



FALL EDITION XI - NOVEMBER 19TH, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

It is hard to believe that there are just two weeks left in the Fall term. I will be teaching my last two classes and then I will be off to England for the fifth **Collegiate Way International Conference**. For those of you who are unfamiliar with Collegiate Way International (CWI), it is a global organization of collegiate universities comprised by members from institutions including Oxford, Cambridge, Durham, Yale, Rice, Macau, Singapore, Australian National University, Waterloo, and of course, Trent University. For ten years, I have been honoured to be the chair of CWI and will offer a plenary address on the state of collegiate higher education post-COVID. Since our last conference (hosted by Trent University) was online in 2022, it is wonderful to be able to meet in person again.

Back at Traill, we will be offering expanded weekend hours again during the exam period. Feel free to come by **Scott House** from 9 AM to 5 PM on Saturdays and Sundays starting on December 6th and continuing until December 14th. No special access permission is required. Feel free to come by, get a warm drink and use the college as a space to study, or relax.

This week, don't miss the next edition of the **Symons Seminar Series for Graduate Research** on Thursday in Bagnani Hall at 7 PM. This event is open to all Trent students, faculty, friends, and the greater community. **Md Nazul Alam** will present "Seeing Hijra Aging in Bangladesh: Lived Experiences of Late-Life and Healthcare Precarity" and **Tyler Maghrino** will present "Beyond Yes and No: Exploring Sexual Boundaries." Check out some of the exciting graduate research that is underway at the university, stay for great conversations and free snacks!

Finally, our next free **Sunday College Dinner** is on this Sunday at Emmanuel United Church at 534 George St. N. As always, supper begins at 5 PM in the church hall (basement) and will continue as supplies last. This week a halal and vegetarian pasta bake will be served.

Take care,



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>

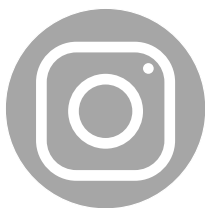
To keep up to date with the college, follow us on social media!

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](#)



What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE

SUNDAY DINNERS

5pm

FREE MEAL WHILE SUPPLIES LAST!



NOVEMBER 9TH
SCOTT HOUSE 105, TRAILL COLLEGE
CHARTWELLS, VEGGIE CHILI NACHO BOWL AND
BEEF CHILI NACHO BOWL, WITH RICE, SALSA,
SOUR CREAM AND TORTILLA CHIPS.



NOVEMBER 23RD
EMMANUEL UNITED CHURCH
PASTA CASSEROLE (HALAL
BEEF/VEGETABLE), COLESLAW, WHITE
ROLLS, DESSERT

CUPE 39 SCFP **EMMANUEL UNITED CHURCH**
534 GEORGE ST. N,
PETERBOROUGH






Traill College Sunday Dinners continue in November!
Join us for a free meal, fellowship, and fun!
The next College Sunday Dinner will be on
November 23rd at Emmanuel United Church
534 George St North

PRE-EXAM STUDY SESSIONS

Thursdays November 20th, 27th,
and December 4th 4-6 PM
in The Trend at Traill College

Come enjoy some free snacks and study for your upcoming exams! All are welcome!

PROVIDED BY
TRAILL COLLEGE




Stressed about exams? Need a body double to focus or looking for a change of scenery? Join us in The Trend on November 20th, 27th, and December 4th from 4-6 PM to enjoy some free snacks and get some work done in a low-stress environment. All are welcome!

On Thursday November 20th, 2025
Prepare Yourself...

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

Md Nazmul Alam



Seeing Hijra Aging in Bangladesh: Lived Experiences of Late-Life and Healthcare Precarity

THOMAS H.B SYMONS SEMINAR SERIES



ON GRADUATE STUDENT RESEARCH

7:00 PM
Bagnani Hall
Traill College

**Come for the Free Snacks,
Stay for the Research!**

Tyler Magrinho



Beyond Yes and No: Exploring Sexual Boundaries

Thomas H.B. Symons Seminar Series – November 20th, 2025

Join us for an evening of groundbreaking research on November 20th at 7:00 PM in Bagnani Hall, Traill College! Presenters are: Md Nazmul Alam – “Seeing Hijra Aging in Bangladesh: Lived Experiences of Late-Life and Healthcare Precarity” and Tyler Magrinho – “Beyond Yes and No: Exploring Sexual Boundaries.”

PRINTMAKING PARTY WORKSHOP

WHEN: Tuesday, Nov. 25 @ 4:30pm
WHERE: The Trend, Traill College
HOW MUCH: \$5 or PWYC
WHAT: Lino, Styrofoam, and Gel Plate Printmaking



Lino



Styrofoam



Gel Plate

Materials, instructions, and snacks provided.

Raising money to give you the best Cultural Studies Week ever!

Come join us in the Trend for an evening of fun and crafts as we raise funds for the upcoming Cultural Studies Week.

WHEN: Tuesday, Nov. 25 @ 4:30pm

WHERE: The Trend, Traill College

HOW MUCH: \$5 or PWYC

WHAT: Lino, Styrofoam, and Gel Plate Printmaking

What's going on at Traill!

December 2nd, 5-7 PM
in the Trend

Holiday Card Crafting

Come make holiday cards with Traill College Cabinet. Bring your donations for the clothing & hygiene drive

Shaving cream, Shampoo, Conditioner, Deodorant, Winter Coats, Winter Boots, Scarves, Winter Hats, Razors

Or drop off your donation in the box in front of Traill College Cabinet Office Nov 17th - Dec 8th



Join Us for Holiday Card Crafting! 🎄

Come to The Trend on Dec 2nd, 5-7 PM to make holiday cards with Traill College Cabinet.

Bring your donations for the Clothing & Hygiene Drive –

items like winter coats, toiletries, and more!

Can't make it? Drop off donations at the Traill College Cabinet Office from Nov 17th - Dec 8th.

Spread some cheer and give back this holiday season! 💙

BRING YOUR OWN

BOOK CLUB


NEXT MEETING

DATE:
DECEMBER 2ND
2-4PM

LOCATION:
TRAILL COLLEGE
SH104 (SCR)

THEME:

A BOOK THAT SOMEONE GIFTED YOU



BYOBook Club is back for our second meeting! Our theme this time is: A Book That Someone Gifted You!

Join us in the SCR in Scott House for tea, coffee, snacks, and great conversation with fellow bookworms.



Check out our Instagram (@traillcollege) to see the Traill Spotlight book and discussion prompts for this

week's theme!

December 2nd, 2-4PM


SH104 (SCR)

Free event! Just bring yourself and a good book!

 On Thursday, November 20th, 2025 Prepare Yourself... 


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

Md Nazmul Alam



Seeing Hijra Aging in Bangladesh: Lived Experiences of Late-Life and Healthcare Precarity

Thomas H.B. Symons Seminar Series




ON GRADUATE STUDENT RESEARCH

7:00 PM
Bagnani Hall
Traill College

Come for the Free Snacks, Stay for the Research!

Tyler Magrinho



Yes and No: Exploring Sexual Boundaries

What's going on at Trent!



Join Us 

November 24th, 11AM - 2PM
Student Centre Atrium

NATIONAL HOUSING DAY

Meet with housing experts, get advice on rental agreements, and learn tips for a smooth transition to upper-year living.



National Housing Day
 November 24th, 11 AM – 2 PM
 Student Centre Atrium

Join us for National Housing Day! Meet with housing experts, get advice on rental agreements, and learn tips for a smooth transition to upper-year living. Whether you're preparing for your upper-year housing journey or just want to know more about the process, this is a great opportunity to connect and ask questions.

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.


STUDENT ACCESSIBILITY SERVICES


Hey SAS Students: Have you booked your December accommodated exams yet? Just a quick reminder that booking deadline to register with the [Centre for Academic Testing](#) for finals is Friday, November 21st @ 11:59PM. Accommodated exams can be booked online using the [SAS Portal](#). The exam schedule is pre-loaded for all your finals; you just need to push the buttons to book them in.





Questions? Booking conflicts? Date / Time shifting adjustments need to be made? Email examcentre@trentu.ca before November 21st to get things sorted!

Writing Complex Texts: For Graduate Students


**Tuesday,
November 18**


Zoom

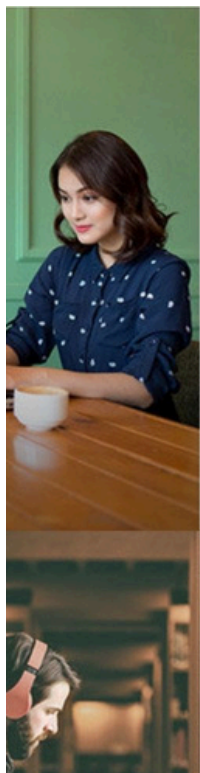

7:00 to 8:30 pm



[Register here](#)

This workshop will explore some of the common concerns seen in graduate writing assignments from course-based writing to research proposals and thesis writing. We will explore the writing process as an aid in clarifying the thought process. We will discuss style and flow in writing, the needs of the reader, and the basis of strong writing - the paragraph.

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!



CAREERSPACE

CAREERS & EXPERIENCES


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

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.

Women Taking Charge in Politics and in Life

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.



Writing Café

with Academic Skills

Sunday, November 16, 2025
10 am to 4 pm

OC Commons
(Otonabee College)

**Join us to work on a written assignment
in a comfy, cozy, community space!**


Come for the day, or a part of the day.

Enjoy baked goods and drinks while you write!

Stay focused! *Set writing goals!*

Registration link in our bio


Email acdskills@trentu.ca for more information.




Join Academic Skills at this relaxed and supportive Writing Café to work on your written assignments. Skills Instructors will provide writing support, help you set writing goals, and keep you focused on your task. We will have warm drinks, baked treats, resources, and more. Registration is requested.

Stressed about an upcoming assignment?

BOOK A LIBRARIAN



trentu.ca/library/book-a-librarian




Stressed about an upcoming assignment? Trent's librarians are here to support you! Starting with reliable sources makes writing easier and way less stressful. Book a one-on-one session to boost your research skills and learn how to use library databases more effectively. Meeting with a librarian can help you find trustworthy sources, access subject-specific databases, and build research skills that will support you throughout your degree. Book your subject librarian today

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!



West Bank Breakfast Club
Event Date: Every Wednesday
Event Time: 9:00am - 11:00am
Location: Lady Eaton College, LEC 119



Join us at Trent's Career Expo to connect with employers, discover opportunities, and get expert advice for summer, part-time and full-time jobs.

Why attend?

- Meet employers who are hiring for internships and full-time roles

- Network and build connections for your future

For more tips on how to prepare for a Career Expo visit the link [here](#).

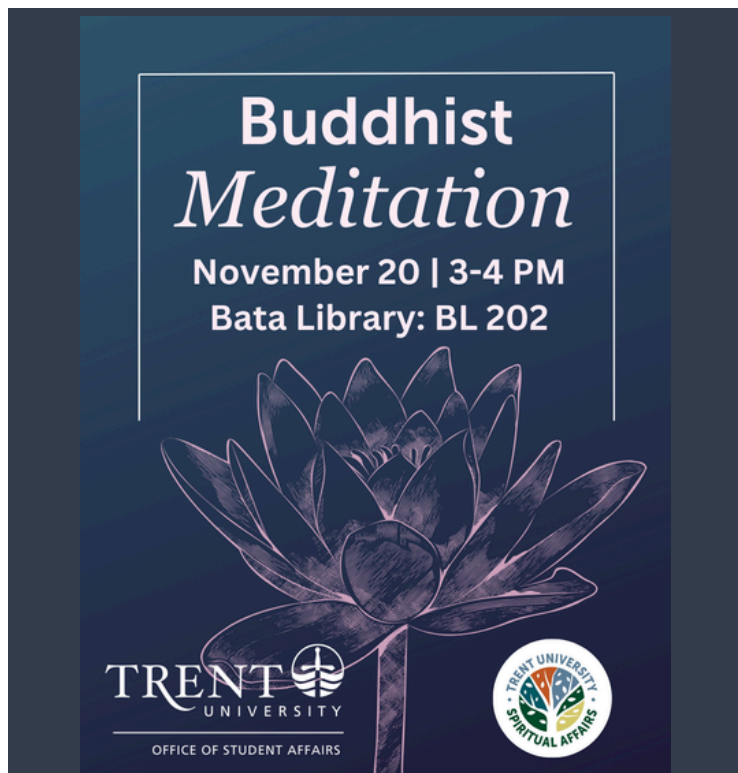
- Don't forget to pick up the event passport for a chance to win a pair of Apple AirPods!

- Location: Trent Student Centre, Peterborough Campus

- Dates & Times:

- Wednesday, November 12 | 11:00 AM – 2:00 PM | [Register here](#)

- Thursday, November 20 | 11:00 AM – 2:00 PM | [Register here](#)



Join Trent Spiritual Affairs for a Buddhist meditation with members of The Buddhist Place. The event will be held on Thursday, November 20th from 3 pm-4pm in Bata Library, Room 202. Our guests will be Terri Morrison, Buddhist member of the Trent Multi-Faith Network, and Karthik Elangovan, member of the Buddhist Place. Terri and Karthik will offer some Buddhist teachings along with a guided, 30-minute meditation. Limited seating and meditation cushions will be available. This event will be capped at 15 people; beginning meditators are welcome.



Join us at Otonabee College for the November Community Lunch.

When: Monday, November 24th at 12:00 PM

Where: OC Commons

Catered by Levantine Grill, featuring kebabs, shawarma, and pie.

Come enjoy great food and connect with the community!

What's going on at Trent!

TRENT UNIVERSITY IMPACT MICROGRANT
PROJECT PRESENTATION

Nourish to Flourish- IMPACT Food Insecurity Project

Andrea Sturgis

COMMUNITY PARTNERS



MAKE AN
Impact
Microgrant Program

Friday November 28,
2025
7-9pm

TRAILL COLLEGE BAGANI HALL



Nourish to Flourish – IMPACT Food Insecurity Project Presentation
Bagani Hall, Trill College, Room TC101 on ClassFind, 315 Dublin St, Peterborough, ON K9H 0C3
Friday, November 28, 2025, 7:00 PM – 9:00 PM
Registration Link: <https://luma.com/6xe9p093>

Join Andrea Sturgis for a presentation on Nourish to Flourish: Peterborough Youth Food Support, a community-driven initiative addressing youth food insecurity in partnership with The Seasoned Spoon Café and The YES Shelter. The project provides nutritious meals and “fuel-on-the-go” snack packs to youth experiencing homelessness while fostering education and dialogue around food justice.



Did you work with an exceptional instructor or professor?

YOU CAN NOMINATE THEM FOR AN AWARD:

Decanal Award for Teaching Excellence in the Humanities and Social Sciences

The School of Graduate Studies Awards for Outstanding Graduate Mentorship

Decanal Award for Teaching Excellence in the Sciences

Decanal Award for Teaching Excellence in Nursing

Trent Durham GTA Decanal Award for Teaching Excellence

NOMINATE NOW!
DEADLINE TO NOMINATE:
DECEMBER 2, 2025

SCAN ME!



Did you take a course this term that you found particularly inspiring or engaging? Do you know an instructor who embraced creative and innovative teaching methods to support student learning and critical thinking? Help recognize excellent teaching in the disciplines by nominating the instructor for a Decanal Award for Teaching Excellence and/or Outstanding Graduate Mentorship in the appropriate division.

Further details about the 2025-2026 can be found on the [Trent Teaching Commons website](#). The current nomination window is open from November 18 to December 2, 2025.

Apply to join the Collegiate Leadership Program!

- Learn beyond the classroom
- Grow your network
- Represent your school, travel to a national competition at Wilfrid Laurier University
- Earn a micro credential!

Visit www.trentu.ca/clc to learn more and apply!
Deadline is November 30th 2025

Weekly sessions January to April 2026
Wednesdays 5:30-7:30pm

The Collegiate Leadership Competition (CLC) is your chance to grow, connect, and compete. Develop real leadership skills that set you apart, learn through hands-on challenges and team experiences that build confidence and collaboration, meet inspiring student leaders and mentors from across Ontario, and earn a micro-credential to showcase your leadership development, all while representing Trent University at the provincial and international level! Last year, Trent University won the National Championship and placed 4th internationally. Applications close November 30. Leadership practices begin late January, every Wednesday from 5:30–7:30 p.m. Visit trentu.ca/clc to apply and learn more!

Ten Thousand Villages Market

November 19 & 20

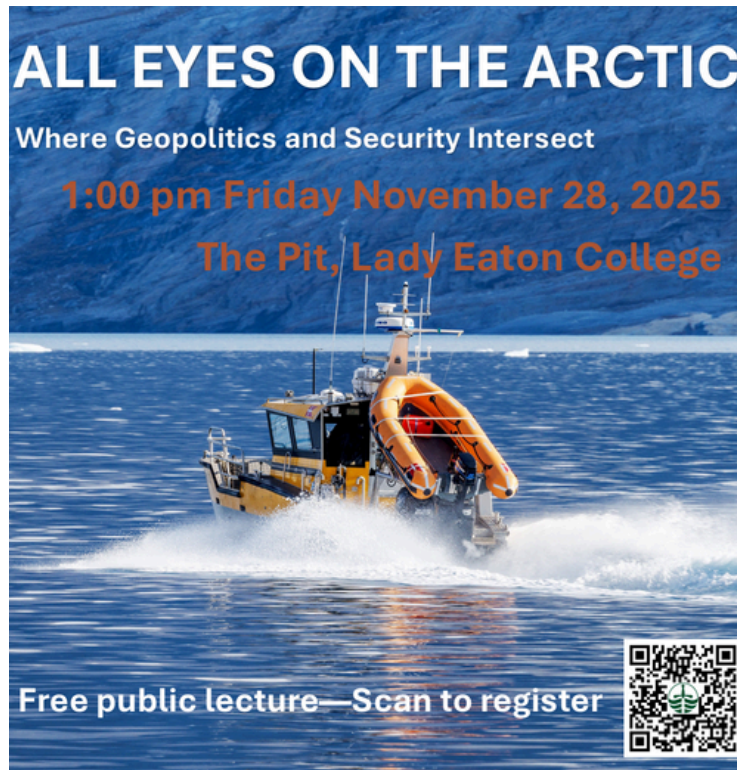


10am-4pm
The Gathering Space
ENW 102



The pop-up shop is a place where you can explore and connect with your global village. Ten Thousand Villages is a non-profit fair-trade organization that markets handcrafted products that are ethically sourced. This is a great way to start some holiday shopping (or to treat yourself) with sustainable, fair trade items including food, coffee, chocolate, textiles, books, jewelry and more!
WHEN: November 19 & 20 from 10am-4pm
WHERE: The Gathering Space (ENW 102)

What's going on at Trent!



All Eyes on the Arctic: Where Geopolitics and Security Intersect
Join us for a free public lecture on Friday, November 28th, 2025, at 1:00 PM
in The Pit, Lady Eaton College.

Discover the critical issues surrounding Arctic geopolitics and security in this
timely talk.

Don't miss out, scan the QR code to register!



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: Academic Advising

ACADEMIC ADVISING



Academic Advising offers individual in-person and remote appointments Monday to Friday. Meet with an academic advisor in-person, via video chat, or on the phone. Appointments become available for booking on the Student Experience Portal one week in advance, and a limited number of appointments may be released one day in advance. Same-day bookings are also available to book by contacting your College (in-person or by phone) or calling the Academic Advising phone line.

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:

15-Minute Tofu and Vegetable Stir-Fry

[View the Recipe Here](#)

INGREDIENTS

- 4 cups frozen cooked brown rice
- 1-inch piece ginger
- 1/4 cup low-sodium soy sauce
- 1 to 2 tbsp garlic chili sauce
- 1 tbsp toasted sesame oil
- 12 ounces baked tofu
- 3 tbsp canola oil
- One 3.5-ounce package sliced shiitake mushrooms (about 2 cups)
- One 1-pound package fresh stir-fry vegetable mix (not frozen)
- Kosher salt
- 1/2 cup roasted and salted cashew halves and pieces (to serve)

RECIPE BY Food Network Kitchen



INSTRUCTIONS

1. Prepare the rice according to the package directions.
2. Peel and finely grate the ginger and put it into a small baking dish or medium bowl along with the soy sauce, garlic chili sauce and sesame oil. Whisk to combine.
3. Place a large sauté pan over medium-high heat. Cut the baked tofu into 1-inch-by-1/2-inch pieces and add to the marinade. Stir to combine and reserve. Fill a small measuring cup or bowl with cold water and keep by the stovetop.
4. Add the canola oil to the hot pan and swirl to coat. Add the shiitake mushrooms and cook until tender and browned in spots, stirring frequently, about 2 minutes.
5. Add the stir-fry vegetable mix and a large pinch of salt. Cook until crisp tender, 3 to 5 minutes (the cooking time will depend on the size of the vegetables in the mix). If at any time the pan seems too hot, stir in 1 to 2 tablespoons water.
6. Add the marinated tofu to the vegetables along with 2 tablespoons water. Cook until the tofu is warmed through, 1 to 2 minutes.
7. Serve alongside rice, top with cashews.



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 room with no walls?
A mushroom



Wellness Resources

[Click Here for More Info](#)

End of term stress management

As the semester winds down and deadlines pile up, it's totally normal to feel overwhelmed.

But just because stress is common doesn't mean you have to ride it out — there are effective, research-backed ways to manage it. Here's a quick guide (influenced by Mayo Clinic's expert advice) to help you navigate this intense time.

To get more information about the strategies to reduce stress, Click the link above!

Strategies to reduce end of term stress management.

1.

Deep Breathing & Diaphragmatic Breathing

Taking slow, intentional breaths from your diaphragm can help calm your body's stress response.

2.

Guided Imagery / Visualization

Close your eyes and picture a calming place (like a beach, forest, or peaceful room). Let yourself mentally "go" there, even for a few minutes. This helps your mind step away from stressors temporarily.

3.

Progressive Muscle Relaxation

Tense and then relax different muscle groups, one at a time — arms, legs, shoulders, etc. This technique can help you release physical tension you didn't even realize you were carrying.

4.

Mindfulness & Meditation

Whether it's guided meditation, yoga, or mindfulness exercises: the goal is to bring awareness to the present moment without judgment. This can reduce anxiety and improve emotional resilience.

5.

Regular Physical Activity & Healthy Habits

Don't underestimate the power of movement. Even a short walk, stretching, or gentle yoga can reset your stress. Also prioritize sleep, balanced meals, and limiting stimulants like caffeine.



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"Our feelings are our most genuine paths to knowledge"

-Audre Lorde