

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

“Remember, remember the 5th of November!” Today is Guy Fawkes Day which marks the 420th anniversary of the failed Gun Powder Plot to blow up the House of Lords in London. In the U.K., and in some parts of Canada, it is still celebrated with large bonfires burning in effigy the conspirator Guy Fawkes and with children going from house to house asking for a “penny for the Guy.” This fall, I am teaching a class on historical memory, exploring what we commemorate and why. The celebration of Guy Fawkes has always fascinated me: how a failed attempt to disrupt parliament and kill King James turned into an ongoing opportunity to celebrate national pride, or at least to have really big community bonfires. We know time has passed because the original issues that sparked such anger and division 400 years ago seem so foreign and distant now. Today we are experiencing our own era of extreme partisanship, religious divisions and of cruel, nasty, and uninformed opinions, spread freely through social media. In spite of our technology, we are not different than our predecessors. The example of November 5th demonstrates to me that cruelty and misunderstanding are a continuing part of the human condition. However, it also gives me an odd sense of hope that we, too, will continue and will find common ground in spite of the seemingly insurmountable differences that currently exist.

The College is busy with preparations for this Friday’s **Trent University Open House**. This is the time when we welcome prospective students, and their families, to the College on the Hill. This year, Open House will take place at Traill from 12 PM to 3 PM and will include college tours, free snacks in The Trend, and a viewing of the law lab courtroom in Bagnani Hall. Even if you are not a prospective student, feel free to drop in for a visit.

Our program of free **Sunday College Dinners** continues this Sunday, November 9th in Scott House. This week, Chartwells will be serving up meat and vegetarian chili. All college members, friends, and families are welcome. It starts at 5 PM and will continue until we run out of food. Normally, I would say “see you there,” but I will be out-of-town this weekend and will miss the Sunday College Dinner. However, don’t worry, there will be a lot of College staff on hand and it will be a great opportunity to connect with them in a casual setting.

Until next week,



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!

5-7 PM - Free meal while supplies last.

November 9th in Scott House 105 at Traill College
 November 23rd at Emmanuel United Church 534 George St North



Dr. Michael Herren

A Day in the Life of a Student in Seventh-Century Ireland



Learn all about the life of students in 7th Century Ireland, from their daily routines, to their training exercises in school, to their fashion and hairstyles!



Traill College
Bagnani Hall
November 13th
7-9PM

Join us for an enlightening lecture by Dr. Michael Herren on "A Day in the Life of a Student in Seventh-Century Ireland." Explore the vibrant educational & cultural landscape of Ireland's monastic schools during the 7th century. Don't miss this unique opportunity to delve into ancient learning, training routines, and the fascinating world of Irish students from the past!
 November 13th 7-9pm in Bagnani Hall, Traill College

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!

What's going on at 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



If you are a mature or transfer student (or both!) and you're looking for an opportunity to meet and study with your peers, look no further! Academic Skills and Academic Advising offer a Study Cafe for Mature and Transfer students, running Wednesdays from September 17th to November 12th. Located in The Pit in Lady Eaton College.

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!

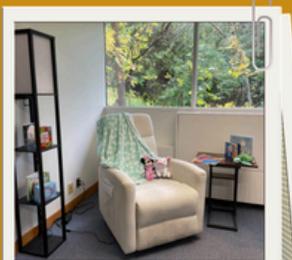
Otonabee College Breastfeeding Room



📍 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!



Black Leaders Mentorship (BLM) Networking Event

Hosted by the Equity &
Human Rights Office

Nov. 5th 12-3
Trent U. Durham
A Atrium
55 Thornton Rd.



Ever wanted to learn from Black Leaders? Wanting some advice or tips for after you graduate?

Come to the A Atrium on Nov. 5th from 12-3 for some mentorship and networking with complimentary refreshments and snacks!

Contact Sherri-Ann Emanuel (sherriannemanuel@trentu.ca) for inquiries

Ever wanted to learn from Black Leaders? Wanting some advice or tips for after you graduate? Come to the A Atrium on Wednesday, November 5th, from 12pm-3pm for some mentorship and networking with complimentary refreshments and snacks! Hosted by the Equity and Human Rights Office.

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.

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.

The Environmental & Life Sciences Graduate Society Presents



Professional Development Day



Opportunity to connect with, and learn from professionals working in fields related to EnLS!

Gain practical career advice from professionals working in NGO, government, and academia.

Professional Panel
1:10 - 2:30pm

Networking Mixer
2:30 pm-3:30 pm

Trent Student Centre Event Space
Wednesday, November 5, 2025



Scan QR Code to Register
Questions?
kaileighwright@trentu.ca

On Wednesday Nov. 5 from 1:00 to 4:00 pm in the event space of the Student Centre gain practical career advice from professionals working in NGO, government and academia. Don't miss out!



Otonabee College Presents Leadership Lessons with:

MAGGIE BERTRAM

Associate Certified Coach (ACC) through the International Coaching Federation, Director of Product Operations at The Leadership Consortium, and Co-founder and Partner at Hazel Advisors.

Topic: The Power of storytelling in Leadership

Wednesday, November 5th | 2:00 pm | Otonabee Commons



Scan QR code to register!

Otonabee College Presents Leadership Lessons with: Maggie Bertram

Topic: The Power of Storytelling in Leadership
Wednesday, November 5th 2:00 - 3:00pm in the Otonabee Commons

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



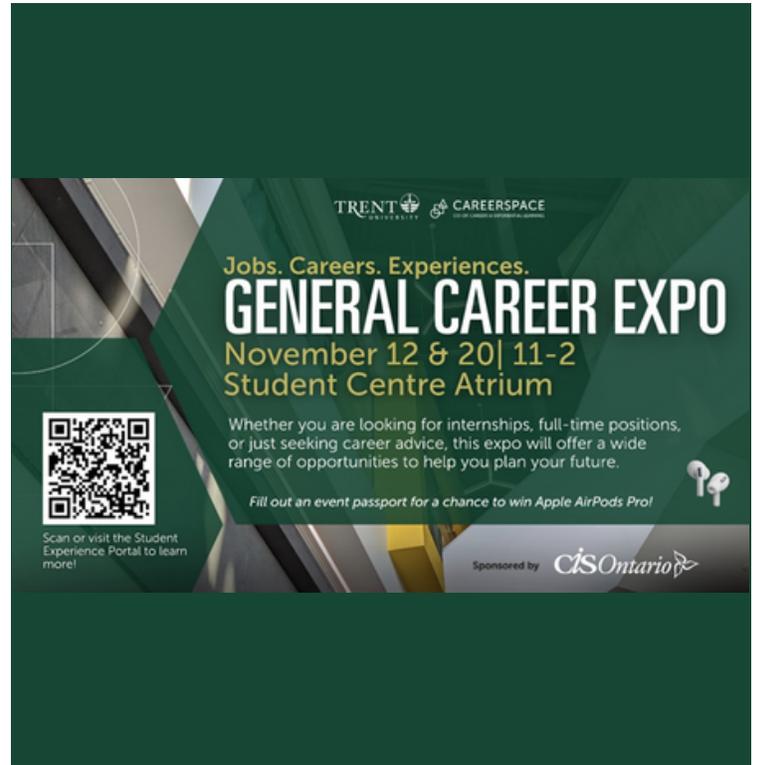
LAWS 4050H, Dispute Resolution and Restorative Justice running this winter term!

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](#)]



Forest Bathing Walk with Kristina Domsic
 Date: Wednesday, November 5th
 Time: 2 pm-4 pm
 Location: Meet at GC College Office
[REGISTER HERE](#)

Trent Spiritual Affairs (Office of Student Affairs) and Gzowski College invite the Trent community to join a forest bathing walk in the Trent Nature Areas. We will meet outside the Gzowski College office and make our way to the trails together. This walk will be led by trained Forest Bathing Guide Kristina Domsic of [Rooted Heart](#).



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!



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 Skills



ACADEMIC
SKILLS
TRENT U

Academic success is closely related to effective study skills. You already have a strong foundation of skills, but we can support your efforts to refine them to meet the challenge of learning at university.

Academic Skills offers instruction on active listening in lecture, critical reading, good notetaking, regular review, and thoughtful exam preparation. These skills and strategies are relevant across disciplines and at all levels of education.

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:

One Pot Spicy Pesto Cheese Baked Rigatoni

[View the Recipe Here](#)

INGREDIENTS

- 2 tablespoons olive oil
- 1 shallot chopped
- 3/4 pound ground spicy Italian chicken sausage
- 4 cloves garlic, minced or grated
- 2 (28 ounce) cans crushed San Marzano tomatoes
- 1/2 cup vodka (chicken broth or water also work)
- 3/4 cup basil pesto (homemade or store-bought)
- 2 teaspoons dried oregano
- 1 teaspoon dried rosemary plus fresh rosemary for serving
- kosher salt and pepper
- 1 pound dry rigatoni pasta
- 2 cups shredded kale
- 2 cups shredded fontina cheese
- 8 ounces mozzarella, torn

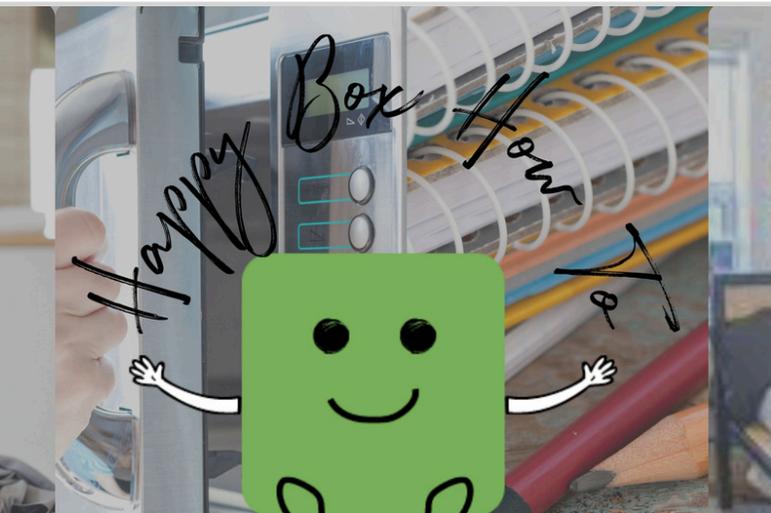
RECIPE BY

Tieghan Gerard



INSTRUCTIONS

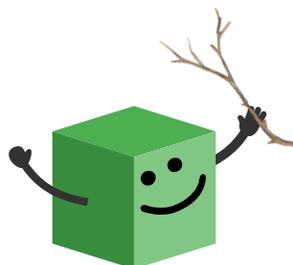
1. Preheat the oven to 350 degrees F.
2. Heat the olive oil in a large pot over high heat. When the oil shimmers, add the shallot and cook until fragrant, about 3 minutes. Add the chicken sausage and brown all over, about 5 to 8 minutes. Stir in the garlic, cook another minute. Slowly add the tomatoes, vodka, 1/2 cup pesto, oregano, rosemary, and a pinch each of salt and pepper. Then add 2 1/2 cups water, the pasta, and kale. Increase the heat to medium-high. Bring the mixture to a boil. Stir frequently until the pasta is al dente, about 8-10 minutes.
3. If needed, transfer the pasta to a baking dish. Top with the fontina cheese, then drizzle the remaining 1/4 cup basil pesto evenly over everything. Add the mozzarella.
4. Transfer the baking dish to the oven and bake 20-25 minutes or until the cheese has melted and is lightly browned on top. Cool 5 minutes before serving. Serve with fresh rosemary. Enjoy!



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

Trail Mix

What do you call a Boomerang that doesn't come back?
A Stick.



Ceci N'est Pas Un Boomerang



Wellness Resources

[Click Here for More Info](#)

Coping with Seasonal Affective Disorder (And the Shorter Days of Winter)

Most of us love the change of seasons. But for some, their mental health changes during certain seasons — and not for the better. Seasonal Affective Disorder is a form of depression also known as SAD. In the Diagnostic Manual of Mental Disorders (DSM-5), it is identified as a type of major depressive disorder with a seasonal pattern. People with SAD experience symptoms similar to depression that typically occur during the fall and winter months when there is less sunlight.

SAD can be particularly troublesome for university students. Instead of getting up early and having a regular routine like they did in high school, university students often stay up late to study or socialize. This often leads to sleeping in if they don't have morning classes, making it harder to get the vitamin D needed to ward off symptoms of SAD. Common symptoms include fatigue (even with too much sleep), difficulty thinking, concentrating or making decisions.

Check out the link above for more information on how SAD (and winter in general) can affect university students, and for more tips for coping with it.

Coping With Seasonal Affective Disorder (SAD)

- See the Sun**
Get as much natural sunlight as possible. Try to go outside as soon as possible, and keep your curtains open during the day. Don't forget sunscreen!
- Get Moving**
Find ways to move your body that feel good for you! Physical activity relieves stress, builds energy, and increases both your physical and mental well-being and resilience.
- Eat Regularly**
Try scheduling meal breaks into your day to keep your blood sugars stable, which helps with mood and energy management.
- Take Breaks**
Step away from tasks regularly to recharge and refocus.
- Consider light therapy.**
Twenty minutes to an hour of light exposure each day can have a positive effect when you are missing the Sun.
- Reach Out**
Virtual connection is still connection! Ask for support when needed and accept help when offered.



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“Beware; for I am fearless, and therefore powerful.”
-Mary Shelly, Frankenstein