

FALL EDITION XI- NOVEMBER 25TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University

A message from our College Principal

Dear Traillites,

With December beckoning, we can all start to think about the holiday season and all that it brings. We know that there is a lot of work ahead over the next month, but a gentle reminder that there is a rest period ahead, and we hope that people will get some much needed rest and relaxation spent with family and friends.

We enjoyed another wonderful complimentary **Sunday College Dinner** at *Emmanuel United Church*. The devoted volunteer team from the church were amazing hosts and over **115 people** enjoyed a tasty lasagna dinner and homemade desserts. It was another opportunity for Traillites to get together, enjoy a delicious meal, and socialize with new and old friends. Our next dinner will be on December 6 in *Scott House 105* – be sure to join us if you can.

The annual **Traill Seasonal Social** is on the near horizon. It will be an afternoon event on Thursday, Dec 10 starting at 2 pm in *Scott House*. It is a great opportunity to spend some time with the entire Traill community. Students, faculty, staff, and alumni are all welcome. We hope you can drop by and join in on the festivities.

A final reminder that our **Traill Goes to the Museum** event is on Thursday, Nov 26, meeting in the JCR at 1:30pm. Please do join us for what should be an educational and enjoyable trip to our beloved *Peterborough Museum and Archives*. 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:
Food from Levantine Grill
at
Traill College on Sunday
December 6th 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.

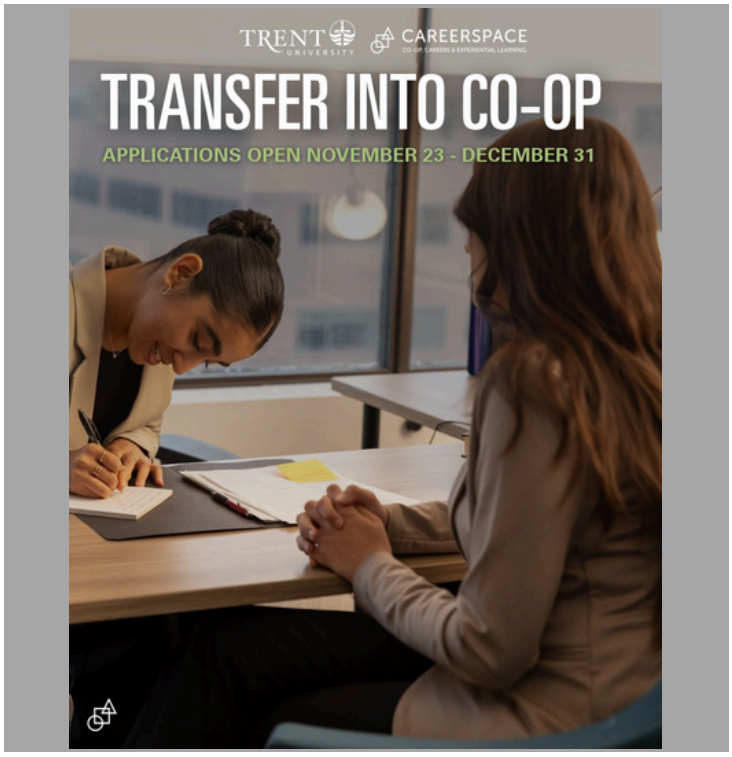


Get in the festive spirit at Traill College!
Join us in decorating the College with holiday cheer on Thursday, December 3rd, at 10:00 AM in the JCR!



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!



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!

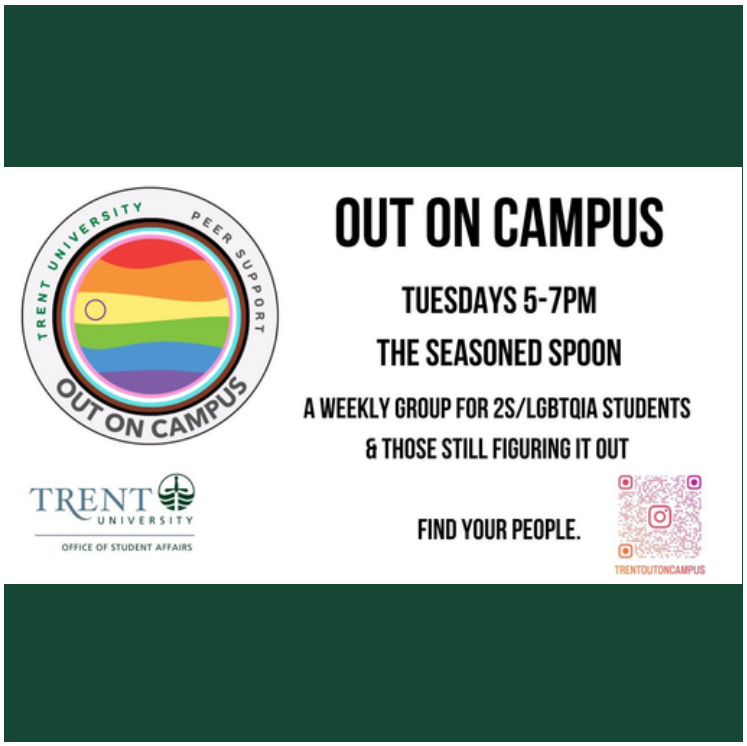


The Equity & Human Rights Office, in collaboration with Consent at Trent, is hosting a Hot Chocolate and Learn event on Thursday, November 26, from 12:00 to 1:00 p.m. in OC 122. Free hot chocolate will be provided!
Register here!

What's going on at Trent!



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.



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!



Off-Campus Housing Search Workshop

Wednesday, November 25
5:30 PM | Virtual on Zoom
Zoom link in bio

Looking for off-campus housing? Join Trent Off-Campus Housing for a session on getting started with your housing search.

What we'll cover:
Determining your rental budget
Choosing the right type of rental and living arrangements
When and where to start looking for housing
Tips for searching and comparing rental listings
Identifying and avoiding rental seams
Housing support and resources available to students

Who should attend?
Students, Parents & Guardians

If you have any questions, please reach out to us at **offcampushousing@rentu.ca**

🏠 Looking for off-campus housing? Join us for our Off-Campus Housing Search Workshop!
Whether you're just starting your search or don't know where to start, we'll walk you through the process.
📅 Wednesday, November 25 ⏰ 5:30 PM 💻 Virtual on Zoom

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.



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

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:

Strawberry Banana Smoothie

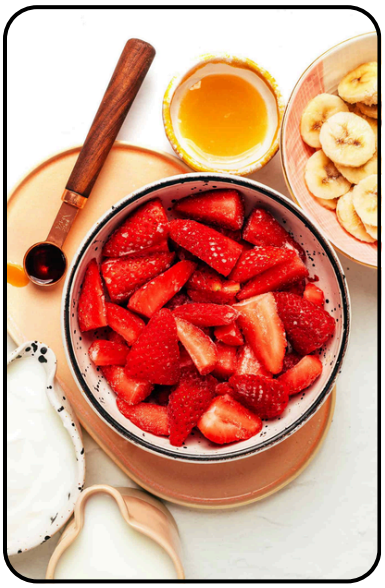
View the Recipe Here

INGREDIENTS

- 2 cups frozen strawberries
- 1 frozen banana, sliced
- 3/4 to 1 cup plain milk (dairy, oat, almond, etc)
- 1/2 cup plain yogurt
- 1/2 teaspoon vanilla extract
- 1 –2 teaspoons honey (optional)

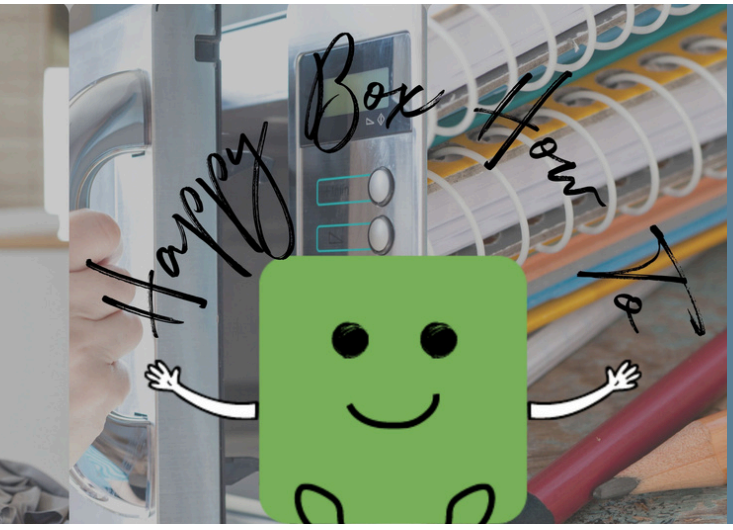
RECIPE BY

ALI (GIMME SOME OVEN)



INSTRUCTIONS

1. Add everything to the blender. Combine the frozen strawberries, banana, milk (start with 3/4 cup), yogurt, vanilla, honey (if using), and lemon juice (if using).
2. Blend until smooth and creamy. Blend on high for 30–60 seconds, until completely smooth.
3. Add more milk as needed to reach your desired consistency.
4. Taste and adjust. Add more honey if you'd like it sweeter, or an extra squeeze of lemon for brightness.
5. Serve immediately. Pour into glasses and enjoy!





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

Traill Mix

Why is grass so dangerous?
Because it's full of blades!



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: Odette Critical Making Studio

The Odette Critical Making Studio is part of the Moore Innovation Hub and is located in Bata Library 401. The studio is home to a variety of equipment and software. Because equipment and time needs vary from project to project, access to the space is by appointment.

Equipment in the studio:

- 3D Printers
- Embroidery Machines
- Cameras
- Audio/Recording
- CNC Machines

For more information click the highlighted text above.



CAREERSPACE

CAREERS & EXPERIENCES

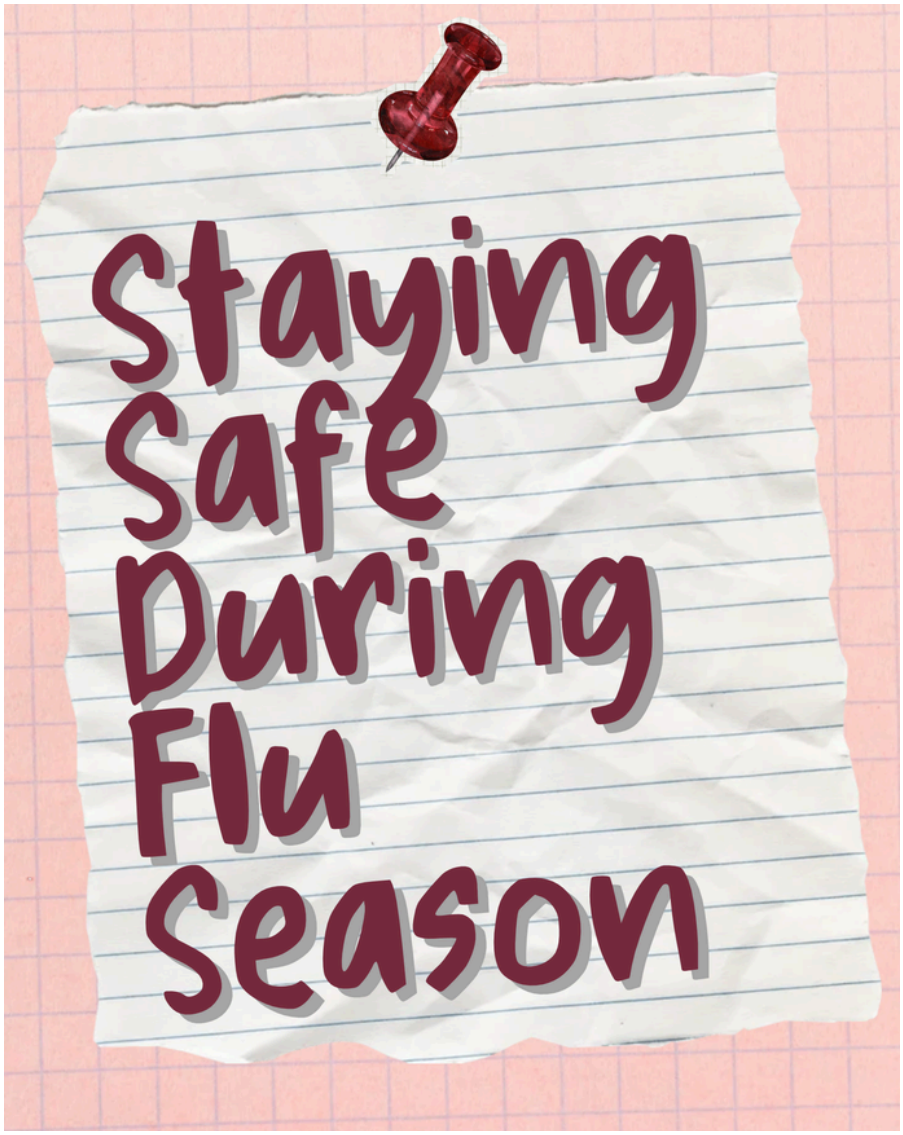
Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

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

Staying Safe During Flu Season



The season of colds and flus is upon us and it is important to prioritize your health. Below are some helpful tips in order to stay healthy.

- Get your flu shot
- Practice regular hand washing
- If you are sick, wear a mask while in public
- Drink lots of water
- Get lots of sleep

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

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"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." — Marie Curie