

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

The photos from our **2024 Scarf Ceremony** are now in! If you were there, check out pages 4 and 5 of Traill Tales for images from the event. It was our largest scarf ceremony yet and you can tell that, from the smiles in the photos, a good time was had by all. Many thanks again to **Julie Gagne** for immortalizing the day through her photography. If you were unable to receive your college scarf that day, please feel free to reach out to me. We can plan for another time to have you officially “scarfed” into Traill.

Elections are now over for the **2024-2025 Traill College Cabinet**, and I am pleased to officially announce our winners. They are:

**Leah Allen**, Minister of Promotions

**Aiden Schneider**, Junior Minister of Finance and Junior Senate Liaison

**Maddison Winkworth**, Don on Cabinet

**Bailey McArthur** continues as Cabinet President. I would like to congratulate all the candidates and wish them well as they represent the interests of our undergraduates to the university. Please see page 6 of Traill Tales for more details.

A reminder that the first edition of the **2024-25 Symons Seminar Series for Graduate Research** starts tonight. We have two great graduate students going to present their research. Come on out and see what the excitement is all about! It all begins in Bagnani Hall at 7:30 PM where I will give a welcome and explain the origins of the series. Free refreshments will be provided. Everyone (not just graduate students) are welcome.

Finally, I will not have to remind most students that next week is Trent University's **Reading Break**. Please note that the kitchen in The Trend will be closed, and the College will be on reduced hours from 9 AM to 5 PM daily. On behalf of the entire College staff, I would like to wish you a good break to recharge, relax, and get some additional time to work on assignments.

Take care,

A handwritten signature in black ink, appearing to read "Michael...", written in a cursive style.



# 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:

## Pumpkin Gingerbread

[Link Here](#)

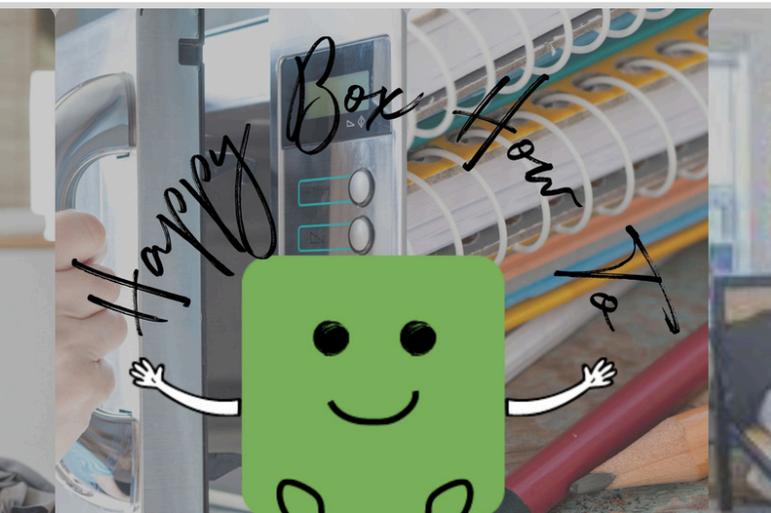
### INGREDIENTS

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs
- $\frac{2}{3}$  cup water
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 3  $\frac{1}{2}$  cups all-purpose flour
- 2 teaspoons baking soda
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon baking powder



### INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. In a large mixing, combine sugar, oil and eggs; beat until smooth.
3. Add water and beat until well blended.
4. Stir in pumpkin, ginger, allspice cinnamon, and clove.
5. In medium bowl, combine flour, soda, salt, and baking powder.
6. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed.
7. Divide batter between prepared pans.
8. Bake in preheated oven until toothpick comes out clean, about 1 hour.
9. Let cool to desired temperature or eat warm.
10. Enjoy!



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

## Trail Mix

How do ghosts become pilots?  
They go to fright school!



# Trail College Scarf Ceremony 2024



**Welcome to the Class of 2024!**



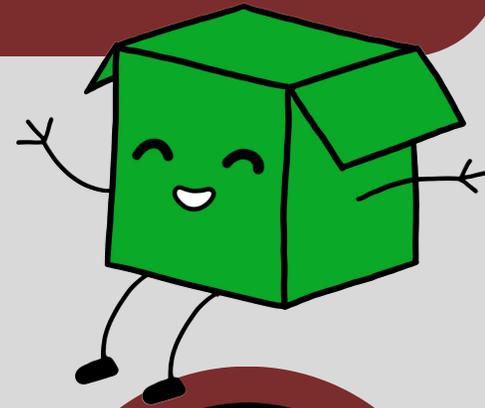
# Trail College Scarf Ceremony 2024



# WELCOME NEW MEMBERS



**Maddison Winkworth**  
Don on Cabinet



**Aiden Schneider**  
Junior Minister of Finance, &  
Junior Senate Liaison



**Leah Allen**  
Minister of Promotions



## WANT TO GET INVOLVED WITH CABINET?

Email **[trailcabinet@gmail.com](mailto:trailcabinet@gmail.com)** to learn how you can get involved throughout the year.

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

**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**

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

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

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

**Colin Henning  
PhD Student  
Psychology**

**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.

## ADVISING ON THE LAND!

Come and explore strategies for successfully planning and navigating your academic and personal journey at Trent with Academic Advising!

Enjoy refreshments and land-based activities with Ashley

**Tuesday, October 22nd  
from 11:00am - 12:00pm**

**Front Lawn Scott House**

*\*Traill SCR alternative location for inclement weather\**

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.

### READING WEEK HOURS FOR SCOTT HOUSE, WALLIS HALL & BAGNANI

MONDAY: 9 - 5  
TUESDAY: 9 - 5  
WEDNESDAY: 9 - 5  
THURSDAY: 9 - 5  
FRIDAY: 9 - 5

SCOTT HOUSE

CELEBRATING 60 YEARS

Have a fun and safe reading week Traillites!

Scott House will be open from 9:00 AM to 5:00 PM, Monday to Friday during reading week. We here at Traill College wish all students a safe, happy, and refreshing reading week!

## Motivation Mondays

**Graduate Writers' Group  
Starts September 16**

**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

**When? Where?**

Every Monday  
10:30 to 11:30 am

Wallis Hall 226  
Zoom

**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?

## Graduate

## Writing and Research Week

October 21st to 23rd



50 minute  
Virtual  
Workshops for  
Graduate  
Students



Publishing  
Journal Articles

Literature  
Reviews

Research  
Proposals

Navigating  
Graduate School

Oral  
Presentations

Citation  
Management  
with Zotero

Graduate Writing and Research Week will take place during October 21 to 23, 2024. Academic Skills and Trent Library will present virtual workshops for graduate students. We will focus on topics that are relevant to graduate students as you work through your course work and research projects. You pick the workshops that you wish to attend. Each session is 50 minutes long on Zoom. [Register here.](#)

## 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.](#)

## HALLOWEEN MOVIE NIGHT

Jalynn Bennett Amphitheatre | Traill College

October 31st  
6:30 - 8 PM



Snacks  
Provided!



\*Weather Permitting\*

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.

## Traill or Treat!

### Candy Contest

Submit your guess  
at the Traill College  
Office (SH 106) for  
a chance to win a  
jar of goodies!



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?

Trent Graduate Student Society's

## Clothing Swap



**DONATE GENTLY USED CLOTHES**

**DROP OFF GENTLY USED CLOTHES TO THE TGSA OFFICE IN TRAILL COLLEGE WALLIS HALL 223**

**DROP OFF DATES**  
**OCT 10TH 9AM - 12PM**  
**OCT 11TH 9AM - 12PM**

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](mailto:vpstudentaffairstgsa@trentu.ca)

## 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

## 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**  
**Trill 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.

YOU ARE INVITED TO PARTICIPATE IN

# FAITH

*in* FOCUS:

## Using Photovoice to Build Interfaith Understanding



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: Information technology

Trent University offers IT services including strategy, applications, infrastructure, and support, alongside essential resources and information to meet the technological needs of the Trent Community. Our Service Desk Team is available and happy to assist you with technology throughout your time at Trent, whether it's via phone or in-person during operating hours and through the Service Hub that is available 24/7.



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!

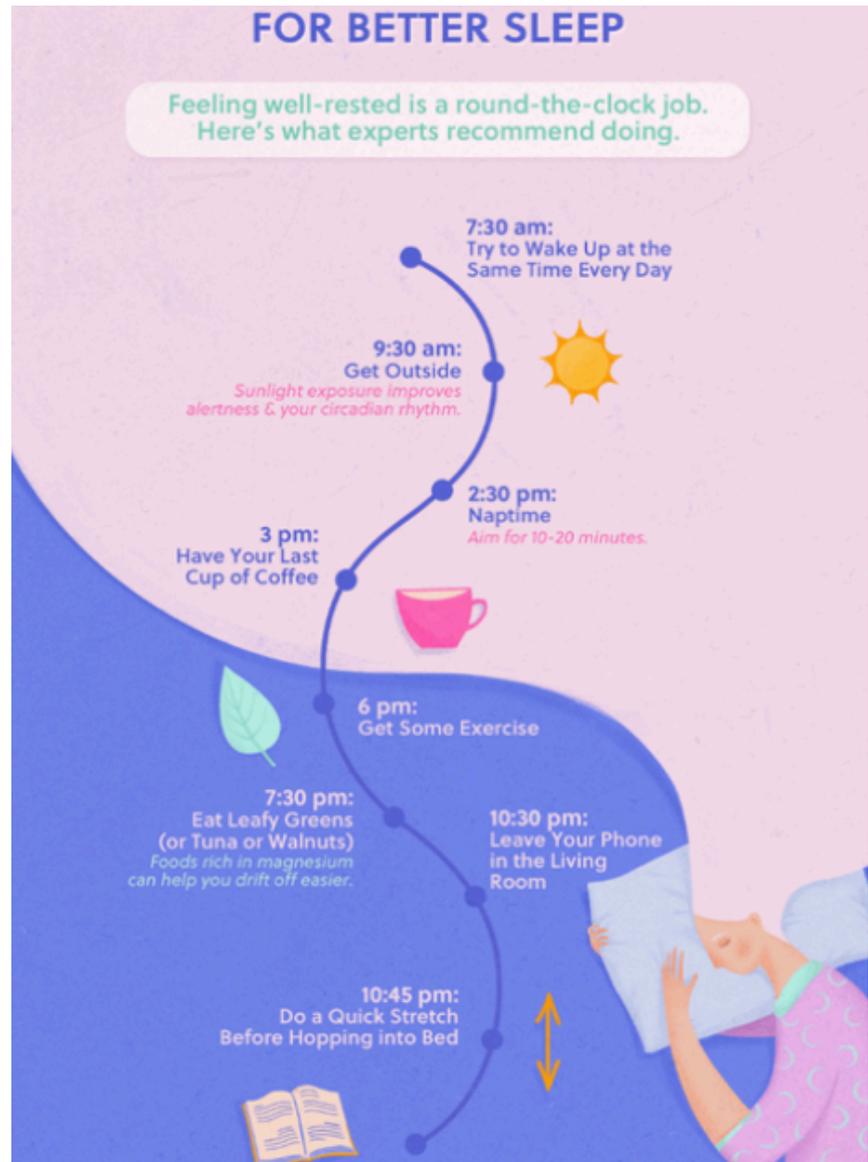
Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on [trentu.ca/sep](http://trentu.ca/sep) and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

# Wellness Resources

[For more information click here](#)

## 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.



Copyright © 2024 Catharine Parr Traill College, Trent University

"Hardship often prepares an ordinary person for an extraordinary destiny." - C. S. Lewis