

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

The autumn colours are almost at their peak at the College on the Hill. This is one of my favourite times of the year at Traill. This fall, we have even more red, orange, and yellow hues thanks to all the new trees that the Jalynn Bennett Amphitheatre has incorporated in its design. Despite the colder turn in the weather, use of the Amphitheatre hasn't diminished. The **Trent Improv Society** had a performance and concert last Friday evening, and Professors **Stephen Brown** and **Andrew Loeb** continue to hold their theatre classes in the space during the day. Even when there isn't a scheduled use, students continue to find a quiet spot to do homework, chat with friends, or just relax. The College is downright busy these days. Instead of hurrying home after class, students are staying at Traill and enjoying The Trend, or using Scott House and appreciating the wonderful company of fellow classmates. We are also experiencing unprecedented numbers at our planned events; in September alone, almost 900 students (both undergraduate and graduate) attended various activities including **Orientation, GTA Workshops, Traill Carnival, Traill Scarf Ceremony, Mature and Graduate Student Socials**, and **Fiddling for Fox**.

Tonight, we are very excited for the return of the **Symons Seminar Series for Graduate Research**. Previously put on hiatus due to COVID, the Symons Series is one of the longest student-run symposia in North America. Traill is proud to facilitate this great event. Come to Bagnani Hall tonight at 7 PM to hear two great graduate student talks. There will also be FREE food and great discussions. Everyone is welcome to attend.

We are also very excited to host Professor **Laura U. Marks** as this year's **Traill Visiting Fellow**. She is a philosopher and scholar of new media and film and will be with us during the last week of October. Laura is our first visiting fellow since COVID and we will be having our first College Dinner since 2019 as well! Here is a schedule for her stay:

- Tuesday October 31st, **Public Lecture: "Healthy Living for Monads: Do We Need a Multiverse?"**, Bagnani Hall, 7-9pm. Everyone welcome. Free food!
- Thursday, November 2nd, **Graduate Seminar/ Job Talk**, Bagnani Hall, 7-9pm. All Grad Students Welcome!
- Friday, November 3rd. **College Dinner Celebrating Laura U. Marks**, Friday November 3rd, Bagnani Hall, 6-9pm. Everyone welcome, great food and live music. Tickets \$20 for Students; \$40 for Faculty and Staff; limited free tickets available from ENLS, Cultural Studies, Public Texts, History, Frost Center, and other graduate departments. Contact the Traill College Office for more details.

Finally, next week is Reading Break. **Scott House** will remain open from 8 AM to 10 PM for anyone who needs a quiet space for study or relaxation. However, Food Services at **The Trend** will be closed for the week.

Until next time,



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:

Potato Wedges

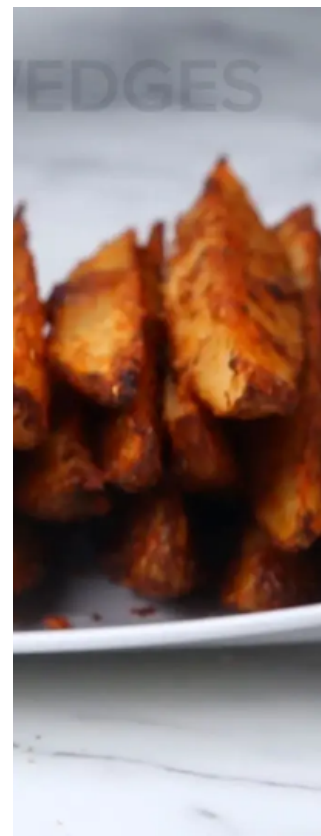
<https://tasty.co/recipe/potato-wedges>

INGREDIENTS

- 3 large russet potatoes
- 1/3 cup olive oil (80 mL)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon paprika
- 1/2 cup parmesan cheese

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Thoroughly wash potatoes, cut in half, and slice into wedges.
3. Toss wedges in olive oil and seasonings.
4. Place on a baking sheet, skin side down.
5. Bake 40-50 minutes.



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



Trail Mix



What do cows read the most?
Cattle-logs



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

Announcing the First Presenters in the Symons Series on Graduate Student Research



Pearl Finkelzon
Harvest Now!? Navigating Human Dynamics in an Established Community Garden




Hadia Mustansir
The Effects Of Overgeneralization on Pattern Discrimination tasks on Rodent Models: Would This Lead to an Impaired PS, and Impaired Memory extinction?



October 19
7pm-9pm

Bagnani Hall
Trail College

Support your peers, and learn something new!
All are welcome.
Food will be provided free of charge.



Trail is proud to announce the first presenters in the Symons Series! Pearl Finkelzon and Hadia Mustansir will be presenting their research in Bagnani Hall at Trail College on October 19 from 7 to 9PM. Free refreshments will be provided.

2023 TRAIL
Visiting Fellow

FREE PUBLIC LECTURE

Dr. Laura U. Marks: Grant State Professor, School for the Contemporary Arts at Simon Fraser University.

"HEALTHY LIVING FOR MONADS: DO WE NEED A MULTIVERSE?"

Tuesday October 31st
Bagnani Hall 7-9pm




Join Dr. Laura U. Marks in discussion of her book "Healthy Living for Monads: Do we Need a Multiverse?" October 31st 7-9pm. Questions and refreshments will follow the lecture.

THRIVE WEEK
DIY STRESS BALL DROP IN



STOP BY BAGNANI HALL BETWEEN 7-9PM TO MAKE YOUR VERY OWN STRESS BALL

Thursday November 16th, 7-9pm




Feel free to swing by Bagnani Hall between the hours of 7 to 9 on November 16 to join us in making DIY stress balls during Thrive week.

NEW THIS FALL

SAME-DAY COUNSELLING

at



WHEN & WHERE

FRIDAYS 11:00AM - 3:00PM
TRAIL COLLEGE SCOTT HOUSE,
ROOM 208.1

HOW TO BOOK

Call Counselling Services on Fridays before 10AM
Call: (705) 748-1386



Having a bad day? Looking for someone to talk to? Call before 10am on Fridays to book a same-day appointment between the hours of 11 and 3.

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



Popcorn provided

SHREK
6-7:30PM

ADDAMS FAMILY
8-9:30PM

October 31st
Jalynn Bennett Amphitheatre
Trill College

HALLOWEEN DOUBLE FEATURE

The poster features a green, cartoonish tree on the left, a red and white striped popcorn bucket in the center, and a black and white photo of the Addams Family on the right. A banner at the bottom reads "HALLOWEEN DOUBLE FEATURE" in a stylized font.

The spooky month has begun, and to top off a month filled with ghouls and ghosts we will be hosting a Halloween movie night. A double creeper feature of Shrek and The Addams Family on the 31st.



Trail or Treat!

Candy Contest

Submit your guess at the Trill College Office (SH 107) for a chance to win a jar of goodies!

The poster is circular with a white background and a red dotted border. It features a cartoon squirrel holding a pumpkin basket of candy. The background is decorated with various colorful candies.

All are invited to take a chance on the "Trail or Treat" candy contest until October 31st. Submit your guess of how many candies are in the jar. If your guess is closest, you get to take it home!



Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges

The banner has a light blue background with a faint image of students in a classroom. The text is in a bold, dark green font.



The Writing Room

Writing Skills Drop-In with Academic Skills!

Tuesdays 11am-1pm

Morton Reading Room (CCS 303)

Join Lori Steers, Academic Skills/ESL Instructor, every Tuesday to strengthen your writing skills!



Scan for the Writing Room schedule!



Learn more at trentu.ca/academicskills/

The banner includes the Academic Skills logo on the left and a QR code on the right.

Join an Academic Skills instructor and an experienced Trent student in weekly Learning Labs over Zoom or in-person. More information can be found on the [Academic Skills website](https://trentu.ca/academicskills/).



Connect with us!

@trentuacademicskills acdskills@trentu.ca

The banner features social media icons for Instagram and email, and the Academic Skills logo on the right.

Join Academic Skills for their weekly drop-in writing support sessions: a great opportunity to ask questions about your writing and discuss your assignments with an Academic Skills Instructor!

What's going on at Trent University?



**DOWNLOAD
THE TRENT U
SAFETY APP**

trentu.ca/safetyapp

Trent University has launched a new safety app, adding another layer to the University's robust campus safety. Be sure to enable notifications to access all features. For more information, visit trentu.ca/safetyapp.

FOREST BATHING

October 19th, 2pm



Join Kristina Domsic, Gzowski College, Trent Outdoors, and Trent Spiritual Affairs for a forest bathing walk! We will meet at the GC Breezeway and then make our way to the trails by the Camp Kawartha Environment Centre. Register [here](#)



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Winter Clothing Drive

Support international students and newcomers to prepare for winter by donating your gently used clothing



TRENT UNIVERSITY
TRENT INTERNATIONAL

Donate by October 31, 2023

Drop Off Location:
TI Office (CC 302)

In partnership with OPIRG, Trent International will be hosting an annual winter clothing drive! As of now, there is a call for donations and they will be accepting them until October 31, 2023.

QUEEN'S PARK FIELD TRIP

Monday, October 30, 2023

Join MPP Dave Smith and recent Political Studies graduate Jenna Depaiva for a day at Queen's Park!

8:00 A.M.: Bus Departs from Symons Campus
10:00 A.M.: Arrive at main entrance to Queen's Park
3:30 P.M.: Bus Departs from Queen's Park for Trent

There is no cost, and transportation from Symons campus to and from Queen's Park (Toronto) is provided.

Scan here to register for the event!
Registration deadline: October 16





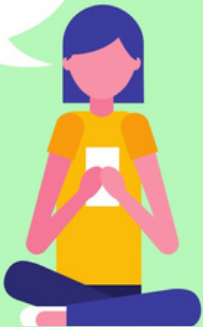
Student Supports

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.



Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success. Academic Advisors help undergraduate students clarify their academic goals, decide which courses to take, understand academic regulations and degree requirements, connect them with the services they need and, ultimately, take charge of their own education.

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://www.healthline.com/health/grounding-techniques#how-do-they-work>

Grounding is a practice that can help you pull away from flashbacks, unwanted memories, and negative or challenging emotions.

- Put your hands in water.
- Breathe deeply.
- Savor a food or drink.
- Take a short walk.
- Listen to your surroundings.
- Visualize a daily task you enjoy or don't mind doing.
- Describe what's around you.
- Sit with your pet.
- Listen to music.

How do grounding techniques work?

While there's little research explaining how grounding techniques work, the techniques represent a common strategy for managing PTSD and anxiety.

Grounding techniques use tools such as visualization and senses including sight, hearing, and smell to help distract you from a variety of possible feelings and thoughts. Like mindfulness techniques, they help you return to the present moment.

Trent Wellness Instagram: <https://i-helpdisability.com.au/grounding-exercises/>

INHALE 1-2-3-4

REST 1-2-3-4

EXHALE 1-2-3-4

HOLD 1-2-3-4

5 - 4 - 3 - 2 - 1
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

iHDS



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"I took a deep breath and listened to the old bray of my heart. I am. I am. I am." ~ Sylvia Plath