

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal Michael Eamon

Dear Traillites,

It is hard to believe, but we are in the penultimate week of classes for the Fall term. As I write this, I can hear the punctuated rhythm from the hammers of roofers as they effect emergency repairs to Scott House. Over the past few years, Traill has felt like an ongoing construction site... and I have loved every minute of it! For me, the sound of construction is the sound of new things and new possibilities for Traill and Trent University. In this particular case, the immediate noise -- though distracting -- is much more preferable than the sound of water dripping through the ceiling, or squirrels rummaging through the attic.

As the end of term approaches, so too does our annual **Traill College Seasonal Social**. This year's celebration will be on Friday, December 8th from 2 to 4 PM. Join us in the JCR for free snacks, good conversations, and the occasional yuletide tune led by me on the piano.

For fans of **Trent University Continuing Education**, run from Traill College, don't forget that registration is now open for our Winter-Spring term. Check out our selection of thirty non-credit courses and workshops. All programs are 50% off if you register before December 31st. For more details go to: www.trentu.ca/continuingeducation

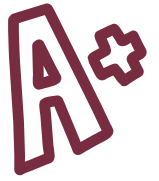
Finally, I have included some great pieces from **Professor Jessica Marion Barr's** students in her eco-art class that is held in the newly refurbished Scott House room 105. Although there is no official fine arts program at Trent, Traill College has become the university's hub for art, music, and performance and I am excited to show off some of the great work that is happening here on a daily basis.

Until next week,



Needing an Appointment?

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. 7333 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.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Cabinet Corner



<https://www.trentu.ca/colleges/trail/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 response to COVID 19 visit:

<https://www.trentu.ca/coronavirus/>

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*



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Backwoods Baking Presents:

Mostaccioli

<https://www.tasteofhome.com/recipes/mostaccioli/>

INGREDIENTS

- 1 pound uncooked mostaccioli
- 1-1/2 pounds bulk Italian sausage
- 1 jar (28 ounces) meatless spaghetti sauce
- 1 large egg, lightly beaten
- 1 carton (15 ounces) ricotta cheese
- 2 cups shredded part-skim mozzarella cheese
- 1/2 cup grated Romano cheese

INSTRUCTIONS

- Cook pasta according to package directions; drain. Crumble sausage into a Dutch oven. Cook over medium heat until no longer pink; drain. Stir in spaghetti sauce and pasta. In a large bowl, combine egg, ricotta cheese and mozzarella cheese.
- Spoon half the pasta mixture into a greased shallow 3-qt. baking dish; layer with cheese mixture and remaining pasta mixture.
- Cover and bake at 375° for 40 minutes or until a thermometer reads 160°. Uncover; top with Romano cheese. Bake 5 minutes longer or until heated through.



Click on Trail's
[YouTube](#)
channel
to view



Trail Mix



Why did the teddy bear say no to
dessert?

Because she was stuffed.



What's going on at the College on the Hill?

"DO YOU AIRBNB? PROPERTY LAW, SHORT-TERM RENTALS, AND AFFORDABLE HOUSING"

A conversation on the intersection of **short term rentals**, **property law**, and the crisis of **affordable housing**.



Dr. Kellen Zale
2023 Trent University
Fullbright Research Chair

A free reception will follow
Everyone is welcome

Tuesday, November 28, 2023
7:00pm - 8:30pm
Bagnani Hall, Traill College



Please join Dr. Kellen Zale, Associate Professor of Law at the University of Houston Law Center for a conversation on the intersection of short term rentals, property law, and the crisis of affordable housing. Tuesday Nov 28 at 7pm, free reception to follow.

amplifying gender equality APPLICATIONS THROUGH WORKSHOPS



Thursday, November 30th
7:00 PM to 8:30 PM
Scott House, Rm 105

OR

Monday, December 11th
7:00 PM to 8:30 PM
Bagnani Hall

Join Kawartha World Issues Centre (KWIC) for a workshop about gender equality importance in Nogojiwanong/Peterborough and let's ensure that our community is **Leaving No One Behind**.

EMAIL: workshops@kwic.info
FOR MORE INFORMATION!

Amplifying Gender Equality in Nogojiwanong/Peterborough is a year-long project led by the Kawartha World Issues Centre (KWIC) from January to December 2023 to amplify Gender Equality in our community. Please visit our website to learn more about the project.



Traill College Seasonal Social

Drop by Scott House on December 8th, 2023 between 2pm - 4pm for festive celebrations and sweet treats!



Drop by Scott House on December 8th, 2023 between 2pm - 4pm for festive celebrations and sweet treats! Traill college is a warm and welcoming space that sets a cheerful and happy tone for the holiday season, so come join us!

Inter-Collegiate Pen Pal Program
Sign up using the link in the image caption!



Matches made every Monday from Nov 20 - Dec 11



The Inter-Collegiate PenPal Program is back! Follow this link to be matched with a new friend that you can connect with digitally: [here](#). The first match will be made on November 20th. If you miss this date, sign up is ongoing, so matches will be made every Monday until

What's going on at Trent University?

Need a little help finishing up the semester and getting ready for exams?

Come for the morning, afternoon, or all day!

10 am to noon

- Take inventory of term projects
- Make a plan to complete assignments

1pm to 3pm

- Create an exam study guide
- Practice study strategies
- Learn to manage exam stress

Refreshments provided!

FINISH STRONG Workshop



ACADEMIC SKILLS IN THE COLLEGE

Sunday

November 26, 2023

10 am to 3 pm

OC Commons

Otonabee College

Want a strong finish for the last few weeks of the term? Join Academic Skills Instructors on Sunday, November 26 from 10 am to 3pm in the Otonabee College Commons and let us help you make a plan for finishing course assignments and plan for final exams. Enjoy tasty refreshments!



STUDENT Housing Day



November 29th, 2023

11:00 a.m. – 2:00 p.m.

STUDENT CENTRE

Symons Campus

The Off Campus Housing Department is also hosting Student Housing Day on November 29th at The Student Center. This event is a unique opportunity for students to engage with local landlords, connect with potential roommates, and gain deeper insights into the housing market in the Peterborough community.



NORTH AT TRENT



2023-24 Lecture Series

SECURITY AND SOCIO-ECONOMIC INEQUALITIES IN THE NORTH

November 30, 2023 7:30 p.m. Bagnani Hall, Traill College

To join remotely, register using the QR code



GÉRARD DUHAIME

Full professor, Department of Sociology, Chairholder of the Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval



KAREN EVERETT

Senior Research Associate, Louis-Edmond-Hamelin Chair of Northern Research in Social Sciences, Université Laval



trentu.ca/northattrent

Equal opportunities and Ecoshelter Bay, Photo credit: Saffron Blaze, 2009

Each year, Trent organizes a series of public talks on the broadly defined “north”. Building on Trent’s established role as a centre of innovation on northern research these lectures are a key feature of academic life at Trent.

You can register for zoom [here](#).

Help Bring Our Books Home



HAVE AN OVERDUE LIBRARY BOOK?



WE'D LOVE TO HAVE IT BACK!



NO LATE FINES!



Questions?
Contact library@trentu.ca
or talk to staff at the Library

Do you have overdue books? Are you worried about late fines adding up? Worry no more! When you return your books, no fines will be charged (unless you've borrowed something special—a course reserve or an interlibrary loan). Even a “lost” fine will disappear when you return the book to the library.



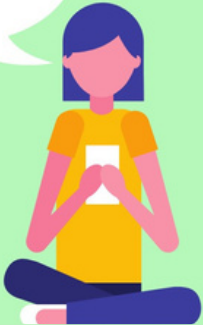
Student Supports

We want you to know you are supported on-campus and in the Peterborough community. Every week we will rotate through groups who can support your unique self.



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. [Our 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.

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



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

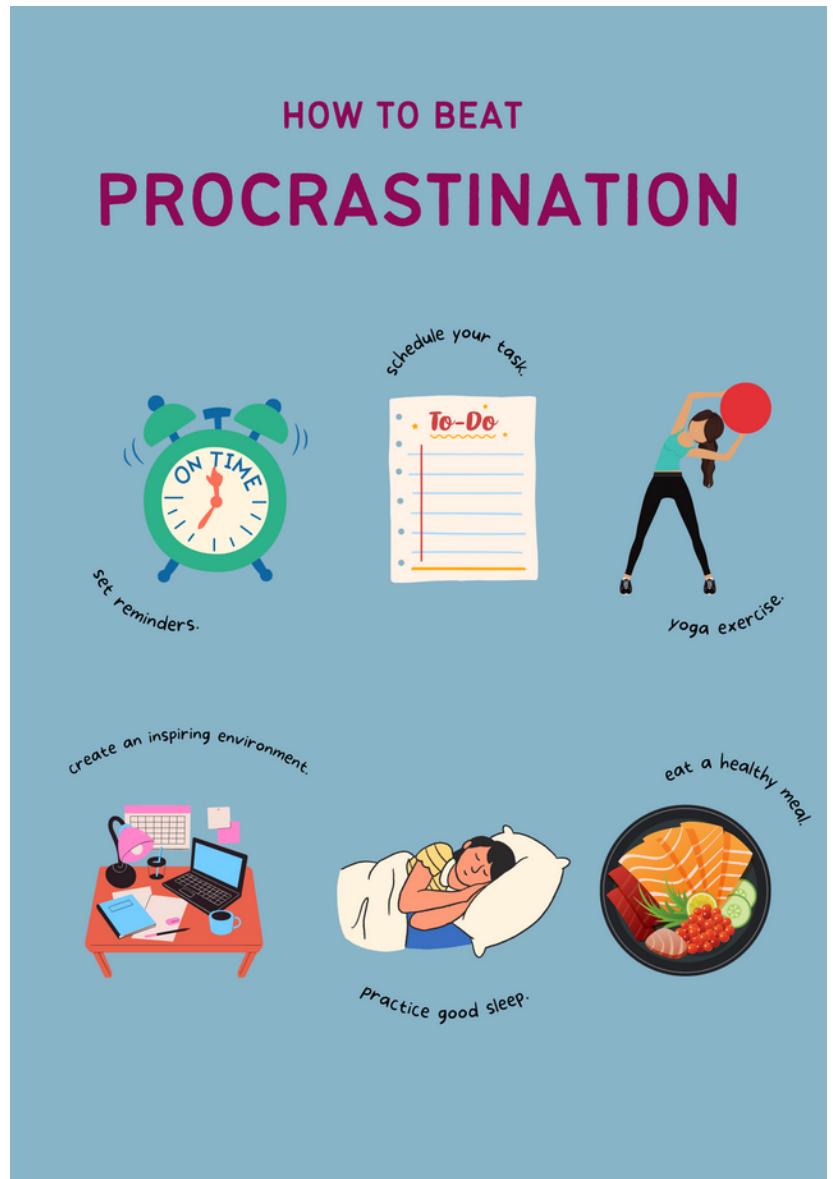
<https://worksmartlivesmart.com/do-it-day-fight-procrastination-september/>

Fight procrastination!

Sometimes we procrastinate because jobs or tasks are difficult or time consuming, but it is not procrastination if the job doesn't rank in importance or urgency.

Here are some ways to fight procrastination.

- Find the answer to "What's In It For Me". Why is this task/decision important. What will I achieve once it is completed?
- Use positive self talk to keep you moving forward.
- Set a timer. Work with your concentration and energy not against it.
- Make appointments with yourself for breaks, planning, visioning and even napping.



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"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

— Lyndon B. Johnson