



FALL EDITION XV - DECEMBER 17TH, 2025

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

We are approaching the end of another calendar year. It definitely has been an exciting (and exhausting) one for the College on the Hill. Last Spring, we welcomed **Meaghan Kelly** as our new College Coordinator, and she was dropped into a brisk schedule of **Traill 60th Anniversary** events. The anniversary offered a wonderful opportunity for present students, staff, and faculty to connect with alumni and former employees and share fond Traill memories. As I approach my 12th year as principal, I am proud to be part of a six-decade legacy of student support in the collegiate tradition. While the participants in our anniversary events were a diverse and intergenerational group, it was amazing to discover how many core values they shared. I think that this can be squarely attributed to their Trent University and Traill College experience and its commitment to community, citizenship, and character.

Things did not slow down over the summer. The **Class of '72** (and others) returned for a reunion and were greeted by the ever exuberant and knowledgeable intern **Alexandra Boyd** who gave them one of her special tours of the College. A special shout out to **Kate Quinsey '72**, **Doug Sweet '73** and **Fraser Duff '72** for all their work in organizing it. This summer, we had a great inaugural season for our **Traill Summer Festival** with almost 1000 visitors in attendance. Our little amphitheatre hosted some of the region's finest musicians and actors with the welcome support of **New Stages Theatre**.

This Fall, we had several special guests at the College including journalist **Andrew Coyne** and our Ashley Fellow **Tom Mulcair**. Perhaps most importantly, thanks to the generosity of the **Traill Cabinet**, the **Trent Graduate Student Association**, **Grad Studies**, **Trent University Food Services**, **Emmanuel United Church** and several anonymous alumni donors, we have been able to feed over 800 students, friends, and family with our free **Sunday College Dinners**. These dinners will continue into the new year, and we hope to see you at one!

I could go on, but that will divert you from another great edition of Traill Tales. Please read on. Enjoy the good recipes (and bad jokes) as well as getting a glimpse of some of the activities we will be hosting in the new year. In subsequent editions there will be more information on great events such as **Three Minute Thesis**, the **Symons Series**, the return of our **Ashley Fellow** and a whole lot more.

Please note that the university, including Traill College, will be closed from 24 December 2025 to 5 January 2026. On behalf of the entire staff of the College, I would like to wish you a happy holidays. We hope that you can rest, recharge, and spend quality time with the people who mean the most to you. See you next year!



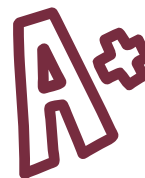
Need an Appointment?

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>

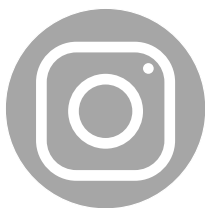
To keep up to date with the college, follow us on social media!

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.](#)



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Public Texts MA 2025

Trail College Class of 2025



TRAILL COLLEGE SWAG

SALE



20%

SELECT ITEMS

[SHOP HERE](#)

What's going on at Trail!



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.



Winter Parking Restrictions

No on-street parking 2 a.m. to 6 a.m.
December 1 to April 1

FYI: Winter parking restrictions will be in place beginning December 1 to allow for safe, effective winter road maintenance. Parking will not be allowed on any City streets from 2 a.m. to 6 a.m.



Keep your eyes peeled for new
Marketplace updates!

Did you have an exceptional instructor or teaching assistant?



Nominate Now!

Trent Teaching Awards 2025-26

- Symons Award for Excellence in Teaching
- Award for Educational Leadership and Innovation
- Award for Excellence in Online Teaching
- Award for Excellence in Teaching Assistance
- CUPE 3908-1 Award for Excellence in Teaching

Nominations due January 12, 2026



Did you have an outstanding instructor or teaching assistant who shaped your learning or experience at Trent? If so, consider nominating them for a teaching award by 4:00pm on January 12, 2026! Further details about the 2025-2026 University Wide Teaching Awards can be found on the Trent Teaching Commons website. The nomination window is open from December 18, 2025 - January 12, 2026.

What's going on at Trent!

Are you an International Student at Trent University?
I am inviting you to participate in a survey and/or an interview about your Traditional Ecological Knowledge.

This research study aims to explore the Traditional Ecological Knowledge (TEK) that international students bring from their cultures to Trent University and Canada and how they can be effectively and inclusively integrated into Trent's sustainability policy.

This research aims to uncover the challenges that Higher Education Institutions (HEIs) face when integrating international students' TEK into Sustainability policy.

We Need Your Participation!!!

Scan the QR code to complete the survey

Your participation is voluntarily, you may withdraw from this study at any time

Time commitment for one-on-one interview is approximately 45 mins to max 1.5 hours and the survey is 15 mins
Feel free to forward this invitation to any international students you may know.

Interested in participating in a one-on-one interview?
Contact: Najah Wardat at najahwardat@trentu.ca
If you have any questions please contact the student supervisor
Dr. Stephanie Rutherford srutherford@trentu.ca

Participants will have the opportunity to share their perspectives through either an online survey or a one-on-one conversation. Their insights are incredibly valuable to the research! Participants can enter a draw for a \$25 Visa gift card. (Please note: email addresses will not be linked to survey responses.)
Survey link: [Here](#)

3 MINUTE THESIS®
ARE YOU UP FOR THE CHALLENGE?

Scan for more information and watch last year's 3MT video

SHARE KEY INSIGHTS FROM YOUR COMPLEX RESEARCH

POLISH YOUR PRESENTATION SKILLS

LOTS OF PRIZES TO BE WON!

ACADEMIC SKILLS

Three Minutes, One Slide, No Props
Three Minute Thesis 3MT® competition presents the ultimate challenge for Masters and Ph.D. students. Start prepping over the holidays. See more information at: [3 Minute Thesis](#)

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.

NEED TECH? BORROW IT!

We've added to our Equipment Collection:

- Laptop chargers
- SD cards
- SD card reader
- Portable light pads
- USB microphone
- Nikon D7500 camera

Explore everything available for loan:
guides.lib.trentu.ca/c.php?g=740366&p=5342738

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](#).

What's going on at Trent!



Please be advised that applications for financial support from the Symons Trust for Canadian Studies for research and projects related to the study of Canada must be submitted by email by 11:59 p.m. on Monday, 19 January, 2026.

What's your MOOD TODAY?

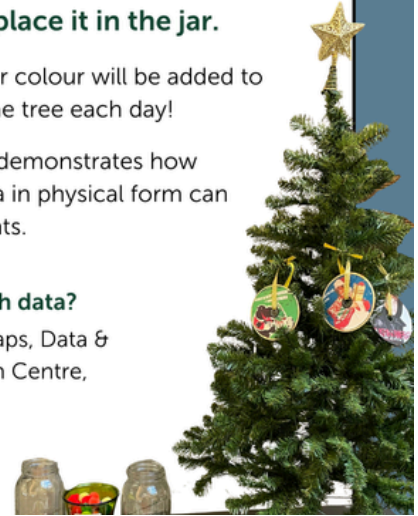
BATA LIBRARY ATRIUM

Choose the pompom that corresponds to your mood and place it in the jar.

- The most popular colour will be added to the garland on the tree each day!
- This experiment demonstrates how representing data in physical form can reveal new insights.

Need help working with data?

Email our team in the Maps, Data & Government Information Centre, madgichelp@trentu.ca.



How can data come to life?

- ▲ Participate in the Data Physicalization Display in the Bata Library Atrium. Your votes will help decorate the tree!
- Choose a pompom that matches your mood and add it to the jar. Each day, the most popular color will be added to the garland on the tree!
- ✍ Vote on the dry-erase board; the top answer will be creatively added to the tree as well.

Produced by the Maps, Data & Government Information Centre (MaDGIC).
Need help working with data? Email madgichelp@trentu.ca.

SHARE YOUR UNDERGRADUATE RESEARCH IN A FUN & CHALLENGING COMPETITION



Applications due February 1
trentu.ca/3mp

Applications for the 12th annual Three Minute Paper (3MP) Competition are now open! On March 4, 2026, Trent undergraduate students will be challenged to present their complex research to a general audience in just 180 seconds. Rise to the challenge and demonstrate your capacity to balance complexity with clarity and concision! Submit your application to present your thesis, community-based, or major research project by February 1, 2026. Click [here](#) for more information.

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](#)

What's going on at Trent!



CAMPUS REC WINTER LEAGUE SCHEDULE

REGISTRATION OPENS DECEMBER 3, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FUTSAL co-ed recreational 5v5 5-9 PM	VOLLEYBALL co-ed intermediate 6v6 7-11PM	VOLLEYBALL co-ed competitive 6v6 7-11PM	VOLLEYBALL co-ed recreational 6v6 7-11PM	BASKETBALL co-ed recreational 5v5 7-11PM
	WOMEN'S INNERTUBE WATER POLO recreational 5v5 8-10PM			BADMINTON co-ed* recreational 2v2 7-11PM

**VISIT THE TRENT UNIVERSITY IMLEAGUES WEBSITE TO
REGISTER AND FIND INFORMATION ON LEAGUE FEES**

*TIMES, DAYS, SPORT ARE SUBJECT TO CHANGE

🏆 Get Ready for Winter Sports! 🏆

The Trent University Campus Rec Winter League registration opens December 3, 2025! Whether you're into volleyball, basketball, futsal, badminton, or water polo, there's a spot for everyone, from beginners to competitive players.

📅 Check out the weekly schedule and find your perfect game time.

📱 Scan the QR code or visit the Trent University IMLeagues website to register and get all the details on fees and updates.

Don't miss out on the chance to stay active, meet new people, and have a blast this winter!

Note: Times, days, and sports are subject to change.

Last Day for
Letters of
Permission
January 9th 2026

January 9th, 2026 is the Undergraduate
final date to submit requests for Winter
term Letters of Permission



Trent University's winter holiday begins Wednesday, December 24 with most academic and administrative operations at the Peterborough and Durham GTA campuses wrapping up for the break at 12 p.m. on Tuesday, December 23.

Many campus operations and services resume usual operations on Monday, January 5, 2026. Winter term classes resume at both campuses on Wednesday, January 7.



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: Peer Support Program



The Peer Support program creates a warm and welcoming space for all Trent students to receive support from their peers.

Whether you are venting about a bad day or recovering from a break-up, your trained Peer Support student staff are here to listen.

The program is free, non-judgmental, and confidential.

Your Peer Support staff are available Monday to Friday from 12 pm to 4pm.

Click the underlined text above to learn more.

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:

Falafel

[View the Recipe Here](#)

INGREDIENTS

- 1 cup dried chickpeas, soaked overnight (don't use canned chickpeas)
- ½ cup roughly chopped onion
- 1 cup roughly chopped parsley, about a one large bunch
- 1 cup roughly chopped cilantro, about a one large bunch
- 1 small green chile pepper, serrano or jalapeno pepper
- 3 garlic cloves
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon cardamom
- ¼ teaspoon black pepper
- 2 tablespoons chickpea flour (or other flour)
- ½ teaspoon baking soda
- oil for frying

RECIPE BY
Lisa Bryan



INSTRUCTIONS

1. Soak your dried chickpeas overnight or for at least 8 to 12 hours. Then drain and rinse them.
2. Add the chickpeas, onion, parsley, cilantro, garlic, green pepper, and spices to a food processor. Then, pulse the food processor but do not blend completely.
3. Transfer the falafel mixture to a bowl and add the chickpea flour and baking soda and refrigerate the mixture for 30 min to 1 hour.
4. Form the falafel into balls or patties.
5. To deep fry the falafel, add about 3 inches of oil to a pot on medium heat. Heat the oil to 350°F (175°C). Cook the falafel in batches (about 6 to 8 at a time) for 1 to 2 minutes or until golden.
6. Use a skimmer to check the color of the falafel and make sure they don't overcook. Then remove them to a paper towel-lined plate.
7. Serve the falafel immediately.



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

Traill Mix

Who is a Christmas tree's favourite singer?
Spruce Springsteen



Wellness Resources

[Click Here for More Info](#)

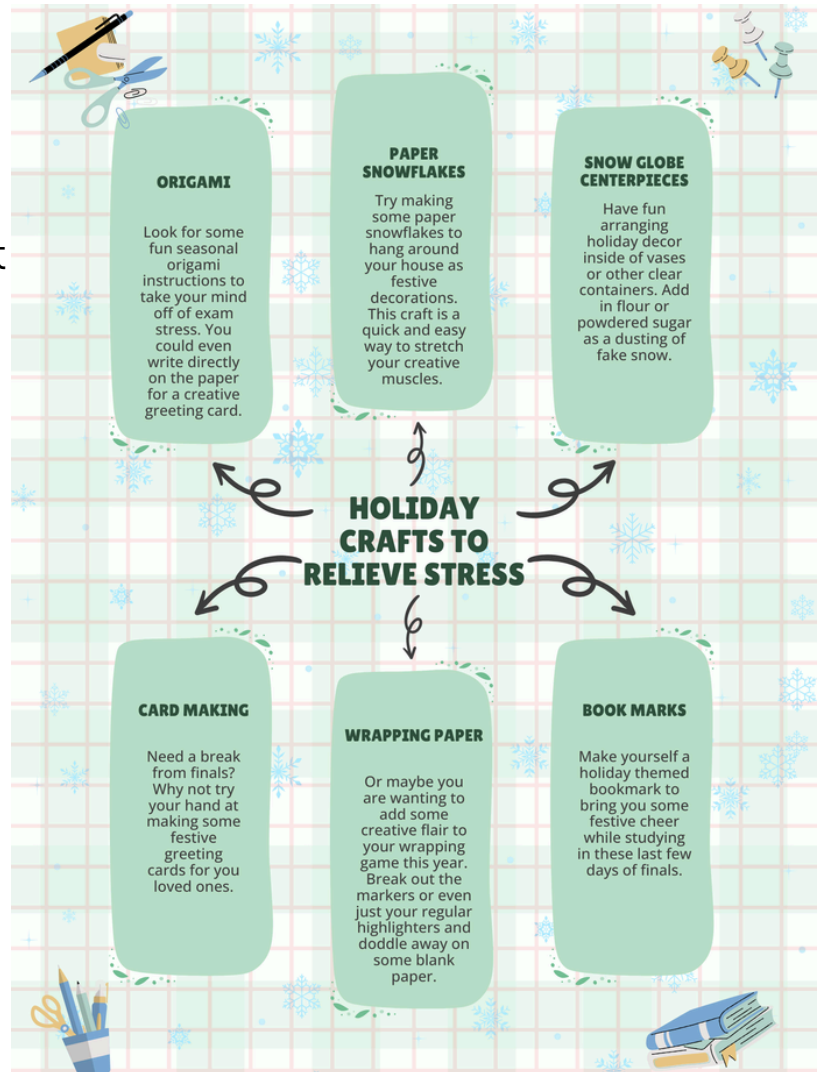
Holiday Crafts to Relieve Stress

As we near the end of the semester, take a moment for yourself and consider crafting as a creative outlet and a form of self care.

Consider trying out something new or even a craft you remember fondly from your childhood like:

- Origami
- Collage
- Paper Chains
- Card Making
- Popcorn Garlands

Follow the link above for even more fun inspiration.



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"Bad days happen to everyone, but when one happens to you, just keep doing your best and never let a bad day make you feel bad about yourself." – Big Bird