

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

What a busy few days it has been! On Thursday, October 3rd, **Dr. Marion Fry** gave the inaugural lecture in our year-long series of 60th anniversary events at the College on the Hill. For over an hour and a half, she stood and talked candidly about the earliest days of Traill, and of Trent University. Without the use of any slides, she painted a vivid picture of her time at the College and, in her intimate style, had the audience transfixed the entire time. It was an evening of wonder, laughter, and the odd tear. At the end of the evening, Dr. Fry said that she was “invigorated,” and she was not the only one. For those who may have missed it, don’t worry. The talk was recorded and can be viewed here on the [Traill College YouTube Channel](#). For some great photography from the evening, taken by our own **Julie Gagne**, please see page four of this edition of *Traill Tales*.

While the rest of the university was celebrating **Head of the Trent** on the Symons Campus, we kept ourselves busy downtown with both our annual **Scarf Ceremony** for matriculating students and a special **60th Anniversary Boat Cruise** of Little Lake and the Lift Locks. Between the two events, over 200 current Traill students, staff, and alumni participated. At the Scarf Ceremony, we inducted local artist and civic booster, **David Goyette**, as our newest honorary fellow of the College. We are happy to have such a multi-talented person and natural mentor affiliated with the College. A large section of the next Traill Tales will be dedicated to photos from this exciting weekend at the College.

Just a reminder that the College will be closed for the holiday on Thanksgiving Monday. On behalf of all our staff, we hope that those, whether celebrating or not, will enjoy the much-needed break. Additionally, for the Jewish members of the Traill College community we wish you a meaningful Yom Kippur.

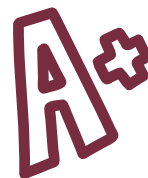
Until next week,

A stylized, handwritten signature in black ink, likely belonging to the College Principal.



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[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.

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.



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Backwoods Baking Presents:

Double Layer Pumpkin Cheesecake

[Link Here](#)

INGREDIENTS

- 2 (8 ounce) packages cream cheese, softened
- ½ cup white sugar
- ½ teaspoon vanilla extract
- 2 large eggs
- 1 (9 inch) prepared graham cracker crust
- ½ cup pumpkin puree
- ½ teaspoon ground cinnamon
- 1 pinch ground cloves, or more to taste
- 1 pinch ground nutmeg, or more to taste



INSTRUCTIONS

1. Gather the ingredients. Preheat the oven to 325 degrees F (165 degrees C).
2. To make the cheesecake layer: Beat cream cheese, sugar, and vanilla in a large bowl with an electric mixer until smooth. Add eggs, one at a time, blending well after each addition.
3. Spread 1 cup batter in the graham cracker crust
4. To make the pumpkin layer: Add pumpkin puree, cinnamon, cloves, and nutmeg to the remaining batter; stir gently until well blended.
5. Carefully spread on top of plain cheesecake batter in the crust
6. Bake in the preheated oven until the edges are puffed and the surface is firm except for a small spot in the center that jiggled when the pan is gently shaken, 35 to 40 minutes.
7. Remove from the oven, set on a wire rack, and cool to room temperature, 1 to 2 hours.
8. Refrigerate for at least 3 hours before serving, preferably overnight
9. Enjoy!



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

Trail Mix

Whats a pumpkin's favourite western? The gourd, the bad, and the ugly



60th Anniversary Lecture Series



Dr. Marion Fry
The first
installment of our
60th Anniversary
Lecture series!

What a wonderful and
nostalgic Thursday
night we had here at
Traill College! We
welcomed Dr. Marion
Fry, Traill's first
principal, back to the
College on the Hill!



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



The Traill College Office is closed Monday the 14th for the thanksgiving holiday. we hope you all have a good long weekend, and we'll see you again on Tuesday!



Explore strategies for successfully planning and navigating your academic and personal journey at Trent with Academic Advising. Each workshop features a land-based activity and light refreshments. Students are welcome to attend any or all of the workshops.



On Thursday, October 17th, 2024
Prepare Yourself...

For a Synthesis of Science and Humanities Research
Unlike Any Other Seen Before!

Is ADHD Stable and Impactful in Adulthood? Findings from a 15-year Longitudinal Study



Colin Henning
PhD Student
Psychology



THOMAS H.B. SYMONS SEMINAR SERIES
ON GRADUATE STUDENT RESEARCH

7:30 PM TO 9:00 PM
Bagnani Hall
Traill College



**Come for the Free Snacks,
Stay for the Research!**

(Un)Learning and Teaching Through Trauma: A Graduate Student's Experience



Sabrina Dourado-Jaffer
PhD Student
Canadian Studies

The Symons Seminar Series provides opportunities for graduate students to present their research and discuss across the science and humanities disciplines. Please join us for these presentations on Oct. 17 at 7:30 pm in Bagnani Hall.



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

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.](#)

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



Study with Skills: Mid-term Tips and Tricks

Are you preparing for midterm tests and exams? Looking for study tips and tricks? Join Academic Skills on Tuesday, Oct. 15th at 5pm in Bagnani Hall (Traill College)! We'll cover strategies for preparing for and writing tests or exams, suggest some exam-day tips to find calm and focus, and provide free food!

Register here: <https://simpli.events/e/StudywithSkills>

Time Management for Grad Students

Tuesday, October 15th

7:00 - 8:30 PM

Location: Zoom



Register at the Student Experience Portal



Need help balancing competing time pressures and commitments from a variety of sources, such as research, course work, teaching commitments, and personal life? This workshop will help with project management skills and prioritizing through the establishment of long- and short-term goals. The process of conquering the workload will become more manageable.

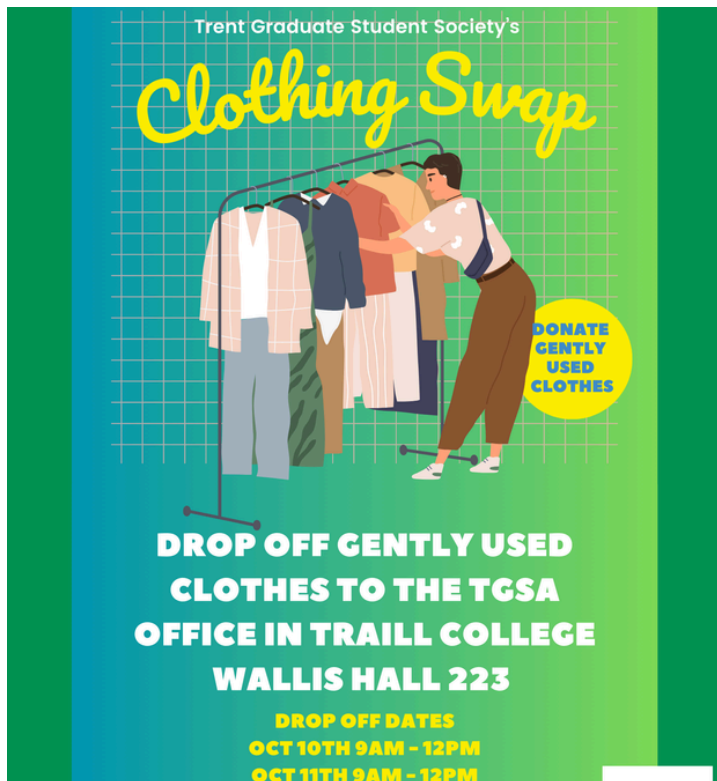


Join us on Halloween! Thursday, October 31st for another outdoor movie night at Traill College! In this sitting, we will be watching The Nightmare Before Christmas and Zombieland! Come out for a fun night and free snacks! Dress for the weather and feel free to bring a warm blanket.



Calling all Traillites: students, staff, and faculty! The Traill or Treat candy contest is on now until October 31st. Come on down to the Traill College Office to submit your guess at how many candies are in the jar. If your guess is closest, you'll get to take it all home on Hallowe'en! (Jar not included)

What's going on at Trent?



The TGSA is hosting its first-ever Clothing Swap! We are asking that any and all graduate students consider donating any unwanted new, or gently used clothing to our Clothing Swap! You can drop off the clothes on Oct 10th and 11th from 9am - 12pm at the TGSA Office at Trill College (Wallis Hall 223). We will organize and sort the clothing which will then be up for grabs on Oct 24th!

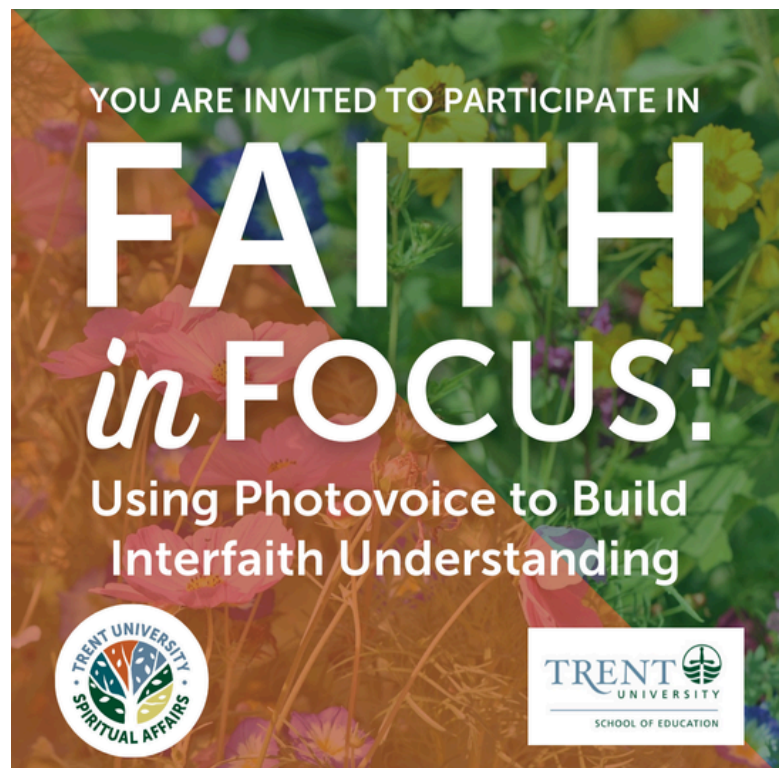
If you have any questions, feel free to email vpstudentaffairstgsa@trentu.ca



Careerspace and Trent's School of Graduate Studies invite you to the Graduate and Further Education Expo on October 16 & 17, from 11 a.m. to 2 p.m. in the Student Centre Atrium, followed by a virtual event on October 30, from 10 a.m. until 1 p.m.



Trent Spiritual Affairs and Gzowski College invite the Trent community to join a forest bathing walk in the Trent nature areas! We will meet outside the Gzowski College office and then make our way to the trails by the Camp Kawartha Environment Centre. This walk will be led by trained facilitator Kristina Domsic of Rooted Heart. Please come dressed for the weather, and with comfortable shoes.



Are you interested in exploring and sharing your faith while fostering empathy and understanding among your peers? We invite you to participate in our exciting research project, "Faith in Focus: Using Photovoice to Build Interfaith Understanding."

If you're interested in participating, please complete [this short survey](#).

Then, attend the Faith in Focus information session on Thursday, October 31st from 2 pm-2:30 pm in CCW A1. You may also attend virtually [at this zoom link](#). We hope to see you there!



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: Spiritual Affairs

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.

Spiritual Affairs is responsible for coordinating the Multi-Faith Network, events and programming on themes of spirituality, advice on religious accommodation for academic requirements. As well as maintenance of the multi-Faith room on campus, supporting dialogue across religious diversity, and more

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

[For more information click here](#)

Ten Tips on How to Maximize your Sleep

1. Stick to a schedule and don't sleep in late on weekends.
2. Establish a bedtime routine. This might include shutting off screens, changing into comfy PJs, and reading.
3. Don't eat or drink a lot before bed. Eat a light dinner at least 2 hours before sleeping.
4. Avoid caffeine and nicotine. Both are stimulants and might keep you awake.
5. Exercise. If you're trying to sleep better, the best time to exercise is in the morning or afternoon.
6. Keep your room cool. Turn the temperature in the room down, as this mimics the natural drop in your body's temperature during sleep.
7. Sleep primarily at night. Daytime naps steal hours from your nighttime sleep.
8. Keep it dark, quiet, and screen-free.
9. Use your bed only for sleep.
10. Soak and sack out. Taking a hot shower or bath before bed helps relax tense muscles.



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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