



FALL EDITION II - SEPTEMBER 16TH, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

One week left for summer, and we are now in the middle of our first week of classes. Traill has been abuzz with graduate and undergraduate students, faculty, and staff. The Trend is open again on weekdays, so please do take advantage of it and share a meal with colleagues.

O-week is now over, and what a week it was. We hosted several events throughout the week which had great attendance. It all culminated with Traill Carnival on Saturday and we had more than **300 visitors** that day alone. Kids of all ages spent time on the bouncy castle, others played games, listened to music, enjoyed mocktails, and the delicious, BBQ. It was a beautiful day and thank you to the organizing team here in the college for all the outstanding efforts.

Our next big event is the **Scarf Ceremony** on Saturday, September 26 at 11 am. Please do not be late as you do not want to miss out on this annual tradition. We will have several Traill alumni assisting with this. If you are an incoming graduate or undergraduate student, or you just haven't received your scarf yet, please be sure to join us. Following the ceremony, we will have a group picture on the Scott House lawn, followed by refreshments for all.

With classes in full swing, our dedicated college team is here to help. Come by Monday through Friday for any assistance that you require. Please take care and enjoy the rest of Traill Tales.

James Onusko



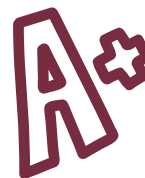
Need an Appointment?

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>

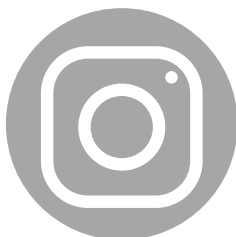
To keep up to date with the college, follow us on social media!

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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[Trail College](#)



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TRAILL COLLEGE



September 26th 11:00AM
Jalynn Bennett Amphitheatre

We invite all new Traillites to be formally scarved into the College on the Hill! Join us in the Amphitheatre to receive your maroon and grey stripes, with cake and refreshments to follow on Kerr House Lawn.



SCARF CEREMONY

TRIP TO THE CURVE LAKE

Pow Wow

SATURDAY

SEPT 19

**Free to Trent Students
Registration Required**



Join the Colleges of Trent on Saturday September 19, 2026 for our annual trip to the Curve Lake Pow Wow!

Details to know before registering for this free event:

Buses load at 10:15 AM at the Gzowski College Bus Loop (in front of the Enwayaang building). Participants **MUST** be there at this time!

Buses will leave the Pow Wow grounds at 3pm to return to campus.

You will receive your admission bracelet to the Pow Wow when you board the bus.

What to Bring:

- Refillable water bottle (there are water refill stations on site)
- Cash for Vendors (some may accept credit/debit but some do not)
- Sunscreen/hat/rain gear as needed
- Blanket to sit on

Register Here: [Curve Lake Pow Wow 2026](#)

If you have any questions, please email gzowski@trentu.ca

What's going on at Trent!



Peer Support has moved from the Trent Student Centre and we are now located in Champlain College Room 306

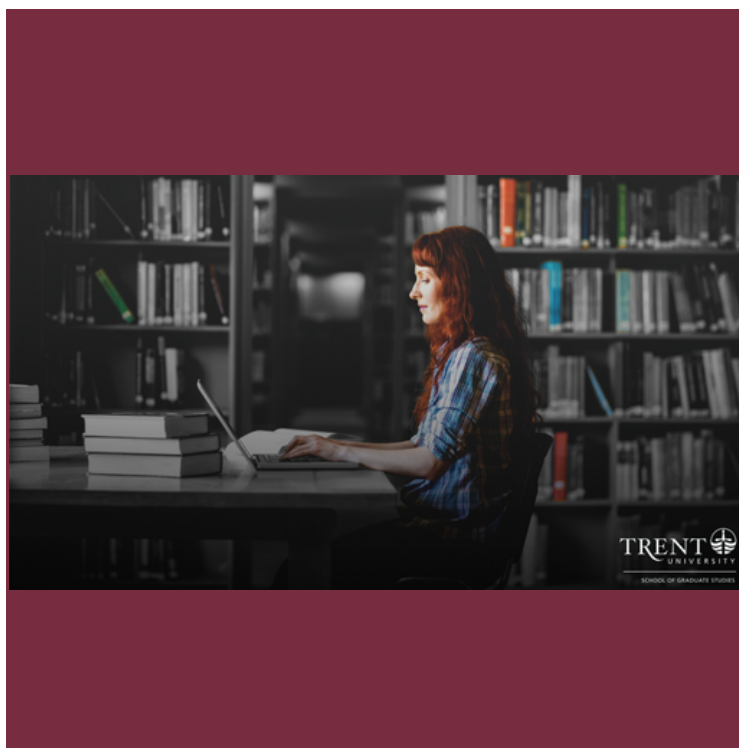


September 17 to November 12 (excluding Reading Week on October 29)

Hosted by Academic Skills, Study Café runs weekly.

For more information, please visit [this link](#)

Register: [Study Café for Transfer & Mature Students - Fall 2026 Registration](#)



Learn how to write effective doctoral scholarship reference letters and strategically present special circumstances to strengthen an application.

Event Date: [Thursday, September 17, 2026](#) Event Time: 10:00am - 11:00am Click [here](#) for more info.



Did you know Careerspace is open all summer and ready to support you in person or virtually? Our team is here to help. Book an appointment through SEP: Peterborough Campus > Appointment Bookings > Careerspace or click [here](#). Follow @trentucareerspace for weekly Hot Job updates, career tips, upcoming events, micro-credential highlights, and more!

What's going on at Trent!



The Equity & Human Rights Office, in collaboration with Out On Campus, is inviting international students who identify as LGBTQ+ or have experienced marginalization based on their sexual or gender identity to share their voices through a short survey. Your feedback will directly inform future programming and help create safer, more welcoming spaces where everyone feels seen and supported.



Check out these upcoming micro-credentials open for registration this fall: EDI Training for Healthcare Professionals | September 14, 2026
Somatics & Breathwork for the Helping Profession | September 22 & 24, 2026 (Online)
Neuroscience of Manifestation & Gratitude | September 26, 2026
Learn more and register today at trentu.ca/careerspace/micro-credentials.

NOW ACCEPTING PROGRAMME PROPOSALS FROM THE TRENT AND PETERBOROUGH COMMUNITIES FOR

TRENT RADIO'S FALL BROADCAST SEASON

AMPLIFY YOUR VOICE
SHARE YOUR IDEAS
PRODUCE A MUSIC SHOW
PROMOTE YOUR STUDENT CLUB/GROUP OR COMMUNITY ORGANISATION,
ENGAGE WITH YOUR COMMUNITY
STAY CONNECTED

APPLICATIONS AVAILABLE
WWW.TRENTRADIO.CA

EMAIL: INFO@TRENTRADIO.CA for more information about Trent Radio and becoming a volunteer Programmer.

Programme Proposals Deadlines

EARLY BIRD DEADLINE
MON AUG 24 @ HIGH NOON

FALL SEASON DEADLINE
FRI SEP 18 @ HIGH NOON

Click here to fill out the [Programme Proposal Form](#) for the REGULAR 2026-27 Season.

EARLY BIRD DEADLINE - MON AUG 24th: For returning programmers who would like to start before September 21st.

REGULAR DEADLINE - FRI SEP 18th @ High Noon: For all new/returning programmers who would like to start their show and/or training the week of September 21st.

Follow us on Instagram @TrentRadioCommunity to learn more.

Homeroom

Are you looking for community and learning support?

Join Academic Skills for learning tips, community & free food!
Tuesdays at 4pm or Wednesdays at 1pm

A photograph of a group of students sitting around a table in a study area, engaged in discussion. A QR code is visible in the bottom right corner of the image.

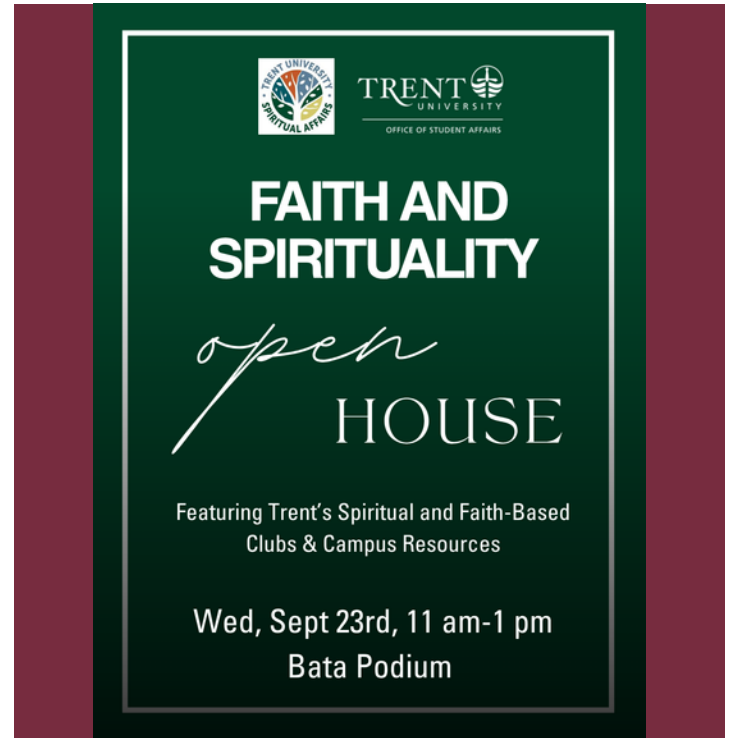
[Find community and strengthen your learning skills by meeting regularly with other students and Academic Skills Instructors.](#)

Find community and strengthen your learning skills by meeting regularly with other students and Academic Skills Instructors. Each week, Homeroom will focus on strategies to help you thrive through your semester: managing time and finding balance, reading and lecture hacks, how to write university assignments, and study tips and tricks. We offer this program on Tuesdays and Wednesdays from September 15/16 to October 20/21. You can join the day that best fits your schedule. Open to students from ALL colleges! [register here](#).

What's going on at Trent!



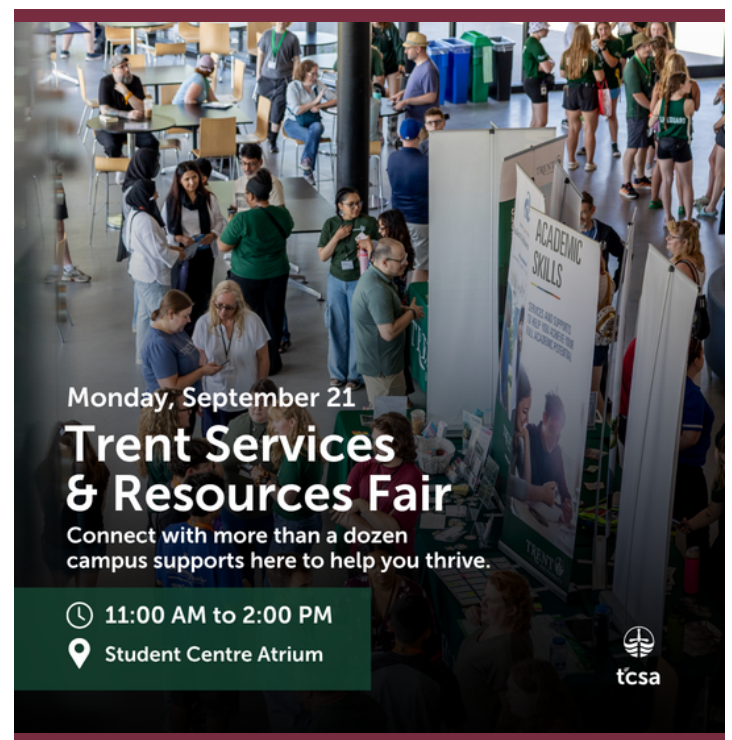
Careerspace's Volunteer expo is this week, September 16th from 10AM – 2PM in the Student Centre Atrium. Get connected and network with local organizations ranging from YES Shelter, PRHC, Ontario Turtle Conservation and more!
Register today via the Student Experience Portal: Register [Here](https://trentu.ca/SEP).



Faith and Spirituality Open House
Wednesday, September 23rd, 11 am-1 pm - Bata Podium
Come to the Faith and Spirituality Open House to explore Trent services and connect with some of Trent's faith-based clubs. You do not need to follow a religion to engage with Trent Spiritual Affairs - we welcome students who are navigating questions of meaning and purpose or just want to have a good conversation. We are spirituality-positive and don't endorse any particular faith. All are welcome!



Join the Housing and Financial Aid team to learn about resources on campus and what Bursaries, Scholarships and Loans are available to students. This workshop will provide simple strategies to manage spending, plan ahead, and make your money last. Walk away with tools you can use immediately, plus a customizable student budget template. It is open to all students.



Trent Services and Resources Fair
Monday, September 21st, 11 am-2 pm - Student Centre Atrium
The Services and Resources Fair brings together departments from across the university, allowing you to meet staff, ask questions, collect helpful information, and learn about the programs and services designed to support your academic success, personal well-being, and campus involvement.

Backwoods Baking Presents:

Apple Crumble with Honey or Maple Syrup

INGREDIENTS

For the Filling:

- 6-7 fresh farm apples (Honeycrisp, McIntosh, or any local variety), peeled, cored, and sliced
- 2 tbsp fresh lemon juice
- 1/3 cup local honey or maple syrup
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- A pinch of salt

For the Crumble Topping:

- 3/4 cup rolled oats
- 1/2 cup all-purpose flour (or whole-wheat flour)
- 1/3 cup brown sugar or raw cane sugar
- 1/2 cup cold farm-fresh butter, cubed
- 1/2 tsp cinnamon
- A pinch of salt

[View the Recipe Here](#)

RECIPE BY
DURHAM
FARM FRESH



INSTRUCTIONS

1. Preheat Oven: Preheat your oven to 350°F (175°C). Lightly grease an 8x8-inch baking dish or a similarly sized dish.
2. Prepare the Filling: In a large bowl, toss the apple slices with lemon juice, honey (or maple syrup), cinnamon, nutmeg, and salt. Pour the mixture into the prepared baking dish and spread it evenly.
3. Make the Crumble Topping: In a separate bowl, mix the oats, flour, brown sugar, cinnamon, and salt. Using your fingers or a pastry cutter, work the cold butter into the mixture until it becomes crumbly and the butter is well-distributed (the mixture should resemble coarse crumbs).
4. Assemble and Bake: Sprinkle the crumble topping evenly over the apple filling. Place the baking dish in the oven and bake for 35-40 minutes, or until the top is golden brown and the apples are tender.
5. Cool and Serve: Allow the apple crumble to cool for a few minutes before serving. It's delicious on its own or served with a scoop of vanilla ice cream or a dollop of fresh whipped cream!



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 smartest insect?
A spelling bee





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: TCSA Freedom Lounge



The TCSA Freedom Lounge is a space that is meant for BIPOC and Racialized students, which was made by BIPOC and Racialized Students on campus. The Freedom Lounge is a place where individual history is honoured, community is celebrated, and BIPOC and Racialized communities are empowered to celebrate their lived experiences. This space was designed to help dismantle inherently oppressive, racist and colonial ideologies and practices that BIPOC and Racialized communities are subjected to operating in, with the intention of creating a safe space on campus for BIPOC and Racialized communities.

The Freedom Lounge is located on the 2nd Floor of the Student Centre. Make sure to stop by the Freedom Lounge located in room 2.09

Click the underlined text above for more info.

**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)

**PEER
SUPPORT**



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!

Before Speaking to an Academic Advisor, Have You Checked out these Resources?

Important Dates & Deadlines

This list includes add/drop dates, withdrawal dates, exam periods, and tuition payment deadlines. Knowing these dates ahead of time can help ensure you don't miss any important academic milestones!

1

Course Selection

This webpage guides students on how to understand course codes, credit requirements, determining course loads, and where to register for courses in the Self-Service. It also connects students to additional useful resources and tools as well.

2

Academic Calendar

The Academic Calendar is Trent's official guide that outlines everything academic; from academic regulations, degree requirements, to program and course information. Everything is laid out for students to read through!

3

Syllabus Catalogue

Located in the MyTrent portal, the Syllabus Catalogue allows students to preview past course syllabi to learn more about course materials and help them decide whether a course fits their interests and needs.

4

DIY Degree Check

Found on the Academic Advising webpage, this tool can be used to help students independently review their credits in order to better understand their academic progression, and possibly identify any gaps.

5



It's That Time of Year Again to

Plan Ahead!

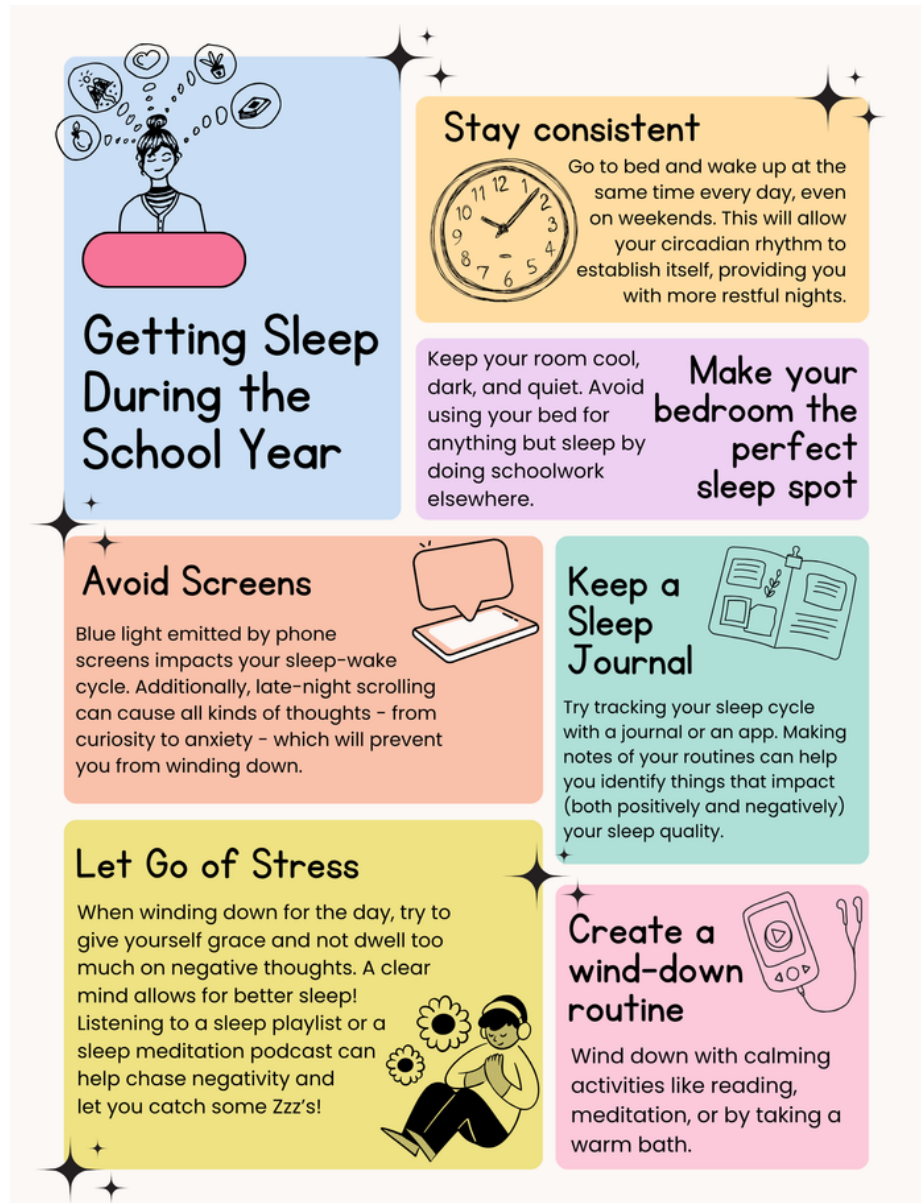
Wellness Resources

[Click Here for More Info](#)

Sleep Tips

Maintaining a healthy sleep schedule through the academic year can be hard, but it is an important part of taking care of yourself as a student. Here are a few ways you can start improving your sleep habits this year.

For more tips, follow the link above!



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"I looked at my hands to see if I was the same person. There was such a glory over everything. The sun came up like gold through the trees, and over the fields, and I felt like I was in heaven." — Harriet Tubman