



FALL EDITION XII - NOVEMBER 26TH, 2025

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

We had another wonderful free **Sunday College Dinner** this week. Over 80 students, friends, and family members showed up on a rainy evening at Emmanuel United Church. The energy at these dinners is palpable as college members can get out of their apartments, connect with new and old friends, and enjoy a meal. The final college dinner for 2025 will be held at Traill College in Scott House on Sunday, December 7<sup>th</sup>. We will be serving up food from the Levantine Grill and look forward to seeing you there.

One unfailing booster of our College Dinners, and indeed everything Traill, was **Ann Farquharson '76**. I first met Ann after I became principal here almost 12 years ago. She was a Traillite through-and-through and a tireless advocate for social justice, the promotion of women in politics, and the support of the most vulnerable in society. In 2018, she won the **Spirit of Trent Award** for her participation in city council as well as in the Festival of Lights, Big Brothers and Big Sisters of Peterborough, Five Counties Children's Centre, Peterborough Rotary Club, and the Peterborough Law Association, to name but a few. She regularly attended our weekly **Traill Summer Festival** concerts and most recently we were members of the **United Way** Campaign Cabinet together. Unfortunately, Ann died unexpectedly on the weekend which has been a shock to many in the Peterborough community. I would like to take this moment to extend our deepest sympathies to her friends and family.

Finally, as I mentioned in the last Traill Tales, I will be flying out this week to the United Kingdom to attend the **5<sup>th</sup> Collegiate Way International** conference. In my absence, the inimitable **Meaghan Kelly** will be writing my weekly message. As the term comes to an end, I would like to personally wish the best of luck to our students for the exam period. Stay tuned to Traill Tales for upcoming events and information on college services. I look forward to seeing you when I return in December.



# 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/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.*



[@traillcollege](#)



[Traill College](#)



[traillcollege](#)



[#traill](#)



# What's going on at Traill!

CATHARINE PARR TRAILL COLLEGE

## SUNDAY DINNERS

— 5pm —

**FREE MEAL WHILE SUPPLIES LAST!**



**DECEMBER 7<sup>TH</sup>**  
SCOTT HOUSE 105, TRAILL COLLEGE  
LEVANTINE GRILL, CHICKEN SHAWARMA & MIXED BEAN SALAD

**CUPE 3908 SCFP**      **EMMANUEL UNITED CHURCH**  
534 GEORGE ST. N,  
PETERBOROUGH



You're invited to Traill College Sunday Dinner this December!  
Join us for Levantine Grill's Chicken Shawarma and Mixed Bean Salad! Totally free.  
Scott House 105, Traill College; 5pm-7pm  
or while supplies last!



## PRE-EXAM STUDY SESSIONS

Thursdays November 20<sup>th</sup>, 27<sup>th</sup>,  
and December 4<sup>th</sup> 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 and final papers? 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 and encouraging environment. All are welcome!

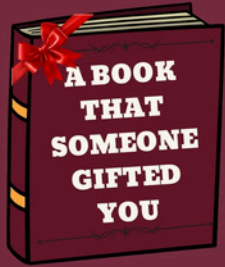
## BRING YOUR OWN BOOK CLUB



**NEXT MEETING**  
**DATE:**  
**DECEMBER 2<sup>ND</sup>**  
**2-4PM**

**LOCATION:**  
**TRAILL COLLEGE**  
**SH104 (SCR)**

**THEME:**



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 2<sup>nd</sup>, 2-4PM  
SH104 (SCR)  
Free event! Just bring yourself and a good book!



December 2<sup>nd</sup>, 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 17<sup>th</sup> - Dec 8<sup>th</sup>

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 are welcome!  
Can't make it? Drop off donations at the Traill College Cabinet Office from Nov 17th to Dec 8th.  
Spread some cheer and give back this holiday season! ❤️

# 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 Trent Spiritual Affairs (Office of Student Affairs) and Lady Eaton College for a gathering to recognize the upcoming winter Solstice and the turning of the seasons. We will meet at the LEC pit to make some simple mason jar lanterns. From there, we will proceed on a lantern walk to an outdoor location where there will be an invitation to walk a cedar spiral. We will wrap up with some reflective time and warm apple cider!

WHEN: December 4 5-6:30  
WHERE: meet at LEC 206 (The Pit) then outdoors  
Register now!

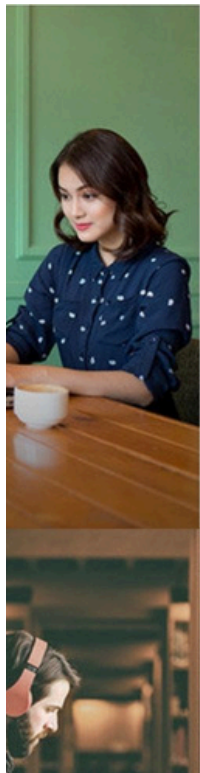


If you need a quiet, private space to pump or breastfeed, Otonabee College has your back! Gain access to the Breastfeeding Room by contacting [otonabee@trentu.ca](mailto:otonabee@trentu.ca).



We've recently added new items to our Equipment Collections, including: Laptop chargers, SD cards, SD card reader, Portable light pads, USB microphone, and Nikon D7500 camera. Students can borrow these items from the Library Service Desk, and browse the full list of available equipment through our [Equipment LibGuide](https://guides.lib.trentu.ca/c.php?g=740366&p=5342738).

# 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!

## 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

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

# What's going on at Trent!



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.*

Join Us 

November 24<sup>th</sup>, 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.



 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.

Stressed about an upcoming assignment?

## BOOK A LIBRARIAN



[trentu.ca/library/book-a-librarian](https://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!

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



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.

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: [Here](#)



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. More details 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](http://www.trentu.ca/clc) to learn more and apply!

Deadline is November 30<sup>th</sup> 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](http://trentu.ca/clc) to apply and learn more!

## ALL EYES ON THE ARCTIC

Where Geopolitics and Security Intersect

**1:00 pm Friday November 28, 2025**

**The Pit, Lady Eaton College**



Free public lecture—Scan to register



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: Student Wellness Centre**



Trent Counselling Services provides free, confidential, short-term mental health support to all registered Trent students.

Our dedicated therapists promote mental health and wellness with the goal of helping students participate fully in the Trent community.

Appointments are available both in-person and virtually.

*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:

## Poached Eggs with Spinach and Lentils

[View the Recipe Here](#)

### INGREDIENTS

- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp fresh ginger, grated
- 2 tbsp (30 ml) vegetable oil
- 1 tsp garam masala
- ½ tsp turmeric
- 2 tomatoes, halved, flesh grated
- 1 can (14 oz/398 ml) lentils, rinsed and drained
- 12 cups (300 g) baby spinach
- 4 eggs
- ½ cup (60 g) feta cheese, crumbled
- Sriracha, to taste
- Naan bread, optional

### RECIPE BY

**Ricardo Cuisine**



### INSTRUCTIONS

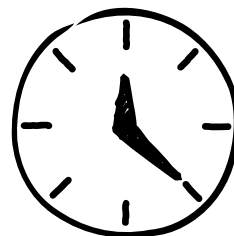
1. In a large non-stick skillet over medium heat, soften the onion, garlic and ginger in the oil for 3 minutes. Add the spices and cook for another 30 seconds, stirring constantly.
2. Add the tomatoes, lentils and half of the spinach. Cover and cook until the spinach is wilted, about 5 minutes.
3. Remove the lid. Add the remaining spinach and continue cooking until wilted. Season with salt and pepper. Mix well.
4. Using a spoon, make 4 wells in the spinach mixture. Crack an egg into each well. Cover and simmer gently for 5 to 6 minutes or until the egg whites are set. Garnish with feta and drizzle with Sriracha. Serve with naan bread, if desired.



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

## Traill Mix

What has a face but no eyes, only hands?



# Wellness Resources

[Click Here for More Info](#)

## Finals Week Stress

As finals week approaches, it's easy to feel the pressure mounting—between final exams, projects, and papers, the demands of the semester can be overwhelming. However, it's important to remember that managing stress during this time is not only possible but essential for your success and well-being. By adopting a few simple yet effective strategies, you can maintain focus, reduce anxiety, and navigate this busy time with a clearer, calmer mindset.

To help you manage the stress and stay on track, consider incorporating these strategies into your routine. To get more information about the strategies to reduce stress, click on the link above!



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"The past cannot be changed. The future is yet in your power." -Mary Pickford