

# 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 26<sup>th</sup> 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 28<sup>th</sup> and 31<sup>st</sup> where he will be visiting classes and hosting informal coffee sessions with students at Traill. A second visit will happen in March. On October 29<sup>th</sup>, 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!

A handwritten signature in black ink, appearing to read 'Michael...', written in a cursive style. It is located in the bottom left corner of the page.



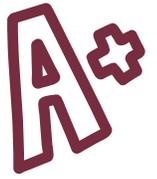
# Need an Appointment?

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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner



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

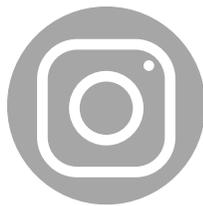
To keep up to date with the college, follow us on social media!

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](#)



# What's going on at Trail!

## Pause to Paws

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

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

Light refreshments and colouring pages will also be available.



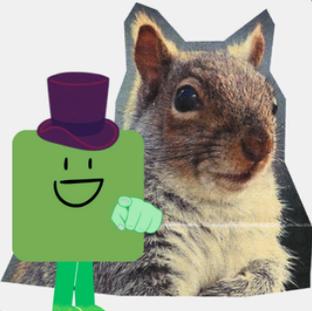
Take a pause from your busy schedule and come hang out with our furry friends at this Pause for Paws event. Meet Reese and Riddick, and their humans, the Trail College Academic Advisors: Zachary and Ashley.

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 Trail 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 Trail College Cabinet! Please email [trail@trentu.ca](mailto:trail@trentu.ca) for more details.

## CATHARINE PARR TRAIL COLLEGE SUNDAY DINNERS

5pm - 7pm

**FREE MEAL WHILE SUPPLIES LAST!**



**OCTOBER 5<sup>TH</sup>**  
SCOTT HOUSE 105, TRAIL COLLEGE  
LEVANTINE GRILL, CHICKEN  
SHAWARMA & MIXED BEAN SALAD



**OCTOBER 26<sup>TH</sup>**  
EMMANUEL UNITED CHURCH  
SPAGHETTI



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 5<sup>th</sup> at Trail College (SH105) from 5-7PM.

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

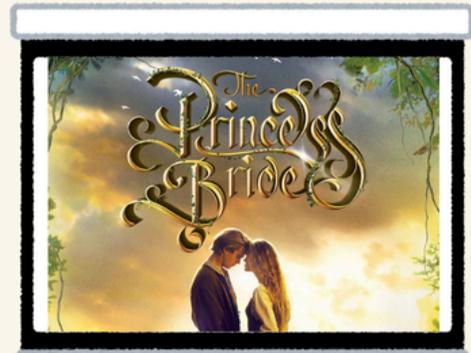
Free meals while supplies last!

Keep an eye out every month for more Sunday Dinners!

## TRAIL MOVIE NIGHT

**THE PRINCESS BRIDE**

Free! Thursday, Oct. 9<sup>th</sup>, 7pm  
Trail 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 17<sup>th</sup> to November 12<sup>th</sup>

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.

## Homeroom



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.

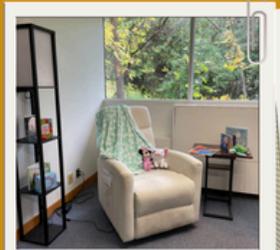
## Otonabee College Breastfeeding Room



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](mailto: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](mailto:otonabee@trentu.ca)



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



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

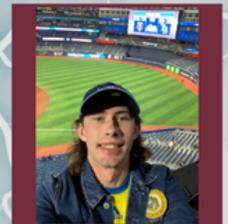
"The Uneasy Conscience of Colonialism: The 'Friends of the Indians of British'"



"Synthetic Graphite Materials for Usage in Energy Storage Applications"



Brendan Campisi  
M.A. student  
in History



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 15<sup>th</sup> to December 1<sup>st</sup>

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!



## CAREERSPACE

CAREERS & EXPERIENCES

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](mailto:microcredential@trentu.ca)



**CONSENT at TRENT**

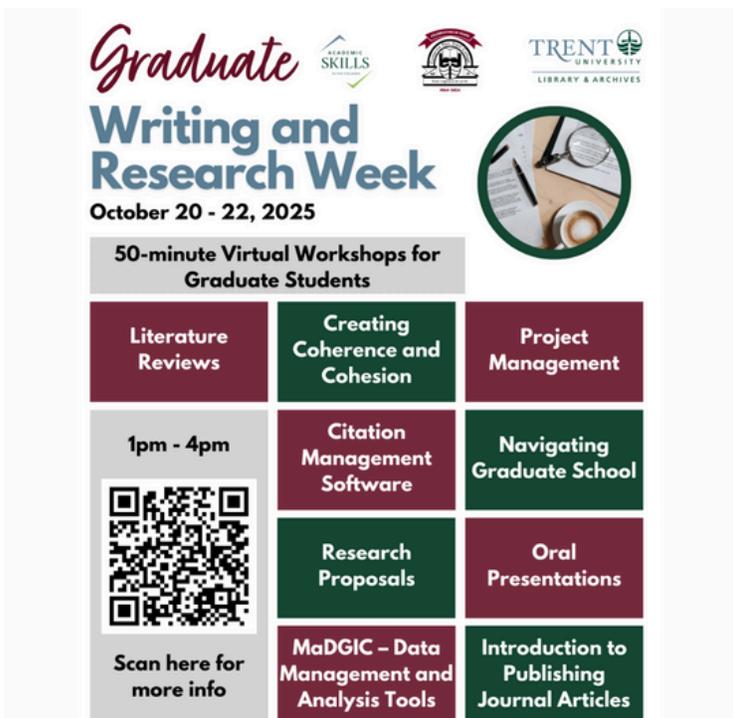
**STEPS: SKILLS TO ENHANCE PEER SUPPORT UPCOMING WORKSHOP**

**HOW TO SUPPORT A FRIEND**  
RESPONDING TO DISCLOSURES OF SEXUAL VIOLENCE

**October 15th**  
**1PM - 3PM**  
**Zoom**

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](mailto:counselling@trentu.ca) with your name and student number. The Zoom link will be emailed to participants the day before.



*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
	Research Proposals	Oral Presentations
Scan here for more info	MaDGIC – Data Management and Analysis Tools	Introduction to Publishing Journal Articles



*Associate Members & Project Manager*

# JOIN OUR TEAM



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  
SUPPORTING LEADERSHIP | WELLNESS | ACADEMICITY

Follow & Stay Connected:  
@TrentSWC

*Surfing the waves of emotions*

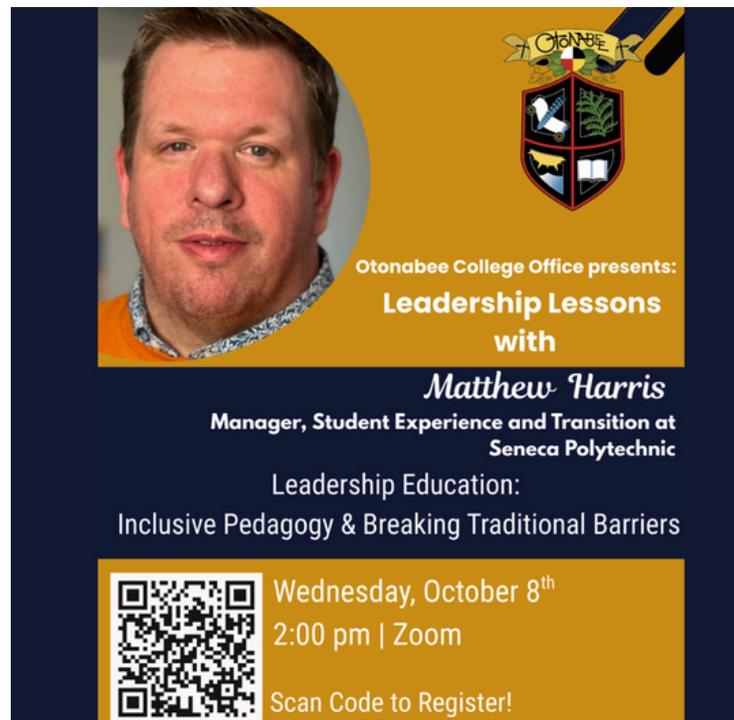
Do negative emotions sit with you for a long time? Is this having a negative impact on your life? Join us for a 8-week, Dialectical Behaviour Therapy (DBT) informed group, that focuses on learning skills for regulating intense emotions and getting through distressing situations.

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

Otonabee College  
OCA 128

Email [counselling@trentu.ca](mailto:counselling@trentu.ca) to express your interest!

Learn more about groups and workshops offered by Counselling Services

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 8<sup>th</sup>  
2:00 pm | Zoom

Scan Code to Register!



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

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 8<sup>th</sup>  
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.



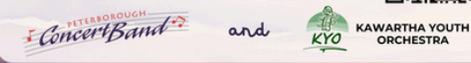
Peterborough Concert Band Presents  
**SOUNDS of TOMORROW**  
a Benefit Concert

SUNDAY  
Oct. 26<sup>th</sup>  
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](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!

# Backwoods Baking Presents:

## Easy Roasted Pumpkin Recipe

[View the Recipe Here](#)

### INGREDIENTS

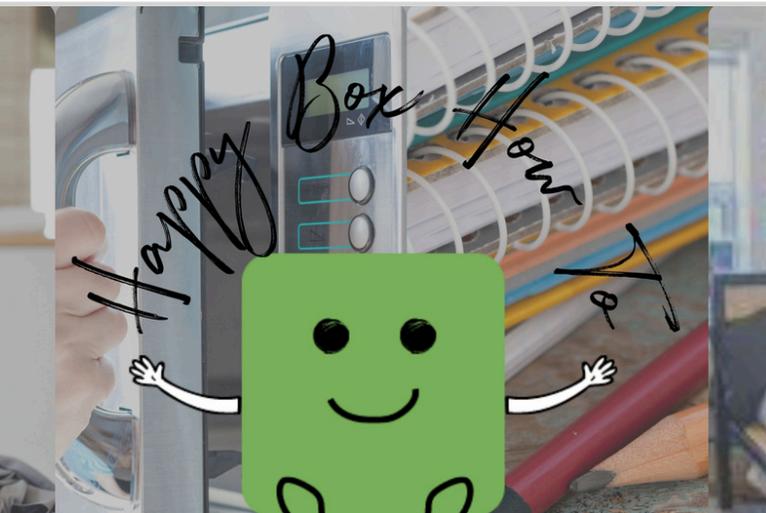
- 1 sugar pumpkin - 2 pounds whole, 1.5 pounds cleaned
- 2 tbsp olive oil - or melted butter
- 1/2 tsp salt
- 1 tsp garlic powder
- 1 tsp chili powder or smoked paprika



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.

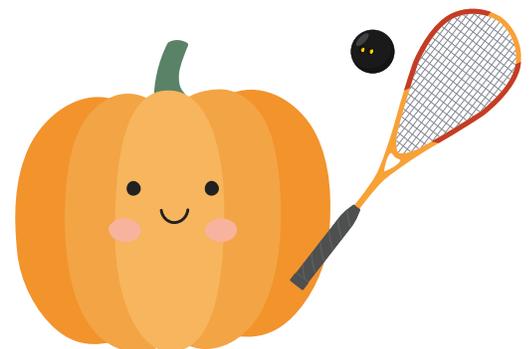


Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

## Trail 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.

## HOW TO MANAGE STRESS

- WRITE (OR TALK) IT OUT
- MEDITATION AND BREATHING EXERCISES
- CHALLENGE YOUR THOUGHTS
- OCCUPY YOUR MIND BY USING YOUR HANDS

*Managing your own stress levels may feel overwhelming but is important for building a foundation for strong mental health. More tips like these can be found by following the link above as well as through similar meditation-based apps and services.*

*Some other apps that may be similarly helpful are Headspace, Healthy Minds, and Smiling Mind*



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

- Dr. Jane Goodall