



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

I hope that you are having a good Reading Break so far. Although there are no classes this week, things are still busy at the College on the Hill. If you need a change of space, a place to study or relax, feel free to drop by. Just a reminder that the College closes at 5PM this week. We will be returning to our regular 8 AM to 10 PM on Monday.

It is hard to believe that it has been two weeks since our spectacular **60th Anniversary Boat Cruise** on Little Lake. It truly was an amazing event that brought together current students, their families, alumni, and fellows of the College. Thanks to our College photographer **Julie Gagne**, we have a lovely selection of photographs of the event. Turn to pages 4 and 5 of this week's *Traill Tales* to see, for yourself, some great images of the day.

Next Thursday is Hallowe'en and we have lots of thrills and chills planned throughout the week. Drop by the College Office before Thursday and enter our **Traill or Treat** contest to guess the number of candies that are in our special Hallowe'en jar. The closest guess gets all the candies!

Later in the evening on the 31st, we will have our last event in the Amphitheatre for the year. It will be our **Hallowe'en Movie Night**, a special double feature where we will be showing *The Nightmare Before Christmas* and *Zombieland*. Free snacks will be provided. Costumes are welcome. It may be cold, so please bring a blanket and dress accordingly.

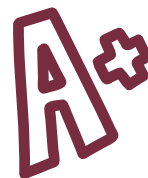
Finally, we realize at Traill College that food insecurity is a growing issue amongst many students. While most College events provide free food, students were asking for something more substantial than treats and snacks. Last year, a Traill alumna directed some funds to be used specifically for a food insecurity initiative at the College. This seed money has now been met with contributions from CUPE, The School of Graduate Studies, the TGSA, Traill Cabinet, and the College itself. On November 3rd, we will be starting a monthly **Sunday College Dinner**. Starting at 6 PM, we will be serving free dinners on a first come, first served basis. Students are welcome to come to **Scott House 105**, grab a meal and then relax in the College to eat, meet new friends, or talk with College staff about student activities and supports. A special thank you to **Bridget** from *By the Bridge Catering* who is giving us a discounted rate for the meal which will help us to extend the program for the entire academic year. We understand that one free supper a month is not a solution to food insecurity, but it is a start and we look forward to being able to expand this program in the future.

Take care,



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.



[@trailcollege](#)



[Trail College](#)



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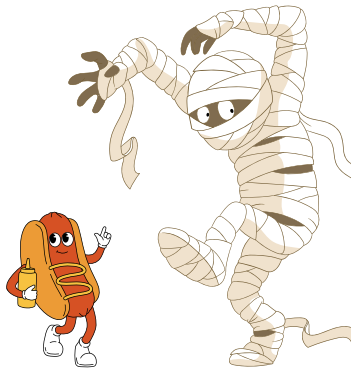
Backwoods Baking Presents:

Hot Dog Mummies

[Link Here](#)

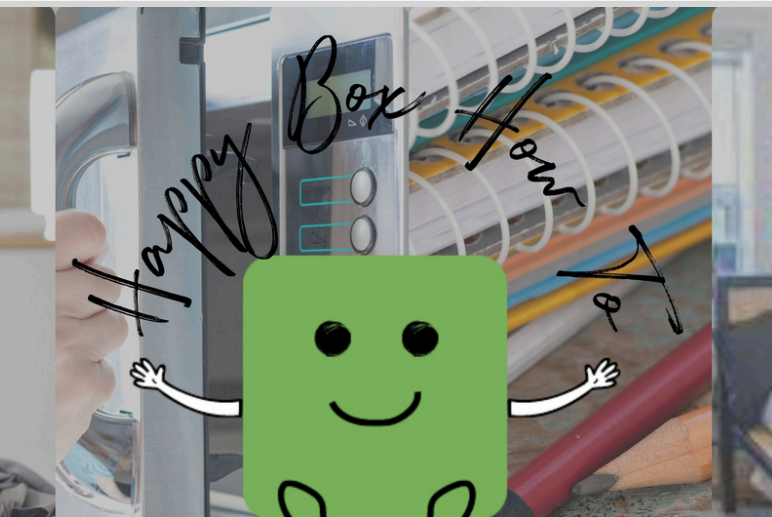
INGREDIENTS

- One 8-ounce tube crescent dough
- 8 bun-length hot dogs
- 1 slice white American cheese
- Ketchup and/or mustard



INSTRUCTIONS

1. Preheat the oven to 375 degrees F.
2. Line a rimmed baking sheet with parchment paper or a silicone mat.
3. Open the crescent dough tube and unroll the dough onto a work surface. Pinch together the seams to create a rectangle. Cut the dough lengthwise into 8 long strips.
4. Take 1 hot dog and 1 strip of the dough and wind the dough around the hot dog while pulling gently to stretch the dough. Crisscross the dough every so often so it looks like mummy wrappings. Near the end of the hot dog, leave a narrow strip of hot dog exposed so you can add eyes after baking.
5. Place the wrapped dog on the prepared baking sheet and repeat with remaining dough and hot dogs. Bake until golden brown, about 15 minutes.
6. While hot dogs bake, use the narrow end of a wide piping tip to punch out 16 small rounds of cheese for the mummies' eyes.
7. Remove the hot dogs from oven. Using a toothpick, smear some ketchup on one side of each cheese round and "glue" it to the open area of the hot dog to create 2 eyes. Using the same toothpick, put a dab of ketchup or mustard in the center of each eye to create a pupil.



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

Traill Mix

What's it like to be kissed by a vampire?
It's a pain in the neck!!!!



60th Anniversary Boat Cruise

Photos by Julie Gagne



60th Anniversary Boat Cruise

Photos by Julie Gagne



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



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)

A poster for 'Motivation Mondays' designed to look like a web browser window. The title 'Motivation Mondays' is in large, bold, maroon letters. Below it, it says 'Graduate Writers' Group Starts September 16'. A sidebar box titled 'When? Where?' lists: 'Every Monday 10:30 to 11:30 am' and 'Wallis Hall 226 Zoom'. The main content area says 'Motivation Mondays helps to:' followed by a bulleted list: 'Develop writers with tips to improve writing', 'Create a community of writers to celebrate achievements of writing', and 'Maintain momentum with writing'. An image of hands writing on a notepad is shown. At the bottom, it says 'Register on the Student Experience Portal'. Logos for 'College of Arts and Sciences' and 'Academic Skills' are in the top right.

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.](#)

A poster for 'Advising on the Land!'. The title is in large, bold, white letters. Below it, the text reads: 'Come and explore strategies for successfully planning and navigating your academic and personal journey at Trent with Academic Advising!'. A photo of a woman, Ashley, is shown. Below her photo, it says: 'Enjoy refreshments and land-based activities with Ashley', 'Tuesday, October 22nd from 11:00am - 12:00pm', and 'Front Lawn Scott House'. At the bottom left, it says '*Traill SCR alternative location for inclement weather*'. A 'Celebrating 60 Years' logo is at the bottom right.

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.

A poster for 'Halloween Movie Night'. The title is in large, bold, orange and white letters. Below it, it says 'Jalynn Bennett Amphitheatre | Traill College', 'October 31st', and '6:30 - 8 PM'. The poster features images of movie clapperboards, pumpkins, and movie stills from 'The Nightmare Before Christmas' and 'Zombieland'. At the bottom left, it says 'Snacks Provided!'. At the bottom right, it says '*Weather Permitting*'. Logos for 'College of Arts and Sciences' and 'Celebrating 60 Years' are at the bottom.

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.

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

Precarity, Aging, and Risk in Later Life Seminar

Join Drs. Grenier and Katz as they explore the destabilizing forces impacting seniors and their communities

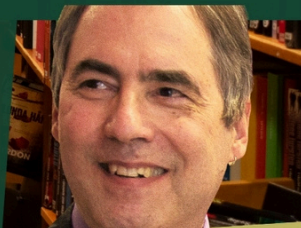
Dr. Grenier highlights experiences of disadvantage, inequality, and exclusion in later life, focusing on frailty, homelessness, and urban poverty. Dr. Katz will discuss endangerments to livability throughout life.

Discussion will generate altering ways forward!

October 29th
6:00 PM – 8:30 PM
@ Bagnani Hall
Traill College



Dr. Amanda Grenier
Norman & Honey Schipper Chair in
Gerontological Social Work, UoFT



Dr. Stephen Katz
Professor Emeritus of Sociology,
Trent University

Join Drs. Grenier and Katz in Bagnani hall on October 29th from 6:00PM-8:00PM for a seminar about the destabilizing forces affecting seniors and their communities.

ON THE WRITE TRACK

WRITING ACCOUNTABILITY FOR GRADUATE STUDENTS

Join an Academic Skills Instructor each week from October 30 to December 4 for a two-hour session to work on your thesis, MRP, or other major projects

Wednesdays 1-3 PM
Join us over Zoom!



On the Write Track provides graduate students with a structured way to keep themselves accountable for their thesis, MRP, or other major projects. Join an Academic Skills Instructor each week for a two-hour session where they will provide you with resources and a structured setting to meet your writing goals. This workshop series runs for six weeks starting October 30th. [Register Here.](#)

Sunday Dinners

AT Traill College

November 3rd
Scott House 105



Featuring food from By the Bridge



- Rich Beef and Black Bean Chili (GF)
- Black Bean, Sweet Potato Chili with Corn and Wild Rice (Vegan, GF)
- Corn Bread
- Creamy lime-cilantro Slaw
- Fresh Buns and Butter

Free meals while supplies last!



CUPE 38 SCFP



TRAILL COLLEGE 60TH ANNIVERSARY FILMMAKER IN RESIDENCE FILM SCREENING: TRIAGE



PETER RAYMONT '15

DR. JAMES ORBINSKI '80



Come one, come all. On November 3rd, come to Traill College's first Sunday Dinner of the year. Enjoy some delicious food from By the Bridge in a comfortable and relaxing environment. No purchase necessary but there come early as there is limited portions.

Join us on November 14th as we welcome Peter Rayment and Dr. James Orbinski!
Now moved to Champlain College - CCS 307 at 7:30 PM.
Light snacks and refreshments will be provided.

What's going on at Trent?



Election Reflections:

**Insights on Democratic Change
in Canada, the UK and the USA**

Prof Cristine de Clercy

Jarislowsky Chair in Political Leadership, Trent University

Prof Peter Ferguson

Adjunct Professor & Expert in US Politics, Trent University

Nick Bibby FRSA FAcSS

Independent Researcher Specializing in UK Politics

Chair: John Richard English OC OOnt FRSC

Academic and Former Politician

Bagnani Hall

Traill College

7pm

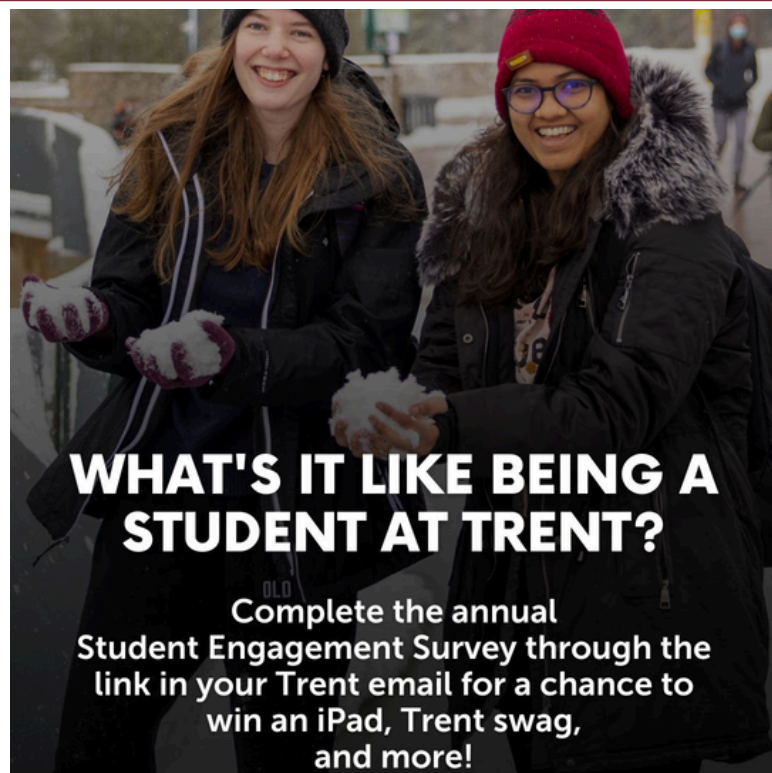
**Tuesday, 5
November**

TRENT
UNIVERSITY

SCHOOL FOR THE STUDY OF CANADA
ÉCOLE D'ÉTUDES CANADIENNES

Join the School for the Study of Canada as they reflect on the elections of Canada, the UK and the USA.

Tuesday, November 5 at 7:00 PM
Bagnani Hall, Traill College



WHAT'S IT LIKE BEING A STUDENT AT TRENT?

Complete the annual
Student Engagement Survey through the
link in your Trent email for a chance to
win an iPad, Trent swag,
and more!

Each student received a direct email allowing them to share their feedback on a variety of topics including academic and student supports, their College, and events they've participated in this year. By completing this short survey, they can enter a draw to win many fabulous prizes,

WINTER CLOTHING DRIVE

SUPPORT INTERNATIONAL STUDENTS TO PREPARE FOR WINTER BY DONATING GENTLY USED CLOTHES.

Donate by:

October 30th 2024

Drop Off Location:

TI Office (CC 302)



Support International students prepare for the winter by donating gently used clothing. drop items off at the Trent International office located on Champlain's third floor

YOU ARE INVITED TO PARTICIPATE IN

FAITH *in* FOCUS:

Using Photovoice to Build
Interfaith Understanding



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: Office of the Registrar

Mission Statement:

The Office of the Registrar is a professional, supportive group committed to providing a positive educational and working environment. Through compassionate interactions, services and communications, we strive to empower individuals to achieve their personal goals.

Financial Aid:

Helps with Scholarships, Bursaries, OSAP and Trent Work Study Program.

Enrolment Services:

Helps with records and registration, course timetable, exam schedule and academic calendar.



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](#)

With midterm season already here, many students will feel very stressed over how much work there is to do. Here are some ways to help plan your studying in order to give you some relief.

1. **Make a Study Plan:** Organize what you need to study, where you are going to go, and for how long.
2. **Take Real Breaks:** Giving your mind time to take a rest and process everything you just learned is important in studying successfully.
3. **Seek Out Help:** You are not alone! Getting together with peers, taking advantage of student supports or asking your instructors for help could help you feel more confident.

Ways to Prevent Midterm Stress

01 Make a Study Plan
Planning isn't just about the study method you choose. You also have to think about where and when you'll study, too.

02 Take Real Breaks
As much as you need to study, taking the time to unwind is just as important. Balancing your time hitting the books with time doing what you like can lead to a healthier relationship with studying and way better mental health.

03 Seek Out Help
If your nerves are feeling out of your control and you need to talk to someone, take advantage of on-campus resources, or find a friend or family member with a listening ear. Midterms are temporary, but these tips can help you beyond exam season. You've got this!



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"All dreams are within reach. All you have to do is keep moving towards them." — Viola Davis