



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Now that the dust has settled after the first few weeks of class, we are finding a happy routine of activities and special events taking place all around the College. It is wonderful to see the students staying after classes, reading, talking, and otherwise enjoying the lawns, the common rooms, and eating at The Trend. If you haven't been hanging out at Traill... this is your chance to discover your College!

For graduate students, our **Motivation Mondays** begin again this Monday, September 26th. The main objective of the group is to support you as you work through your writing projects; from course work, proposals, grant writing, to writing a Master's thesis or a PhD dissertation. It is a great way to meet your graduate student peers and to build a community with the common goal of making progress on writing projects. Join **Dr. Sue Beckwith** in the Senior Common Room every Monday at 10:30 AM.

For all off-campus students (undergraduate and graduate), don't forget there is just a few days left to apply for afterhours access to the College (please see last week's newsletter for more details and regulations). To apply, you need to be a current Traill member. Interested students should email their name and appropriate student card information to: [traillaccess@trentu.ca](mailto:traillaccess@trentu.ca)

This Sunday, 25 September, we have a special treat on the Kerr House front lawn. **Kate Suhr** and **Megan Murphy** will perform their musical variety show, **The Verandah Society**. Made popular during COVID, the Verandah Society is a performance that can be enjoyed by the whole family. Please bring a lawn chair or blanket and it is a pay-what-you-can performance.

ATTENTION ALL NEW STUDENTS. Do not forget that the annual **Traill College Scarf Ceremony** will be on Saturday, 1 October at 11 AM. Don't miss this opportunity to be officially welcomed into the College, receive your Traill scarf, meet other new students and pose for our all-college photo.

Finally, and sadly, this weekend we received word that **Lydia Dotto** had died. Lydia was a journalist, a science communicator, and a popular Continuing Education instructor. Our thoughts go out to her family and all those who benefitted from her wealth of experience which she shared in, and outside of, the classroom. Her obituary can be read [here](#).

Until next week,

Michael



## Needing an Appointment?

**Academic Advising  
Same-Day Appointments**  
Every Friday  
from 9am - 4pm  
Booked by the College Office



**Academic Skills  
Appointments**  
Monday-Friday  
afternoons; appointments  
available to book at 9am.

## Cabinet Corner

Keep an eye out for  
upcoming events and  
fundraisers with Traill  
College Cabinet!

To keep up to date with the  
college, follow us on social  
media!



## Looking to book an academic appointment?



Visit the [advising website](#) for the full schedule. Traill will have same-day appointments Fridays from 9am - 4pm starting September 23rd. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

**Academic Skills** appointments are available for booking by logging on to the [Student Experience Portal](#) and selecting an available date and time.

If you are a **Graduate Student** and require Academic Advising support, please reach out to [graduate@trentu.ca](mailto:graduate@trentu.ca) or your [home department](#).



## Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or [traill@trentu.ca](mailto:traill@trentu.ca)!





# Backwoods Baking Presents:

Healthy Pumpkin Muffins!

COOKIE + Kate



## INGREDIENTS

- ½ cup melted coconut oil or extra-virgin olive oil\*
- ½ cup maple syrup (or honey)
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- ¼ cup milk of choice (I used almond milk)
- 2 teaspoons pumpkin spice blend (or 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground nutmeg, and ¼ teaspoon ground allspice or cloves)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 ¾ cups whole wheat flour\*\*
- ½ cup old-fashioned oats, plus more for sprinkling on top
- Optional: 2 teaspoons turbinado (raw) sugar for a sweet crunch

## INSTRUCTIONS

1. Preheat oven to 325 degrees Fahrenheit. Grease all 12 cups of your muffin tin with butter.
2. In a large bowl, beat the **oil** and **maple syrup** together with a *whisk*. Add the **eggs**, and beat well. Add the **pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract** and **salt**.
3. Add the **flour** and **oats** to the bowl and mix with a *large spoon*, just until combined (a few lumps are ok).
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of **oats**, followed by a sprinkle of **sugar** and/or **pumpkin spice blend** if you'd like. Bake muffins for **22 to 25 minutes**, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
6. These muffins taste even better after they have rested for a couple of hours! They'll keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed).

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

Click [here](#) to check out Trail College's Happy Box How To's! Check out our previous videos for some helpful tips for cooking, doing laundry, moving, and academic skills!

## Trail Mix

What is it called when a tree takes some time off?



**Paid leaf.**





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



Join us for an Old Ontario Ceilidh  
Kerr House Lawn, Traill College

Friday September 23, 2022

6:30—8:30 pm

Bring your stories, songs and musical instruments!

Refreshments served. Limited seating available for this outdoor event, so tote a blanket or folding chair, as well as your dancing shoes.

Rain plan: Bagnani Hall, Traill College



Dancing club: Courtesy Elgin County Archives



The Canadian Studies Department celebrates 50 years with an Old Ontario Ceilidh! Join us on the Kerr House Lawn on Friday September 23 from 6:30-8:30pm.

## TRAILL COLLEGE PRESENTS THE VERANDAH SOCIETY

THE KERR HOUSE LAWN - 299 DUBLIN ST  
SEPT 25TH 2PM PWYC AT THE DOOR



Join Megan Murphy and Kate Suhr for a funny and poignant performance of local stories, and songs with musical accompaniment by Saskia Tomkins. Open to all, please bring your own chairs or blankets for the lawn.

## MOTIVATION MONDAYS: GRADUATE STUDENTS WRITERS' GROUP

EVERY MONDAY 10:30 TO 11:30 AM  
SENIOR COMMON ROOM (SCR)  
SCOTT HOUSE, TRAILL COLLEGE

Set goals, learn motivational tips,  
and plan your week

September 26 - December 5  
For more information:  
Academic Skills website



Motivation Mondays for graduate students! For those awful Mondays that we all dread. This is for it's victims. Please visit Academic Skills website for more information on the event.

## Michael Hawes, Fulbright Canada



## Canada - US Relations in a Complex and Uncertain World

7:00 pm, September 27, 2022  
Bagnani Hall, BG101, Traill College  
Everyone Welcome

Webpage for event (no registration required)  
[trentu.ca/canada/faculty-research/fulbright-research-chair](https://trentu.ca/canada/faculty-research/fulbright-research-chair)



Dr. Michael Hawes is a professor of political science, a tireless advocate of international education, and a proud alumnus of the Fulbright program. He is President and CEO of the Foundation for Educational Exchange between Canada and the United States of America, a position that he assumed in September of 2001.

The Canadian Studies Department celebrates 50 years! Michael Hawes from Fulbright Canada: Canada- US Relations in a Complex and Uncertain World. September 27 at 7:00 pm in Bagnani Hall, Traill College.



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

*Trent University Music Society Presents:*

## OPEN MIC NIGHT

IN PARTNERSHIP WITH TRAILL COLLEGE

8:30-9:30 PM  
THE TREND,  
TRAILL COLLEGE

EVERY  
SECOND AND FOURTH  
THURSDAY OF THE  
MONTH

➤ No Registration or Musical Talent Required.

@trailcollege @trentu.music



No registration or musical talent required! Come to the Trend and enjoy the music and the space every **second** and **fourth Thursday** of the month.

# PRIDE PICNIC

Come out and enjoy some free snacks, games, and button making with Traill College and the TGSA

Wednesday, September 28th  
4-6pm  
@ Traill College



Want to enjoy an afternoon in the sunshine and meet some new friends? Come down to Traill College September 28th from 4pm-6pm for an afternoon of snacks, games, and button making.



TRENT UNIVERSITY  
CONTINUING EDUCATION

STARTING AT  
**\$35**

## COURSE REGISTRATION COMING SOON!

[trentu.ca/continuingeducation](http://trentu.ca/continuingeducation)

Learn a new skill and gain a fresh perspective. Visit the [continuing education website](http://trentu.ca/continuingeducation) to find a variety of our fall class and workshop offerings.



## ACADEMIC INTEGRITY: WORKSHOP FOR GRADUATE STUDENTS

Find out how to protect  
your academic integrity

TUESDAY, OCTOBER 4  
7:00 TO 8:30 PM  
ONLINE

More information:  
Academic Skills website  
Registration required



Find out techniques to help you avoid plagiarism, and much more! Please refer to the Academic Skills website for more information.

# What's going on at Trent University?



**THE GREAT Neighborhood WALK**

Do you live in the Peterborough Community? Be prepared for a knock on the door with volunteers supporting you as valuable Community members. Our volunteers will provide resources and answer any questions you might have!

The walk will be held in the area of Hilliard/Water/George & towards Parkhill

**Monday September 26th 5-7 PM**

Reach out to us on our instagram @trentu\_offcampushousing

Trent Off-Campus Housing is hosting The Great Neighborhood Walk on Monday September 26 from 5:00-7:00pm. For more information reach out through Instagram @trentu\_offcampushousing



## Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges

**Are you interested in practicing student-tested tips, tools, and strategies to help you learn at university?**

Join an Academic Skills instructor and an experienced Trent student in weekly **Learning Labs** over Zoom or in-person.



Learn more at [trentu.ca/academicskills!](https://trentu.ca/academicskills!)



Academic Skills Learning Lab!  
Starting the week of September 12, 2022 the learning labs take place twice a week. Each week there is an in-person session and a Zoom session!  
We look forward to seeing you there!



## Canadian Studies International Student Travel Prize – Apply Now!

This prize was created to enable a Trent international student with strong academic achievement and a demonstrated interest in the field of Canadian Studies to travel to a significant heritage site or region of Canada of personal interest. In 2022-23 the prize will have funding of \$2000 available, and may be awarded to a number of students, depending on applications received.

As we continue to monitor COVID 19, travel will only be authorized if allowed by government policies at the time. We suggest that applicants look for opportunities that will allow for physical distancing, such as National Parks, or natural heritage sites. Funds may also be considered for accessing virtual Canadian cultural heritage experiences, such as online concerts, virtual art exhibitions or theatre events.

This award is open to undergraduate and graduate international students. Preference will be given to those students enrolled in undergraduate or graduate courses in the School for the Study of Canada, however all international students at Trent are encouraged to apply.

For more information or to apply, visit :

<https://www.trentu.ca/canadianstudies/experience/awards-and-scholarships/>

Applications due Oct 31, 2022 with decisions announced early November. If funds remain, a second competition will happen in January 2023



The Canadian Studies International Student prize is offered to an international student with an interest in Canadian Studies to visit a Canadian heritage site. Apply by Oct 31 [here](#)



# What's going on at Trent University?



## HOW TO BOOK AN ACADEMIC ADVISING APPOINTMENT

**SAME DAY APPOINTMENTS**  
Available Monday-Friday, start booking at 8:50am for appointments on the same day.  
Call the advising line 705-748-1011 ext. 7333 to book.

**BOOK ONLINE**  
Login to the Student Experience Portal ([trentu.ca/sep](http://trentu.ca/sep)) to book an appointment online.  
You will see available appointments for the next 10 business days.  
If you do not see anything that fits with your schedule, please check back the next day at 9:00am EST.

ACADEMIC ADVISING  
TRENT UNIVERSITY

## How to arrive prepared for your appointment with Academic Advising

**Meeting over the phone or video chat?**  
Please try to connect from a place where you will be able to speak freely and won't be interrupted. Log on to myTrent and have something to take notes.

**Meeting in Person?**  
Bring a laptop or mobile device where you can log on to myTrent and take notes.

ACADEMIC ADVISING  
TRENT UNIVERSITY

### How to book an advising appointment

<http://www.trentu.ca/advising/meet-advisor>

Same Day advising appointments will be available Monday-Friday on a daily rotation to each College. These appointments are available to book starting at 8:50am EST by calling the advising phone line 705-748-1011 ext. 7333. These appointments are available on a first come first serve basis and do book up quickly, so we encourage you to call as close to 8:50am as possible.

TRENT UNIVERSITY IS A

# SMOKE-FREE CAMPUS

NO SMOKING ON CAMPUS GROUNDS  
EXCEPT IN DESIGNATED AREAS



The closest designated smoking area to Catharine Parr Traill College is between Kerr House and Scott House.



# Student Supports

We want you to know you're supported! On-campus and in the Peterborough community, every week we will rotate through groups who can support your unique self.

**You Belong Here**

FOSTERING INCLUSION AND WELLBEING.

Looking for new community connections and supports for your academics and wellbeing?

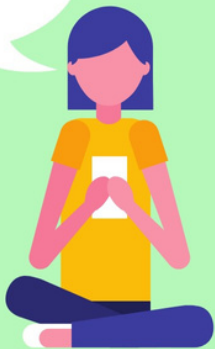
- Do you identify as 2SLGBTQ+?
- Are you a mature student (21+)?
- Are you the first in your family to go to university?
- Are you Indigenous? Black? Racialized?
- Are you a student with a disability?
- Are you a student in the Degree Progression Pathway Program?
- Are you experiencing challenges in transitioning to university?

If you answered yes to one or more of those questions, You Belong Here (YBH) is designed to support you!

TRENTU.CA/YOUBELONGHERE

You Belong Here is a collaborative initiative developed by Academic Advising, Academic Skills, and Student Affairs offers rich and multi-faceted programming that addresses intersecting elements of student belonging and wellbeing as well as academic retention and success. We invite you to read more about the You Belong Here program on our website: <http://www.trentu.ca/youbelonghere>.

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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 continues to provide Résumé, Cover Letter, or Linked In critique, Interview Prep, and Career Counselling services virtually! These can be booked through the **Student Experience Portal**, just be sure to state whether a **Zoom** or **Phone** appointment is preferred when booking.

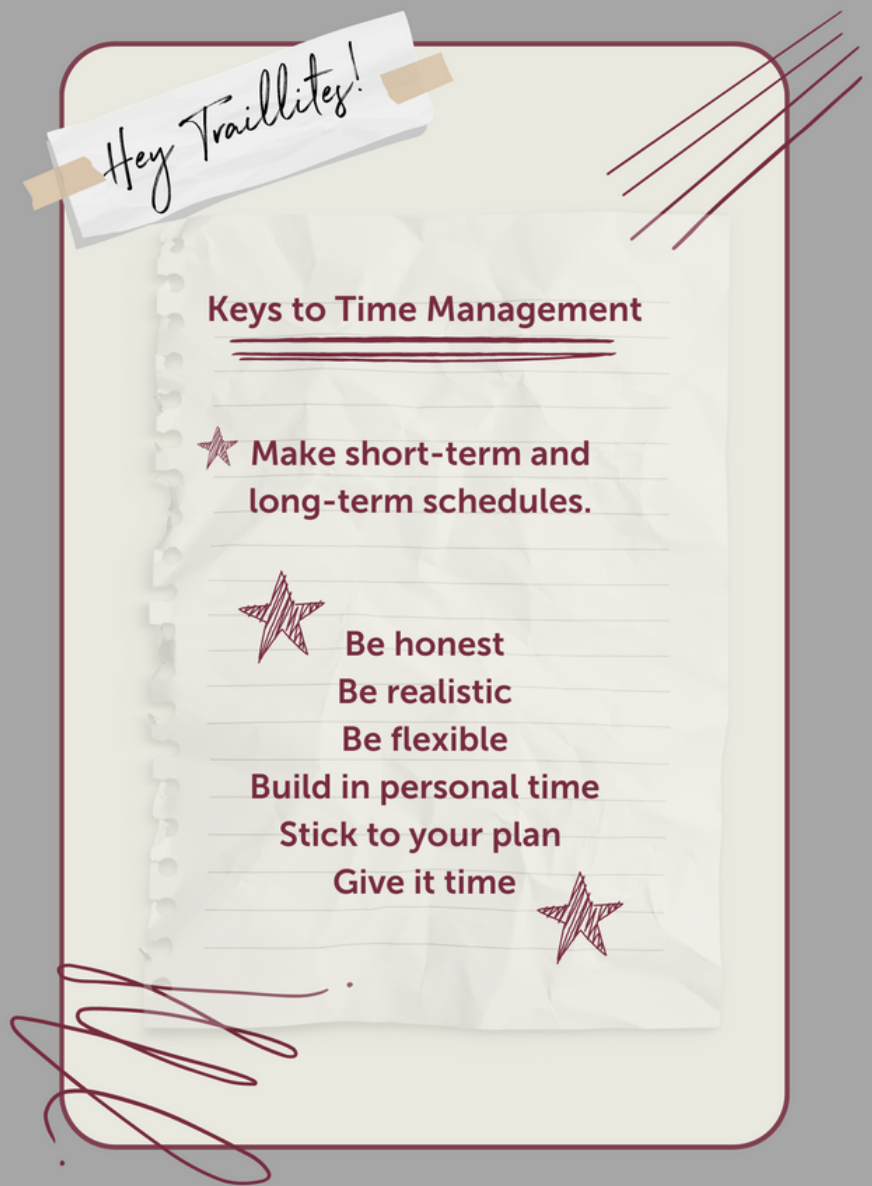


# Wellness Resources



As we get further into the semester you may have found yourself feeling like you can't keep up or slipping into bad habits. Time management skills will help improve your grades and prevent burnout.

Click [here](#) to find helpful resources and information



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"Pay attention to the world around you and then find the places where you think you're skilled.  
Follow your bliss — and bliss doesn't mean it's easy!" - Mae Jemison