



FALL EDITION III - SEPTEMBER 23RD, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

Welcome to Fall! With classes in full swing, it is great to see the college featuring so much activity both inside our classrooms and out. Fall means more things to do at the "College on the Hill," including our upcoming **Scarf Ceremony**.

With the Symons Campus closed until next week, and the impact that has had on everyone, we are moving our Colleges Weekend events, including the **Scarf Ceremony**. The Scarf Ceremony has been moved to October 17 at 11 am in the **Jalynn Bennett Amphitheatre**. We will have several Traill fellows assisting with this. If you are an incoming graduate or undergraduate student, or you have to receive your scarf, 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 things cooling off, the new scarves could not come at a better time.

The call for **Symons Series** submissions is out to all grad students. With a deadline of October 1, please do act quickly. It is a longstanding series that features the work of our outstanding grad students in any and all fields and an incredible opportunity to present research. We will also be seeking judges shortly.

Next weekend, we feature our first **Sunday College Dinner**, on Oct 4 at 5 pm in Scott House. This is a complimentary dinner featuring a catered meal and an opportunity to socialize with fellow Traillites. Please do join us for a great evening to wrap up the Head of the Trent festivities next weekend.

Our College office is always buzzing, but we welcome you to come by Monday through Friday from 8 am through 5 pm for any assistance that you require. If we don't have the answer, we know who will! Please take care and enjoy the rest of Traill Tales.

James Onusko



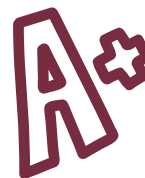
Need an Appointment?

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/traill/belong/college-cabinet>

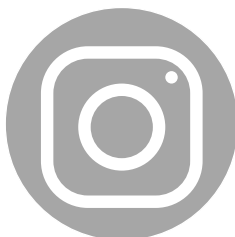
To keep up to date with the college, follow us on social media!

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.](#)



[@traillcollege](#)



[Traill College](#)



[traillcollege](#)

Trill presents...

Sunday College Dinners



Oct. 4 - Trill College

Oct. 25 - Emmanuel United

Nov. 8 - Trill College

Nov. 22 - Emmanuel United

Dec. 6 - Trill College

Jan. 10 - Emmanuel United

Jan. 24 - Trill College

Feb. 7 - Emmanuel United

Feb. 21 - Trill College

Mar. 7 - Trill College

Mar. 21 - Emmanuel United

Apr. 11 - Emmanuel United



5pm, first come first serve - free meal while supplies last!

Trill College
300 London Street
(Scott House 105)



Emmanuel United Church
534 George Street North

CUPE 3908 SCFP



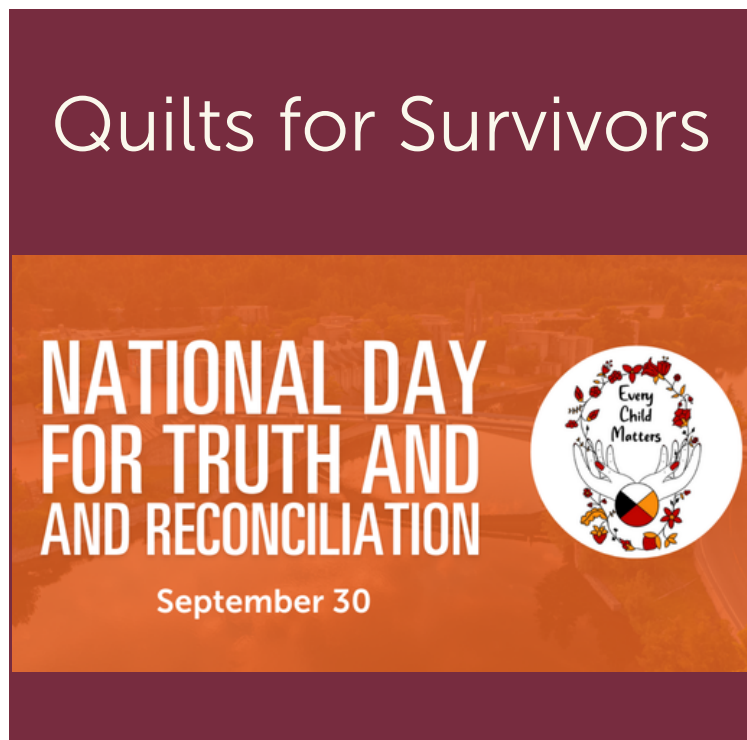
TRENT UNIVERSITY
FOODSERVICES

GSA+

What's going on at Traill!



Scarf Ceremony has been POSTPONED until October 17th at 11am. Find information in future volumes of Traill Tales and on our social media, @traillcollege on Instagram and TikTok.



September 30, 1:00 p.m. – 3:00 p.m.

Join the Quilting Circle at The Trend, Traill College, in support of Quilts for Survivors. No sewing experience is necessary, and all materials are provided. Drop in to learn or share basic hand-sewing skills while helping create a quilt top to be donated to Quilts for Survivors. For more information, contact canadianstudies@trentu.ca



September 30th

Visit the Children's Heart Garden, located on the south side of Kerr House, for personal reflection. The garden honours children sent to residential schools and their families, while recognizing commitments to the Truth and Reconciliation Commission's Calls to Action and the MMIWG Calls for Justice. Learn more through Honouring Memories, Planting Dreams or contact canadianstudies@trentu.ca.



Sunday College Dinners are BACK! Join the Traill community for an evening of fun, fellowship, and FREE food starting October 4 at 5 p.m. on a first-come, first-served basis. Check future Traill Tales and @traillcollege on Instagram and TikTok for menus and updates. October 4: Scott House; October 25: Emmanuel United Church.

What's going on at Traill!

Symons Seminar Series on Graduate Research

CALL FOR ABSTRACTS

Apply to present at the
Symons Seminar Series!



How to apply:

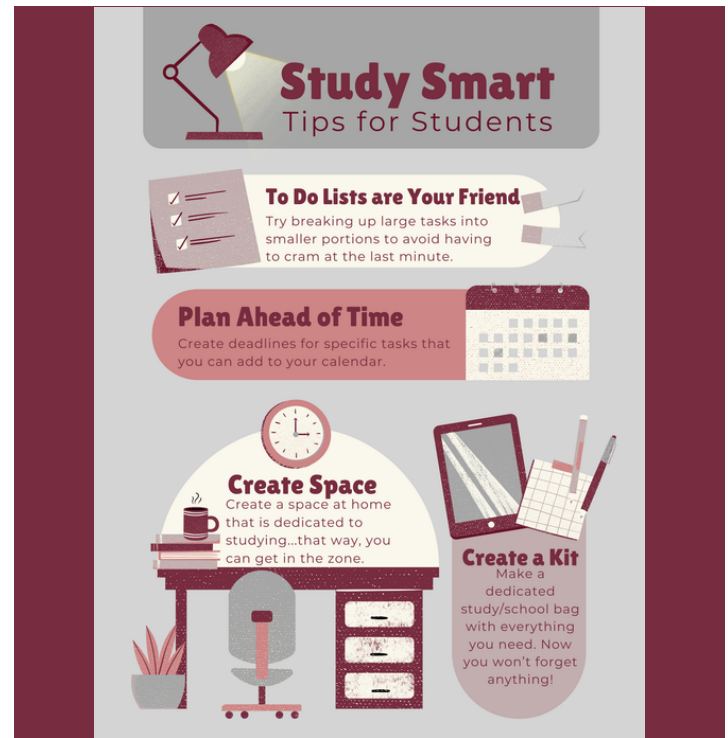
1. Write an **abstract** for a 20-minute presentation. Explain your research in an interesting way to someone not in your field (max 250 words).
2. Create a submission **document** including your name, academic level (MA, MSc, PhD) and department, presentation title, and abstract.
3. **Email** your submission to the facilitator (twells@trentu.ca)!

Student presenters get \$50!*

**ABSTRACTS DUE
OCTOBER 1, 2026**



Symons Seminar Series Abstracts Due Oct. 1, 2026
Write an abstract for a 20-minute presentation. Explain your research in an interesting way to someone not in your field (max 250 words).
Create a submission document including your name, academic level (MA, MSc, PhD) and department, presentation title, and abstract.
Email your submission to the facilitator (twells@trentu.ca)!



Study Smart
Tips for Students

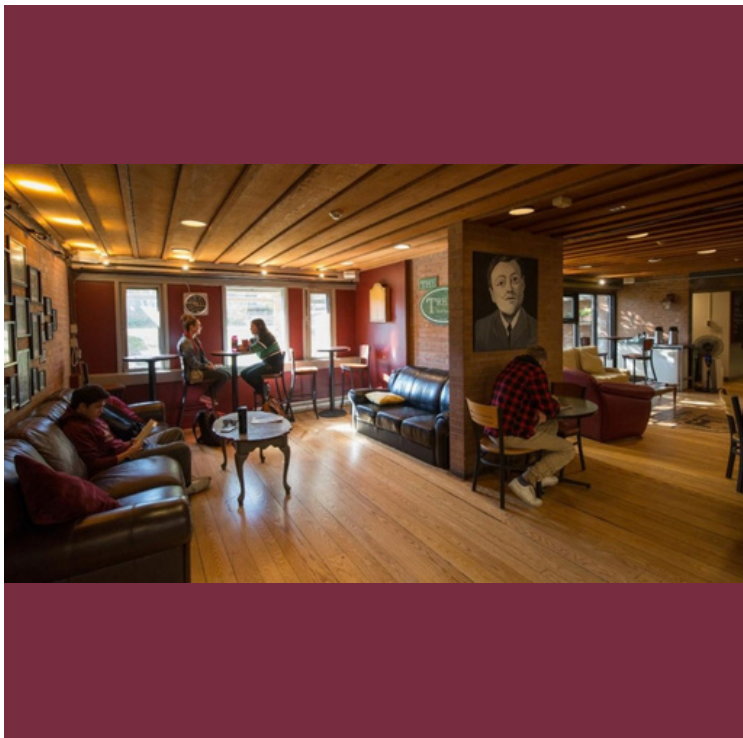
To Do Lists are Your Friend
Try breaking up large tasks into smaller portions to avoid having to cram at the last minute.

Plan Ahead of Time
Create deadlines for specific tasks that you can add to your calendar.

Create Space
Create a space at home that is dedicated to studying...that way, you can get in the zone.

Create a Kit
Make a dedicated study/school bag with everything you need. Now you won't forget anything!

Midterms are just around the corner! Check out our study guide for helpful tips, strategies, and reminders to help you feel prepared and confident heading into exam season.



The Trend is OPEN! Our on-site dining is located right in the heart of Catharine Parr Traill College, right next to the new Jalynn Bennet Amphitheatre. Coffee and treats; drinks and good eats.

Symons Seminar Series on Graduate Research

CALL FOR GRADUATE STUDENT JUDGES



Join the anonymous panel of judges for the Symons Seminar Series!

- Learn about research across disciplines
- Network with other graduate students
- Help determine the Series' Top Speaker
- Enjoy delicious, free refreshments

Email twells@trentu.ca to volunteer
CALL CLOSES ON OCTOBER 1, 2026



Symons Seminar Series Judges Call Closes On
Oct. 1, 2026

Learn about research across disciplines, network with other graduate students, help determine the Series' Top Speaker, and enjoy delicious free refreshments
Email twells@trentu.ca to volunteer

What's going on at Trent!



An Evening with Waubgeshig Rice

Author of
Moon of the Turning Leaves
&
Moon of the Crusted Snow

Presented by
**The Trent English Department
And The Margaret Laurence
Writing Residency**

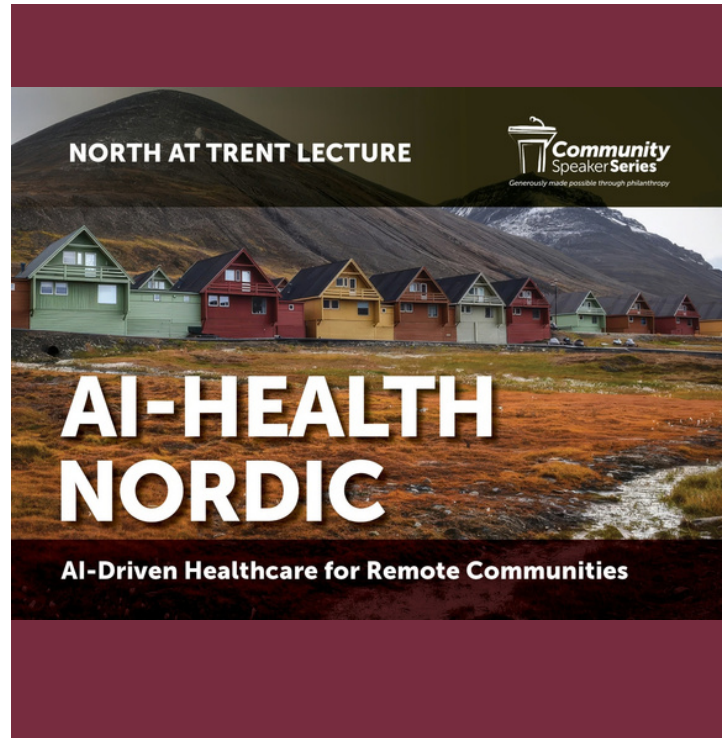
Room B112
Trent University
Durham Campus
55 Thornton Rd S,
Oshawa

October 1st
4:00 to 5:30 PM
Open to The Public

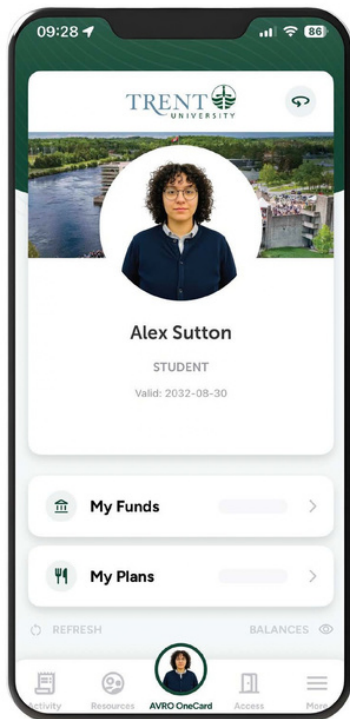


Waubgeshig Rice is an author and journalist from Wasauksing First Nation.

He's written four books, most notably the bestselling novel Moon of the Crusted Snow, published in 2018, and its sequel, Moon of the Turning Leaves, published in 2023.



The Frost Centre for Canadian Studies and Indigenous Studies presents "AI-Health Nordic: AI-Driven Healthcare for Remote Communities" on October 5 at noon. Explore AI-powered healthcare pilot projects in Finland, Sweden, and Norway and their potential to strengthen rural health systems. Limited in-person seating; Zoom registration required. Learn more at trentu.ca/northatrent.



Midterms are approaching! For in-person exams, students must present a physical TrentU student card or physical Exam Identification Card. Mobile TrentU cards cannot be used. If needed, pick up an Exam Identification Card before October 9. Blackburn Hall, Monday-Friday, 9 a.m.-4 p.m.

An Evening with Waubgeshig Rice

Author of
Moon of the Turning Leaves
&
Moon of the Crusted Snow

In Conversation With
Aaron Kreuter



Presented by
**The Trent English Department
And The Margaret Laurence
Writing Residency**

Books for Sale
Open to the Public
Refreshments
Following

October 8th
6:30 to 8:00 PM
Chanie Wenjack Theatre
Otonabee College W101
Trent University
Peterborough



He graduated from the journalism program at Toronto Metropolitan University in 2002, and spent most of his journalism career with the Canadian Broadcasting Corporation as a video journalist and radio host. He also holds an honorary Doctorate of Letters from Nipissing University, and a Black Belt in Brazilian Jiu-Jitsu, both received in 2023.

What's going on at Trent!



Wanna Talk About It?

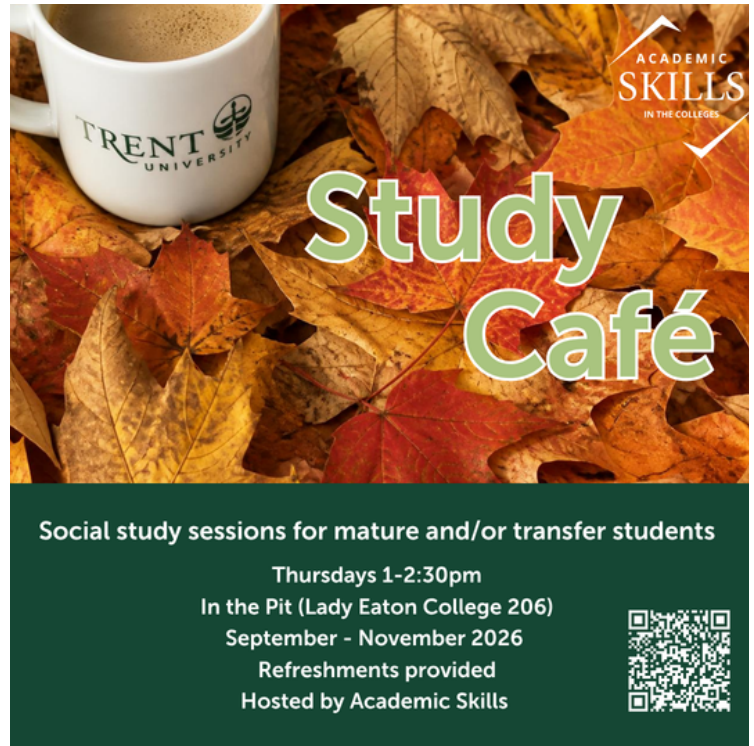
PEER SUPPORT

Weekdays 12-3 PM
Champlain Rm. 306

Free. Confidential.
We have snacks.

Follow us on Instagram at @peersupporttrent

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



Study Café

ACADEMIC SKILLS
IN THE COLLEGES

Social study sessions for mature and/or transfer students

Thursdays 1-2:30pm
In the Pit (Lady Eaton College 206)
September - November 2026
Refreshments provided
Hosted by Academic Skills



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](#)



RESEARCH PARTICIPANTS WANTED!

Are you a young caregiver enrolled in post-secondary education AT TRENT?

Check to see:

- ☐ Do you live with a family member(s) with a disability, illness, addiction, age-related needs, mental illness, or language barriers?
- ☐ If yes, do you have additional responsibilities that your friends do not have because of these circumstances?

If you answered YES to both, we would LOVE to HEAR from you!

1 Sign up for an interview
2 Complete a short survey
~ Commitment time: up to 2 hours ~

QR code for Questionnaire:
Register & sign a CONSENT!

Earn up to \$25 Amazon Gift Card!
(\$10 for survey; \$15 for interview)

You are invited to take part in a research study called Sharing the Stories. You are an expert in your experience as a young caregiver and we want to know your experiences as a student young caregiver in post-secondary education.

To schedule an interview, email: yanaberardini@trentu.ca

Your story helps us learn how programs impact young people, their communities, and the systems they navigate. Results of this study may benefit future programs and supports for young caregivers.

Led by the Students Commission of Canada (SCC) with Dr. Yana Berardini, from Trent University. If you have any questions contact: yanaberardini@trentu.ca

This study was approved by Ethics (Queens #GEDUC-978-19 and Trent #29425)

Do you live with a family member(s) with a disability, illness, addiction, age related needs, mental illness, or language barriers? If yes, do you have additional responsibilities that your friends do not have because of these circumstances? If you answered YES to both, we would LOVE to HEAR from you!



Trent Community Research Centre

VIEW AVAILABLE PROJECTS

Community-based research brings together the knowledge and research needs of the community with the research expertise of Trent University faculty and students.

Community-based research bridges the knowledge and priorities of local organizations with the research expertise of Trent University faculty and students. See what community projects are available this year to benefit both communities and students

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.

Are you a Tenant?

JOIN US FOR A VIRTUAL INFORMATION ZOOM SESSION

TUESDAY, OCTOBER 6, 2026, 11:00 AM EST

This Introductory Session Will Discuss:

- Tenant Rights & Responsibilities
- Signing a Lease
- Subletting vs. Lease Take Over
- and more!

Presented by the:

DCLC
Durham Community Legal Clinic

In Collaboration with:

TRENT UNIVERSITY
HOUSING & CONFERENCE SERVICES

DCA
DURHAM COLLEGE STUDENT ASSOCIATION

DURHAM COLLEGE
SUCCESS MATTERS

FLEMING

For more details, please contact: offcampushousing@trentu.ca or dcsa@durhamcollege.ca

Tuesday, October 6, 2026 at 11am EST, please join us for a Virtual Off-Campus Housing Information Zoom Event with the Durham Community Legal Clinic (DCLC). Please register through the Zoom link below or in our Instagram bio (@trent_offcampushousingdurham, see 'Upcoming Events' section). Click [Here](#) for the registration link.

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

ACADEMIC SKILLS
IN THE COLLEGE

A photo of a group of students sitting around a table, studying together in a bright, modern setting.A QR code located in the bottom right corner of the Homeroom section.

Build community and strengthen your learning skills through Homeroom! Meet regularly with other students and Academic Skills Instructors to explore strategies for time management, reading and lectures, university assignments, and studying. Sessions run Tuesdays and Wednesdays, September 15/16–October 20/21. Open to students from all colleges. [register here](#).

Backwoods Baking Presents:

Harvest Bowls

INGREDIENTS

- 1 1/2 cups wild rice blend
- 2 2/3 cups chicken broth
- 2 Tbsp. unsalted butter
- 1 1/2 tsp. kosher salt, divided
- 1 lb. Brussels sprouts
- 2 small sweet potatoes
- 2 Tbsp. olive oil
- 1 tsp. ground black pepper, garlic powder, and paprika
- 1/4 tsp. cayenne
- 1 rotisserie chicken, about 2 lb.
- 2 cups fresh baby kale
- 1 Honeycrisp apple
- 1/2 cup crumbled goat cheese
- 1/4 cup roasted, salted almonds, coarsely chopped
- 3 Tbsp. balsamic vinegar
- 2 tsp. honey and Dijon mustard
- 1 garlic clove, grated
- 1/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/3 cup olive oil

[View the Recipe Here](#)

RECIPE BY
LEAH PEREZ



INSTRUCTIONS

1. Preheat oven to 450°F.
2. For 45 minutes, over medium-high heat, place rice in a medium saucepan with the broth, butter, and 1/2 teaspoon of salt.
3. On a large baking sheet with foil, add the Brussels sprouts and sweet potato. Drizzle with olive oil and sprinkle with the remaining 1 teaspoon of salt, pepper, garlic powder, paprika, and cayenne. Roast until tender and browned, about 25 minutes.
4. For the balsamic vinaigrette: In a mason jar, add the balsamic vinegar, honey, mustard, garlic, salt, and pepper. Place the lid on the jar and shake until the ingredients are well combined. Add olive oil and shake again until the dressing is well emulsified. Store in the refrigerator and shake well before using.
5. Remove the skin and bones from the chicken. Shred or cut the meat into cubes, as desired.
6. To serve: Divide the baby kale among 4 bowls. Spoon on the wild rice and divide the Brussels sprouts, sweet potato, chicken, apple, goat cheese, and almonds. Drizzle with the balsamic vinaigrette.



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

Trail Mix

Why do birds fly south in September?
Because it's quicker than walking





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: First Peoples House of Learning



First Peoples House of Learning (FPHL) is honoured to offer cultural services to a diverse community of Indigenous learners (First Nations, Status/Non-Status, Métis and Inuit). We collaborate with students to support their academic success, personal development and leadership potential.

FPHL embodies the Indigenous worldview of education as a ceremony of learning. We nurture a community that recognizes the voices and spirits of our students.

For more information on the departments and services offered through FPHL please click on the above highlighted text.

**Wanna
Talk
About It?**

Weekdays 12-3 PM

Champlain Rm. 306

**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!

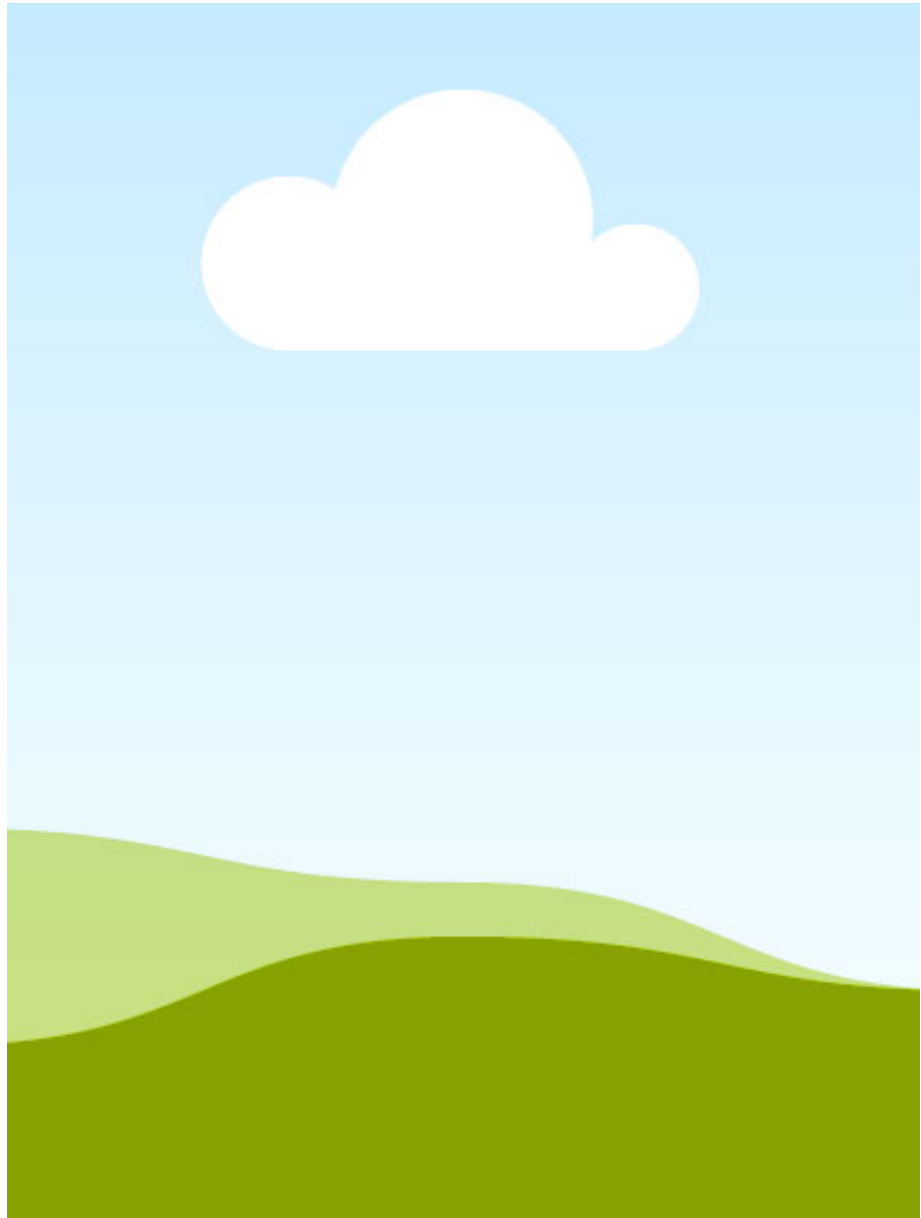
Wellness Resources

[Click Here for More Info](#)

|

|

For more tips, follow the link
above!



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