



WINTER EDITION V - FEBRUARY 4<sup>th</sup>, 2026

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites!

Welcome to February! As an historian, I am a big proponent of Black History Month. It is easy to get sidetracked with the daily rhythms and stresses of everyday life. That is why marking February as a special time to reflect, understand, and appreciate the Black experience in Canada is important to us a society.

I am currently writing a chapter in my next book on education in early Canada. In my research, I found records from an eighteenth-century Nova Scotia school where both free and enslaved black children studied together. These were students of a similar age, studying a similar curriculum, with similar texts, who lived very different lives outside of the classroom. Today, I find it difficult and painful to imagine the inherent inequity and prejudice that existed for those children. Yet, to achieve positive change we must stop and take a moment to hold the mirror up (to both past and present events) to keep working for a better society. And, as one student reminded me last year, Black History Month also gives an opportunity to celebrate Black achievement and resilience.

In that spirit, Theodore Schwartzenhauer, our library intern, has curated a display that illustrates a selection of non-fiction and fiction books from the College Library that deal with Black history and culture around the world. Throughout the College, you will find – free for the taking – a special graphic novel on stories of Black Canadians. For special events across Campus, I would recommend you go to this [site](#).

Last Sunday, we had our most recent **Sunday College Dinner** where over 103 students, friends, and families were fed. A special thank you for the congregation at Emmanuel United for their continued hospitality. Our next free **Sunday College Dinner** will be on February 22nd and I need your help. We hope to have a Lunar New Celebration where we first make dumplings and then eat them! If you have dumpling making skills, steamers, and other necessary devices, please let me know.

Until the next time,



# 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>

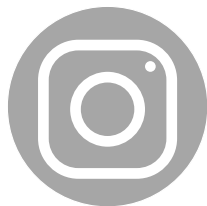
To keep up to date with the college, follow us on social media!

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](#)





**PLEASE DO NOT PARK  
in the Hospice Peterborough  
parking lot on London St.**

The parking lot is reserved for visitors of  
loved ones receiving end-of-life care.

Hospice reserves the right to tow any  
vehicle that is not authorized to be there.

Your consideration and understanding is  
appreciated.



DR. JEAN AUGUSTINE

# BLACK HISTORY MONTH

*In Canada*



Jean Augustine was born in St. George's, Grenada and came to Canada in 1960. After 30 years of serving several community causes in Toronto, she ran for federal parliament in 1993. She won the seat for Etobicoke-Lakeshore making her the first Black MP in Canadian history. In 1995, she was instrumental in having the House of Commons recognize Black History Month officially in Canada.

A lifelong advocate for human rights, in 2008 she became the first Fairness Commissioner for the Province of Ontario. She visited Traill College in 2017 where she was given a scarf and made an honorary fellow.



# What's going on at Traill!



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

## TRAILL COLLEGE CLASS of

# 20



*Your Signature Here!* ↗

Trent University uses matriculation dates to group students into classes. This means that your class year is the year that you began your studies at Trent, rather than the year you graduate! If you matriculated into Trent and Traill in 2025, come by the Traill Library in Scott House to sign your class photo!

# 25

If you want to be immortalized on the walls of Traill College, come by our library in Scott House to sign this year's class photo!



Have you made any artwork, music, performances, or films in that past year that you are proud of? Consider submitting them to Cultural Studies Week this year! CUST Week 2026 encourages students to display their artwork, and to showcase the department's commitment to providing opportunities for students. The deadline for submissions is Feb. 15. Click [here](#) for the submission form. Visit us on IG [@custweek](#), email [custweektrentu@gmail.com](mailto:custweektrentu@gmail.com), or join our Discord [here](#) to learn more.



Don't Be Late, Save the Date!  
Traill College Formal.  
When: March 21st, 2026  
Where: Bagnani Hall, Traill College  
Keep your eyes peeled for updates on our Instagram  
[@traillcabinet](#)

# What's going on at Trail!

## 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.



## 3 MINUTE THESIS®

APPLICATIONS OPEN  
DUE: FRIDAY,  
FEBRUARY 13

THREE MINUTES  
ONE SLIDE  
NO PROPS

GRADUATE STUDENT  
COMPETITION

MORE INFORMATION HERE



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](#)

## Writing about Qualitative Data for Grad Students



Thursday  
February 26



3:00 – 4:30 pm



Online via Zoom

Register Here



Are you planning to include qualitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis of qualitative data, the process of analysis, a discussion of NVivo analytic software, how to create and write about themes, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in your thesis

## GRADUATE RESEARCH DAY: CRAFTING WORDS AND SHARING IDEAS



Wednesday, February 18



10:00 am to 4:00 pm



Bagnani Hall,  
Trail College

Register here



Attend Graduate Research Day: Crafting words and sharing ideas and enjoy a Free Pizza Lunch on February 18 (10:00 am to 4:00 pm). We will be discussing research proposals, literature reviews, coherence in your writing, oral presentation skills, and some of the research magic from MaDGIC at Trent's Bata library. More information and registration here



# What's going on at Trent!

ACADEMIC  
ADVISING  
TRENT

ACADEMIC  
SKILLS  
IN THE COLLEGES

*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



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.

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

TO BOLDLY  
GO...

Wed. Feb 4th  
6-8 pm  
The Pit

2SLGBTQIA+  
SOCIAL



MISSION:  
MEET OTHER EXCELLENT  
LIFEFORMS.

SNACKS. MUSIC. LIGHTS



Out on Campus invites you to our 2SLGBTQIA+ social Wednesday Feb 4<sup>th</sup> in the LEC Pit from 6-8pm. This event is in appreciation of all unique lifeforms and is welcome to staff and students to demonstrate belonging across the universe (university)... and beyond!

**Homeroom**

ACADEMIC  
SKILLS  
IN THE COLLEGES

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.

Join us 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

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!

**WINTER 2026 GRADUATE**  
*Programs, Workshops & Events*

Calling all Graduate Students!  
Join us this semester and refine your academic skills!

**Weekly Programs**  
Program runs weekly and covers various academic skills/writing topics. Attend one or all sessions.

**Motivation Mondays**  
Mondays from Jan 19-Feb 23 (excl. Feb 16)  
10:30-11:30AM | Zoom

**Special Events**

**3 Minute Thesis (3MT) Info Session**  
Jan 19 at 7PM  
WH 226, Trail College or on Zoom

**Graduate Research Day**  
Multiple sessions on Feb 18  
10AM-4PM | Bagnani Hall, Trail College

**3 Minute Thesis (3MT) Competition**  
Apr 9 at 7PM | Market Hall, Downtown PTBO

Scan the QR Code for Information & Registration  
Registration (scan QR code)  
Free Food/Snacks!

Visit our Social Media or Email us for more info!

[@trentuacademicskills](https://www.trentu.ca/academic-skills)  
[@TrentUAcademicSkills](https://www.trentu.ca/academic-skills)  
[acskills@trentu.ca](mailto:acskills@trentu.ca)

**Monthly Workshops**  
Workshops run once this semester. Sign-up and attend virtually.

**Jan 29 Writing About Quantitative Data**  
3-4:30PM | Zoom

**Feb 26 Writing about Qualitative Data**  
3-4:30PM | Zoom

**Mar 12 Thesis Defence Survival Strategies**  
3-4:30PM | Zoom

**Mar 26 Navigating Academic Publishing**  
3-4:30PM | Zoom

**Scheduling Conflicts? Can't Attend?**  
Visit our website for How-to-Guides, Planning Templates, Referencing Guides, and more!  
[www.trentu.ca/academic-skills](https://www.trentu.ca/academic-skills)

Make an appointment with an Academic Skills Instructor on the Student Experience Portal!  
[www.trentu.ca/seq](https://www.trentu.ca/seq)

Join the Graduate Student Writer's Group and view slide presentations!

Academic Skills Winter Graduate Programs, Workshops & Events! Check out the full calendar of Academic Skills programming for this 2026 winter term!

**Academic Skills x Bata Library**

# Better Than AI

Thursday, February 5<sup>th</sup>, 2026  
1-3pm  
OC Commons

1-2PM - Presentation by Academic Skills and Bata Library  
2-3PM - Optional work session with support from Academic Skills and Bata Library

In this workshop, you'll learn how to strengthen the human skills that make your work more original, ethical, and academically sound.

REGISTER ON THE SEP

**AI can write. You can think. Come and learn the difference.**  
While AI can generate text, only you can make sense of your assignment, choose credible sources, and think critically. In the workshop, you'll learn how to strengthen the human skills that make your work original, ethical, and academically sound. **OC Commons. Thursday, February 5, 2026.**  
Presentation from 1-2pm Stay from 2-3pm for a work session with support from Academic Skills and Bata Library.

## CALLING ALL TRENT STUDENTS!

**SURVEY**

**Sexual Violence Prevention and Response: International and Domestic Student Perspectives**

Chance to win \$50 Starbucks Gift Card!

SCAN HERE

For further information, please contact  
[elliannawilson@trentu.ca](mailto:elliannawilson@trentu.ca)

In collaboration with:

Trent Community Research Centre

CONSENT AT TRENT

Trent students are invited to participate in a research survey exploring sexual violence prevention and response, with a focus on both domestic and international student perspectives. Your insights will help inform campus programming and support initiatives at Trent University. Participation is voluntary, confidential, and open to all Trent students. As a thank-you, participants may enter a draw to win a \$50 Starbucks gift card. Scan the QR code to learn more and take part.

## ENTER TO WIN!

**STUDENT BOARD GAME RAFFLE**

Borrow any board game from Bata or Trent Durham Library to enter!

Two winners will receive a:

- \$25 Starbucks gift card.
- Prize from The Boardwalk Board Game Lounge or The Gamer's Table.

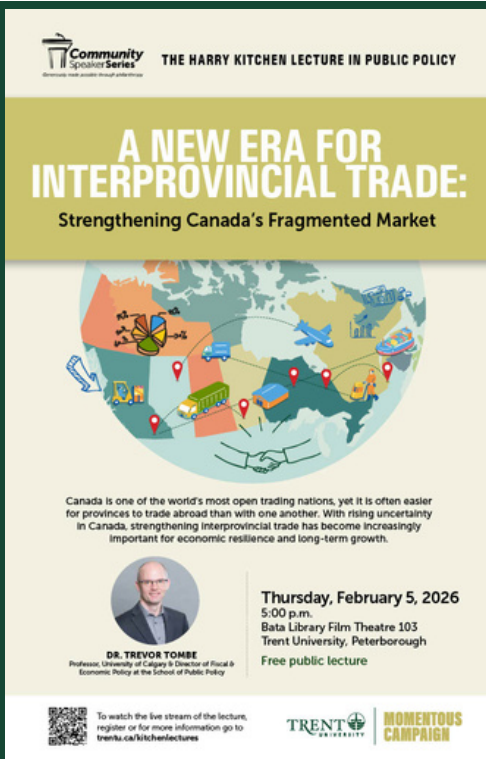
\*1 entry per person

Jan. 19 to Feb. 16

[Trent University Library & Archives](https://www.trentu.ca/library)

Join the Student Board Game Raffle!  
Love board games? How about the chance to win great prizes – including a \$25 Starbucks gift card? From January 19 to February 16, Trent University Library & Archives is hosting a Student Board Game Raffle, and entering couldn't be easier. How to enter: Simply borrow any board game from the Bata Library or the Trent Durham Library during the raffle period. That's it! You're automatically entered

# What's going on at Trent!



**Community Sponsor Series**  
THE HARRY KITCHEN LECTURE IN PUBLIC POLICY

## A NEW ERA FOR INTERPROVINCIAL TRADE:

Strengthening Canada's Fragmented Market

Canada is one of the world's most open trading nations, yet it is often easier for provinces to trade abroad than with one another. With rising uncertainty in Canada, strengthening interprovincial trade has become increasingly important for economic resilience and long-term growth.

**DR. TREVOR TOMBE**  
Professor, University of Guelph & Director of Rural & Economic Policy at the School of Public Policy

**Thursday, February 5, 2026**  
5:00 p.m.  
Bata Library Film Theatre 103  
Trent University, Peterborough  
Free public lecture

To watch the live stream of the lecture, register or for more information go to [trentu.ca/kitchenlectures](https://trentu.ca/kitchenlectures)

TRENT UNIVERSITY | MOMENTOUS CAMPAIGN

Come join us on February 5<sup>th</sup> at 5pm for an inspiring conversation about the future of Canada's economy in Bata Library Film Theatre 103! This lecture will explore how improving trade between provinces can open new opportunities, support resilience, and help Canada thrive in an uncertain global landscape.

And guess what? IT'S FREE!



## Stressed about an upcoming assignment?

# BOOK A LIBRARIAN

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

TRENT UNIVERSITY  
LIBRARY & ARCHIVES

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!



# east vs west

## 2026

**SATURDAY, FEBRUARY 28<sup>TH</sup>, 2026**  
**PETERBOROUGH MEMORIAL CENTER**  
**151 LANSDOWNE ST W**

East vs West is BACK!

Trailites are officially West Bankers - come out to support West Bank in the ultimate showdown at the annual East vs. West Charity Hockey Game at the Peterborough Memorial Centre! FEB 28th, 2026. Doors open at 5pm. Faculty and alumni game at 6 and student game at 7PM. Tickets available [here](#) and proceeds will go toward Kids Against Hunger Canada.



TRENT UNIVERSITY  
School of Graduate Studies

## MASTER OF MANAGEMENT M.MGT NETWORKING EVENT

**Trent University's Master of Management Graduate Program**

*Join us*  
**You're invited to our Networking Event**

**This is a great opportunity for employers to meet our Graduate Students.**

The Master of Management has three streams:

- Master of Management
- Master of Management in Health Care
- Master of Management in Strategic Change

**Each employer will have a table to interact with our students. A table and signage identifying your company will be provided.**

**R.S.V.P. to reserve your table: [mmgt@trentu.ca](mailto:mmgt@trentu.ca)**

**Date: Thursday, February 26<sup>th</sup>, 2026, from 11:00am – 1:00pm**  
**Location: Thornton Campus, 55 Thornton Road, Oshawa, B Atrium**  
**Cost: Free of charge, including parking**  
**Lunch: Complimentary**

February 26th, 2026, from 11:00 a.m. to 1:00 p.m.

Each participating employer will be provided with a table and signage identifying their organization, offering an opportunity to engage directly with our students. To reserve your table, please contact [mmgt@trentu.ca](mailto:mmgt@trentu.ca). When responding, kindly include your company name and the contact information for your attending representative.





# 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: Library Services**



The library is more than just a collection of books—we're here to provide direct support for students, faculty, and the wider Trent community.

If you want to learn how to get the most out of your library, come chat with us at the Bata or Durham Library Service Desks or email us at [library@trentu.ca](mailto:library@trentu.ca) for more information on:

- Borrowing and Renewals
- Course Reading Support
- Study Spaces
- Alumni and Community Member Services

**Wanna  
Talk  
About It?**



**Weekdays 12-3 PM  
Student Centre 3.04**

**Free. Confidential.  
We have snacks.**

**Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/peersupporttrent)**



# 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:

## 30 Minute Dinner Rolls

[View the Recipe Here](#)

### INGREDIENTS

- 1 cup warm water
- 1/3 cup vegetable oil
- 1/4 cup granulated sugar
- 2 tablespoons active dry yeast
- 1 large egg, beaten
- 1 tablespoon unsalted butter, softened
- 1 teaspoon salt
- 3 to 4 cups all-purpose flour
- 2 tbsp milk, room temperature

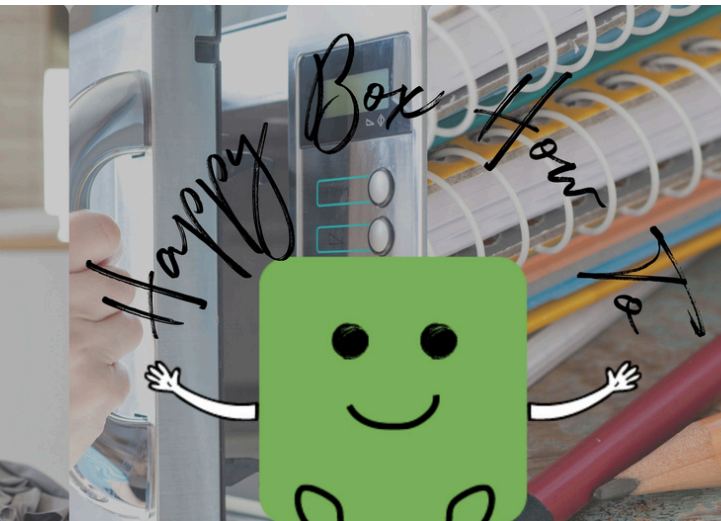
### RECIPE BY

**Holly Nilsson**



### INSTRUCTIONS

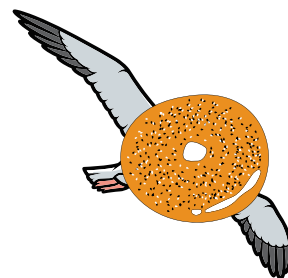
- In a large bowl, combine 1 cup water, oil, sugar, and yeast. Let sit until yeast is bubbly (about 8 minutes). Stir in beaten egg, softened butter, and salt.
- With a stand mixer or by hand, add flour, one cup at a time until you have a soft dough that isn't sticky. Knead by hand 10 minutes or 5 minutes with a stand mixer.
- Divide dough into 18 even pieces, and form into balls. Place in a greased pan and cover with parchment paper and a kitchen towel.
- Let rise for 15-30 minutes
- Lightly brush with milk and bake at 400°F on the middle rack for 10-12 minutes or until golden.



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

## Traill Mix

Why do seagulls fly over the sea?  
Because if they flew over the bay,  
they would be bagels.

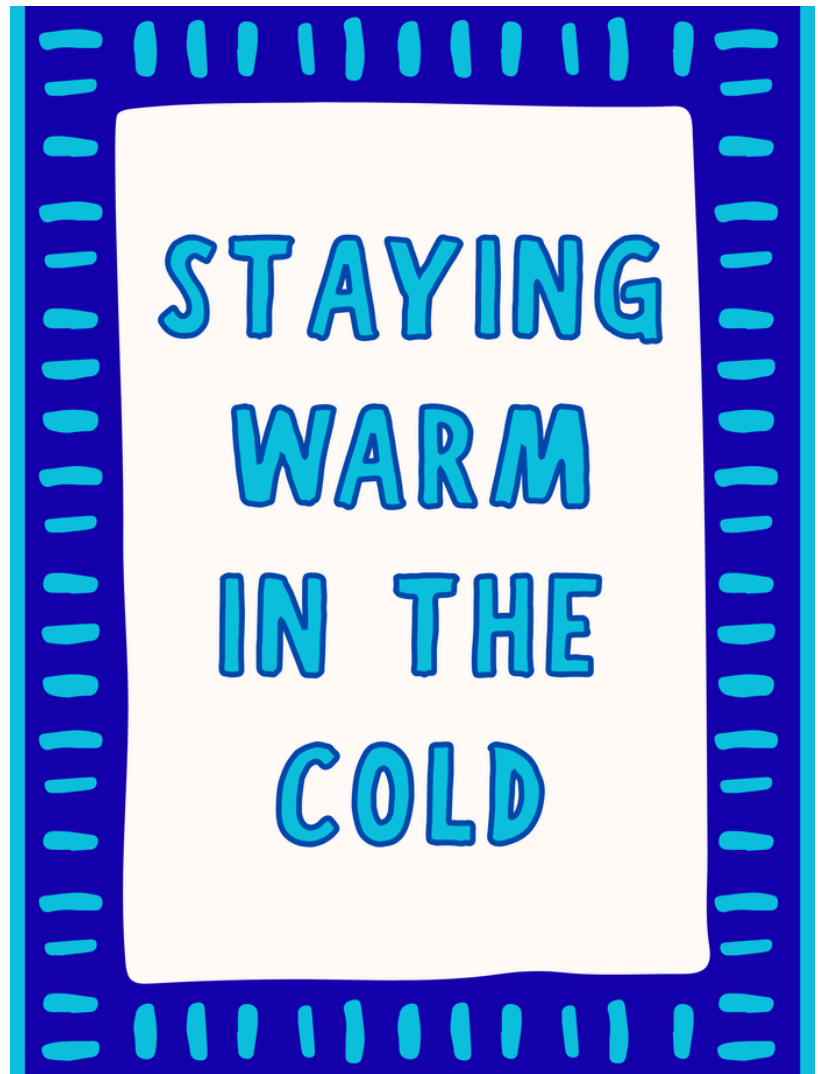


# Wellness Resources

[Click Here for More Info](#)

## How to Keep Warm in Winter

- Dress in Layers: Bundle up! Long underwear, sweaters, and even hats indoors can help keep your body heat close.
- Keep Your Feet Warm: “house slippers” or warm socks should be worn indoors. Be sure to keep your feet dry and remove old, damp socks.
- Heat Up Your Bed: Use a (safe) electric blanket that turns itself off, or a hot water bottle with a wool or fleece cover
- Harness the Sun: During the day, open the blinds and curtains on the south-facing windows—and let in the warming sunlight!



Copyright © 2026 Catharine Parr Traill College, Trent University

“Caring for myself is not self-indulgence, it is self-preservation,  
and that is an act of political warfare.” - Audre Lorde