

FALL EDITION VIII - NOVEMBER 4TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University

A message from our College Principal

Dear Traillites,

November is here, and it means we are moving into the final weeks of the fall semester. We know that these final weeks, especially in the fall semester, are always difficult ones. So please remember that we are here for you in the college office and that our *Academic Skills* and *Academic Advising* folks are all primed to assist any and all of you.

Our next complimentary **Traill Sunday College Dinner** here in Scott House 105 will be held on this Sunday afternoon at 5 pm. All students, faculty, staff and alumni are welcome to join us for a hearty chili dinner. We serve until food lasts, and we typically host over 100 Traillites and friends for each shared meal. It is a wonderful opportunity to spend some time and socialize with other Traillites here at the *"College on the Hill."* Please join us if you can.

Trent's Fall Open House takes place this Friday. We will have our college information table staffed and running that day, and will offer tours of our beautiful campus for anyone who is interested. It has proven to be a lively and busy fall semester for us to date, and we hope to host many visitors.

The **Symons Seminar Series** continues next week with two fascinating presentations from some talented graduate students. Please do make your way here if you can for another stimulating evening of interdisciplinary learning and discussion. Please do not forget that **The Trend** is open every weekday with a great menu and the always wonderful atmosphere.

Finally, as a few people have inquired, I can confirm that I will continue in the *Acting Principal* role here at Traill, and as *Champlain College Principal* until early January. As written last week, we'll have announcements about Traill leadership as soon as they become available. Take care, take advantage of this lovely fall weather, 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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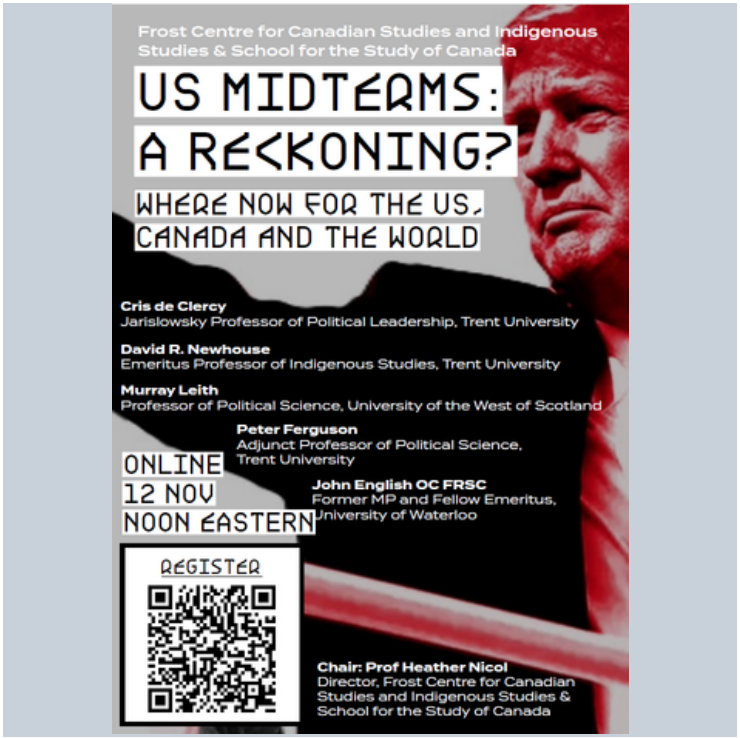
What's going on at Traill!



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.
Nov. 12th, 7:30pm-9:00pm. Traill College - Bagnani Hall
Light refreshments provided!



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.

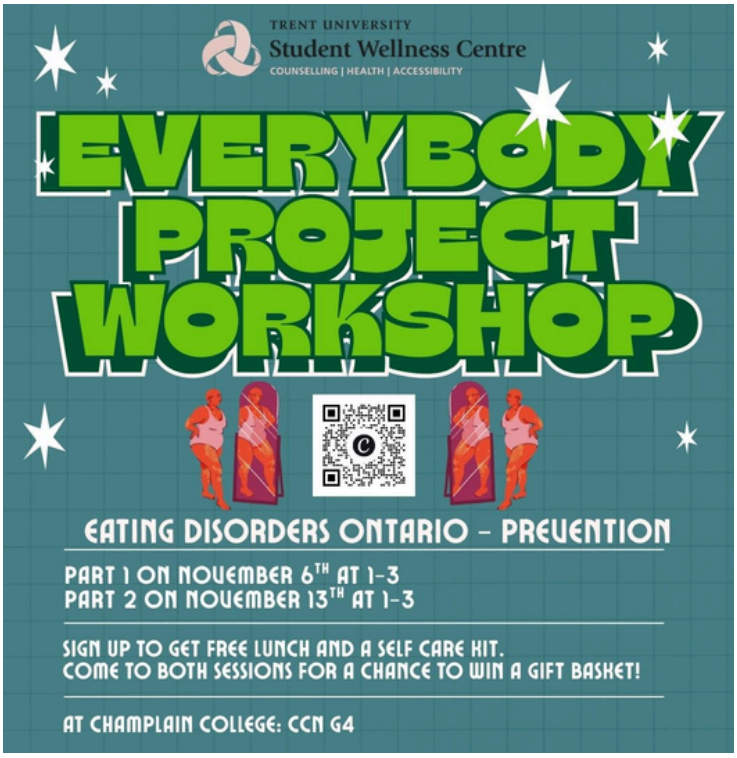


The Frost Centre for Canadian Studies, Indigenous Studies, and the School for the Study of Canada present "US Midterms: A Reckoning?"
Online - register here
Nov. 12, 12pm (noon)



New Traill Merch items in stalk! Take a peek and be the proud owner of some Traillite fashion!
Find it here!

What's going on at Trent!



Come and discover how EVERYbody can love themselves in a workshop presented through Trent Health Services!
Part 1: Friday, November 6th, 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



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, or REGISTER HERE.



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!



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



Thinking about dropping a course? This is a good time to ask questions, find information, and make a decision that's right for you. Academic Advising, Financial Aid, and College Ambassadors are hosting two pop-up tables to address common questions, provide resources, demonstrate tools, support appointment booking, and more!



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!

What's going on at Trent!



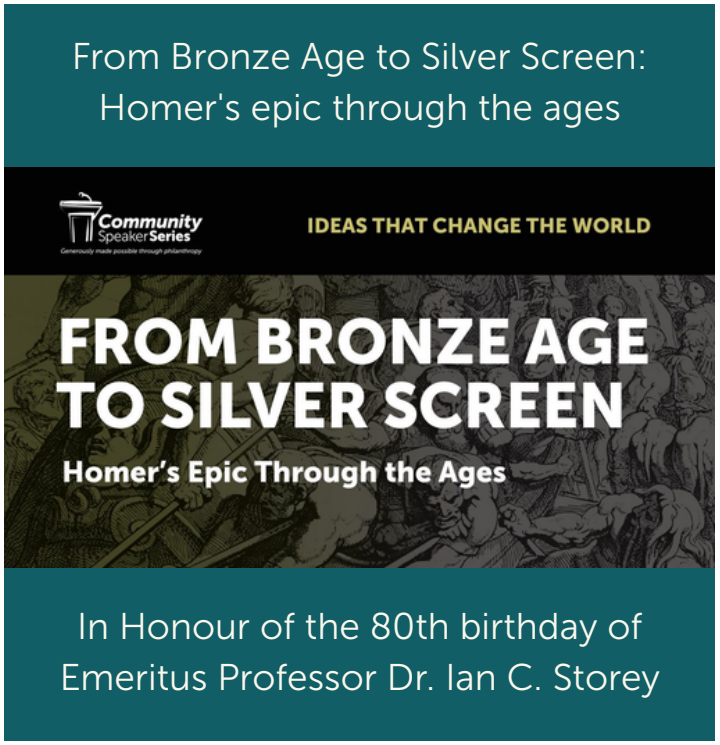
Orientation Leader Applications are open for Fall Orientation 2027! Express your interest now and join our amazing team of volunteers to rep your College while supporting our new students through their transition to Trent. Apply now!
Have questions? Reach out to us on Instagram @trent_orientation or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



Join us for our November Community Lunch at Otonabee College! We're bringing you FREE delicious food catered by local favourite Sam's Place!💙 We'll have a paramedic joining us with an information table where you can learn more about diabetes, the importance of early testing, and ways to stay healthy. All students are welcome! Bring your friends and come hungry!
Nov. 10 - 12pm - OC College Commons



On November 11, Trent University participates in a solemn observance of Remembrance Day. The Trent Remembers ceremony pays tribute to all individuals who served in the military and acknowledges their significant contributions. It is a time for reflection, respect, and gratitude as we honour the sacrifices made by those who have served and continue to serve our country.
For more information please click here.



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.

What's going on at Trent!



Learn-to-Curl for Undergrad + Grad Students! All levels of experience are welcome! Meet your varsity curlers, make some friends, and learn a little bit more about curling! Wear comfortable, athletic clothing, and bring a pair of clean, indoor running shoes! Register here! 📍 Peterborough Golf and Country Club 🗓️November 7th ⏰1pm-4pm



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!



🏠 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



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

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:

Cherry Turnovers

View the Recipe Here

INGREDIENTS

- 1 (14.1 ounce) box refrigerated pie crust (such as Pillsbury)
- 1 (14 ounce) can cherry pie filling
- 1 teaspoon vanilla extract
- 2 tablespoons cinnamon sugar
- 1 large egg
- 1 teaspoon water

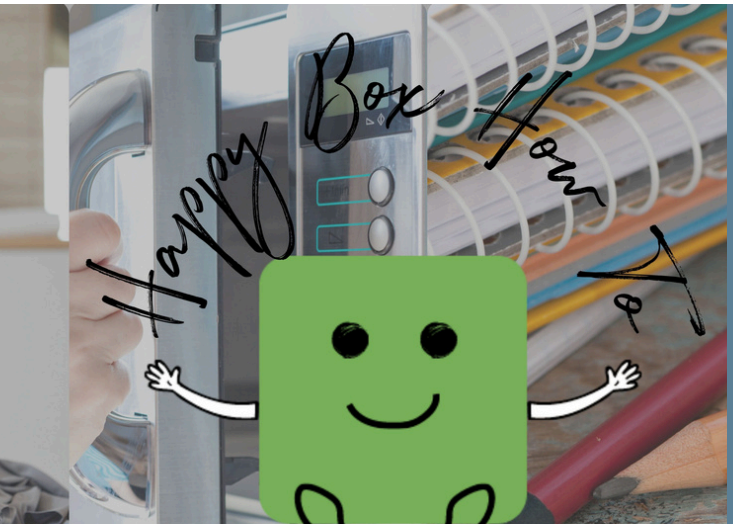
RECIPE BY

LADONNA LANGWELL



INSTRUCTIONS

1. Preheat the oven to 350 degrees F Line a baking sheet with parchment paper.
2. Roll pie dough until 1/8-inch thick on a lightly floured surface. Cut circles out of the dough using a soup bowl.
3. Press extra dough together and roll out again. Repeat the process until all the dough is used up.
4. Pour cherry pie filling into a bowl and stir in vanilla extract.
5. Whisk egg and water together in a small bowl.
6. Spoon a generous portion of cherry filling onto the bottom half of the dough circle, leaving a 1-inch border free.
7. Fold top half of dough over the filling and press edges together. Crimp edges with a fork all the way around.
8. Lightly brush cherry turnover with egg wash and sprinkle with cinnamon sugar.
9. Bake turnovers in the preheated oven until golden brown, 15 to 20 minutes.
10. Let cool for 5 minutes before serving.





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

Traill Mix

My friend has a fear of speed bumps.
But they're slowly getting over it.



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: Student Wellness Centre

TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY

The mission of the Student Wellness Centre is to provide integrated services to address the holistic needs of students studying at Trent.

The Student Wellness Centre consists of Counselling, Health & Accessibility Services. All services are strictly confidential and co-located in Blackburn Hall.



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

Different Types of Self-Care

- **Physical self-care:** Activities like exercise, a healthy diet, staying hydrated, healthcare access, and sufficient sleep
- **Mental self-care:** Engaging in nature, hobbies, learning, meditation, mindfulness, and therapy
- **Emotional self-care:** Setting boundaries, expressing feelings, and pursuing activities that bring joy
- **Social self-care:** Spending time with loved ones, volunteering, and nurturing relationships



Catharine Parr Traill College
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"You have to participate relentlessly in the manifestation of your own blessings." – Elizabeth Gilbert