



WINTER EDITION I - JANUARY 7, 2026

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal

Dear Traillites,

Happy New Year and welcome January!

Avid readers of *Traill Tales* will recall that I've written about the ancient significance of January before. The ancient Romans embraced the new year as a passage from the old into the new. **Janus**, their god of beginnings and endings and namesake for the first month, had two faces that looked in opposite directions. This year, I return to the story of Janus because it remains quite appropriate.

For some readers, this newsletter will be your first exposure to Traill College. If you are new and starting at Trent University this term, I would like to welcome you to the oldest and most storied College! On behalf of the entire College staff, I hope that you will come visit us. We have academic advising and skills supports, wellness counselling, as well as many comfortable spaces to relax or study. The college also puts on great activities that enrich your university experience (most of which have free food!).

Our next big event is the **FREE Sunday College Dinner**, this Sunday, January 11<sup>th</sup> at 5 PM. This week, the dinner will be taking place at **Emmanuel United Church** (534 George St N, Peterborough, ON K9H 3S2). It will be a great opportunity to meet me and other College staff in-person who are here to help you with your studies.

Sadly, January is also about endings and, this week, the College was saddened to hear about the death of **P.S.B. Wilson**.

Paul was an incredible booster of Trent, Traill, and the entire Peterborough community. He began the athletics program at Trent and left an incredible legacy on generations of students. He first came to Trent in 1966 and worked tirelessly with limited resources. His indefatigable efforts led to the establishment of the university's Athletics Centre, the lounge of which is now named after him. In 2002, he won the Symons Award for Teaching Excellence, a rare honour for a non-faculty member at the university. Paul's civic mindedness was legendary, and he served the greater community as a city alderman from 1986 to 1997. He later hosted a popular program on politics for the local Your TV cable channel. Even more legendary was Paul's joy for life and contagious smile. I rarely saw him without a drink in his hand and when I did, it was because he had just bought one for someone else. I will miss Paul as will countless others. Sincerest condolences to Gillian and his family. I hope that we all will raise a glass to his memory this week. Farewell Paul.



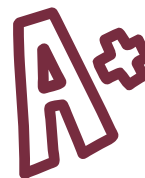
# Need an Appointment?

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/trail/belong/college-cabinet>

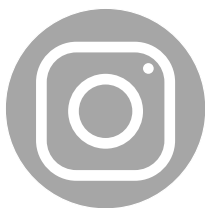
To keep up to date with the college, follow us on social media!

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](#)



TRAILL COLLEGE SWAG

# SALE



# 20%

SELECT ITEMS

[SHOP HERE](#)



# What's going on at Traill!

**CATHARINE PARR TRAILL COLLEGE**  
**SUNDAY DINNERS**

— 5pm —

**FREE MEAL WHILE SUPPLIES LAST!**

**JANUARY 11<sup>TH</sup>**  
EMMANUEL UNITED CHURCH  
CHILI (MEAT AND NON-MEAT)  
BAKED POTATO & GARLIC TOAST  
DESSERT

**JANUARY 18<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

**GSA+**  **TRENT UNIVERSITY**  **TRENT UNIVERSITY** 

Sunday Dinners are Back!

Join on January 11th at 5pm at Emmanuel United Church for the first dinner of the new year! The menu is chili (with meat and without available), a baked potato, garlic bread, and dessert. On Sunday, January 18th at 5pm we will be in Scott House room 105 with chicken shawarma and mixed bean salad. Come enjoy a free meal while supplies last!



The Squirrel With a Pearl Earring T-Shirt is now available! Come into the office or [buy online!](#)




**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.

**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



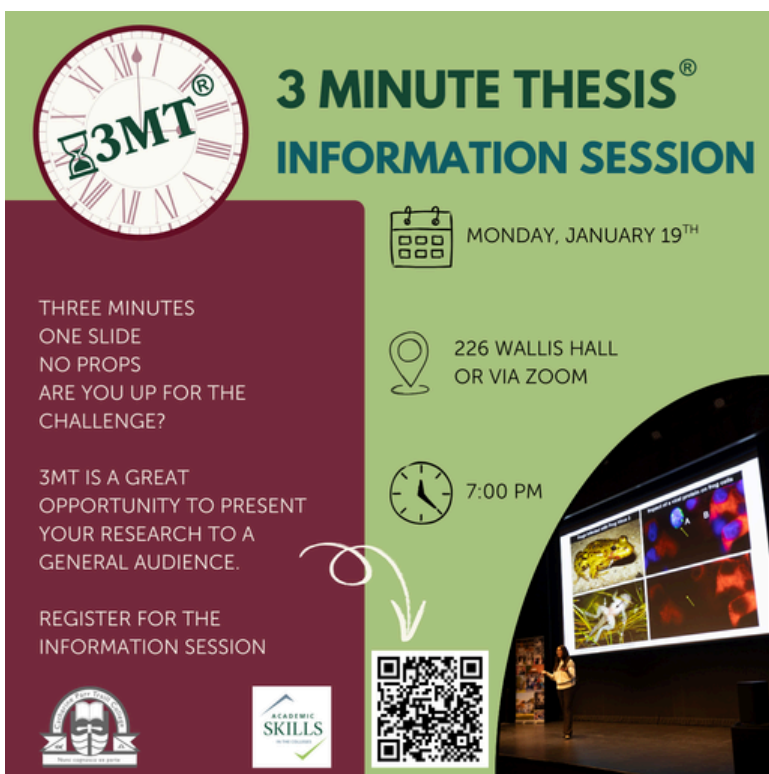
**TRENT UNIVERSITY**  **Swansea University** 

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 Trail!



**3 MINUTE THESIS®  
INFORMATION SESSION**

 **MONDAY, JANUARY 19<sup>TH</sup>**

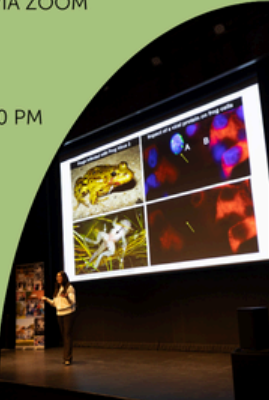



 226 WALLIS HALL  
OR VIA ZOOM

 7:00 PM

THREE MINUTES  
ONE SLIDE  
NO PROPS  
ARE YOU UP FOR THE  
CHALLENGE?

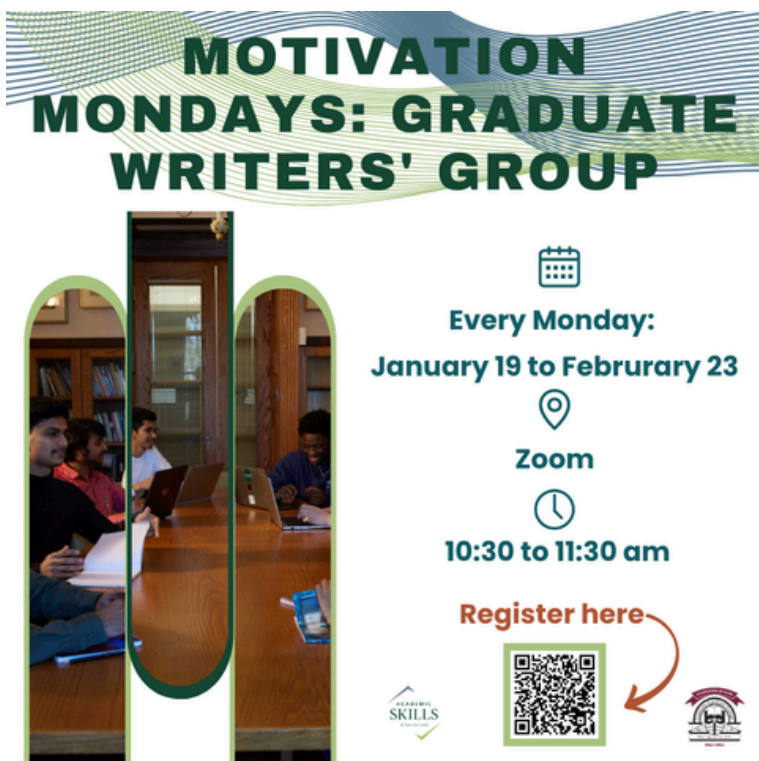
3MT IS A GREAT  
OPPORTUNITY TO PRESENT  
YOUR RESEARCH TO A  
GENERAL AUDIENCE.

REGISTER FOR THE  
INFORMATION SESSION





## 3MT Information Session


3MT® competition presents the ultimate challenge for graduate students. Explain your complex and highly specialized research to a general audience in just three minutes. Information session on January 19 at 7 pm.







**MOTIVATION  
MONDAYS: GRADUATE  
WRITERS' GROUP**

 **Every Monday:  
January 19 to February 23**

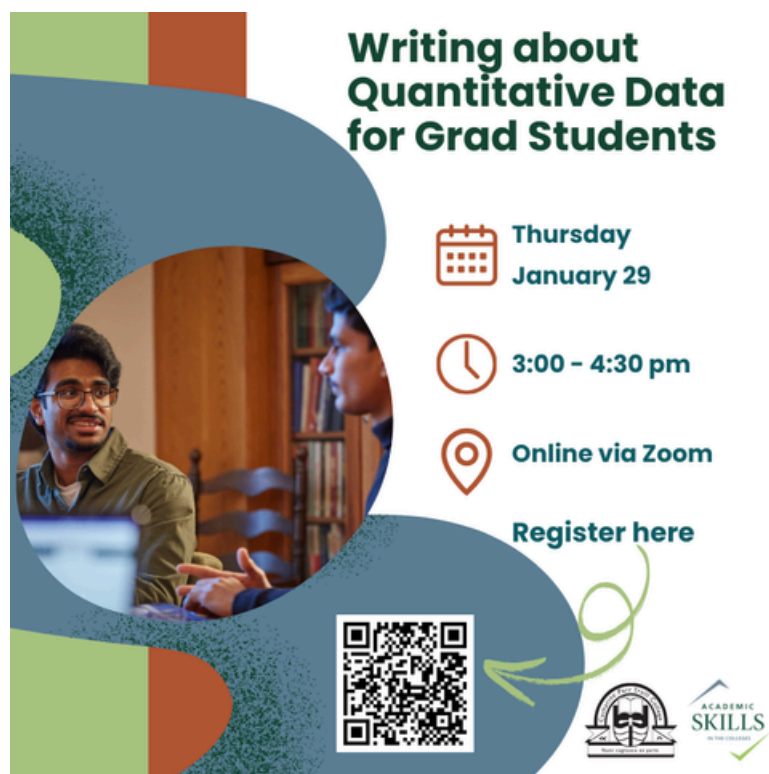
 **Zoom**

 **10:30 to 11:30 am**


**Register here**





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. We will be meeting every Monday from January 19 to February 23 @ 10:30 to 11:30 am. Online via Zoom.






**Writing about  
Quantitative Data  
for Grad Students**

 **Thursday  
January 29**

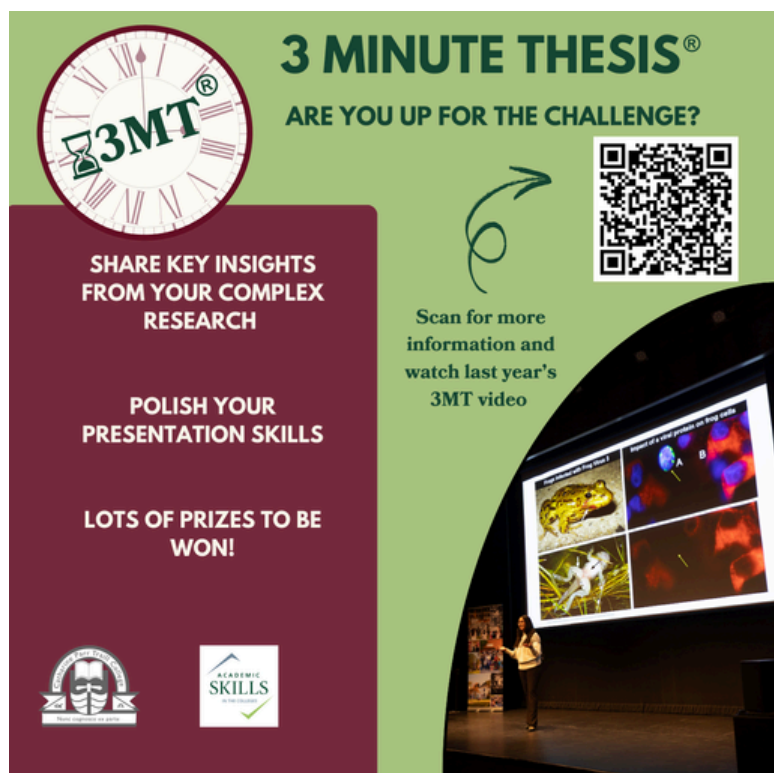
 **3:00 – 4:30 pm**

 **Online via Zoom**

**Register here**



Are you planning to include quantitative data in your research project? We will discuss how to organize your analysis for quantitative data, how to write about statistics, the best methods to visually present your data, and how to refer to figures in your writing. Thursday, January 29 @ 3:00 to 4:30 pm Online via Zoom.





**3 MINUTE THESIS®  
ARE YOU UP FOR THE CHALLENGE?**

 **SHARE KEY INSIGHTS  
FROM YOUR COMPLEX  
RESEARCH**

**POLISH YOUR  
PRESENTATION SKILLS**

**LOTS OF PRIZES TO BE  
WON!**

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



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

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!!!**

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.

Scan the QR code to complete the survey

Interested in participating in a one-on-one interview?

Contact: Najah Wardat at [najahwardat@trentu.ca](mailto:najahwardat@trentu.ca)

If you have any questions please contact the student supervisor

Dr. Stephanie Rutherford  
[rutherford@trentu.ca](mailto:rutherford@trentu.ca)

Are you an international student? Participate in a survey and/or an interview about your Traditional Ecological Knowledge! 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](#)

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.

# 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](mailto: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](mailto: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](https://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!

## Homeroom

Are you looking for community and learning support?

Join Academic Skills on Tuesdays or Wednesdays at 4pm for learning tips, community & free food!



Find community and strengthen your learning skills by meeting weekly with other students and Academic Skills Instructors. We will explore strategies about managing time, reading, taking notes, written assignments, and studying to help you thrive in university. Upper-year Trent students and special guests will join us to share tips and resources followed by free food and prizes.

Tuesdays at 4 pm in the Lady Eaton College Pit (LEC 206), from January 13 to February 10 and Wednesdays at 4 pm in the Jake Thomas Room/Kitchen (ENW 345) from January 14 to February 11, 2026



## You're Invited to STUDY CAFÉ

For Mature & Transfer Students



January 14 - March 11  
1:00 PM - 2:30 PM



LADY EATON  
COLLEGE PIT



REGISTER USING THE  
QR CODE



Hosted by Academic Advising and Academic Skills, Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development.

Attend all eight sessions or drop by when it works for your schedule. Each week we'll meet over refreshments to discuss strategies for studying, test-taking, and preparing assignments. We'll also cover important information about course and degree planning and introduce helpful services across campus.

Wednesdays 1-2:30pm in the Lady Eaton College Pit (LEC 206)  
January 14 to March 11, 2026 (excluding Reading Week)

## LEADERSHIP MATTERS: CONNECTING KNOWLEDGE & ACTION

Webinar Series



**Dat Pham Quoc Huynh**  
The Intrapreneurship's compass:  
Navigating mindful leadership in the AI era

Monday, January 12, 2026

12:00pm - 1:00pm

Register Now:

[trentu.ca/library/leadership-matters](https://trentu.ca/library/leadership-matters)



Join us for Leadership Matters, a free, monthly lunch-hour webinar series designed to bridge the gap between leadership theory and real-world practice. Each session brings together faculty, students, and community members to explore how leadership can address today's challenges.

The Intrapreneurship's compass: Navigating mindful leadership in the AI era  
Learn how to shift your focus from managing tasks to managing the human experience.  
January 12, 2026 | 12:00 - 1:00p.m. Presented by Dat Pham Quoc Huynh.  
[Read More and Register](#)

## LEADERSHIP MATTERS: CONNECTING KNOWLEDGE & ACTION

Webinar Series



**Dr. Seth R. Silver &  
Dr. Timothy Franz**  
Becoming a Best Boss

Friday, January 16, 2026

12:00pm - 1:00pm

Register Now:

[trentu.ca/library/leadership-matters](https://trentu.ca/library/leadership-matters)



Join us for Leadership Matters, a free, monthly lunch-hour webinar series designed to bridge the gap between leadership theory and real-world practice. Each session brings together faculty, students, and community members to explore how leadership can address today's challenges.

Becoming a Best Boss: Discover the Top 10 qualities that set great leaders apart.  
January 16, 2026 | 12:00 - 1:00p.m.

Presented by Dr. Seth Silver & Dr. Timothy Franz  
[Read More and Register](#)



# 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.

ACADEMIC  
ADVISING  
TRENT

## COURSE REGISTRATION DROP-IN

WITH ACADEMIC ADVISING

**JANUARY 7 & 8, 2026**

A group of ten people, five men and five women, are sitting in a row on a stage. They are all smiling and looking towards the camera. They are dressed in casual to semi-formal attire.

**AT THIS EVENT YOU WILL FIND:**

- Assistance using Self Service and MyTrent
- Help navigating course selection and degree requirements
- Answers to your questions about planning, adding, and dropping courses for the Winter term
- Information about important registration dates and deadlines

A circular logo with a location pin icon. The text inside reads: "Bata Library", "Elaine Stavro Room (BL 202)", "January 7 & 8, 2026", and "1-4 PM".

Questions about your winter timetable? Still need to register in your winter courses? Visit the Academic Advising Winter Course Registration Drop-in! Stop by Bata Library Room 202 on Wednesday, January 7th, 2026, or Thursday, January 8th, 2026, from 1pm to 4pm to talk with an Academic Advisor or get support using self-service from a student staff.

## SHARE YOUR UNDERGRADUATE RESEARCH IN A FUN & CHALLENGING COMPETITION

A photograph of a stage during a competition. A person is standing at a podium on the left, and a large audience is seated in the foreground. A screen is visible in the background.

An icon of an hourglass, representing the Three Minute Paper competition.

A QR code that links to the competition application page.

Applications due February 1  
[trentu.ca/3mp](https://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](https://trentu.ca/3mp) for more information.

Stressed about an upcoming assignment?

## BOOK A LIBRARIAN

A photograph of a librarian and a student sitting at a table, looking at a book together. The student is wearing a blue Trent University hoodie.

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

The logo for Trent University Library & Archives, featuring the university's name and a stylized 'T'.

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!



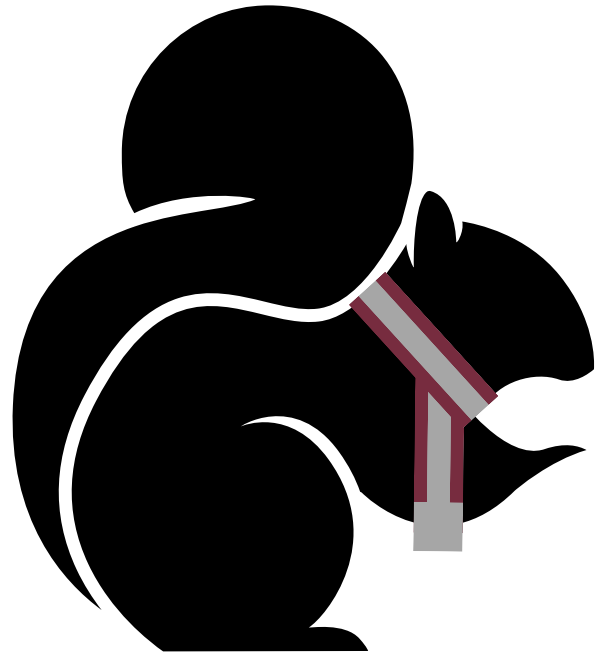
## CAMPUS REC WINTER LEAGUE SCHEDULE

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



Whether you're into volleyball, basketball, futsal, badminton, or water polo, there's a spot for everyone, from beginners to competitive players.

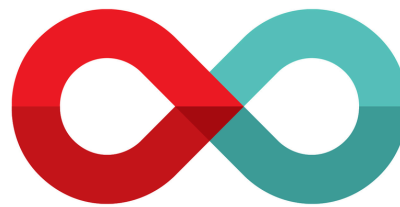
Check out the weekly schedule and find your perfect game time.

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! Times, days, and sports are subject to change.

Last Day for  
Letters of  
Permission  
January 9<sup>th</sup> 2026

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



Canadian  
Blood  
Services

EXPERIENCE WHAT YOU GET  
WHEN YOU GIVE, TOGETHER

The Canadian Blood Services are in critical need of blood to meet the growing demand of Canadian patients, and we urgently need 1 million new donors in the next five years to maintain a safe and reliable national blood supply. University communities play a vital role in supplying blood to those in need. Sign up for the upcoming blood donation clinic on January 28th at the Trent Athletic Center (Gymnasium) from 10:00 AM – 2:00 PM at [blood.ca](http://blood.ca).



# 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: Same-Day Academic Advising**

## ACADEMIC ADVISING



During the first two weeks of the Winter term (January 7 to January 21, 2026), the Academic Advisors in all Colleges will be booking Same-Day Advising appointments.

These appointments can only be booked on the same day they occur; these appointments cannot be booked in advance.

For more information about appointments at the start of the winter term, click the link above.

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](https://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](https://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:

## Smoky Hotpot of Great Northern Beans

[View the Recipe Here](#)

### INGREDIENTS

- ½ cup (100g) of dried great northern beans, butter beans, navy beans, or white kidney (cannellini) beans
- 2 tbsp olive oil
- 1 large onion chopped
- 2 garlic cloves, chopped
- 2 tsp smoked paprika
- 1 celery stick chopped
- 1 carrot chopped
- 2 medium potatoes cut into dice
- 1 red bell pepper chopped
- 500ml vegetable stock
- Pinch of salt and pepper
- Crusty bread to serve (optional)

### RECIPE BY

**The Aylesbury Central  
Primary Care Network**



### INSTRUCTIONS

1. Soak the dried beans in cold water for at least 6 hours or overnight. Drain and put them in a large saucepan with sufficient just-boiled water to cover. Cook for 30 minutes until soft. Drain and set aside until needed.
2. Put oil in a saucepan set over a medium heat. Add the onion and cook for 4-5 minutes until softened. Add the garlic and smoked paprika to the pan and stir-fry for 2 minutes. Add the celery, carrots, potatoes, and red bell pepper and cook for 2 minutes stirring constantly to coat the vegetables in the oil.
3. Add the stock and the beans and bring to boil. Reduce the heat and partially cover the pan with a lid. Let simmer for 40 minutes, stirring occasionally until all vegetables are cooked through. Season to taste and serve with crusty bread

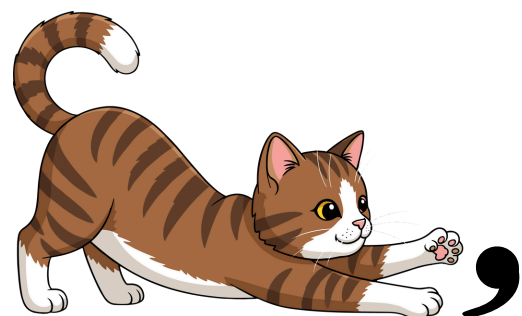


Check out our video on how to book an academic advising appointment! Click on Traill's [YouTube](#) channel to view

## Traill Mix

What's the difference between a cat and a comma?

A cat has claws at the end of its paws and a comma has a clause at the end of its pause.



# Wellness Resources

[Click Here for More Info](#)

## Mental Health in the New Year

As we enter the new year, it is important to remember to give yourself grace and practice mindfulness.

With the short hours of daytime and the dropping temperatures outside, many suffer from seasonal fatigue, low motivation, and heightened stress. Taking small moments to rest, reflect, and care for your mental and physical well-being can make a meaningful difference as we move forward together into the year ahead.

Follow the link above for even more inspiration.



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"And now we welcome the new year, full of things that have never been"  
Rainer Maria Rilke