

FALL EDITION X- NOVEMBER 19TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University

A message from our College Principal

Dear Traillites,

It is difficult to believe that we are just a couple of weeks away from the end of classes before final exams. A reminder that we have dozens of study spaces down here at Traill and all of you are welcome to use them. With **The Trend** fully operating, you can also get snacks, meals, and beverages during the week, so why would you go anywhere else when not in class?

We have our next free **Sunday College Dinner** at Emmanuel United Church on Nov. 22 at 5pm. Come eat delicious lasagna and homemade desserts, and stay to relax, socialize, and play some boardgames if you'd like. Friends and families of Traillites are also welcome, as they are at our dinners held in Scott House. Please do join us if you can.

Later next week, **Traill Goes to the Museum** is running next Thursday, Nov. 26th at 1:30pm. A guided tour of the Peterborough Museum & Archives is included.

The **Symons Seminar Series** continued last week and will start again in January. Check out the line-up poster in Traill Tales for all the list of dates and presenters for the upcoming semester.

As always, we are here for you, so please do stop by the college office between 8 am and 5 pm, if you need anything. Take care and please 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

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

traillcollege

Sunday College Dinners





Next up:
Lasagna, salad, dinner rolls, & desserts
at
Emmanuel United Church on Sunday
November 22nd at 5:00 PM

Join us for dinner, stay to socialize, and stick around for games!

What's going on at Traill!



Take a break from the books and join us at Scott House for some hot cocoa, snacks, helpful study and exam tips from our Academic Advisors and Academic Skills Instructor, and a chance to spend some time with our visiting support dogs!

🗓️ Monday, December 7th
⏰ 1:00 PM – 3:00 PM
📍 Junior Common Room



Join Traill College on a trip to the Peterborough Museum & Archives, featuring a guided tour of the permanent exhibition. Catharine Parr Traill makes an appearance, and the tour ends at the new dinosaur exhibit. We will meet in Scott House JCR at 1:30 then take public transit directly to the museum. We will leave the museum at 4:00 for a return to Traill around 4:30.The event is FREE! Register now while spots last. Click here for registration and more info.



Get in the festive spirit at Traill College!
Join us in decorating the College with holiday cheer on Thursday, December 3rd, at 10:00 AM in the JCR!

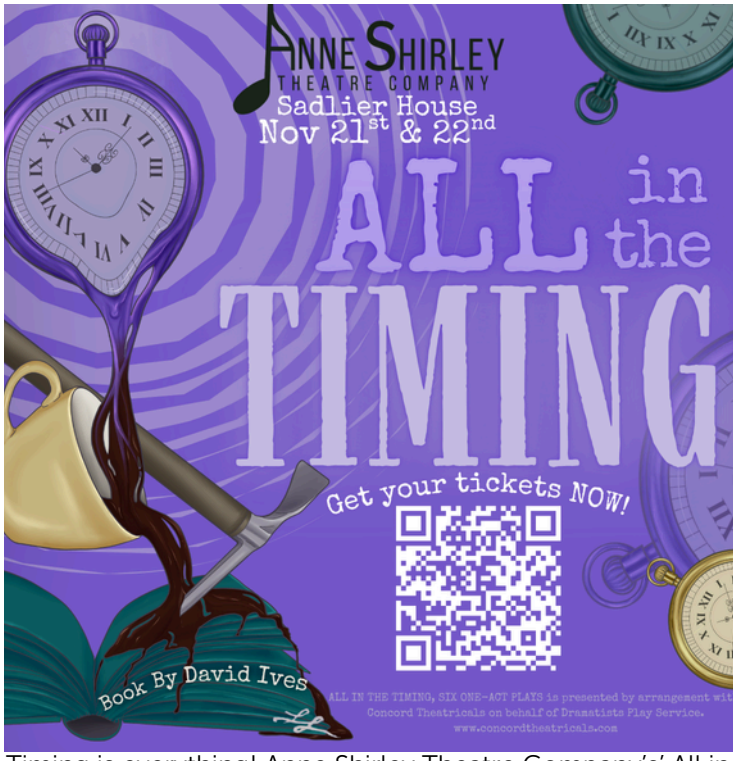


Celebrate the holidays with us at Traill College! Join the Traill College community on Thursday, December 10th from 2-4PM in the JCR and SCR. All Traill students, staff, faculty, alumni and friends are welcome to join for good company, refreshments, cocoa, and holiday cheer.

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.



Timing is everything! Anne Shirley Theatre Company's' All in the Timing brings four hilarious one-act comedies to life. Packed with witty wordplay, absurd situations, and unexpected twists, this fast-paced theatrical experience explores love, language, life, and death. Join us November 21st and 22nd in The John at Sadlier House!

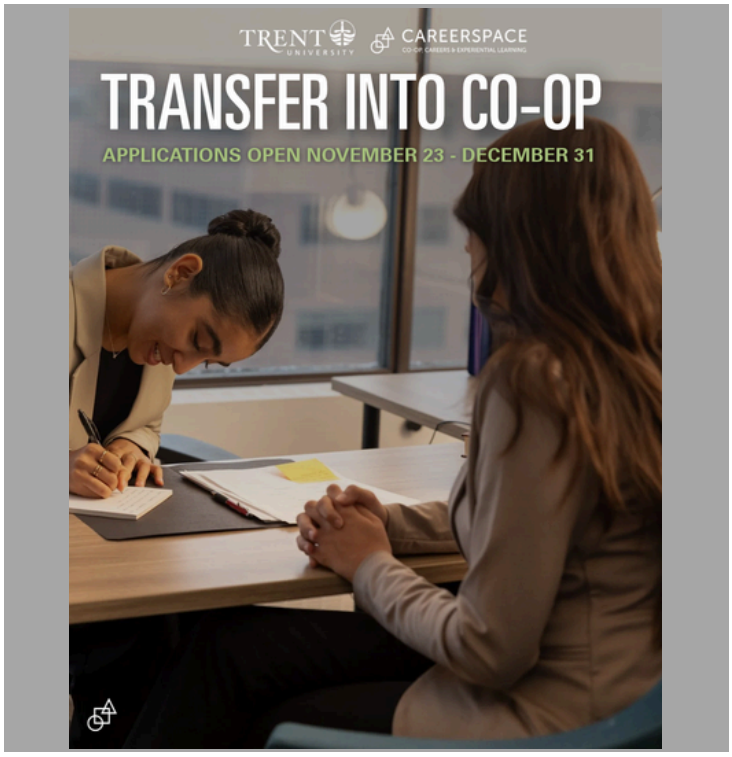


Join Enactus Trent x TBSA for a Sustainable Development Goals (SDG) Pitch Competition! Team up to develop an innovative business idea that tackles a real-world challenge and pitch it to a panel of judges for a chance to win $500 for 1st place or $250 for 2nd place! Open to all Trent students, regardless of program or year of study. No experience needed! Supported by the Create Centre for Entrepreneurship at Trent University.



🏠 Join us for National Housing Day on November 19th! If you rent or are looking for housing, come connect with local housing resources, meet representatives and learn more about the support available to you. Why is this event important? Over 50% of our students require housing support and resources during their academic journey at Trent University. 📅 November 19 | 11 AM–2 PM 📍 Student Centre Atrium

What's going on at Trent!



Are you a first-year student interested in graduating with 12-months of paid work experience relevant to your academic program? Apply now to transfer-in to a co-op program! Visit the MyTrent Portal under Academics > Admissions and complete the Co-op Transfer-In Application form. Applications close December 31, 2026 Visit our website for more information.



Join the Trent U Pride Club for Queeraoke night on Thursday, November 26th from 6-8PM in ENW 112. 🏳️‍🌈🏳️‍⚧️

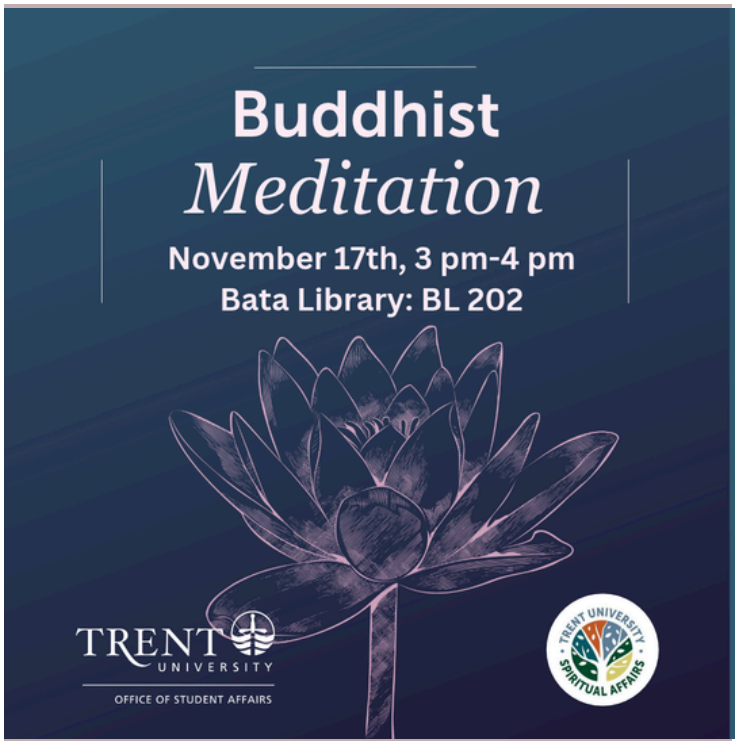


Join East Bank Eats Breakfast Club for delicious food and great company! Enjoy breakfast every Tuesday at Gzowski College and every Friday at Otonabee College, from 9:00 AM until supplies last. The Trent Fund's got you!



The Equity & Human Rights Office, in collaboration with Consent at Trent, is hosting a Hot Chocolate and Learn event on Thursday, November 26, from 12:00 to 1:00 p.m. in OC 122. Free hot chocolate will be provided!
Register here!

What's going on at Trent!



Buddhist Meditation with Members of the Buddhist Place
Date: Thursday, November 17th, 2026
Time: 3 pm-4 pm
Location: Bata Library 202
REGISTER HERE



Trent University Fall Showcase
2:00pm-5:30pm | A Showcase of Community-Based Research
5:30-7pm | Spotlight on Community-Engaged Learning: Trent School of the Environment
Thursday, November 19, 1pm-7pm, TCSA



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!



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!



Your one stop marketplace for ethical and sustainable shopping! Ten Thousand Villages is a non-profit fair trade organization that markets ethically-sourced handcrafted goods and gifts.
The Gathering Space (ENW 102), Nov 19 & 20, 10am to 4pm.
We are also looking for volunteers! Please inquire about volunteering in the Gzowski College Office (ENW 214).



Holiday Movie Night, Featuring: Home Alone
Date: December 1st Time: 7:00 PM – 9:30 PM
Location: CCS 307, Lecture Hall
Admission: FREE! Drop In
Snacks, drinks, and popcorn will be available!



Holiday Crafting Event
Date: November 26th
Time: 2:00 PM - 4:00 PM
Location: CCS 201, CLLC
Admission: FREE! Drop In
Full Hot Chocolate Bar!

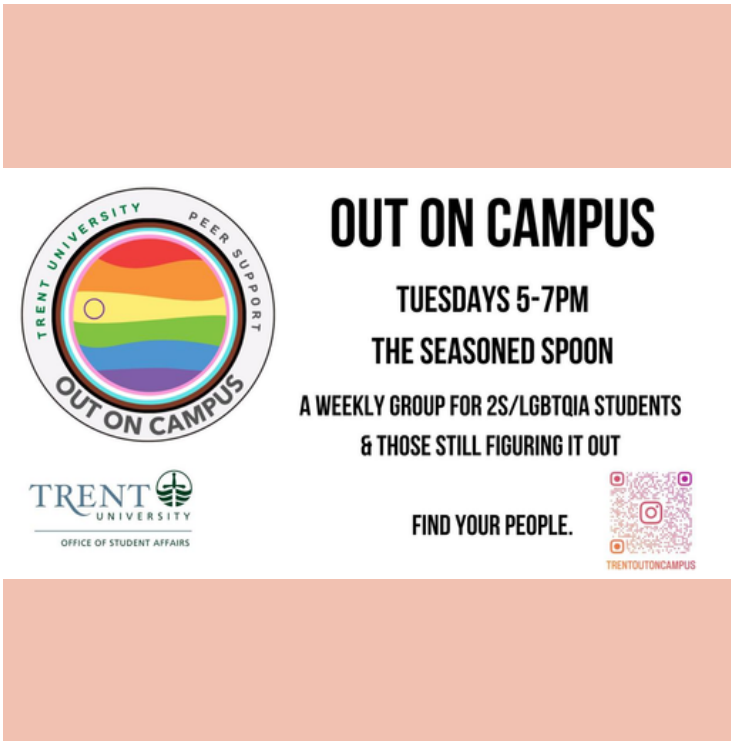


Fellow's Panel
Date: December 1st
Time: 4:00 PM – 6:00 PM
Location: Champlain College Great Hall
Admission: Free, register Via the QR Code
Panel: Chris Burke, Stephen Brown, Steve Robertson

What's going on at Trent!



Leadership Lessons are back! Come to the OC Commons on November 26th to meet Susan Tung, owner of Hanoi House and Mei Mei Chinese Buffet & Takout, and hear her discuss "The Stuff Nobody Tells you Before you Open a Business!" This event is open to any students, staff, faculty, and community members. Make sure to register with this link here to secure your spot!



Out on Campus is a weekly group meant to encourage connections and community building for 2S/LGBTQIA+ students at Trent. We meet in the Seasoned Spoon from 5-7 p.m. each Tuesday. This is a peer facilitated group featuring different identity based discussion topics and activities each week.



Join us Thursday, November 26th from 12:00 PM to 1:00 PM for an engaging and interactive session featuring an open conversation about disability, relationships, consent, and the right to intimacy. Free hot chocolate will be provided! Register with this link here!



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

"Great food, great time!"



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:

Seriously, The Best Broccoli of Your Life

View the Recipe Here

INGREDIENTS

- 4 pounds broccoli
- 4 garlic cloves (peeled and sliced *See the notes section before starting)
- Good olive oil (or for Keto– butter flavor coconut oil)
- 1½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- ⅓ cup freshly grated Parmesan cheese

RECIPE BY

ERREN HART

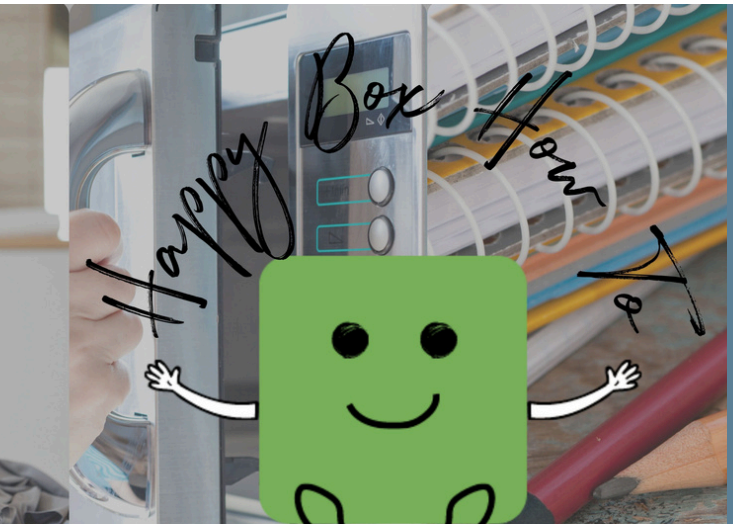


SERVINGS

6

INSTRUCTIONS

1. Preheat the oven to 400°F/200°C.
2. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets.
3. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper.
4. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.
5. Remove the broccoli from the oven and immediately toss with 1½ tablespoons olive oil, the lemon zest, lemon juice, and Parmesan. Serve hot.

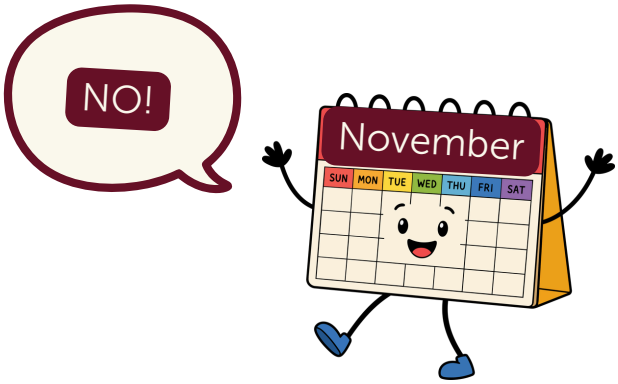




Check out our video on how to book an academic advising appointment! Click on Traill's YouTube channel to view

Traill Mix

Why does everyone think November is a pessimist? Because it always starts things off with a "no"!



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: Clubs and Groups

The TCSA supports and sponsors over 75 student-run clubs and groups at Trent each year. From arts to sports, academics to games, cultural and language groups to student leadership and advocacy groups, there is always something for everyone.

All clubs and groups are open for all students to join. Meet new people, become part of a community, and add to your co-curricular record!

For more information please click the highlighted text above.



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

Build Healthy Sleep Habits



Building healthy sleep habits can help strengthen both your mental and physical health. Below are some simple tips to help you along your way.

- Avoid using screens 2 hours before bed
- Create a wind down routine
- Calm your mind
- Try not to eat close to bedtime

For more tips and information please click the highlighted text above.

Catharine Parr Traill College

Nunc cognosco ex parte

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"Storms make trees take deeper roots."
– Dolly Parton