



FALL EDITION V - OCTOBER 8TH, 2025

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

What a spectacular weekend it was at the College on the Hill! On Saturday, we held our annual **Scarf Ceremony** celebrating the matriculating class of 2025. Over 100 students filled the Amphitheatre. Vice President **Marilyn Burns** was present and offered warm greetings and a little history of college scarves and what they mean at Trent. Several fellows of the College formed a receiving line and greeted every new student with a new scarf and rich conversations. After everyone was scarfed, all those present walked to the front lawn of Kerr House led by **Helen Batten**, the new College piper. **Julie Gagne**, our college photographer, took the annual group photo on the Kerr House lawn immortalizing all those present as the **Class of 2025**. (To access the photos, [click here](#), passcode 8507). The ceremony concluded with a reception under the big tent, with punch, Traill cupcakes, and a large cake adorned with the logo of the College. A special thanks to everyone who organized and executed the event (particularly Traill College Coordinator **Meaghan Kelly**) as well as all those who participated.

On Sunday, we held our first free **College Dinner** of the year. Well over 100 students attended a feast provided by **Levantine Grill**. Students, families, and friends filled Scott House and, due to the incredible weather, spread out under the big tent, to the Amphitheatre and throughout the college grounds. It was so popular that we ran out of food in 41 minutes! A new record. As at the Scarf Ceremony, a large cross section of undergraduate and graduate students were on hand. Our partners from Emmanuel United Church were also in attendance. They will be hosting the next College Dinner at the church on George St. on October 26th at 5 PM.

BREAKING NEWS

I am happy that I can officially announce that both Traill College and Champlain College are hosting **Tom Mulcair, PC** at the **2025-26 Ashley Fellow**. M. Mulcair will be joining us for two visits. His first visit will be between October 28th and 31st where he will be visiting classes and hosting informal coffee sessions with students at Traill. A second visit will happen in March. On October 29th, there will be a free, public lecture at Champlain College entitled: *Do We Have to Accept Variable Geometry in Human Rights in Canada?* M. Mulcair is particularly excited to speak at Champlain College, a space that was envisaged to embrace French Canadian culture. His talk will address, amongst other questions: Does academic freedom trump others? Is laïcité or secularism an excuse or a reason for limiting religious rights? Will Indigenous rights be maintained in the face of the C-5 steamroller and provincial resource projects? Are the rights of both linguistic minorities (francophone outside of Quebec and anglophone in Quebec) being respected? Limited in-person seating is available with additional livestream rooms. To register, please [click here](#).

À bientôt!



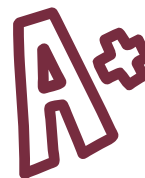
Need an Appointment?

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>

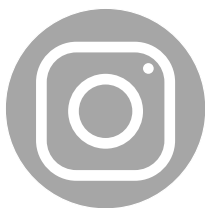
To keep up to date with the college, follow us on social media!

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](#)



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What's going on at Traill!

Pause to Paws

Take a pause for paws with some of Traill's calming dogs. Join us and unwind with some canine affection and get to know your Academic Advisors at Traill, Zachary and Ashley

Thursday October 16th
from 1:00pm-3:00pm
Senior Common Room

Light refreshments and colouring pages will also be available.



Reese



Riddick

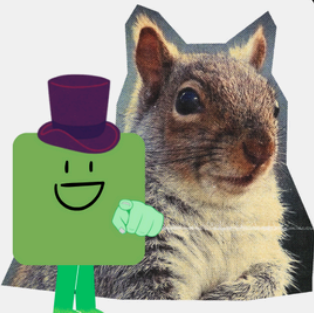
Take a pause from your busy schedule and come hang out with our furry friends at this Pause for Paws event. Meet Reese and Riddick, and their humans, the Traill College Academic Advisors: Zachary and Ashley.

Event will be held in the Senior Common Room in Scott House (SH104) from 1pm-3pm on Thursday October 16th!

Light refreshments and colouring pages available while supplies last!

We Want You

To Join Traill Cabinet!



Do you want to become more involved in the College on the Hill? Are you interested in student government and event planning?

If so, please consider joining the Traill College Cabinet!

Please email traill@trentu.ca for more details.

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

CUPE 3908 SCFP

EMMANUEL UNITED CHURCH
534 GEORGE ST. N,
PETERBOROUGH



Sunday Dinners are back! Don't miss these evenings of food, fellowship, and fun! The best part? They're free!

Our first dinner of the season will be on October 5th at Traill College (SH105) from 5-7PM.

The following dinner will be held on October 26th at Emmanuel United Church (534 George St N.) from 5-7PM.

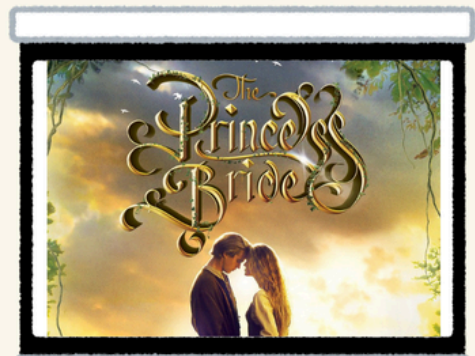
Free meals while supplies last!

Keep an eye out every month for more Sunday Dinners!

TRAILL MOVIE NIGHT

THE PRINCESS BRIDE

Free! Thursday, Oct. 9th, 7pm
Traill College Amphitheatre (300 London St)
(Rain location: Bagnani Hall)



Join us for an unforgettable evening at the Jalynn Bennett Amphitheatre as we enjoy this movie classic!

Rain location: Bagnani Hall.

Don't forget to bring a blanket and get cozy!

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



Academic Skills Study Cafe for mature and transfer students
in The Pit at Lady Eaton College, Wednesdays 1-2:30pm.

ACADEMIC
SKILLS
IN THE COLLEGS

Homeroom

ACADEMIC
SKILLS
IN THE COLLEGS

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 Homeroom Running every Tuesday and
Wednesday at 4 pm.

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!



The breastfeeding space is accessible with tap access in
Otonabee College, which folks can request through
otonabee@trentu.ca

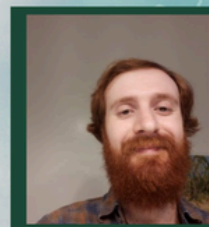


On Thursday, October 16th, 2025
Prepare Yourself...



For a Synthesis of Science and Humanities Research
Unlike Any Other Seen Before!

"The Uneasy Conscience of
Colonialism: The 'Friends of the
Indians of British'"



Brendan Campisi
M.A. student
in History



"Synthetic Graphite Materials
for Usage in Energy Storage
Applications"



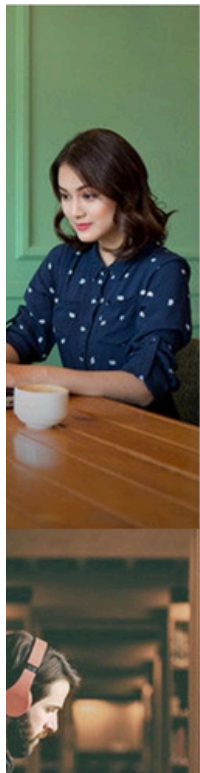
Liam Gillett
M.Sc. candidate in the
Materials Science program

7:00 PM
Bagnani Hall
Traill College

Come for the Free Snacks,
Stay for the Research!

The first of the Symons Seminar Series
October 16th, 2025. 7PM in Bagnani Hall At Traill College

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!

TIME MANAGEMENT FOR GRAD STUDENTS

Tuesday,
October 14

7:00 to 8:30 pm

Zoom

Need help balancing competing time pressures and commitments from a variety of sources, such as research, course work, teaching commitments, and personal life? This workshop will help with project management skills and prioritizing through the establishment of long- and short-term goals. The process of conquering the workload will become more manageable. [Register Here](#)

What's going on at Trent!



We've recently launched the following courses:

- Emotional Balance Through Mindfulness Practice, Foundations, Public Leadership Microcredential Suite
- AI for Business Leaders

First meeting Date: October 14th

These courses are online, six-week in length are OSAP-eligible.

If you have any questions, please feel free to contact us at microcredential@trentu.ca



Join Consent at Trent on Wednesday October 15th, from 1PM-3PM on Zoom for our How to Support a Friend: Responding to Disclosures of Sexual Violence workshop, part of the FREE Skills to Enhance Peer Support (STEPS) workshop series.

Register for FREE by emailing counselling@trentu.ca with your name and student number. The Zoom link will be emailed to participants the day before.

A poster for Graduate Writing and Research Week. At the top left, the text "Graduate Writing and Research Week" is in a mix of red and blue fonts, with "October 20 - 22, 2025" below it. To the right are logos for Academic Skills, a library icon, and Trent University Library & Archives. Below the title is a circular image of a desk with a laptop, pen, and coffee. A grey box says "50-minute Virtual Workshops for Graduate Students". Below this is a grid of workshop topics: Literature Reviews, Creating Coherence and Cohesion, Project Management, Citation Management Software, Navigating Graduate School, Research Proposals, Oral Presentations, MaDGIC – Data Management and Analysis Tools, and Introduction to Publishing Journal Articles. A QR code is on the left with the text "Scan here for more info".

Literature Reviews	Creating Coherence and Cohesion	Project Management
1pm - 4pm	Citation Management Software	Navigating Graduate School
QR Code 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.



Join the Enactus Trent University team! Currently hiring Associate Members & Project Managers.

What's going on at Trent!



TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | MENTALITY | WELLBEING

Follow & Stay Connected:
@TrentSWC

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



Otonabee College Office presents:

Leadership Lessons with Matthew Harris

Manager, Student Experience and Transition at Seneca Polytechnic

**Leadership Education:
Inclusive Pedagogy & Breaking Traditional Barriers**

**Wednesday, October 8th
2:00 pm | Zoom**

Scan Code to Register!



Join us at Otonabee college this Wednesday, October 8th, at 2:00 pm for an engaging session on leadership education with Matthew Harris, Manager of Student Experience and Transition at Seneca Polytechnic. This event will focus on Inclusive Pedagogy and Breaking Traditional Barriers in leadership. Matthew will share valuable insights into fostering leadership that is inclusive and adaptable in today's diverse environment. The session will be held on Zoom, and you can register by scanning the QR code on the poster. Don't miss out on this opportunity to gain new perspectives on leadership!



Pay What You Can

Harvest Lunch

Wednesday, October 8th
Champlain Great Hall
11:30am – 2pm or sold out

Debit, credit & TrentU Card accepted
Lunch will be served on a first-come, first-serve basis!

YOUR MEAL MAKES A DIFFERENCE!
All meal proceeds will be donated to the TCSA's One Stop Chop Food Pantry to support student food security!

Dinner roll with butter, maple butternut squash soup, harvest vegetable medley, Taco salad (courtesy of the Ceilie), roasted mini potatoes, herb & garlic crusted roast beef with gravy and horseradish, vegan quinoa-stuffed portobello mushroom, and apple cinnamon bread pudding with apple caramel compote.

Vegan, Halal & Made-Without-Gluten options available

Everyone welcome!

Proudly sponsored by:



Connecting Through FOOD
#connectingthroughfood
@trentfood

Wednesday, October 8th, come to the Champlain Great Hall to participate in a PWYC lunch to support the One Stop Chop Food Pantry. Event runs from 11:30am-2pm or until sold out. Vegan, Halal, and Made-Without-Gluten options available.



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:



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!



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: The Academic Skills Documentation Guides



Have you been struggling with formatting a paper or its references?

If you have it is worth checking out the Documentation Guides that Academic Skills has made available for free online!

By clicking the link above you will find pages dedicated to:

- Common Citation Questions
- Find Style by Discipline
- APA Style, 7th edition (American Psychological Association)
- Chicago Style, 17th edition (Footnoting)
- MLA Style, 9th edition (Modern Languages Association)
- CSE Style (Council of Scientific Editors)

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:

Easy Roasted Pumpkin Recipe

[View the Recipe Here](#)

INGREDIENTS

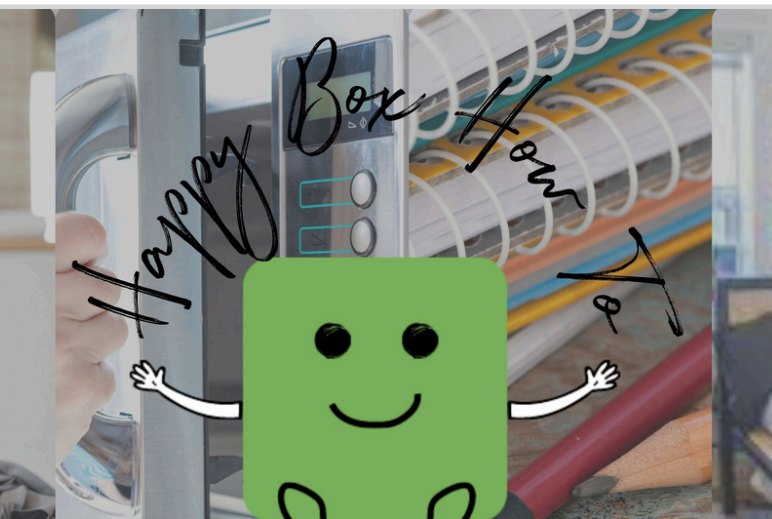
- 1 sugar pumpkin - 2 pounds whole, 1.5 pounds cleaned
- 2 tbsp olive oil - or melted butter
- 1/2 tsp salt
- 1 tsp garlic powder
- 1 tsp chili powder or smoked paprika



RECIPE BY
VERED DELEEuw

INSTRUCTIONS

1. Preheat the oven to 425°F. Set an oven rack to the lowest position. Line a large, rimmed baking sheet with high-heat-resistant parchment paper.
2. Wash and dry the pumpkin. Microwave it for one minute on high to soften.
3. Carefully, using a very sharp chef's knife and back-and-forth sawing motions, cut the pumpkin in half. Slice a sliver from the stem side first if you don't want to cut through the stem, which is difficult to do.
4. Use a large metal spoon to remove the pulp and seeds. If some stubborn pulp remains, cut it with kitchen scissors. If desired, save the seeds to make roasted pumpkin seeds.
5. Back to using the sharp knife and the sawing motions, cut each pumpkin half into four one-inch-thick moon-shaped slices, discarding the ends.
6. Using a vegetable peeler, peel the skin off, then cut each pumpkin slice into 1-inch cubes.
7. Place the pumpkin cubes in a large bowl. Add the olive oil, kosher salt, garlic powder, and chili powder. Use a large spoon or your hands to coat the pumpkin chunks evenly.
8. Arrange the pumpkin cubes in a single layer on the prepared baking sheet. Bake them until tender, about 30 minutes, tossing them halfway through. Serve immediately.

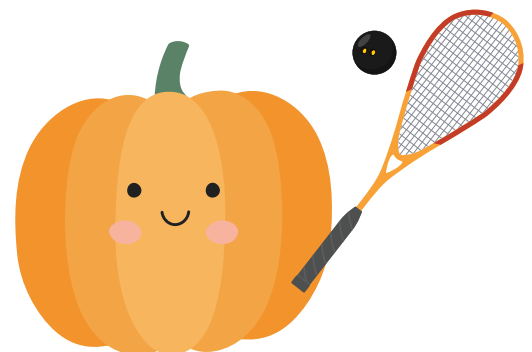


Check out our video on how to book an academic advising appointment! Click on Traill's [YouTube](#) channel to view

Traill Mix

What is a pumpkin's favourite sport?

Squash.



Wellness Resources

[Click Here for More Info](#)

Managing Stress as a Student

It's natural to experience academic stress when you're being constantly evaluated and facing a heavy workload.

Whether you're facing a nitpicky teacher, a tight deadline, or a competitive classmate, academic stress can be hard. But be encouraged... there are practical approaches to manage your classes and your level of overwhelm so you can pass your tests and effectively deal with stress. Your time as a student can be an opportune time to fortify your relationship with time, productivity, and stress management. The healthy habits you build now can help carry you through other seasons in your life as well. Click the link above to learn more about managing stress and school.



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Cumulatively small decisions, choices, actions, make a very big difference.

- Dr. Jane Goodall