



FALL EDITION IV - OCTOBER 2ND, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

On Tuesday, 30 September we marked the **National Day for Truth and Reconciliation** at the College. The **School for the Study of Canada** hosted a special commemorative quilt-making workshop. It is also the School that tends the **Heart Garden** near Kerr House as a space of memory and reflection. The day is an important one where the entire nation is asked to reflect upon our relationships -- past and present -- amongst Canada's First Peoples and settlers. The destructive legacies of the Residential School system continue to loom large and the day offers an important pause for us to think about those legacies and how can we move forward together. Although the day has passed for another year, I ask that we continue to hold dear its tenets and continue to strive for understanding and constructive change every day.

Don't forget that on Saturday, October 4th we will be holding our **2025 Traill College Scarf Ceremony**. Join us in the **Amphitheatre** at 11 AM. All new students will receive their free Traill scarf from fellows of the College. Upper-year students, who may not have received their scarf yet, are also welcome to attend and receive a scarf. After scarves are given out, we all process to the **Kerr House** lawn where a group photo is taken. The ceremony is followed by refreshments. Don't miss this unique event!

The next day, on Sunday October 5th, we will hold our first **FREE College Sunday Dinner**. All members of the College and their friends and families are welcome to attend. Dinner starts at 5PM in **Room 105 Scott House** and we will serve food until it runs out. This dinner will be catered by **Levantine Grill** and will include shawarma chicken and rice and bean salad. Again, thanks to generous donations from **Emmanuel United Church, CUPE, the TGSa, Traill Cabinet, the School of Graduate Studies, and Trent University Food Services** we will be able to host two free dinners each month. Stay tuned to *Traill Tales* for more information on the free dinners and other free food initiatives at the College this year.

See you soon!



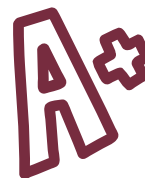
Need an Appointment?

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/traill/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.](#)



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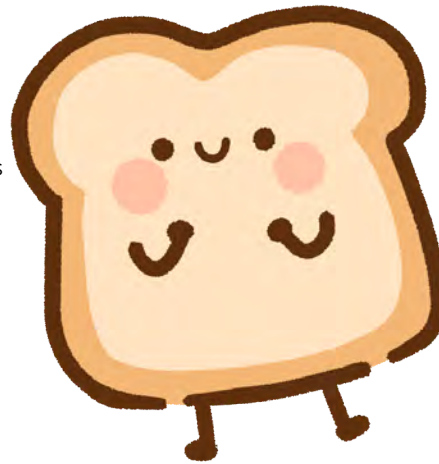
Backwoods Baking Presents:

Easy Banana Bread

[View the Recipe Here](#)

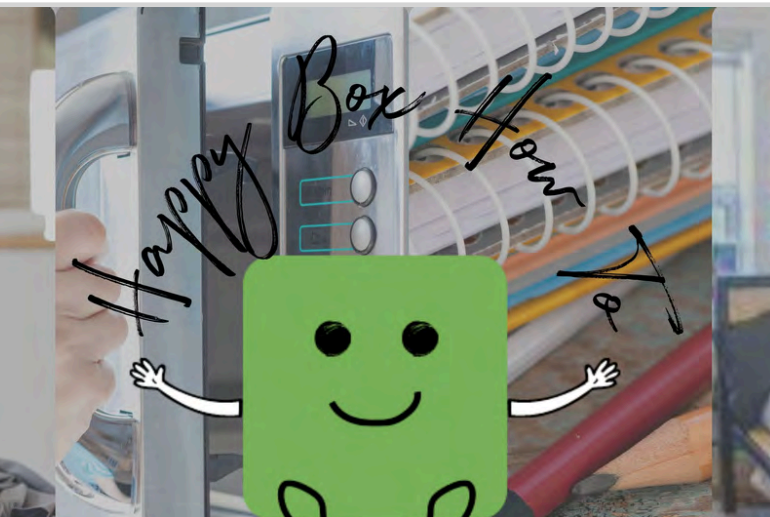
INGREDIENTS

- 1 1/2 Cups – Mashed Bananas (RIPE) – 345 grams – This is roughly 3 large bananas but use exactly 1 1/2 cups of mashed ripe bananas for the best results.
- 8 Tablespoons – Unsalted Butter (softened) – 115 grams
- 2 – Large Eggs – 114 grams – Not extra large or jumbo eggs.
- 1 Cup – White Granulated Sugar – 200 grams – If you want a slightly “richer” taste, you should use 1/2 cup of light brown sugar (packed) & 1/2 cup of white granulated sugar.
- 2 Cups – All Purpose Flour – 240 grams
- 1 Teaspoon – Vanilla Extract – 5 milliliters
- 1 Teaspoon – Baking Soda – 5 grams
- 1 Teaspoon – Baking Powder – 4 grams
- 1/2 Teaspoon – Salt – 3 grams
- Optional – 1 Cup – Chocolate Chips, Fresh Blueberries, Chopped Walnuts or Chopped Pecans
- Optional – 1 Teaspoon – Ground Cinnamon – 3 grams – Some people really like to add cinnamon, especially if their bananas are not super ripe.
- Servings – Roughly 12 slices
- Equipment Needed – Measuring cup & spoons, mixing bowl, long wooden spoon, 9 by 5 inch metal bread pan, oven mitts, silicon spatula, cooling rack and an oven.



INSTRUCTIONS

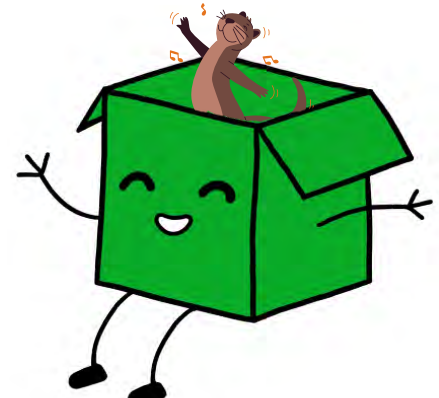
- Preheat oven to 325 degrees F (163 C).
- Mash bananas with a fork.
- Slice the butter into smaller chunks & then soften the butter in a microwave. FYI – I like to melt the butter for better mixability.
- Stir bananas, butter, eggs & sugar together in a large mixing bowl. Mix until fully blended.
- Mix in the remaining ingredients. Stir until the batter is fully mixed.
- Optional – If you want to enhance this “basic” easy banana bread, you can stir in 1 cup of your family’s favorite dessert ingredient (e.g. chocolate chips or chopped walnuts) after you have mixed the batter.
- Pour the finished batter into a nonstick bread pan. Smooth out the top of the batter within the bread pan.
- Bake in the oven for 65-70 minutes at 325 degrees F (163 C).
- Take out of oven and let the banana bread cool down in the bread pan for 10 minutes. Use oven mitts. Do not remove the banana bread from the bread pan during this 10 minute cool down period.
- After 10 minutes, remove the banana bread from the bread pan. Place the banana bread on a cooling rack in order to completely cool. This cool down may take 1-2 hours.



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

Traill Mix

A weasel walks into a bar. The bartender asks, “What can I get for you?”
“Pop” goes the weasel.



What's going on at Traill!

Pause ^{for} 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

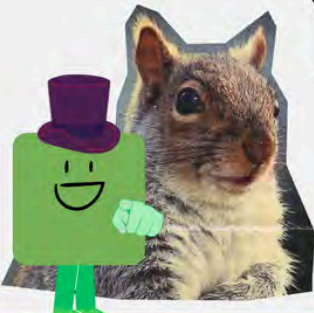
Take a pause from your busy schedule and come hang out with our furry friends at this Pause for Paws event. Meet Reese and Riddick, and their humans, the Traill College Academic Advisors: Zachary and Ashley

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!

Are you a new Traill student this year?

You're Invited to the annual Traill College Scarf Ceremony!

Come receive your Traill College scarf and celebrate your Traillite pride this Fall. Meet members of the Traill community and enjoy being a part of one of our favorite traditions.

Where: Jalynn Bennett Amphitheatre
When: Oct. 4th, 11am

New Traill students (or any Traillites without scarves!) are invited to join us for our annual Scarf Ceremony! Take part in this age-old tradition, celebrate your newfound College community, and receive your very own Traill College Scarf.

Jalynn Bennett Amphitheatre

October 4th, 11:00AM

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

Come by to work on assignments, study,
or seek academic support in a quiet space
with fellow students and a Skills Instructor.

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.

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!

Wutai Shan Buddhist Garden

Monday, October 6th
9:30 am-4:00 pm
\$15.00

Transportation and lunch included.
Hosted by:



Join the Trent Colleges, Trent Spiritual Affairs and the Office of Student Affairs for a unique, subsidized opportunity to visit the Wutai Shan Buddhist Garden near Bethany, Ontario on Monday, October 6th. Cost per person: \$15
Transportation and lunch are included in the cost of the event. The registration deadline is Friday, October 3rd at 4 pm. [Register here](#)

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.

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
	MaDGIC – Data Management and Analysis Tools	Introduction to Publishing Journal Articles

Scan here for more info



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
KNOWLEDGE | HEALING | RESILIENCE

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: **How to Become a Peer Notetaker**

STUDENT ACCESSIBILITY SERVICES

Do feel like your notes are helpful when you need to study and review?
Would you benefit from a way to keep yourself accountable and take notes every week?

Do you want to earn a letter of reference or add to your co-curricular record?

If yes, then you should consider becoming a volunteer notetaker through SAS.

Click the link above for more information on the steps and benefits.

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

[Click Here for More Info](#)

Art and Wellness

In today's fast-paced and stressful world, finding ways to improve our overall well-being is more important than ever. One often overlooked avenue for promoting wellness is through art. Whether you consider yourself an artist or not, engaging in creative activities can have a profound impact on your mental, emotional, and even physical health.

Engaging in art and creativity can provide a therapeutic outlet for processing emotions and reducing stress. The act of creating can promote mindfulness, self-expression, and a sense of accomplishment, contributing to overall well-being.



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"You can't use up creativity. The more you use, the more you have."

-Dr Maya Angelou