

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal Michael Eamon

Dear Traillites,

Today was the last official day of classes for the Fall term. On behalf of the entire College Office, I want to wish all students the best of luck as they submit their final assignments and prepare for exams. Don't forget that the College remains open Monday to Friday until December 21st. Drop by, relax, study, or meet with friends. Academic Skills, Academic Advising, and wellness counselling also continue at the College until the university closes.

If you need an excuse to visit Traill, then look no further than our **Traill Seasonal Social**. Join us in the Junior Common Room (JCR) of Scott House tomorrow (8 December) from 2 to 4 PM. There will be free food and drinks and I will be playing festive music on the piano. For all the Jewish members of the College, I would like to wish you a **Happy Hanukkah** which goes from today until December 15th. Let the light shine every day and may your life be filled with prosperity, love, and laughter.

Finally, we all know that both exam time and the holiday season can be stressful. A little bit of stress isn't a bad thing... yet, when you feel constantly overwhelmed, or have troubles coping, it is important to reach out. There are a lot of people in the Traill community who can help, offer a sympathetic ear, or point you in the right direction to wellness resources and professionals. One new and important resource that has just launched is the national **Suicide Crisis Helpline**. Now, anywhere in the county, anyone can dial or text **9-8-8**. Callers will connect with a 9-8-8 responder in real time who can help anyone thinking about suicide, or who is worried about the wellbeing of someone else. Never forget that you are an important part of the Traill community and we are here for each other.

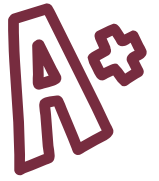
Take care,

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



# 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



<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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[Trail College](#)



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[#trail](#)





# Backwoods Baking Presents:

## Slow-Cooker Gingerbread Hot Chocolate

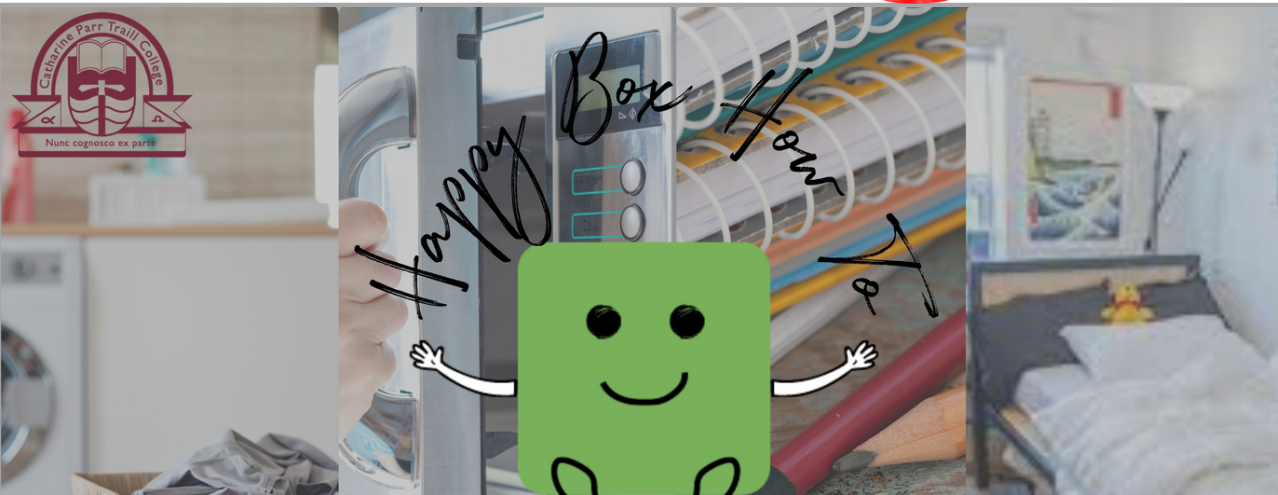
[Find the Full recipe here](#)

### INGREDIENTS

- 3 (4-in.) cinnamon sticks
- 1 (2-in.) piece peeled fresh ginger, lightly crushed
- ½ teaspoon whole cloves
- ⅓ cup unsweetened cocoa
- 4 cups whole milk, divided
- 4 cups half-and-half
- 1 ½ cups (about 6 oz.) powdered sugar
- 2 tablespoons molasses
- 1 teaspoon freshly grated nutmeg
- 2 teaspoons vanilla extract
- ⅛ teaspoon fine salt
- Mini marshmallows, whipped cream and/or ground cinnamon for serving

### INSTRUCTIONS

- Place cinnamon sticks, ginger, and cloves in a 3- to 4-quart slow cooker.
- Whisk together cocoa and ½ cup of the milk in a small bowl until smooth. In the slow cooker, whisk together cocoa mixture, half-and-half, powdered sugar, molasses, nutmeg, vanilla, salt, and remaining 3½ cups milk. Cover and cook on LOW 2½ to 3 hours; strain.
- Serve hot chocolate with marshmallows, whipped cream, and cinnamon.

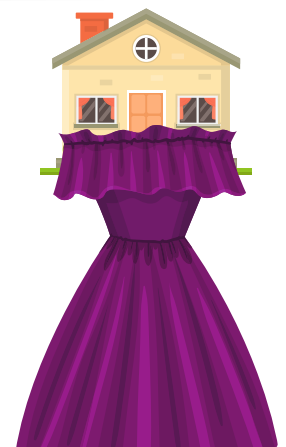


Click on Trail's [YouTube channel](#) to view



## Trail Mix

What does a house wear?  
Address.



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



Trail Wishes you happy holidays! To start off the holiday season, on December 6th we will be doling out exam care packages packed with de-stressors, school supplies, toys and support guides, available while supplies last! So come on down for some free exam loot!

A black promotional banner for Trent University's continuing education. It features the text "GIVE THE Gift OF LEARNING" in large, stylized fonts. A circular badge on the right says "Save 50% REGISTER BEFORE DECEMBER 31". Below, it says "REGISTER NOW FOR SPRING CLASSES &amp; WORKSHOPS" and "Over 30 different courses to choose from including:". A QR code is on the left, and the text "CLASSES START FEBRUARY 2024" is in yellow. Logos for Trent University and the College on the Hill are on the right, along with the website "trentu.ca/continuingeducation".

Interested in continuing your education at Trent? Take a look at what's offered by continuing education. Right now you could save up to 50% on over 30 unique and engaging courses that we offer! You can check out the full list online.



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 join us!



It's that time of year again, whether its shopping for the holiday season, cramming for exams, or grinding out those final papers; It's a stressful time of year for everyone. Keep your wits about you and stay positive, remember: it's okay to be a bit nuts.



# GIVE THE

# Gift

# OF LEARNING



## REGISTER NOW FOR SPRING CLASSES & WORKSHOPS

Over 30 different courses to choose from including:

- **Guitar School For Beginners, with David Goyette**  
8-week course for adults with little to no previous experience
- **The Basics of Beekeeping**  
6-week interactive course for beginner & novice beekeepers
- **Cooking With Chef Christopher**  
3 course options available, from appetizers to desserts!
- **Retire With Confidence: Your Roadmap to Financial Freedom**  
Two-hour workshop with several retirement planning strategies



**CLASSES START  
FEBRUARY 2024**  
CHECK OUT THE FULL LIST ONLINE



[trentu.ca/continuingeducation](https://trentu.ca/continuingeducation)

# What's going on at Trent University?

  
**CAREERSPACE**  
CO-OP, CAREERS & EXPERIENTIAL LEARNING

*Subscribe*  
to the Careerspace  
Newsletter!

Your campus  
connection to all  
things careers!



Receive information about upcoming events & workshops, job search strategies, resume tips, job scams, experiential learning opportunities, career resources, and so much more!  
[Subscribe Here!](#)



**CREATE A  
HOLIDAY CARD**

For the residents of Fairhaven Long-  
Term Care Home

Drop in December 4th to 15th  
Bata Library Atrium  
All materials provided



**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Join us in spreading joy this holiday season in the Bata Library atrium! From December 4th to December 15th, we invite you to participate in our annual card-making event for the Fairhaven Long-Term Care Home. This heartwarming activity is not only a wonderful way to de-stress during the exam period but also an opportunity to connect with the broader Peterborough community.

## 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! Click [here](#) to be matched with a new friend that you can connect with digitally. The first match will be made on November 20th. If you miss this date, signup is ongoing; matches will be made every Monday until December 11th!

## Help Bring Our Books Home

-  **HAVE AN OVERDUE LIBRARY BOOK?**
-  **WE'D LOVE TO HAVE IT BACK!**
-  **NO LATE FINES!**



**TRENT**  
UNIVERSITY  
LIBRARY & ARCHIVES

Questions?  
Contact [library@trentu.ca](mailto:library@trentu.ca)  
or talk to staff at the Library

Do you have overdue books? Are you worried about late fines adding up? Worry no more! When you return your books, no fines will be charged (unless you've borrowed something special—a course reserve or an interlibrary loan). Even a "lost" fine will disappear when you return the book to the library.





# 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.



MaDGIC is an essential resource for all students and faculty who need access to a world of research materials, including cartographic resources, geospatial and statistical data, and government information. MaDGIC supports teaching, research, and collaboration across the university, by providing instruction in data literacy and spatial and statistical applications, offering technical support relating to research data management (RDM) and preservation, and enabling partnerships with community groups and other universities.

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

10 ways to focus on your mental wellness during the holidays

## Some tips to stay positive during the holidays

The holidays can be a tough time for some people. For many, it's a time of getting together with loved ones full of cheer, but for some it's a reminder of how lonely or how hard people's lives really are.

Here are some ways to help you stay positive and maybe even spread some of that holiday cheer!

- **Volunteering** your time or doing something to help others is a good way to lift your spirits and broaden friendships.
- **Avoid overindulging in food (and presents)**, and keep up routines as much as possible.
- **Remember there are still things to be grateful for during the holiday season.**
- **Devote time to being intentionally present by being in the moment.**
- **Reach out if you're feeling lonely or sad.** Talk to a friend or family member.
- The holiday season brings expectations and stress for many people, and it's rarely perfect. The season won't always be merry and bright, even at the best of times – and that is OK.
- **Find creative new ways to mark the season** – they may even become new traditions.
- **Remember, this too shall pass.**



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"One sure mark of a fool is to dismiss anything that falls outside his experience as being impossible."  
— Ferengar Secret-Fire