



FALL EDITION V - OCTOBER 7TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

October is here, and unsurprisingly, it is another busy month for us here in the College office. We have a number of events running this month, and we trust that many of you will be able to join us for at least some of them. We have put out the [nomination call for our new **Traill Cabinet**](#), so if you are a current undergraduate student, please do consider running for cabinet. We are happy to provide more information for anyone and everyone who is interested.

We held our first **Sunday College Dinner** this past weekend, as HOTT wrapped up. Catered by the **Levantine Grill**, and generously supported in collaboration with **CUPE** and the **Grad Student Association**, we were so happy to feed over 100 guests. We alternate these dinners with ones hosted by the **Emmanuel United Church**, [which is holding the next one on October 25](#). All are welcome that afternoon.

[The call for **Symons Series** submissions remains out to all grad students](#). We have extended the [deadline until October 7](#) as we are seeking a few more submissions. We have not filled all spots for the entire series, so if you have not submitted, please do so quickly.

Next weekend, we will hold our [Traill Scarf Ceremony](#) in the **Jalynn Bennett Amphitheatre** at 11 am [on Saturday, October 17](#). It is for all first-year undergraduates and graduate students. We also welcome non-first year students, at both levels, to join us, if you have not received a scarf previously. We will serve light refreshments afterwards, so please do join us for this special occasion.

Finally, we want to welcome **Sue Beckwith** back as our [Academic Skills Instructor at Traill](#). Sue is available for both graduate and undergraduate students. She looks forward to reconnecting with students she worked with previously, and meeting new students this fall. 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



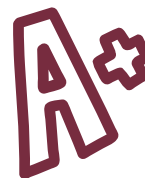
Need an Appointment?

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>

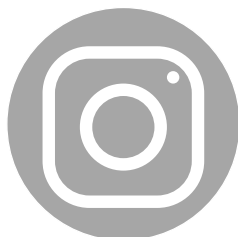
To keep up to date with the college, follow us on social media!

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](#)

TRAILL CABINET FALL ELECTION:

We are looking for our next:

- Co-President of College Affairs
- Co-President of Student Affairs
- Chair
- Secretary
- Senior Minister of Finance
- Junior Minister of Finance
- Senior Senate Liaison
- Junior Senate Liaison
- Minister of Academics
- Trent Central Student Association (TCSA) Commissioner
- Minister of Human Rights and Accessibility (2)
- Minister of Health & Safety
- Minister of Social Affairs
- Minister of Promotions
- Minister of Athletics
- Minister of Community Relations
- Graduate Student Representative
- International Student Representative
- Minister of Off-Campus Affairs
- Minister of the Environment
- Resident Representative (4)
- Radio (2)
- Archivist



Send nominations
to traill@trentu.ca.
Nominations open
Oct. 13th & close
Oct. 19th @ 11:59pm

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!



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.



Sunday College Dinners are BACK! Join the Traill community for an evening of fun, fellowship, and FREE food! As always, dinner is first come, first served – come early to save yourself a seat!

October 25: Emmanuel United Church - 5pm
See menus above!



Join us at Traill College for an afternoon of tie-dye and Tucker-Tucker T's! Meet some new people, get creative, and create your own tie-dyed Traill College Tucker-T! Materials provided. No registration required. Saturday, October 17th 1:30-3:30pm Kerr House Lawn

What's going on at Trail & Trent!

Symons Seminar Series on Graduate Research
CALL FOR ABSTRACTS



Apply to present at the
Symons Seminar Series!

Student
presenters
get \$50!*

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)!



TRENT/FLEMING SCHOOL OF NURSING

**TRANSFER INTO NURSING
INFORMATION SESSION**

Learn how to transfer into the Compressed and Collaborative programs in the Trent/Fleming School of Nursing.

IN PERSON	VIRTUAL
Date: Thursday, October 15 Time: 13:00 – 14:00 Location: DNA B110.1	Date: Wednesday, October 21 Time: 18:00 – 19:00
There is no registration for this event.	Be sure to register to receive a link to join us online.



Scan to register

Learn how to transfer into the Compressed and Collaborative programs in the Trent/Fleming School of Nursing.
In person session: Thurs. Oct. 15, 1:00pm-2:00pm, DNA B110.1
No registration for in-person session.
Virtual session: Wed. Oct. 21, 6:00pm-7:00pm
Register [here](#) for virtual session.



Grad Skills Retreat

Tuesday, October 27th, 2026 | 9am - 4pm
In-Person and Online

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](#)



GRADUATE STUDENT WORKSHOP

Wednesday, October 14th, 2026 @ 1 - 3 P.M.
Project Management for Graduate Students

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](#)

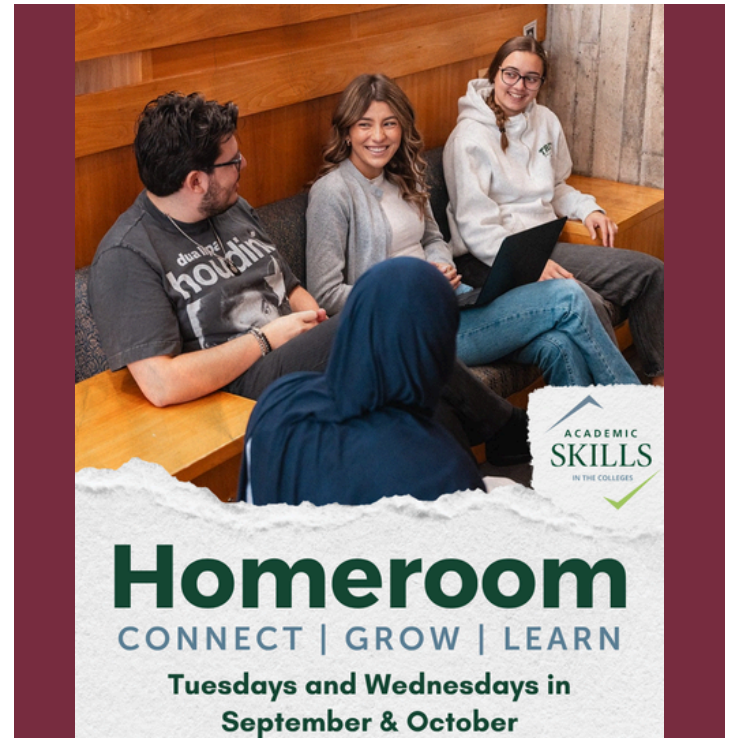
What's going on at Trent!



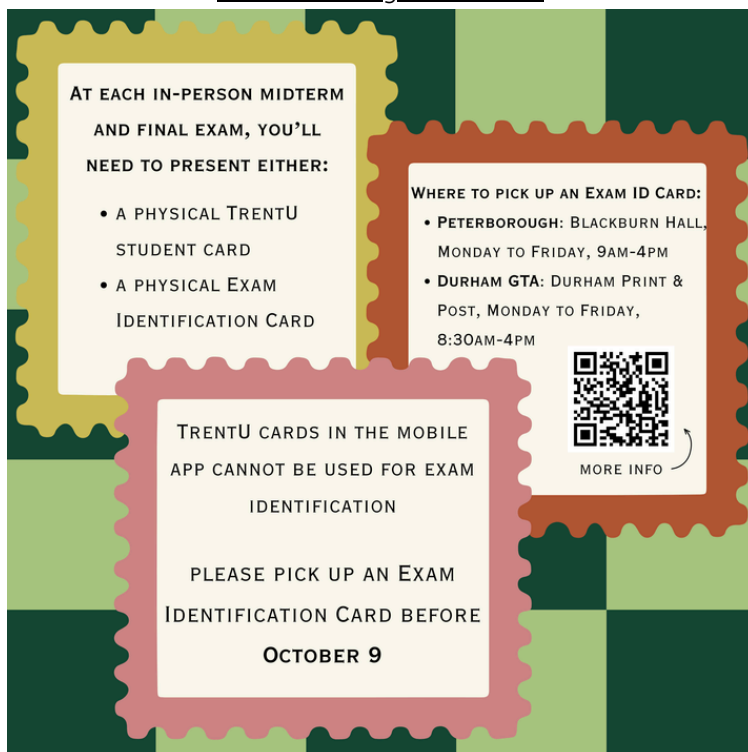
Study Abroad at Liverpool Hope University: Online Information Session.

Thursday, October 8, 2026, 10:00am - 11:00am, Online via Zoom.

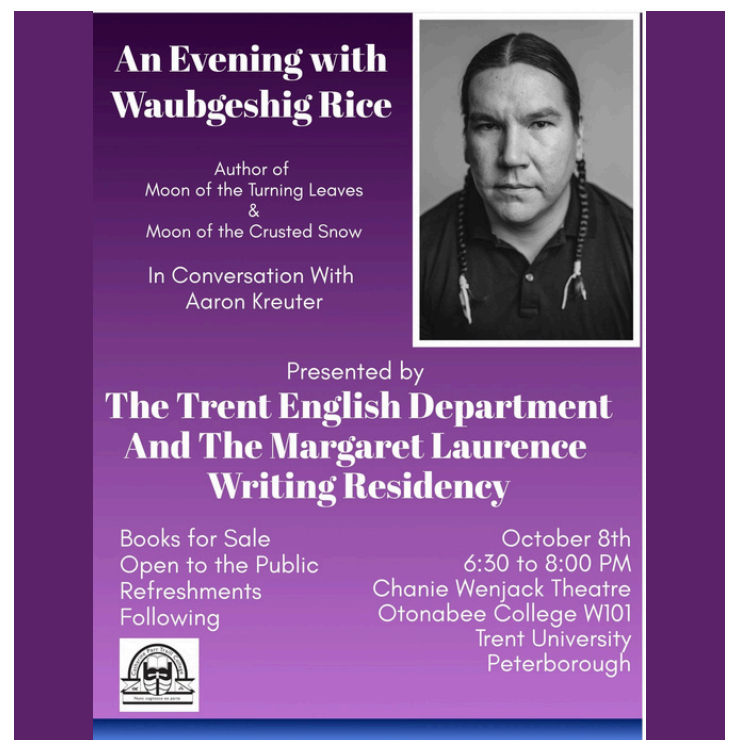
This session is open to all Trent undergraduate students. [Click here for the registration link.](#)



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.](#)



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.



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

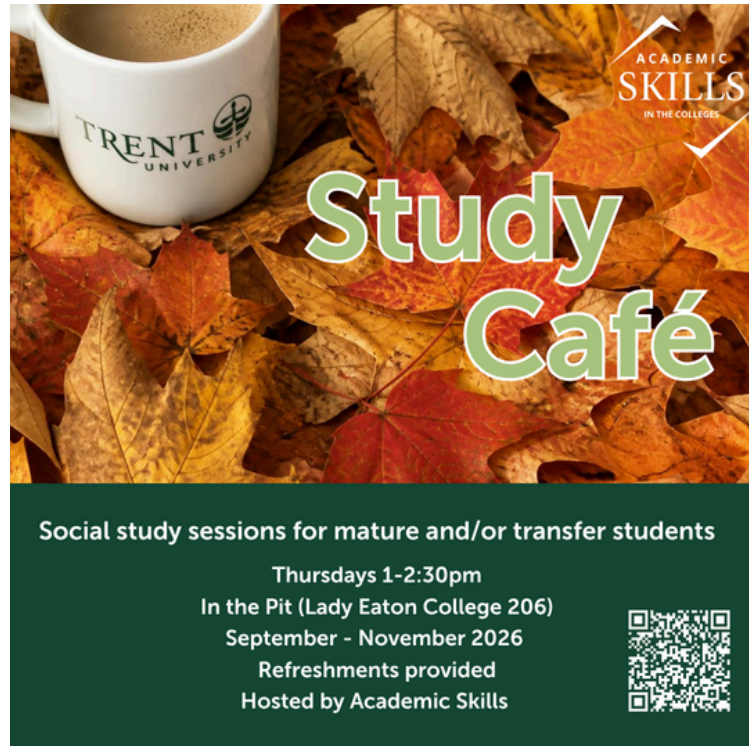
Weekdays 12-3 PM
Champlain Rm. 306

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

Backwoods Baking Presents:

Apple & Peanut Butter Overnight Oats

INGREDIENTS

- 2 small Honeycrisp apples (about 6 ounces each), divided
- 2 cups old-fashioned rolled oats
- 2 cups unsweetened soy milk
- $\frac{3}{4}$ cup nonfat plain strained (Greek-style) yogurt
- 4 tablespoons smooth natural peanut butter, divided
- 2 tablespoons pure maple syrup
- 1 tablespoon vanilla extract
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground cinnamon

[View the Recipe Here](#)

RECIPE BY
**AMANDA
STANFIELD**



INSTRUCTIONS

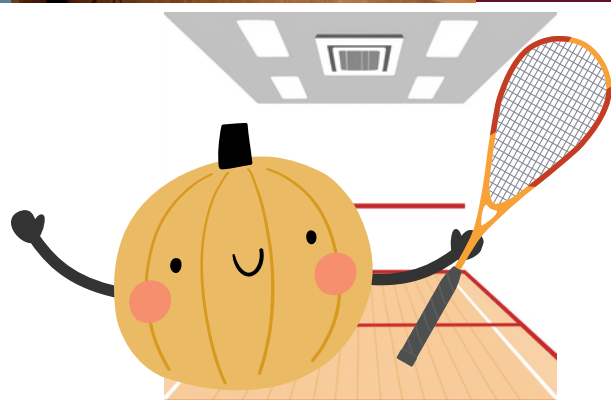
1. Chop 1 apple into bite-size pieces
2. Combine 2 cups oats, 2 cups soy milk, $\frac{3}{4}$ cup yogurt, 3 tablespoons peanut butter, 2 tablespoons maple syrup, 1 tablespoon vanilla, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon cinnamon in a medium bowl
3. Whisk well. Stir in the chopped apple. Cover and refrigerate until thickened, at least 8 hours
4. When ready to serve, transfer the oats into 4 (8-oz.) jars.
5. Top evenly with the remaining 1 tablespoon peanut butter (about $\frac{3}{4}$ teaspoon each).
6. Finely chop half of the remaining apple and top each jar with about 3 tablespoons each. (Reserve the remaining apple half for another use.)



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

Trail Mix

What's a pumpkin's favorite sport?
Squash!





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: Trent University Spiritual Affairs



Trent University Spiritual Affairs provides support to students from all faith traditions, as well as students who are considering questions of meaning, purpose, and identity. University life provides ample opportunity for personal growth and exploration - and at times, can be stressful. Chaplains and Community Liaisons are available to provide spiritual support to students as they navigate this complex and exciting life stage. Our multi-faith model is rooted in respect, understanding, and inclusion.

Spiritual Affairs is faith-positive, but we don't endorse any particular faith. We encourage openness, inquiry, and spiritual growth. We do not support aggressive religious recruitment, and welcome you to reach out if you have had negative experiences of this kind on the Trent Campus. Questions or comments can be directed to Johanna Hart, Coordinator of Spiritual Affairs at Trent.

**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

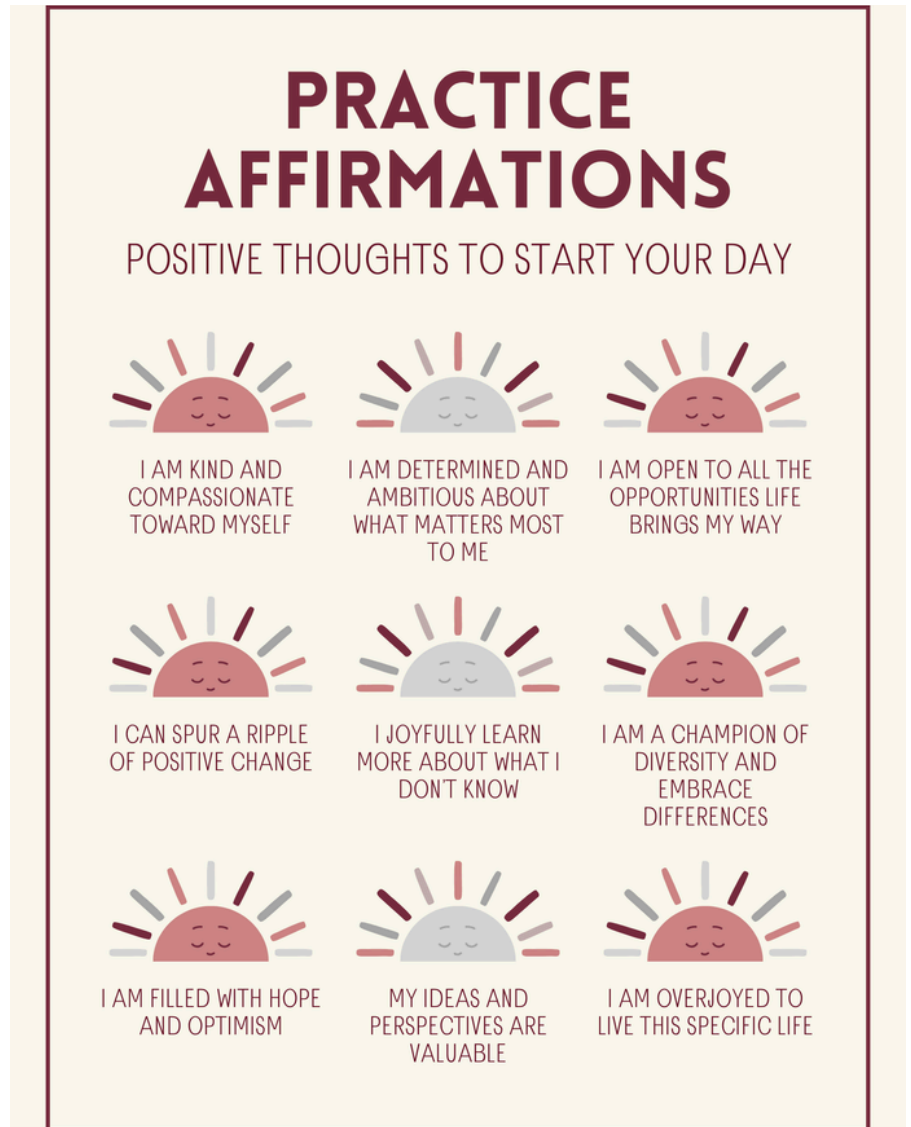
[Click Here for More Info](#)

Daily Affirmations

Affirmations are a great way to prioritize your mental health this Fall.

Whether you do them in the morning, afternoon, evening, or just when you are in need of a little pick me up, they are a good habit to keep.

For more tips, follow the link above!



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“I’m so glad I live in a world where there are Octobers.” — L. M. Montgomery, *Anne of Green Gables*