa area. I am looking forward seeing our Ottawa alumni and visiting the city in which I lived for many years.

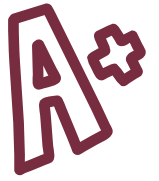
Until next week,

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>

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/>





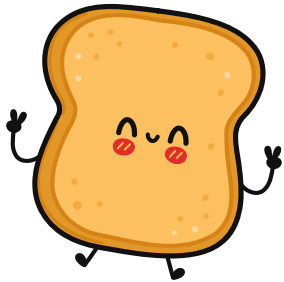
Backwoods Baking Presents:

French Toast in a cup!

<https://www.allrecipes.com/recipe/236648/simple-french-toast-in-a-cup/>

INGREDIENTS

- 1 tablespoon butter
- ¼ cup milk
- 1 egg, beaten
- ¼ teaspoon ground cinnamon
- ¼ teaspoon white sugar
- ¼ teaspoon vanilla extract
- 2 slices bread, cut into cubes



INSTRUCTIONS

Step 1: Melt butter in the bottom of a large microwave-safe mug in the microwave, about 30 seconds. Tilt mug to coat all sides with melted butter.

Step 2: Stir melted butter, milk, egg, cinnamon, sugar, and vanilla extract together in the mug. Press bread cubes into milk mixture.

Step 3: Microwave on High until set, about 90 seconds.

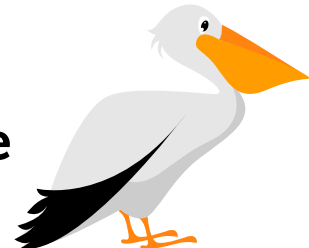


Click on Trail's [YouTube channel](#) to view



Trail Mix

A wonderful bird is the pelican, his bill holds more than his belican. He can take in his beak enough food for a week, but I'm damned if I see how the helican.



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

You are cordially invited to our

Graduate Student Social

Thursday, September 14, 2023
7:00 - 9:00 pm

Catharine Parr Trill College
300 London Street
Peterborough, Ontario

All Trent graduate students please join us for an evening of music and conversation at Trill College on Thursday, September 14 at 7:00 to 9:00 pm.

The Nuts and Bolts of Your Degree

Understanding your program options for first year students

Sept 25th, 11am-12pm
Trill College
Jalynn Bennett Amphitheatre

Learn how to design a degree that reflects your unique interests and goals

Have your questions answered by Academic Advisors and CAREERSPACE

ACADEMIC ADVISING TRENT UNIVERSITY CAREERSPACE

Looking to make your degree stand out? come and converse with Trill's very own academic advising team to profile a degree that suits you!

GRADUATE STUDENTS OF ALL DISCIPLINES!

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

ON GRADUATE STUDENT RESEARCH

\$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, MSc., Ph.D) and department.
4. Abstracts can be emailed to trill@trentu.ca. Please indicate Symons Series Abstract in the subject line.

ABSTRACTS DUE
September 30, 2023

EMAIL TO trill@trentu.ca

The Symons Seminar Series is an event held on campus throughout the academic year. For those interested, submit your abstract to trill@trentu.ca before September 31st.

Attention New Trill Students!

Scarf Ceremony

September 30th, 11am

Trill College invites all new Trillites to come and be officially welcomed to Trill 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.

New Trill students are invited to receive their scarf and be formally welcomed to Trill College. The Scarf Ceremony starts at 11am on September 30th and live music will follow at 2pm

What's going on at Trent University?



2023 TRENT TEMAGAMI TRIP

**LIVING RELATIONSHIPS:
INDIGENOUS RIGHTS, RECONCILIATION,
AND THE LAND**

September 21-24

Everyone is welcome!

\$150 for students

Transportation, meals & accommodation provided

SUPPORTED BY

First Peoples House of Learning
The Frost Centre
Study Abroad
Trent International
Bruce and Carol Hodgins Fund
Indigenous Environment Science/Studies

This annual event is a chance to examine our relationship to the land and each other, with a focus on the study of Canadian, environmental, and Indigenous issues. Financial assistance available!



September 17th
11am-3pm

CURVE LAKE POW WOW

TRANSPORTATION AND TICKETS WILL BE PROVIDED.



Join the Colleges of Trent at the annual Curve Lake Pow Wow! For event details and registration, please visit the [Student Experience Portal](#) or [Eventbrite page](#). Learn more about pow wow etiquette [here](#).



Join Code: **EXPLORETHEBORO**

EXPLORE


THE BORO:
Your Home Away from Home

SCAVENGER HUNT

SEPT 2-21

Password: **TrentU23**

Play our exclusive, self-guided scavenger hunt to discover campus and the Peterborough community! Complete missions and earn points for your chance to win amazing prizes. Click [here](#) to learn how!



Fall 2023 Library Hours

Bata Library

Service Desk Hours

Monday-Thursday: 8:00am-9:00pm
Friday: 8:00am-6:00pm
Saturday: 10:00am-5:00pm
Sunday: 10:00am-9:00pm

Building Hours
(Beginning September 17)

Monday-Thursday: 8:00am-12:00am
Friday: 8:00am-9:00pm
Saturday: 10:00am-8:00pm
Sunday: 10:00am-12:00am

Durham Campus Library

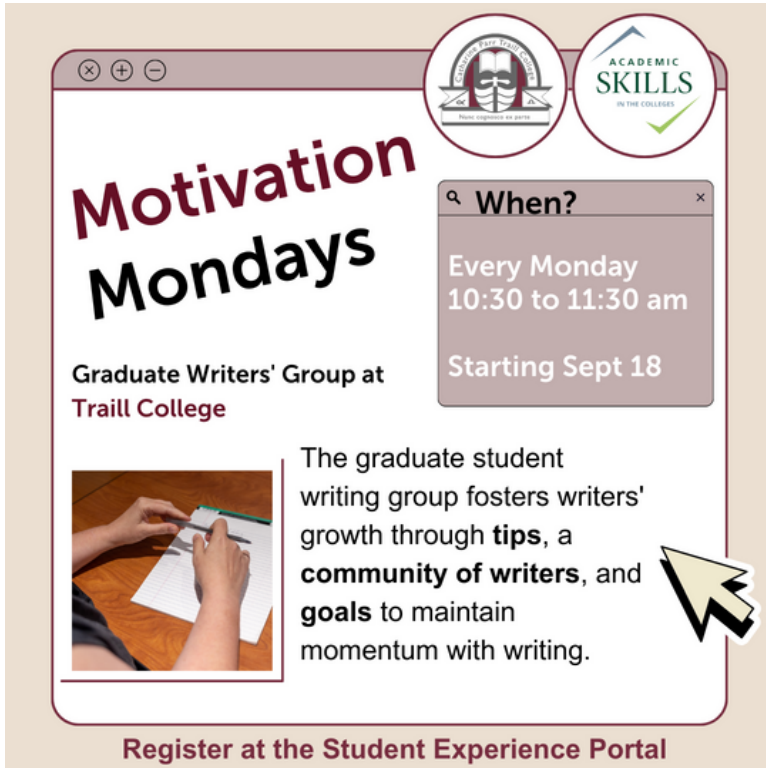
Service Desk & Library Hours

Monday-Thursday: 8:00am-7:00pm
Friday: 8:00am-5:00pm
Saturday: 10:00am-5:00pm
Sunday: CLOSED

[More Library Hours](#)

Looking for a great place to study? Well we've got you covered! Whether you're at Symons or Durham campus, we have more than enough room, and time, to suit your studying needs.

What's going on at Trent University?



Motivation Mondays

Graduate Writers' Group at Traill College

When?
Every Monday
10:30 to 11:30 am
Starting Sept 18

The graduate student writing group fosters writers' growth through **tips**, a **community of writers**, and **goals** to maintain momentum with writing.

[Register at the Student Experience Portal](#)

The first session in September will be in person outdoors and the remainder will be in WH 226 and on Zoom. Register [here](#).



REBOUND PROGRAM

HOW DOES YOUR COOKIE CRUMBLE?

Are you looking to get the most out of your classes? Do you have concerns about juggling everything? You are not alone, and we are here to help! Click [here](#) to get started!



MISSION MINISERIES

Thursday September 28th 7pm
Jalynn Bennett Amphitheatre

DBIA PETERBOROUGH DOWNTOWN BUSINESS IMPROVEMENT AREA
The BORO

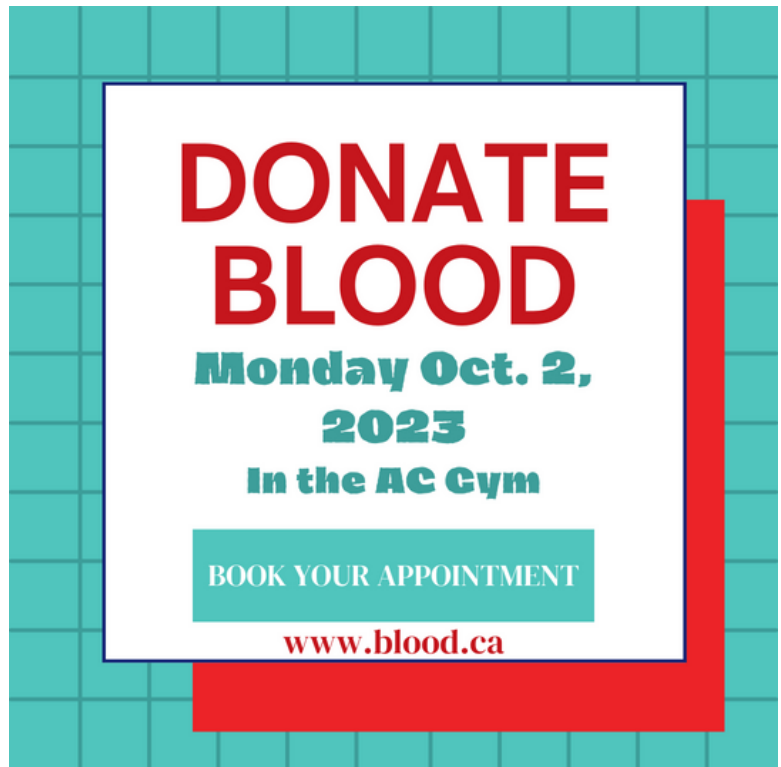
OPIRG DIS-ORIENTATION and NEW CANADIAN CENTRE
Panel Discussion

"Navigating Borders Through Art and Activism."
and
HUMMINGBIRDS

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



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



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](#).



Student Supports

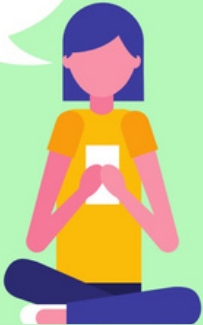
We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



The mission of the Student Wellness Centre is to provide integrated services to address the holistic needs of students studying at Trent. The Student Wellness Centre consists of Counselling, Health & Accessibility Services. All services are strictly confidential and co-located in Blackburn Hall.

Find out more about Wellness resources [here](#)

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.wizeprep.com/blog/how-to-make-friends-in-university-after-frosh-week>

Looking to make some new connections with your fellow students? Get involved!

Making new connections at university can definitely be a challenge! You shouldn't let this get you down though, and it shouldn't stop you from trying. Keep your head up and eventually you'll find someone with whom you can share common interests with. Getting involved at Trent is a great way to find your people, and there is literally something for everyone, and I mean everyone!



Some tips for Making Friends at University

Join a club or Team

- Joining a club because of a collective passion, will help you to find people who you're able to connect with.



Make an Effort to Go to Everything You're Invited to

- When you first start university, there is a lot going on all the time. One thing that helps when you're not feeling up to it is to tell yourself that you just have to go for 30 minutes and if you still don't want to be there, at least you tried!

Try to find one good friend

- By finding one really good friend you can trust and be yourself with, it'll be easier for you to meet more people, you might even to meet their friends too!

Don't worry, just because you didn't find your group during Frosh Week doesn't mean you're doomed to 4 years of isolation and solitude!

Talk to your Classmates

- Getting to know your classmates is a great way to make friends and feel more comfortable in your program since they will be going through the same struggles as you.



Keep Your Door Open

- Keeping your door open, literally and emotionally, will change the way people approach you.



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"A friend who offers help without explanation is a treasure beyond price" - Robert A. Heinlein