



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

We are back and off to the races!! It is **Orientation Week** and the College is abuzz with activities for both our new undergraduate and graduate students. Welcome to all of our new, and returning, students!

Monday was **Trail Day** where over 120 new students converged at the College. **Samantha Perritt** and I led a parade of over 60 students from the Traill Annex on the short walk to the Traill College Campus. We held all our traditional welcome events, ate lunch, and then everyone went back to the Traill College Annex for more activities. It was a fun, but exhausting day! This is the first time we have had so many first-year students in residence at Traill since 2008 and the excitement is palpable.

On Tuesday, a team of intrepid first-year Traillites won the **Great Race**. This all-colleges event is more of a crazy obstacle course than traditional race. As many of our readers know, It has been a mainstay of Orientation Week (and ISW) for decades. The last time Traill won the race was in 2016, the year that undergraduates returned after an eight-year hiatus. This year, we welcome the new Traill Annex students, so it is fitting that we mark this milestone with another spectacular win. Traill fielded an incredible team of enthusiastic students and congratulations to all the participants with a special shout-out to **Aiden Schneider** who ran the anchor leg leaving the other colleges far behind.

On Wednesday, Traill was proud to host the **Graduate Teaching Assistant Training**. Led by the indefatigable **Dana Capell**, and her colleagues from the Centre of Teaching and Learning, it was a great session where graduate students learned the basics of classroom management and instruction for their undergraduate charges. The College is always happy to support the formation of Trent's graduate students in any way we can.

Finally, all members, fellows, and friends of Traill College are invited to our annual **Trail Carnival** on Saturday, September 7th from 11 AM to 4 PM. Like always, there will be family-friendly games, a bouncy castle, and a FREE BBQ provided by Red Wagon catering of both veggie and beef burgers. There will be live jazz in the morning (featuring the guitar stylings of **Mike Graham**) and a special South Asian music festival in the afternoon (with **Wasim Syed** and **Amita Anuj**) and orchestrated by our own **Uzma Danish**. That's right... this year we are adding a fourth "B" or "Bollywood" to our traditional line-up of bouncy castles, BBQ, and beer for the Traill Carnival. Special thanks to our generous sponsors and partners **CUPE 3980**, **Traill College Cabinet**, and the **Trent Graduate Student Association** (TGSA). We hope that you can make it rain (hopefully not) or shine.

See you soon!



# 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](mailto: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 events and news:  
<https://www.trentu.ca/news/>

## Swag Shop



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



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



[#trail](#)



# Backwoods Baking Presents:

## Greek Sugar Cookies (Kourabiedes)

### INGREDIENTS

[Link Here](#)

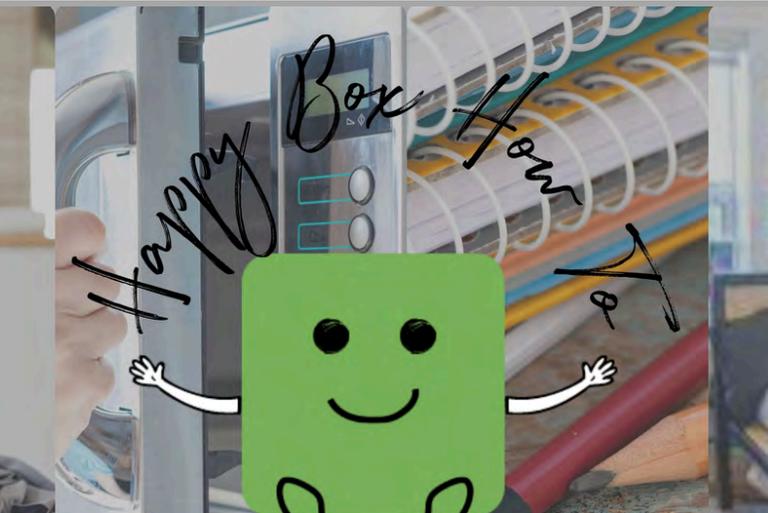


- 250g butter (1.1 cups)
- 150g roasted almonds, roughly chopped or crushed (1 1/4 cups)
- 50g almonds, whole (1/4 cups)
- 75g icing sugar (1/2 cups)
- 1/2 tsp vanilla extract
- 1 tbsp baking powder
- a pinch of salt
- 400g all-purpose (plain) flour (3 1/5 cups)
- lots of icing sugar for powdering



### INSTRUCTIONS

1. Preheat oven to 170C / 340F. If almonds are not pre-roasted place 150g of chopped/crushed almonds on baking tray and bake for 7-8 or until roasted. Set aside until needed.
2. Blend 50g of almonds in blender until powder. Set aside until needed.
3. In clean bowl add butter and sugar. Mix until combined, add powdered almonds, pinch of salt, and the vanilla extract. Mix until combined.
4. Add baking powder and flour, mix until combined.
5. Stir in roasted almonds lightly with hands once cooled.
6. Layer bottom of 2 baking trays with parchment paper and form the kourabiedes.
7. Bake for 15-20 mins or until golden. Set aside to cool, once cool lightly dust with icing sugar and enjoy!



Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube channel](#) to view

## Trail Mix

Why do basketball players love cookies?  
Because they can dunk them.



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

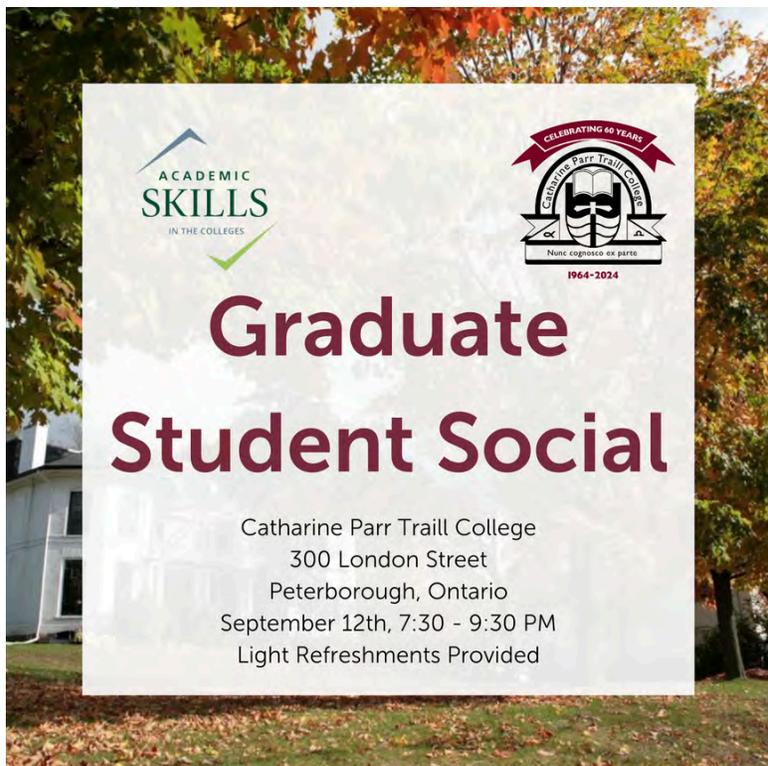


**CONGRATULATIONS, TRAILLITES ON WINNING THE GREAT RACE!**

**Trail  
Carnival!  
Saturday,  
September  
7th!**

A promotional poster for the Trail College Carnival &amp; BBQ. The background features a red and white diagonal striped pattern. At the top, there are logos for GSA, York University orientation week, CUPE 39 SCFP, Catharine Parr Traill College (celebrating 40 years), and the Law &amp; Arts Society. The central text reads "Trail College" above "Carnival &amp; BBQ" in a large, stylized font. Below this, a green box lists the features: "BBQ LUNCH • LIVE MUSIC", "BOUNCE CASTLE", and "LAWN GAMES • BEER GARDEN". The location and time are given as "Catharine Parr Traill College, 300 London Street, Peterborough, ON" from "11 am" to "4 pm". The date "September 7, 2024" is at the bottom in a green banner.

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

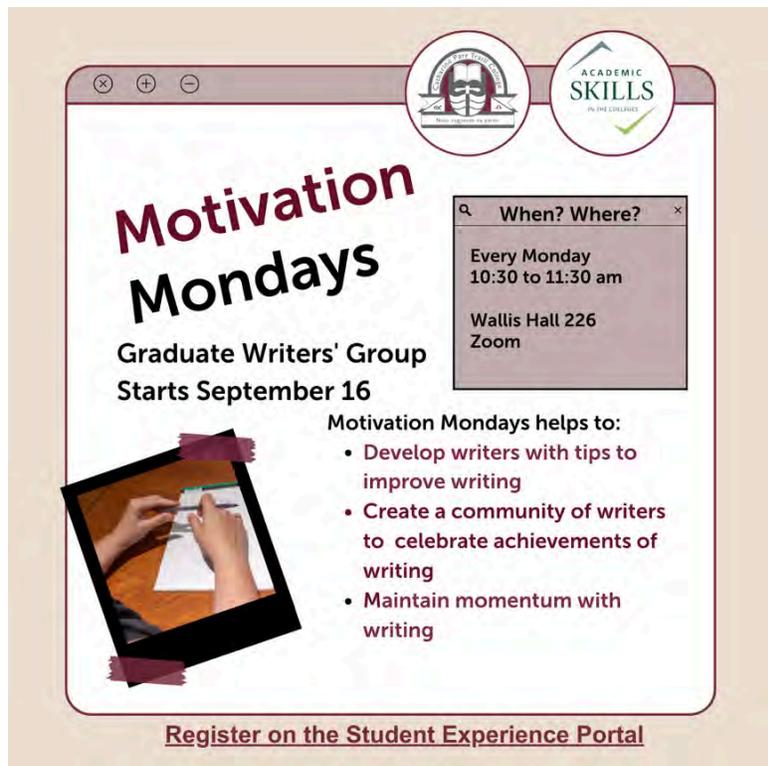





## Graduate Student Social

Catharine Parr Traill College  
 300 London Street  
 Peterborough, Ontario  
 September 12th, 7:30 - 9:30 PM  
 Light Refreshments Provided

Join us for Traill College's Graduate Student Social in collaboration with Academic Skills. Get to know your fellow Graduate Students, Trent faculty, and staff in a calm environment. Thursday, September 12th, 2024, from 7:30 - 9:00 PM at Traill College. Light refreshments will be provided.






## Motivation Mondays

Graduate Writers' Group  
 Starts September 16

When? Where?

Every Monday  
10:30 to 11:30 am

Wallis Hall 226  
Zoom

Motivation Mondays helps to:

- Develop writers with tips to improve writing
- Create a community of writers to celebrate achievements of writing
- Maintain momentum with writing

[Register on the Student Experience Portal](#)

The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. Graduate students will be encouraged to set realistic writing goals on a weekly basis to monitor their progress and to maintain momentum with their writing. [More Information here.](#)



## OUTDOOR MOVIE NIGHT

Jalynn Bennett Amphitheatre | Traill College

September 17th  
7 - 9 PM

Snacks Provided!

POPCORN

HOW TO TRAIN YOUR DRAGON



\*Weather Permitting\*

Join us on Tuesday, September 17th for the first outdoor movie night of the year at Traill College! In this sitting, we will be watching 'How to Train Your Dragon!' Come out for a fun night and free snacks! Dress for the weather and feel free to bring a warm blanket.










## Traill College Carnival & BBQ

FEATURING

BBQ LUNCH • LIVE MUSIC  
BOUNCE CASTLE  
LAWN GAMES • BEER GARDEN

Catharine Parr Traill College  
300 London Street  
Peterborough, ON

11 am  
4 pm

September 7, 2024

Join us for the annual Traill College Carnival!!!! With free food, fun games, live music, a beer garden, and a bouncy castle there is fun for the whole family!!!!!!

# What's going on at Trent?



Careerspace is hosting its annual Volunteer Expo on Wednesday, September 11, from 10 to 2 in the Student Centre! See what opportunities are available within the community! Stop by the Careerspace table to pick up an event passport, collect five stamps from five different organizations, and submit the passport to the ballot box for a chance to win a pair of Apple AirPods.

A colorful graphic for the "Explore the Boro" scavenger hunt. It features a grid of icons representing various activities and locations. The central text reads "EXPLORE THE BORO: Your Home Away from Home" and "SCAVENGER HUNT". The dates "SEPT 1-15" are also displayed. At the bottom, there is a QR code and a call to action: "Scan the QR code to download the Goosechase app and start exploring!". Below the QR code, it says "Join Code: EXPLORETHEBORO" and "Password: TrentU24". At the very bottom, it says "For details and how-tos visit [trentu.ca/exploretheboro](https://trentu.ca/exploretheboro)".

Explore Trent University and the City of Peterborough with the "Explore the Boro" scavenger hunt from September 1st - 15th

An advertisement for Birdwatching Courses. It features a photograph of two bluebirds perched on a wooden ledge. The text at the top left includes the Trent University logo and "CONTINUING EDUCATION". Below that, it says "IN-PERSON WORKSHOP". At the bottom, it reads "BIRDWATCHING COURSES" and "COMING FALL OF 2024". The website [trentu.ca/continuingeducation](https://trentu.ca/continuingeducation) is listed at the bottom left.

Click [here](#) to register now for any of our amazing Birdwatching course run through Continuing Education.

An advertisement for the West Bank Homeroom. It features a photograph of three students sitting on a couch in a casual setting. The text at the top reads "West Bank Homeroom" and "Are you a first-year student looking for community and learning support?". Below that, it says "Join us Mondays at 5pm starting September 9th!" and "Learn more and sign up here!". A QR code is provided for more information. Logos for Trent University and Academic Skills are also visible.

Designed to enhance university readiness and belonging for first-year students, the East and West Bank Homerooms are facilitated by Academic Skills instructors and experienced Trent students on Monday nights from 5-7pm starting September 9th. Students can expect learning strategies, special campus guests, mindfulness activities, food and draw prizes!



# 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: Same-Day Academic Advising Resources

During the first three weeks of September (Sept 3 to Sept 20, excluding weekends) the Academic Advisors in all Colleges will be available for Same Day advising appointments. During this time, there will be no appointments available to book online through the Student Experience Portal, so we encourage students to connect with their College Office for a Same Day Appointment.

Please contact your College Office to schedule a time to speak with an Academic Advisor. Booking for same day appointments opens at 8:50am EST each morning; we welcome students to call or visit a college office in-person.

Callers should leave a voicemail, which will put them in a queue for a return calls. The college office voicemail will be updated each day once the day's appointments in that college are fully booked.

For resources and more visit:  
<https://www.trentu.ca/advising>

ACADEMIC  
ADVISING



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 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](http://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

[For more information click here](#)

To help people build for their futures and navigate changing economic and social landscapes, universities continue to transform their programming to provide job-ready skills, work-integrated learning and entrepreneurship opportunities across disciplines, including STEM, humanities and the social sciences. Universities are also working to ensure students have access to a wide range of support to help meet their evolving needs. This includes access to mental health services to support students when they are struggling and need help.

Here at Trent, we offer a wide range of mental health services to help provide students with the support they need. If you need help, you can find all of Trent's mental health resources [here](#).



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"You just gotta keep going and fighting for everything, and one day you'll get to where you want." — Naomi Osaka