



FALL EDITION IV - SEPTEMBER 30TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

This week is a time of retrospection and reflection for everyone across Turtle Island. With the **National Day for Truth and Reconciliation** here once again, it is important that all settlers on these lands take the time to consider the long histories of Indigenous-Settler relations and the impacts on Indigenous peoples. We also know it as **Orange Shirt Day**. This has been an Indigenous-led grassroots commemorative day inspired by IRS survivor **Phyllis Webstad**. What many Indigenous leaders keep telling us is that the work being done in the spirit of truth and reconciliation needs to be an everyday occurrence, with September 30 being an important day, but that it should not be in isolation.

The call for **Symons Series** submissions is out to all grad students. We are extending the deadline until October 7 as we are seeking a few more submissions for the year. It is a wonderful series and we cannot wait for it to begin on October 15 at 7pm in Bagnani Hall.

With Head of the Trent on this weekend, our first **College Sunday Dinner**, is on Sunday, Oct 4 at 5 pm in Scott House. This is a complimentary dinner featuring a catered meal from Levantine Grill and an opportunity to socialize with fellow Traillites.

As always, we welcome you to come by the College office from Monday through Friday from 8 am through 5 pm for any assistance that you require. Take care and enjoy the rest of Traill Tales.

James Onusko



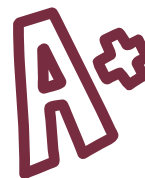
Need an Appointment?

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>

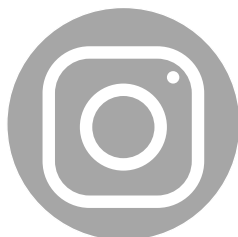
To keep up to date with the college, follow us on social media!

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.

New Traillites, join us in the Jalynn Bennett Amphitheatre to receive your free Traill College scarf and be officially welcomed into the College on the Hill!



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



Sunday College Dinners are BACK! Join the Traill community for an evening of fun, fellowship, and FREE food starting this Sunday at 5 p.m. on a first-come, first-served basis. Come early to save yourself a seat!

October 4: Scott House 105 - 5pm

October 25: Emmanuel United Church - 5pm

See menus above!

National Day for Truth and Reconciliation Reflection Spot

Children's Heart Garden

South side of Kerr House Traill College

Available Year Round



This garden was established with seeds given to the Frost Centre for Canadian Studies and Indigenous Studies in 2019 by Dr. Cindy Blackstock (Gitxsan), Executive Director of the First Nations Child and Family Caring Society of Canada, during her visit to Trent to receive an honorary Doctorate. The garden "honours the children sent to residential schools and their families, and to express commitment to the calls to action of the TRC and the MMIWG Report".

For more information

What's going on at Traill & Trent!

Symons Seminar Series on Graduate Research

CALL FOR ABSTRACTS



Apply to present at the
Symons Seminar Series!

Student
presenters
get \$50! *

*Presentation prize is awarded as an honorarium/stipend

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)!



ABSTRACTS DUE OCTOBER 7, 2026



Symons Seminar Series Abstracts DEADLINE EXTENDED to Oct. 7, 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)!



Join us for a full day of workshops designed to support your graduate studies. Sessions include goal setting and motivation, thesis preparation, Zotero, MaDGIC resources, literature reviews, writing skills, social writing, and more.

Tuesday, October 27th, 2026 9am-4pm In Person (Bata Library) & Online (Zoom)

Find the full schedule and registration info on the Academic Skills [website](#)



This workshop will help graduate students to learn how to break down research into phases and strategize ways to address unforeseen challenges.

Wednesday, October 14th 1-3pm ZOOM

Register now on the [Student Experience Portal](#)

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**

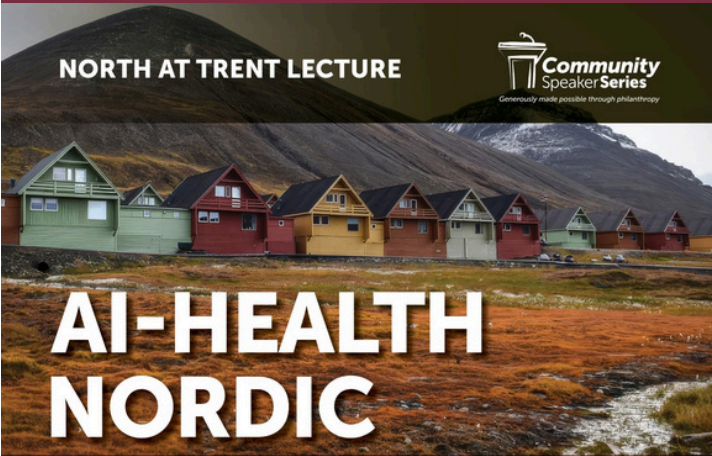
Room B112
Trent University
Durham Campus
55 Thornton Rd S,
Oshawa

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

Sponsored By:



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. Join Waubgeshig Rice on October 1st at Trent Durham.



NORTH AT TRENT LECTURE

Community Speaker Series
Generosity made possible through philanthropy

AI-HEALTH NORDIC

AI-Driven Healthcare for Remote Communities

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.

AT EACH IN-PERSON MIDTERM
AND FINAL EXAM, YOU'LL
NEED TO PRESENT EITHER:

- A PHYSICAL TRENTU STUDENT CARD
- A PHYSICAL EXAM IDENTIFICATION CARD

WHERE TO PICK UP AN EXAM ID CARD:

- PETERBOROUGH: BLACKBURN HALL, MONDAY TO FRIDAY, 9AM-4PM
- DURHAM GTA: DURHAM PRINT & POST, MONDAY TO FRIDAY, 8:30AM-4PM



TRENTU CARDS IN THE MOBILE APP CANNOT BE USED FOR EXAM IDENTIFICATION

PLEASE PICK UP AN EXAM IDENTIFICATION CARD BEFORE
OCTOBER 9

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

Waubgeshig Rice 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. Join him in Otonabee College W101 on October 8th.

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

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.

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!



Quilts For Survivors

The School for the Study of Canada /
École d'études canadiennes invites you:

**Quilting Circle in support of
Quilts for Survivors.**

Weds Sept 30, 1-3pm

The Trend, Traill.

The poster features a quilt with a red, black, and yellow design, and a smaller quilt with a blue and red pattern. A small logo of a person sewing is in the bottom right corner.

No sewing experience necessary and all materials supplied. This is a casual drop in where community members can come together to learn (or share!) basic hand sewing skills, and join others in sewing together a quilt top to be donated to <https://quiltsforsurvivors.ca/> For more information please contact canadianstudies@trentu.ca



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

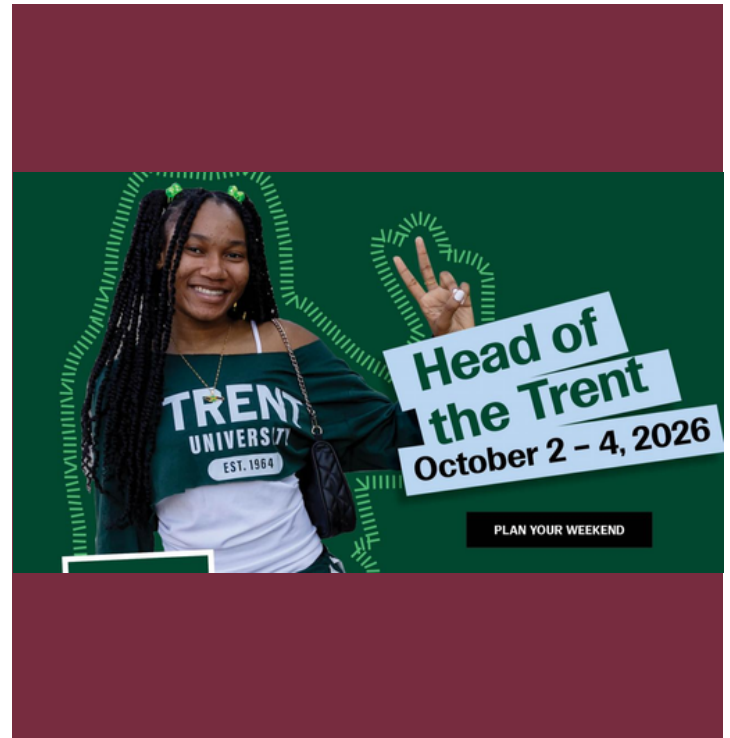
In Collaboration with:

TRENT UNIVERSITY **DURHAM COLLEGE STUDENT ASSOCIATION** **DURHAM COLLEGE** **FLEMING**

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

The poster includes a house icon with text inside: "TO REGISTER FOR THIS EVENT, SEE THE ZOOM LINK IN OUR INSTAGRAM BIO".

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.

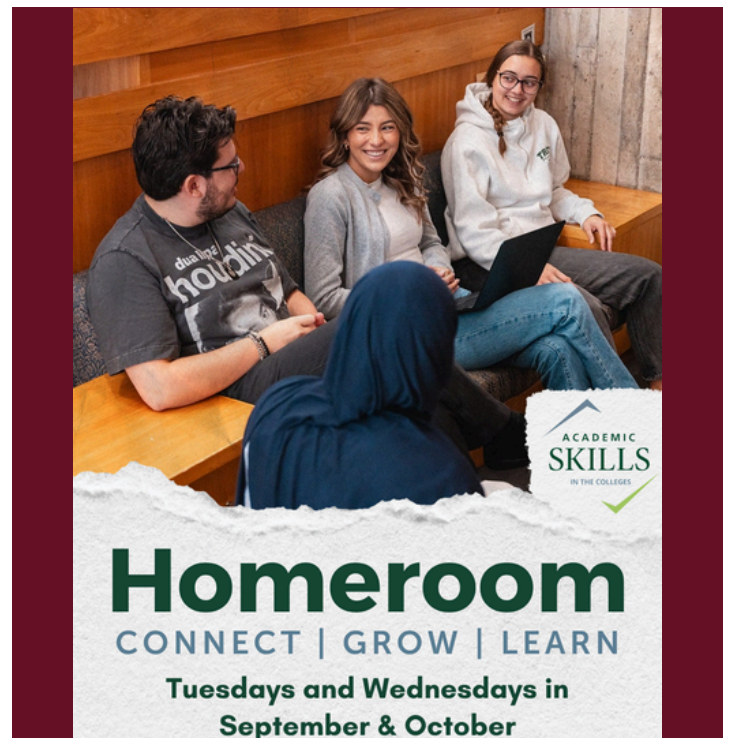


Head of the Trent
October 2 - 4, 2026

PLAN YOUR WEEKEND

The poster features a woman with long braids wearing a green Trent University shirt, making a peace sign. The background is green with a white outline of the province of Ontario.

As thousands of alumni, students, athletes, families, and friends return to campus, the annual HOTT weekend comes alive with regatta races, reunions, and unforgettable celebrations of Trent pride. Full event details are available on the [Head of the Trent website](#).



Homeroom
CONNECT | GROW | LEARN

**Tuesdays and Wednesdays in
September & October**

The poster features three students sitting on a wooden bench, smiling. One student is holding a laptop. The background is a warm, wood-paneled wall.

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:

Pear Oatmeal Muffins

INGREDIENTS

Muffins

- 1 cup old fashioned oats
- 1 cup milk
- 1 cup all-purpose flour
- ½ teaspoon salt
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- ½ cup brown sugar
- 1 egg beaten
- ¼ cup vegetable oil
- 1 tsp vanilla extract
- 1 ½ cup fresh diced Ontario pears (about 1 ½ medium pears)

Oatmeal Topping

- 2 tbsp brown sugar
- 2 tbsp melted butter
- ¼ tsp ground cinnamon
- 2 tbsp old fashioned oats

[View the Recipe Here](#)

RECIPE BY
GOOD IN
EVERY GRAIN



INSTRUCTIONS

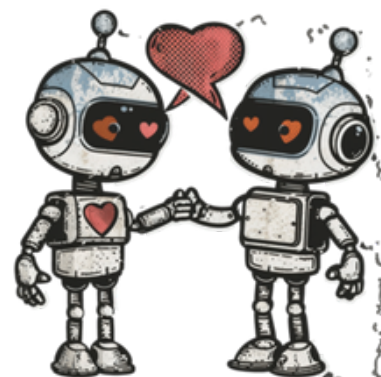
1. Preheat oven to 400°F. Lightly spray or grease a muffin tin with vegetable oil. Set aside.
2. In a large bowl, combine oats and milk. Set aside and let rest for 15 minutes.
3. In a medium bowl, whisk together flour, baking soda, baking powder, salt, and cinnamon.
4. Stir the oil, egg, brown sugar and vanilla into the soaked oat mixture. Add dry ingredients. Then, stir just until combined. Fold pears into batter.
5. Spoon batter evenly into the prepared muffin tin.
6. Next up, the topping: stir the butter and sugar until the brown sugar dissolves. Add cinnamon and oats and stir until combined. Top muffin batter evenly with the mixture.
7. Bake 12 minutes. Remove from the oven. Let the muffins cool in the pan 5 minutes. Transfer to a cooling rack.



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

Traill Mix

Why was the robot couple's anniversary in the fall? They were autumn mated.





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

**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](#)

Stress Management During the School Year

Feeling stressed now that classes are kicking into gear?

You're not alone! Giving yourself time to focus on your physical and mental health is extremely important.

Thankfully there are ways to stay healthy, even during a busy schedule. Check out these tips for relieving stress in 5, 10, and 30 minutes!

For more tips, follow the link above!

WAYS TO MANAGE STRESS



ACKNOWLEDGE
YOUR STRESS

STRETCH AT
YOUR DESK

DRINK A CUP OF
STRESS-RELIEVING TEA

CHEW GUM

GO ON A WALK

TALK IT OUT (WITH A FRIEND OR
BY YOURSELF!)



DAILY
EXERCISE

TAKE A
BATH

DECLUTTER YOUR SPACE



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“Nothing that you do will ever feel good if you let people convince you that you have no choice.” – Fiona Apple