



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

I hope that your first week of classes has gone well. Before the COVID pandemic we offered limited, afterhours access to Scott House to members of Traill College. I am happy to announce that we will be bringing afterhours access back this Fall. As before, this privilege is not automatically offered and students must apply.

HOW IT WORKS

For the Fall term, Scott House is normally open from 8 AM to 10 PM, Monday through Friday. Students who are **members of the College** in **good standing** can apply for afterhours access. This privilege is to encourage scholarship and a sense of community amongst Traill students.

Students seeking afterhours access must write an email with your name, student number, and card number (5-6 digits on the back of your student ID beside a + or * symbol) to traillaccess@trentu.ca by September 30th. Afterhours access will be extended from October 2022 to April 30th 2023.

WHAT IS OPEN. WHAT IS NOT.

Afterhours access allows students to use the **JCR, Piasetzki** and **Graduate Reading Room** as well as washrooms and study carrels in the hallways. Students **will not** have afterhours access to the **SCR, second floor**, or **main library room** (unless a part of the Swansea Law program).

EXPECTATIONS

Illegal activities, overnight accommodation, smoking/vaping, consumption of alcohol will not be allowed. There is zero tolerance for unsafe, violent, unauthorized, or aggressive behaviour. Access privileges will be revoked immediately in these cases.

Trent University Security reserves the right to check and test the validity of student cards. They are here to protect you and we expect your understanding and cooperation. We also expect Traill students to **look out for each other** and **mutually assure** the safe and enjoyable use of these spaces.

If you have any questions, please do not hesitate to contact me.

Take care,

Michael



Needing an Appointment?

Academic Advising Same-Day Appointments

September 6th 9th & 12th 16th
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 Trail
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. Trail
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 or your [home department](#).



Swag Shop



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





Backwoods Baking Presents:

Healthy Apple Pie Squares with Date Caramel Sauce
Food Network



INGREDIENTS

Crust and Topping

2 cups almond flour
1 cup rolled oats
2 Tbsp coconut sugar
¼ tsp sea salt
⅓ cup coconut oil
1 egg
¼ cup roughly chopped walnuts

Date Caramel

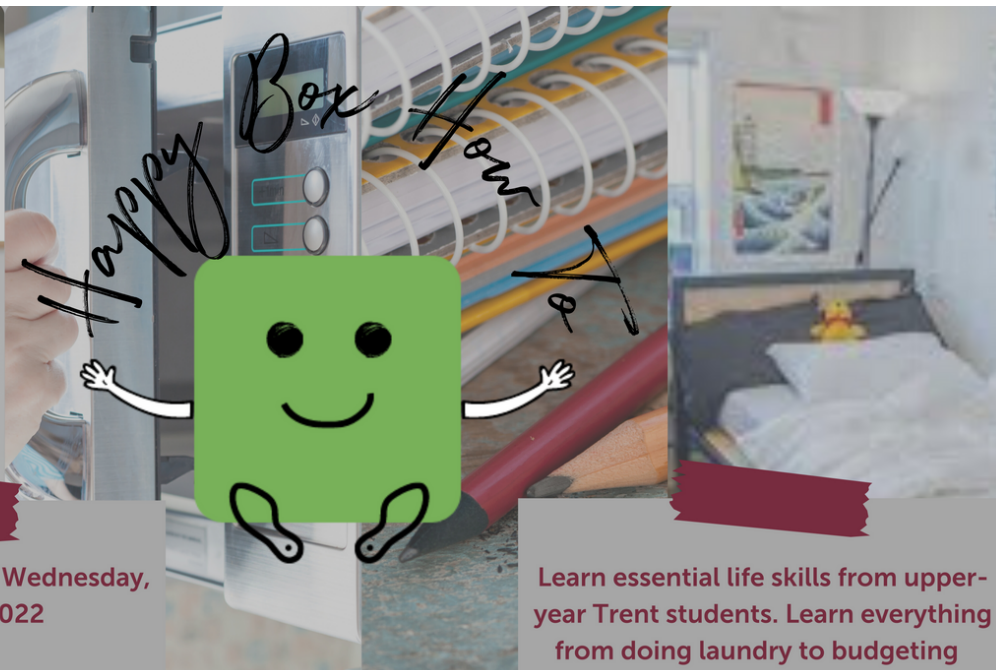
6 Medjool dates, pitted
½ cup warm water
2 Tbsp dairy-free milk
1 tsp pure vanilla extract
1 pinch sea salt

Filling

4 cups mix of granny smith and Fuji apples, peeled, cored and thinly sliced
1 Tbsp lemon juice
1 ½ tsp cinnamon
1 Tbsp coconut sugar
1 Tbsp coconut oil, melted

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a food processor, pulse the **almond flour, oats, coconut sugar** and **salt** until combined.
3. Add the **coconut oil** and **egg**, pulsing until the mixture is *crumbly like sand*.
4. Take **half of the mixture**, place it to the side and mix in the roughly chopped **walnuts** (this will be used as the topping). The other half of the dough will become the bottom crust.
5. **Oil a 7×11 baking dish** and place half the dough into the dish. **Push it down** until it is evenly spread out. **Poke a few holes** with a fork for heat to escape.
6. **Bake** in the oven for 10 minutes until golden and remove.
7. In a bowl, mix together the **apples, lemon juice, cinnamon** and **coconut sugar**.
8. In a pot **melt the coconut oil** at medium high heat and **add the apple** mixture. Stir for **10 minutes** until almost all apple juices are evaporated. Put the crust on the apples.
9. **Bake** for 20 minutes. Allow to cool and cut into squares.
10. Make the **date caramel sauce** by putting all ingredients in a blender until creamy. If too thick add 1 Tbsp of water at a time.
11. Once the squares are cut and cooled, drizzle the date caramel sauce all over.



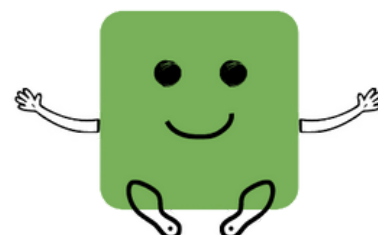
Click [here](#) to check out Trail College's Happy Box How To's! Check out our previous videos for some helpful tips for cooking, doing laundry, moving, and academic skills!

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

Trail Mix

How do you fix a broken pumpkin?
With a pumpkin patch!



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



Do you like painting? Do you like rocks? Then you will love our rock painting night! Find us September 16th in Scott House room 105 from 6pm-8pm



Visit the annual Curve Lake First Nations Pow Wow with us! FREE Transportation and FREE admission to the Pow Wow. Log-in at ccr.trentu.ca, and register [here](#). They'll email you a waiver and more information after you register. Having trouble? Go to the Gzowski College office (suite 214, Gzowski College office).



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.



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.

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

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.

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.



TRENT UNIVERSITY
CONTINUING EDUCATION

STARTING AT
\$35

**COURSE REGISTRATION
COMING SOON!**

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?



Collegiate Leadership

With practice, leadership is available to all



Do you want to become a stronger leader, explore curriculum, and build your resume? By joining the Collegiate Leadership Program you get to learn beyond the classroom, add to your co-curricular record, build a network and have fun.



ENTER TO WIN ONE OF FOUR PRIZE PACKS



Discover Peterborough Bingo!

Play the Discover Peterborough Bingo, a fun, exclusive scavenger hunt around downtown. Complete your card to win one of four prize packs, including a \$500 Boro gift card. Learn more at trentu.ca/ptbobingo

\$150/student (including food and travel)
\$275/faculty, staff, or community member

THURS. SEPT. 22ND - SUN. SEPT. 25TH



Trent Temagami Colloquium 2022



Question? email champlain@trentu.ca



Travel north to Camp Wanapitei.

Spend a few days on the water, on the land, learning, and connecting (Thurs. Sept 22-Sun. Sept 25).

Register here:

https://trentu.qualtrics.com/jfe/form/SV_0MUSu93buWqUyRE

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!



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!



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.

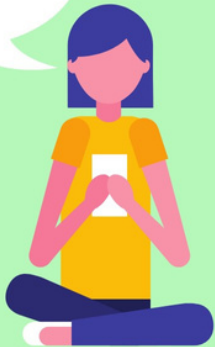


This week we are highlighting First Peoples House of Learning cultural supports.

First Peoples House of Learning provides many different services for Indigenous and non-Indigenous learners.

Cultural support includes counselling, cultural programming, and student resources

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 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



Did you know taking a walk is a great way to improve your well-being, exercise, and explore the city? Trent has 30km of hiking trails which makes it the perfect place for research into human well-being and nature. Lisa Nisbet is an associate professor of Psychology at Trent and you can read more about her research [here](#).

"There is mounting evidence, from dozens and dozens of researchers, that nature has **benefits for both physical and psychological human wellbeing**,"
-- Lisa Nisbet PhD, associate professor of Psychology at Trent

- Calming the mind
- Cognitive development
- Improves memory
- Lowers stress

"Your Happiness Could Depend on the Time You Spend Outdoors"

The findings from Trent University's associate professor of Psychology, Lisa Nisbet

Those who are more connected to nature reported:

- More positive emotions
- Happier mood
- More satisfaction with life
- Greater sense of vitality



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