

FALL EDITION VII - OCTOBER 21ST, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University

A message from our College Principal

Dear Traillites,

With October moving forward, and it having been such a busy first few weeks to the semester, everyone I have spoken to seems excited about the upcoming Reading Week. While most of you will still be busy, it will be a welcomed break in rhythms, and no mid-terms at least for a week-long period! To kick off Reading Week, please join us for a spaghetti meal at the first **Sunday College Dinner** with our friends at the Emmanuel United Church (534 George St N.), this Sunday at 5pm.

Our **Symons Series** kick-off on Thursday evening was a success. We had 2 inspired presenters and it is clear that interdisciplinary work, and a high regard for colleagues in very different departments and fields, is alive and well at Trent. *Professor Symons* would be very pleased to know that the series is thriving and of great value to so many of us in the Trent community. Our next event in the series will be on November 12, and please do join us here at Traill if you can.

We held our **Traill Scarf Ceremony** in the *Jalynn Bennett Amphitheatre* on Saturday morning. It was an amazing fall morning – crisp and sunny. We were joined by some esteemed fellows and over 70 first-year undergraduates and graduate students. We were able to have the annual Traill photo for this year's class – a tradition that dates back to *1964*. We also hosted other events, such as our **Tucker Tie-Dye** event, alongside our fellow colleges on a shared **fall college weekend**.

This Thursday, don't forget to take a break at **Paws for Pause** at 1pm or **Traill Halloween Crafting** at 4pm in the Senior Common Room. The College office will be on slightly reduced hours next week with it being Reading Week from Monday through Friday between 9 am through 4 pm. Take care, have a wonderful Reading Week, 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.

Traill 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

CATHARINE PARR TRAILL COLLEGE · CABINET ·

https://www.trentu.ca/colleges/traill/belong/college-cabinet

Swag Shop



Click here to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.

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/

@traillcollege

Traill College

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Tie Dye @ Traill



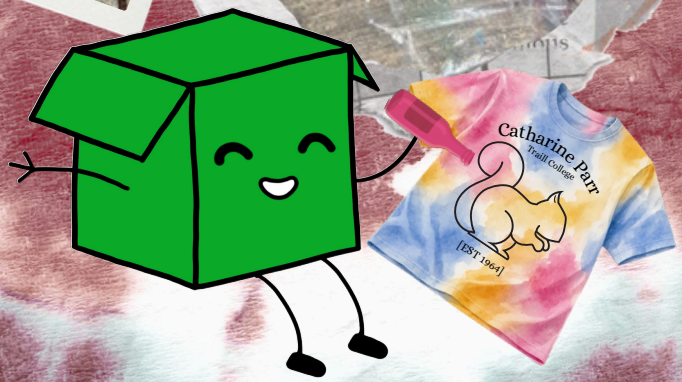












What's going on at Traill!



Our next Symons Seminar Series is November the 12th! 7:30-9PM at Bagnani Hall!
Join us for a synthesis of science and humanities research unlike any you have seen before!



Sunday College Dinners are BACK! Join the Traill community for an evening of fun, fellowship, and FREE food! Dinner is first come, first served so come early to save yourself a seat!
October 25: Emmanuel United Church - 5pm
See menus above!



Join Traill College's Academic Advisors Zachary and Ashley at Pause for Paws! Take some time to unwind and get to know the Academic Advisors at Traill and meet Reese and Riddick! Come by on Thursday, October 22nd from 1–3pm at Traill College in the Senior Common Room. Refreshments, colouring sheets and cute dogs provided.

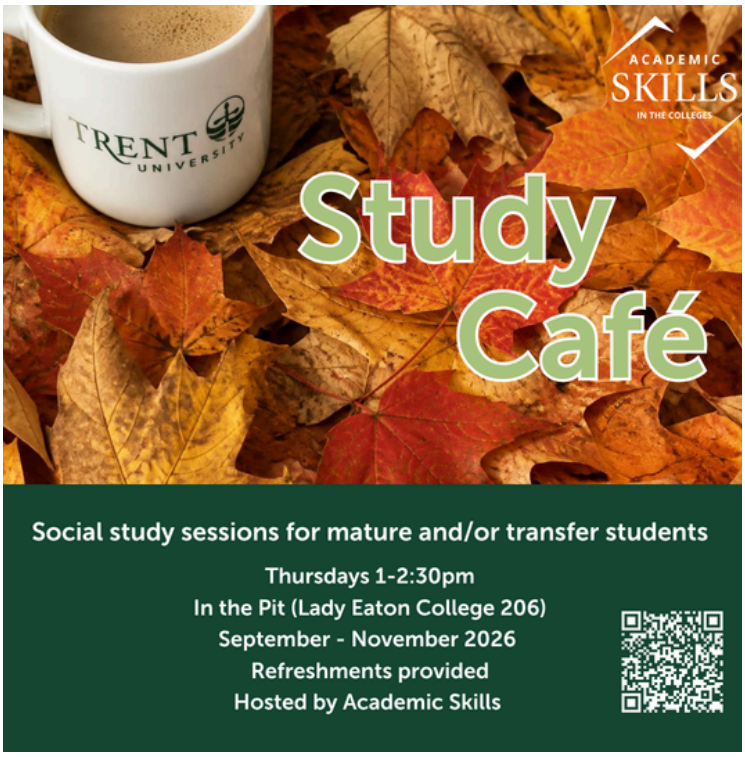


Vote now in the Traill College Cabinet Elections! Check your Trent email for voting link!

What's going on at Traill and Trent!



Get into the Halloween spirit with an afternoon of treats and crafts at Traill!
Join us on Thursday, October 22, from 4–6 PM in the Scott House Senior Common Room for some spooky fun!



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



The Peer Support program creates a warm and welcoming space for all Trent students to receive support from their peers. Your trained Peer Support student staff are here to listen. See you in the Trent Student Centre to CC 306



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!



Orientation Leader Applications are open for Fall Orientation 2027! Express your interest now and join our amazing team of volunteers to rep your College while supporting our new students through their transition to Trent. Apply now!
Have questions? Reach out to us on Instagram @trent_orientation or email orientation@trentu.ca.



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, we would LOVE to HEAR from you!



Looking for strategies to strengthen your graduate school skills and connect with fellow students? Join Academic Skills and the Trent Library for the Grad Skills Retreat – Fall 2026 on Tuesday, October 27, 2026. This is a hybrid event hosted on Zoom and at the Trent Library. (ft. snacks)
For full session descriptions visit this link and register here:



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, 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

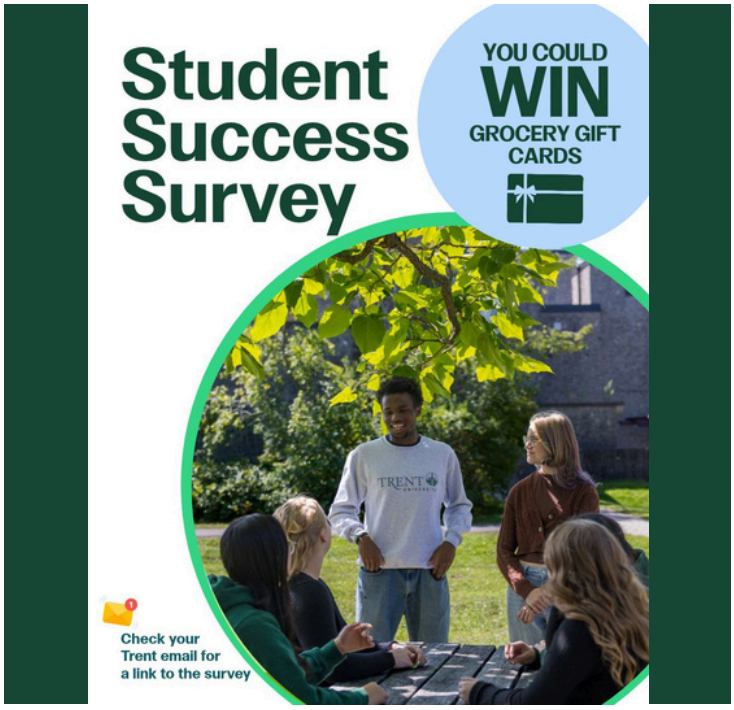
What's going on at Trent!



The Gzowski College Micro-Credential in Entrepreneurship and Innovation is a focused 6-to-7 hour program open to students in any year, any college, and any discipline. Read a bit more about it on the Gzowski website here. Registration is now open (click here to sign up) and it will stay open until November 2



Otonabee College and Trent Health Services Present... Pee for Pizza! Come by the OC dining hall on November 11 to chat with Health Services about STI's. You have the opportunity to give a urine sample for testing once registered with Health Services. Please note, students are not required to provide samples. Students are also able to book an appointment with Health Services to provide a sample for testing at a later time. Please this link for more information



The annual Student Success Survey collects feedback from undergraduate students. It only takes 10 minutes to complete! The survey deadline is Friday, October 30, for a chance to win: One of 10 x $100 grocery gift cards or a $300 grocery gift card grand prize.
Students will find their unique survey link in their Trent email inbox, sent from the Office of Student Affairs



Join East Bank Eats Breakfast Club for delicious food and great company! Enjoy breakfast every Tuesday at Gzowski College and every Friday at Otonabee College, from 9:00 AM until supplies last. The Trent Fund's got you!

Traill presents...

Sunday College Dinners



- Oct. 4 - Traill College
- Oct. 25 - Emmanuel United
- Nov. 8 - Traill College
- Nov. 22 - Emmanuel United
- Dec. 6 - Traill College
- Jan. 10 - Emmanuel United
- Jan. 24 - Traill College
- Feb. 7 - Emmanuel United
- Feb. 21 - Traill College
- Mar. 7 - Traill College
- Mar. 21 - Emmanuel United
- Apr. 11 - Emmanuel United



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

Traill College
300 London Street
(Scott House 105)

Catharine Parr Traill College
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Emmanuel United Church
534 George Street North

CUPE 3908 SCFP

Catharine Parr Traill College Cabinet

Trent University Foodservices

GSA

Backwoods Baking Presents:

Spooky Halloween Mocktail

View the Recipe Here

RECIPE BY

KELLI MILLER

INGREDIENTS

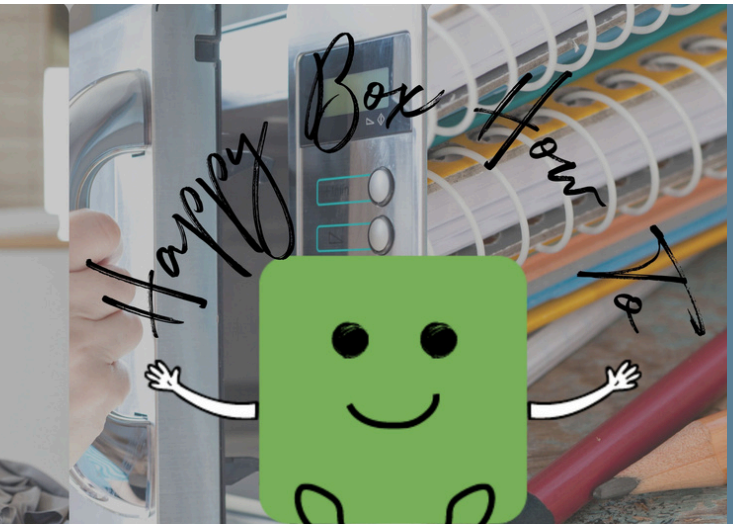
- 2 Cup(s) orange juice
- 1 Cup(s) tonic water
- juice of 1 lemon
- ¼ Cup(s) honey
- 1 tbsp black non-pareils crushed
- Optional: 2 drops red and 5 drops yellow food coloring





INSTRUCTIONS

1. In a medium saucepan, bring the orange juice, lemon juice, and honey to a boil.
2. Reduce the mixture to a simmer. If you choose to add food coloring, add it while the mixture is simmering.
3. Simmer for 2-3 minutes, then turn off the heat.
4. While the mixture is simmering, crush the non-pareils and spread them out on a small plate. You can easily crush them by placing them in a plastic bag and smashing them with a meat tenderizer, or even just a can of soup!
5. Dip the rims of each glass into a shallow plate of water before dipping them into the crushed non-pareils to give it the spooky cobweb look.
6. Add 4 ounces of the juice mixture to each glass and top off with tonic water to serve.





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

Traill Mix

Why did the mummy go to school?

To improve his wrap sheet!



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: Academic Advising



Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success. Academic Advisors help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect with the services they need and, ultimately, take charge of their own education.

We hope that this website, in conjunction with regular advising appointments, will help you make the most of your undergraduate experience at Trent.



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

Midterm Season Care Tips

Midterms can be a very stressful time of year but it is important to take care of yourself through this time.

For more information and tips please click the link above.



Catharine Parr Traill College

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"In October any wonderful unexpected thing might be possible." – Elizabeth George Speare