



FALL EDITION VII - OCTOBER 22ND, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

I hope that you are taking a well-deserved break during this Reading Week. Please note that the College remains open for our regular hours. The break has given us a great opportunity to have had our pianos tuned. If you are musically inclined, feel free to drop by and try them out!

The nomination process is now over for the **Traill College Cabinet**. I am happy to announce that we have three students who were uncontested in their positions. Please join me in congratulating **Jorja Pope**, Minister of Promotions and Cabinet Chair, **Hope Hutchison**, Minister of Community Relations, Minister of Human Rights and Accessibility, and Minister of Health and Safety and **Kathleen Clysdale**, Cabinet President.

On Tuesday, Traill College hosted the **United Way Fundraising Cabinet** for their monthly meeting. Trent University is the largest workplace supporter of the organization, and I am happy to be able to offer Traill College as a space for the Cabinet to meet. For those unfamiliar with the organization, the United Way is the largest, non-governmental funder of non-profits in Canada. This year, their goal is to raise \$1.6 million for Peterborough and District. If you want to find out more about what the United Way does in the community, feel free to reach out to me.

Finally, our next free **Sunday College Dinner** is this Sunday, 26 October at **Emmanuel United Church**, 534 George St N. in the basement. All students and their families and friends are welcome. As always, dinner is first come, first served starting right at 5pm. Special thanks to our partners at Emmanuel United for their support.

See you there!



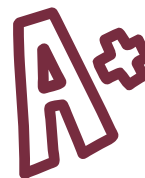
Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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. 1488 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.

Cabinet Corner



<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

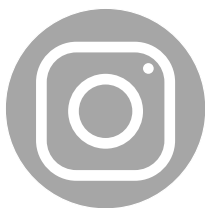
To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:
<https://www.trentu.ca/news/>

Swag Shop



Click here to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)



Halloween at the College on the Hill!

FREE HALLOWEEN MOVIE NIGHT!

DOUBLE FEATURE!

SCOOBY-DOO! AND THE LEGEND OF THE VAMPIRE

6pm-7:15pm

THE ADDAMS FAMILY

8pm-9:45pm

THURSDAY, OCTOBER 30TH 6-10PM

Halloween crafts during intermission!

**TRAILL COLLEGE - 300 LONDON ST
JALYNN BENNETT AMPHITHEATRE
(RAIN LOCATION: BAGNANI HALL)**

**SNACKS AND DRINKS PROVIDED!
COSTUMES ENCOURAGED!!**



Trail Cabinet Pumpkin Photo Contest



Calling all Traillites!

Are you planning on carving pumpkins this spooky season? Well, you are now!

Send trailcabinet@gmail.com photos of your seasonally carved, painted, and decorated gourds before November 7th for a chance to win a Traill swag gift package!



What's going on at Traill!

PAPER CRAFTING EXTRAVAGANZA



Pay what you can craft workshop
Collage, Origami, and Bookbinding
All are welcome!

Come join us in the Trend for a paper crafting workshop. Materials, instructions, and snacks provided. Cost is pay what you can or \$5 and all proceeds will go towards funding Cultural Studies Week!

Date: Oct. 28

Where: The Trend, Wallis Hall

When: 4:30pm

CATHARINE PARR TRAILL COLLEGE

SUNDAY DINNERS

— 5pm - 7pm —

FREE MEAL WHILE SUPPLIES LAST!



OCTOBER 5TH
 SCOTT HOUSE 105, TRAILL COLLEGE
 LEVANTINE GRILL, CHICKEN
 SHAWARMA & MIXED BEAN SALAD



OCTOBER 26TH
 EMMANUEL UNITED CHURCH
 SPAGHETTI



EMMANUEL UNITED CHURCH
 534 GEORGE ST. N.,
 PETERBOROUGH






Sunday College Dinners are back!

Don't miss these evenings of food, friendship, and fun! The best part?

They're free! All students and their guests welcome.


Our next Sunday Dinner will be held on October 26th at Emmanuel United Church (534 George St N.) at 5pm. First come, first serve.

Keep an eye out every month for more Sunday Dinners! Email traill@trentu.ca with any questions.

Graduate Writing and Research Week

October 20 - 22, 2025

50-minute Virtual Workshops for Graduate Students

Literature Reviews	Creating Coherence and Cohesion	Project Management
1pm - 4pm	Citation Management Software	Navigating Graduate School
 Scan here for more info	Research Proposals	Oral Presentations
	MaDGIC – Data Management and Analysis Tools	Introduction to Publishing Journal Articles

Graduate Writing and Research Week will take place October 20 to 23, 2025 from 1:00 to 4:00 each afternoon. Academic Skills and Trent Library will present virtual workshops for graduate students. You pick the workshops that you wish to attend. Each session is 50 minutes long and is online.

HALLOWEEN MOVIE NIGHT

DOUBLE FEATURE!

SCOOPY-DOO! AND THE LEGEND OF THE VAMPIRE
 6pm-7:15pm

THE ADDAMS FAMILY
 8pm-9:45pm



Free! Halloween Movie Night

Thursday, October 30th, 6-10PM

Traill College - 300 London St. Jalynn Bennett Amphitheatre
 (Rain Location: Bagnani Hall)

Costumes encouraged! Halloween crafts during intermission!

Snacks and drinks provided!

What's going on at Trail and Trent!

ACADEMIC
ADVISING
TRENT

STUDY CAFÉ

For Mature & Transfer Students

Join Academic Skills and Academic Advising
for social study sessions with refreshments!

Wednesdays from September 17th to November 12th

The Pit, Lady Eaton College
1-2:30pm



If you are a mature or transfer student (or both!) and you're looking for an opportunity to meet and study with your peers, look no further! Academic Skills and Academic Advising offer a Study Cafe for Mature and Transfer students, running Wednesdays from September 17th to November 12th. Located in The Pit in Lady Eaton College.

ACADEMIC
SKILLS
IN THE COLLEGE

Homeroom

ACADEMIC
SKILLS
IN THE COLLEGE

Are you looking for community
and learning support?

Join Academic Skills on Tuesdays or
Wednesdays at 4pm for learning tips,
community & free food!



Academic Skills offers an in-person support opportunity for all students! Find community, learning tips, and free food! Scan the QR Code for more details about the session dates and topics.

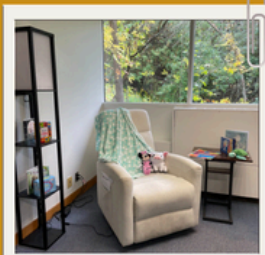
Tuesdays and Wednesdays, 4PM.

Otonabee College Breastfeeding Room

OC301.1

Need a place to pump, or a private space to breastfeed? Otonabee College has a designated breastfeeding room available for any student who may need it.

Please reach out to otonabee@trentu.ca to inquire or gain access to the room!



If you need a quiet, private space to pump or breastfeed, Otonabee College has your back! Gain access to the Breastfeeding Room by contacting otonabee@trentu.ca.

Peterborough Concert Band Presents

SOUNDS of TOMORROW

a Benefit Concert

SUNDAY
Oct. 26th
2:30PM

In support of: **UPBEAT!** Free After-School Music Program

Market Hall, Peterborough, Tickets: \$35
Available at Market Hall Box Office or Online

Featuring performances by:

PETERBOROUGH
Concert Band

and

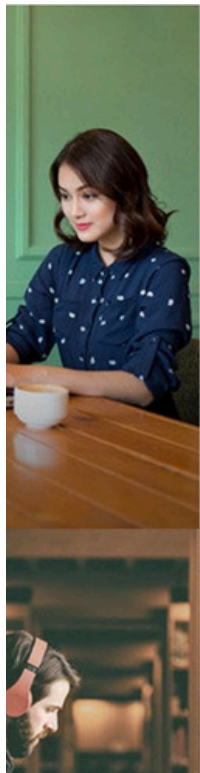
KYO

KAWARTHA YOUTH ORCHESTRA



The Peterborough Concert Band is holding a Fundraising event on Sunday October 26, 2025 from 2:30 - 4:00 at Market Hall, Peterborough, to benefit the Kawartha Youth Orchestra (KYO) Upbeat!

What's going on at Trent!



Need help with a Paper? Essay?
Proposal? Lab Report? Midterm?
Check out the...

Academic Skills Drop-in at Bata Library

Fridays from Sep 19 - Dec 5
10AM-12PM in BL Room 202

Looking for some extra support to help you through the fall term? Whether it is your first year or your last, Academic Skills is here for you on Fridays in the Bata Library! Work, study, and snack alongside fellow students with support from an Academic Skills Instructor. No appointment needed! Every Friday from Sep 19- Dec 5 at 10am-12pm in BL 202.

Graduate Student Writers' Group: Motivation Mondays

Mondays:
September 15th to December 1st
10:30-11:30 am
Zoom



The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. Graduate students will be encouraged to set realistic writing goals on a weekly basis to monitor their progress and to maintain momentum with their writing. We will be meeting every Monday (except October 13 and 20) to Monday, December 1 from 10:30 to 11:30 am via Zoom. [Register here](#)

MIC CLUB

FIRST RULE: YOU MUST TALK IN MIC CLUB.
3-4PM | Bata Library Room 106.6

Practice public speaking with confidence and clarity!
No assignments, no grades — just a fun, supportive space to practice and grow your skills!

Join for one or all sessions in this series (ft. snacks).

- SEP 25 Finding Your Voice in Class
- OCT 16 Speaking Professionally in Public
- NOV 6 SLIDE(s) into Visual Aids
- NOV 27 Asked & Answered

Register on the SEP or drop-in (space permitting).



Whether you're raising your hand in class, presenting a project, creating visual aids, or answering tough questions on the spot, this workshop series will help you speak in public with confidence and clarity. No assignments, no grades — just a fun, supportive space to practice and grow your skills!

Surfing the waves of emotions

Do negative emotions sit with you for a long time? Is this having a negative impact on your life? Join us for a 8-week, Dialectical Behaviour Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations.

Wednesdays from 2:30 - 4:00 PM,
starting October 1st until November 26th

Otonabee College
OCA 128

Email counselling@trentu.ca to express your interest!

Learn more about groups and workshops offered by Counselling Services



Surfing the waves of emotions
Where: Otonabee College OCA128
Join counselling at Trent Wednesdays from the 1st of October to the 26th of November from 2:30-4:00 pm

What's going on at Trent!



As part of the Foundations of Public Leadership Micro credential Suite, the following courses are open for registration:

o Facilitating Public Dialogue in Policymaking
\$ Want to help people have a real say in policy decisions? Join our 4-week online course starting Nov 4 to learn how to guide public conversations that shape better policies. You'll learn how to bring different voices together, make sure everyone feels heard.

o Women Taking Charge in Politics and in Life
\$ Did you know that if you're a woman sitting at a table and people see you as a woman, they are less likely to listen to you. To help change that narrative, our upcoming 6-week Micro-credential course, led by Lois Tuffin, is designed to empower women to embrace leadership roles with confidence and clarity. Through practical strategies and expert guidance, participants will learn how to lead effectively and be heard, no matter the setting.



Get Ready for Graduate and Further Education Expo 2025!
Thinking about grad school? Wondering what's next after your undergrad?
Join us at Grad Expo to explore your options, connect with faculty, and discover programs that match your goals.



Winter Clothing Drive

Support international students and newcomers to prepare for winter by donating your gently used clothing at the TI Office (CC 302) by 27th October 2025



Come support our newcomers and international students preparing for winter! Donate your gently used clothing at TI Office by October 27, 2025!

LAWS 4050H | Winter 2026

Dispute Resolution and Restorative Justice

- Expand your understanding of conflict and justice
- Study how dispute prevention and resolution help build stronger workplaces, relationships, and communities
- Be part of a collaborative, engaging, and relaxed learning environment



LAWS 4050H, Dispute Resolution and Restorative Justice running this winter term!

Expand your understanding of conflict and justice. Study how to dispute prevention and resolution help build stronger workplaces, relationships, and community.

What's going on at Trent!

OCT. 28TH **HENDERSON** 6:30 PM

Ernest and Florence Benedict Gathering Space (ENW 102)



"UNSCRIPTING AGE: CHALLENGING CULTURAL AGEISM THROUGH THEATRE AND PERFORMANCE"

Drawing on her background as a theatre artist, researcher, and occupational therapist, Dr. Julia Henderson discusses theatre's potential to resist, redress, and re-imagine ageist cultural narratives and representations of older adults. Through analysis of professionally produced plays and community engaged co-creative performance projects (such as Raising the Curtain on the Lived Experience of Dementia, #HaveASeniorMoment Social Media Series, and the Intergenerational Arts for Climate Action Study), Dr

The Trent Centre for Aging & Society (TCAS) invites you to the Stephen Katz Distinguished Visiting Scholar in Interdisciplinary Aging Studies Lecture on Tuesday, October 28th, 2025 at 6:30 PM, taking place in the Ernest and Florence Benedict Gathering Space (Gzowski College, ENW 102), Trent University, Peterborough, ON. This year's lecture features Dr. Julia Henderson, who will present "Unscripting Age: Challenging Cultural Ageism through Theatre and Performance."

For more information please email aging@trentu.ca

MANAGING THE GRADUATE READING LOAD



**Tuesday,
November 4**



Zoom



7:00 to 8:30 pm



Managing the Graduate Reading Load

Date: Tuesday, November 4 Time: 7:00 to 8:30 pm

Place: Zoom

The graduate reading load can be overwhelming. This workshop will help graduate students understand the goals of graduate reading, the key challenges of reading large volumes of text, the process of reading, and methods to deal with the graduate reading load effectively and efficiently. We will discuss note-taking strategies and some of the common pitfalls of graduate reading.

Trent Spiritual Affairs and Gzowski College invite you to:

FOREST BATHING

with Kristina Domsic of Rooted Heart

Nov. 5 | 2-4 PM

Meet at the Gzowski College Office
Pre-registration required

Register Here:



Forest Bathing Walk with Kristina Domsic

Date: Wednesday, November 5th

Time: 2 pm-4 pm

Location: Meet at GC College Office

[REGISTER HERE](#)

Trent Spiritual Affairs (Office of Student Affairs) and Gzowski College College invite the Trent community to join a forest bathing walk in the Trent Nature Areas. We will meet outside the Gzowski College office and make our way to the trails together. This walk will be led by trained Forest Bathing Guide Kristina Domsic of [Rooted Heart](#).

NOW LIVE!



STUDENT SUCCESS SURVEY

YOU COULD WIN
GROCERY GIFT CARDS



HEY Trent undergrads! Do you have 10 minutes?

♥ Trent's annual Student Success Survey is live and we're looking for your thoughts on the student experience

Complete the survey by Oct. 31 and you could win grocery gift cards!

Check your Trent email for your unique link to the survey from the Office of Student Affairs, and for details about prizes.



Student Supports

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

This week we are highlighting: Spiritual Affairs



Spiritual Affairs provides support to students from all faith traditions, as well as students who are not religious but are considering questions of meaning, purpose and identity. University life provides ample opportunity for personal growth and exploration - and at times, it can be stressful. Our Chaplains and Community Liaisons are available to provide spiritual support to students as they navigate this complex and exciting life stage. Our multi-faith model is rooted in respect, understanding, and inclusion.

At Spiritual Affairs, we are faith-positive, but we don't endorse any particular faith. We encourage openness, inquiry, and spiritual growth. We denounce aggressive religious recruitment, and welcome you to reach out if you have negative experiences of this kind on the Trent Campus. We are queer-positive and can connect students to local faith communities that are affirming.

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!

Backwoods Baking Presents:

Fall Weeknight Pasta

[View the Recipe Here](#)

INGREDIENTS

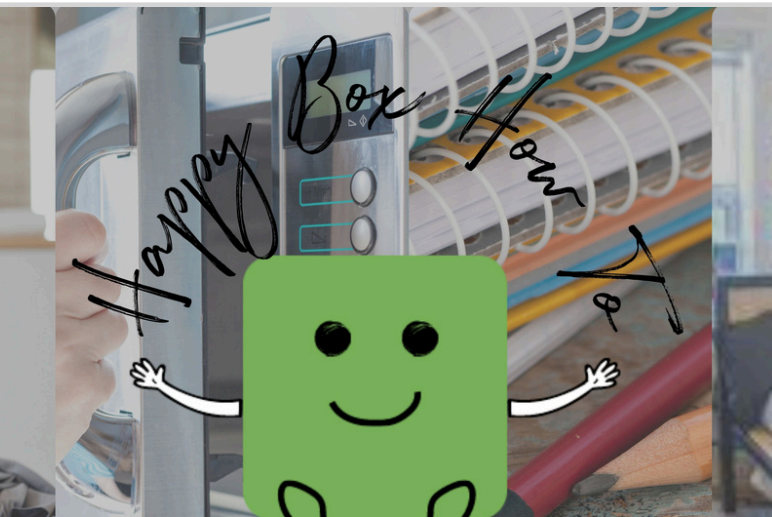
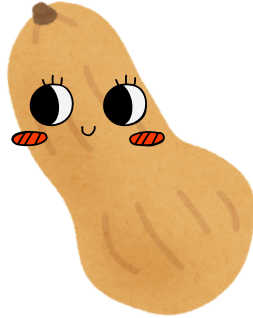
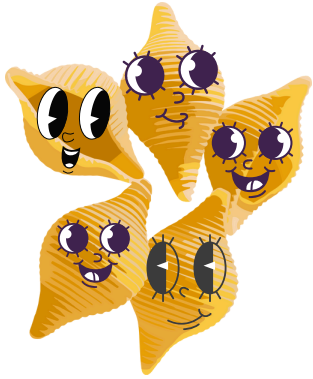
- 1 tablespoon olive oil
- 4 ounce guanciale (or thick-cut bacon, if you can't find guanciale), cut into 1/2-inch dice
- 8 ounce butternut squash, cut into 1/2-inch dice
- 1 bunch Tuscan kale, cut into 1-inch pieces
- 1/2 pound orecchiette
- Freshly grated Pecorino Romano, to taste
- Salt and pepper, to taste

RECIPE BY
ERIC KIM



INSTRUCTIONS

1. While the oven is preheating at 400°F,
2. cut up the guanciale and butternut squash. Toss them onto a sheet pan, drizzle with the olive oil, shmoosh them around a little, and roast for 30 minutes.
3. At this point, take the sheet pan out, stir in the kale, and place back into the oven to roast for another 10 minutes.
4. Meanwhile, bring a pot of generously salted water to a boil and cook the orecchiette according to the box's instructions, usually 9 to 11 minutes or al dente.
5. Drain and add back to the pot. Tip the contents of the sheet pan into the pasta pot and toss with the Pecorino Romano. Salt and pepper to taste.



Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

Traill Mix

What did the queasy pumpkin say?

"I don't feel so gourd."



Wellness Resources

[Click Here for More Info](#)

What are Daily Affirmations?

Positive affirmations are short phrases you repeat to yourself to help build self-worth and resilience. You can say them aloud or in your head. They're a way to push back against negative thoughts that can sometimes take over and make you doubt yourself.

Click the above link for more information on how you can use daily affirmations and affirmations for:

- self-love and acceptance
- overcoming hardships
- confidence and self-esteem
- stress and anxiety relief
- gratitude and positivity



Copyright © 2025 Catharine Parr Traill College, Trent University

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou