

FALL EDITION IX- NOVEMBER 11TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University

A message from our College Principal

Dear Traillites,

Remembrance Day is upon us once again. It is such an important day, alongside **Indigenous Veterans Day** on November 8. These days hold so much meaning, and regardless of our position on war, we must take time to reflect on the millions upon millions who have been both directly and indirectly impacted by wars over the centuries on these lands.

Many of you have likely received this news, but I do want to recognize the incomparable **Dr. Marion Fry** and her passing this week. She was the dean of women and then founding principal of our beloved Traill College, back in *1964*. She was instrumental in establishing our college's place within Trent's wider academic community. She did all of this at a time when women were under-represented as senior leaders in the post-secondary field.

She was an award-winning academic in philosophy, and her legacy at Traill will endure. **Fry Lodge** is named in her honour and the **Marion Fry Scholarship**, established nearly 10 years ago now through donations from family, friends, and colleagues, supports undergraduate students in the Humanities, with preference given to our own Traillites. Our heartfelt condolences go out to all of her family and friends. All who had the privilege of knowing this remarkable woman, will miss her dearly.

Thank you to the many Traillites and friends who joined us for chili and good company at our last **Sunday College Dinner**. Please join us at **Emmanuel United Church** for our next complimentary dinner - lasagna! - on November 22. The **Symons Seminar Series** continues on Thursday, November 12 with two stimulating presentations from more of our wonderful graduate students. Please join us if you can.

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

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

traillcollege

What's going on at Traill and Trent!



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!



Join Traill College on a trip to the Peterborough Museum & Archives, featuring a guided tour of the permanent exhibition!
We will meet in Scott House at 1:30 then take public transit to the museum. Departure from 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.



Join Traill College for the next installment of the Symons Seminar Series! Witness a synthesis of Science and Humanities Research unlike any seen before. See presentation details above.
November 12th, 7:30pm-9:00pm
Traill College - Bagnani Hall
Light refreshments provided!

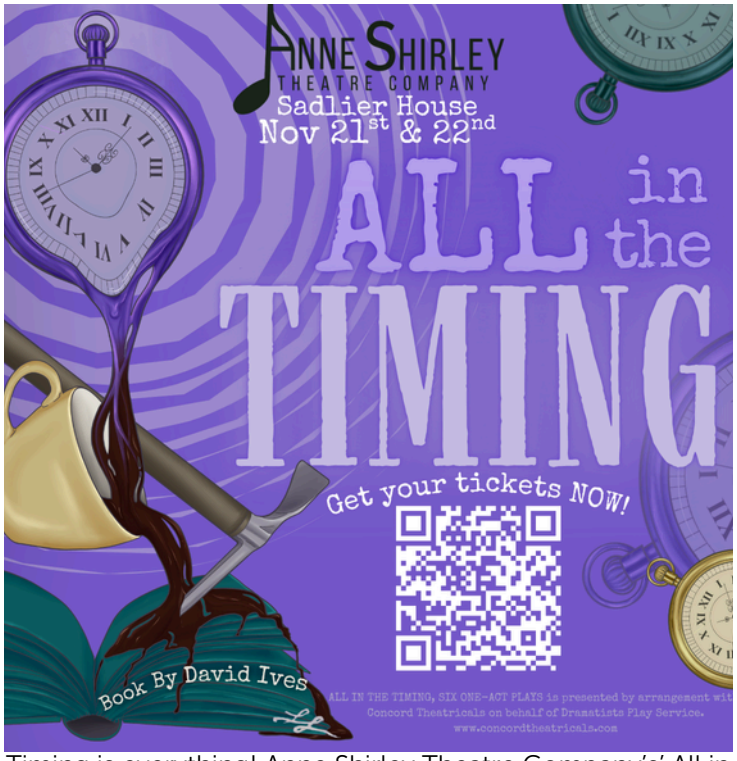


The Fall Career Expo provides students with an opportunity to: connect directly with employers and industry representatives; explore potential employment, internship, and volunteer opportunities; learn about different industries and career pathways; build professional networks and gain insights into the Canadian job market.

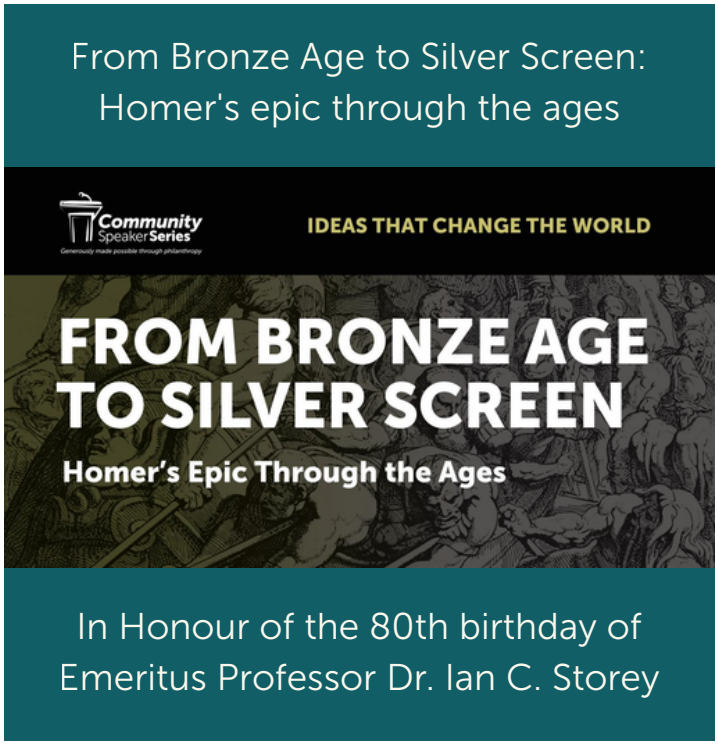
What's going on at Trent!



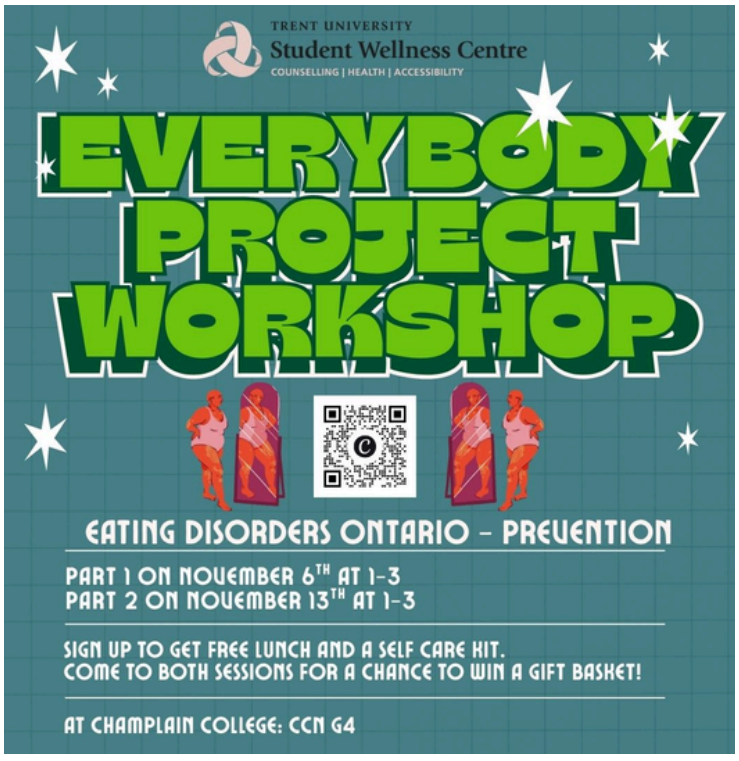
Orientation Leader Applications are open for Fall Orientation 2027! Express your interest now and join our amazing team of volunteers to rep your College while supporting our new students through their transition to Trent. Apply now!
Have questions? Reach out to us on Instagram @trent_orientation or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

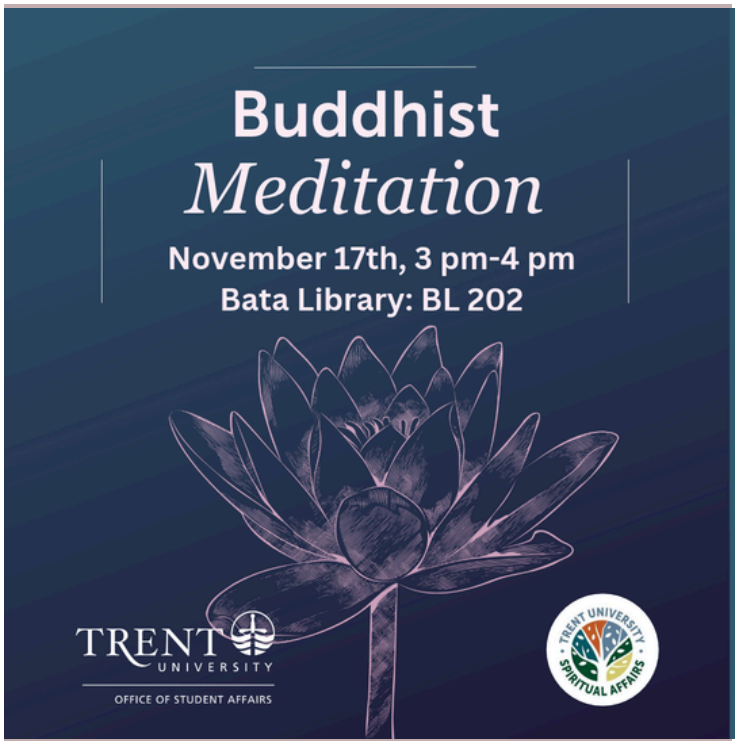


From Bronze Age to Silver Screen
Dr. Kevin Whetter '88, Acadia University, Dr. Julianna Will '07, Memorial University, Dr. George Kovacs '95, Trent University, & Dr. Tom Strasser, Providence College, Rhode Island.
Monday, November 16, 2026, 4:00 p.m. - 6:00 p.m., Nozhem Theatre, First Peoples' House of Learning/Gzowski College
For more info and registration please click here.



Come and discover how EVERYbody can love themselves in a workshop presented through Trent Health Services! Part 2: Friday, November 13th
Time: 1:00 p.m. - 3:00 p.m.
Location: Champlain College CCN G4
Register Here. Questions? Email: healthservices@trentu.ca

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!



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 the Academic Skills team for a comfy, cozy, writing session and to get that paper done!
Writing Cafe is the perfect place for... Setting writing goals, staying focused, getting support from Academic Skills Instructors, and enjoying baked goods and drinks while you write! Register for November 15th here!



Post a room tour on Instagram Reels or TikTok, tag us for a chance to win a student care package filled with snacks and housing essentials. Contest closes Monday, November 16, 2026.
Don't forget to tag the right account:
Peterborough: @trentu_offcampushousing
Durham: @trentu_offcampushousingdurham



🏠 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

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
Nunc cognosco ex parte

Emmanuel United Church
534 George Street North

CUPE 3908 SCFP

Catharine Parr Traill College Cabinet

Trent University Foodservices

GSA

Backwoods Baking Presents:

Homemade Apple Cider

View the Recipe Here

INGREDIENTS

- 2 lbs apples, assorted variety (about 4–5 medium apples)
- 0.5 medium orange, peeled and quartered
- 1.5 cinnamon sticks, or 0.5 Tbsp ground cinnamon
- 0.5 pinch of nutmeg, or 0.5 whole nutmeg
- 1 tsp whole cloves, or 0.25 tsp ground cloves
- 0.25 cup packed light brown sugar, plus more to taste (we used 0.38 cup total)*
- 5 to 5.5 cups water

RECIPE BY

NATASHA KRAVCHUK

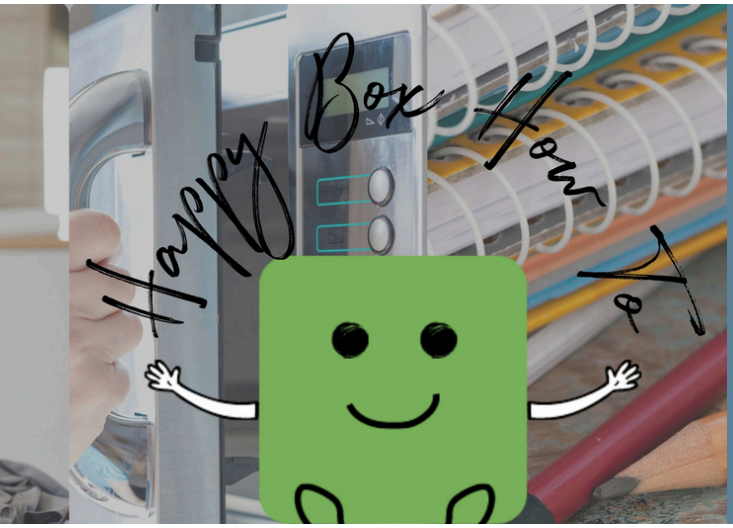


SERVINGS

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INSTRUCTIONS

1. Core & roughly chop your apples (no need to peel). Place them in a large pot (use a 5 1/2-quart pot or larger).
2. Quarter your orange & add it to the pot.
3. Add spices: cinnamon, nutmeg & cloves.
4. Add sugar & then pour 5–5.5 cups of water, or enough water to cover your fruit.
5. Bring the pot to a boil over high heat, then reduce heat to medium heat and lightly boil uncovered for 1 hour.
6. Reduce heat to medium/low heat, cover, & simmer for another 2 hours. The juice should begin to turn amber in color when it's finished.
7. Add more sugar & hot water to taste. It should be sweet and spicy.
8. Strain your cider through a fine mesh strainer or through a cheesecloth placed over a regular colander, into a large bowl or punch bowl. Squeeze to extract as much juice as possible & discard the fruit pulp.
9. Serve hot.



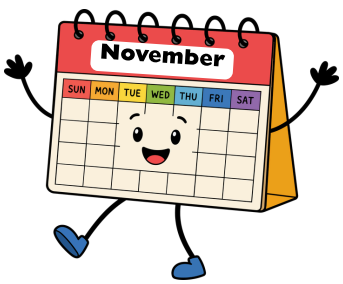


Check out our video on how to book an academic advising appointment! Click on Traill's YouTube channel to view

Traill Mix

What did November say to October?
Time to leaf things behind!





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



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.

Are you a graduate student looking for advising support? If you are completing a Masters or PhD program, please contact your graduate program directly or the School of Graduate Studies at graduate@trentu.ca

For more info please click the underlined 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

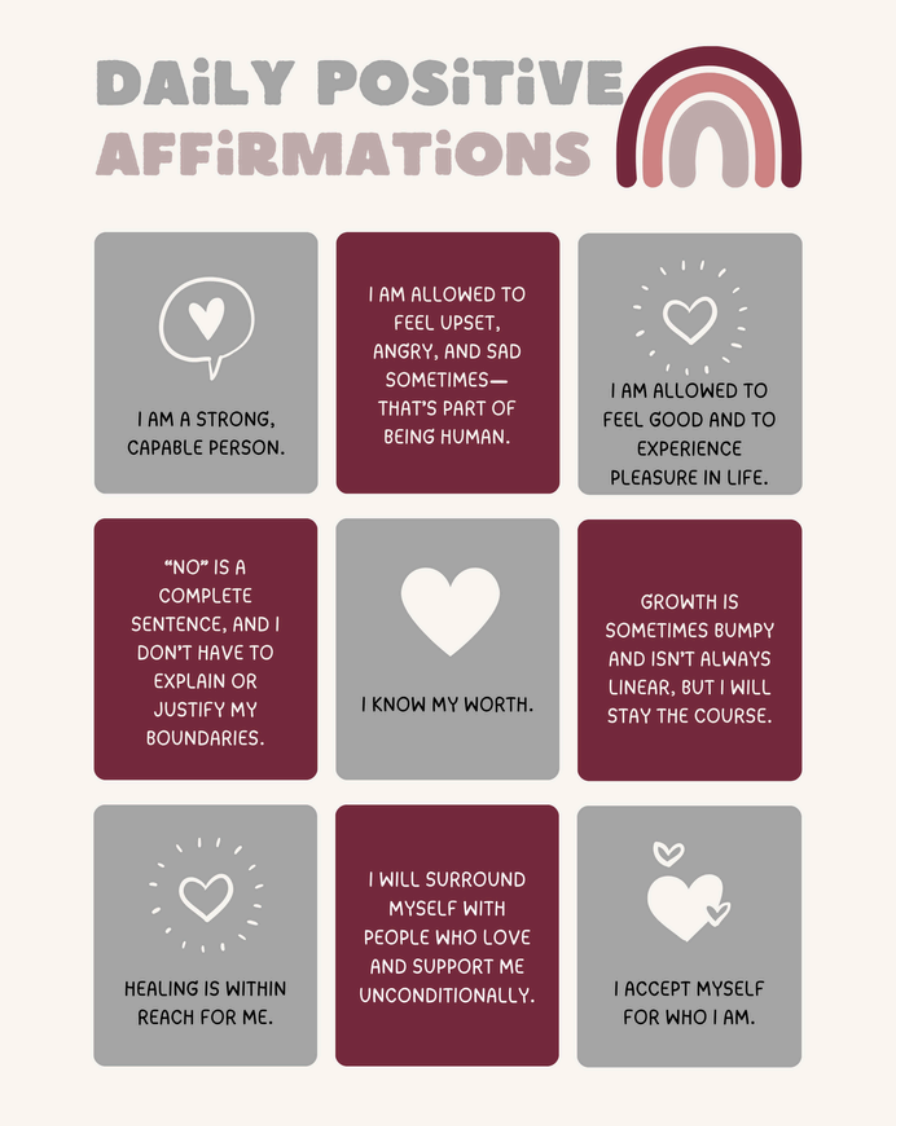
Click Here for More Info

Positive Affirmations

Prioritizing our mental health can start with simple everyday actions like daily positive affirmations.

- Daily affirmations are brief statements that can boost self-esteem and reinforce self-worth.
- Positive self-affirmations may improve well-being, support healthy behaviors, increase optimism, and reduce stress.
- Affirmations can support mental health, but they cannot replace therapy or medication for a mental health condition.

For more information please click the underlined text above.



Catharine Parr Traill College

Nunc cognosco ex parte

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"Some of the days in November carry the whole memory of summer as a fire opal carries the color of moon rise." – Gladys Taber