

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

We have experienced a great loss at Traill College. Those who read the university's website late last week may have seen that **Ernest Bour**, a first-year student at Traill, has died. Ernest was well-liked and, in just a short time, he became fast friends with many students. Enrolled in Nursing and a devoted Christian he had a natural temperament to help others. To his family and friends, he was kind, gentle, and humble. He also had a scholarly disposition, having been successful in his high school studies in Ghana and graduating with several honours, including that of class valedictorian. I deeply regret not having the opportunity to spend more time with him.

I know it has been a difficult time, not only for his family in Ghana, but also for his new friends at the College. When unimaginable things happen, it is natural to ask questions. Things that once were certain are made uncertain. Things that were never of concern before, become inescapable preoccupations. Traill's (and Trent's) motto comes from a passage (Corinthians 1:13) that addresses how we change as we become adults. "Now I know in part..." is partly about having the humility to know that there is more to learn. However, it also acknowledges that there are often more questions than answers in life. This is one of the most difficult realizations that one can make. It is at times like these that being part of a caring community matters and turning to friends, and those you trust, can help. Friends, family, and your community may not have all the answers, but their experiences can help with the navigation of unknown and sometime dark waters.

I hope that anyone who finds themselves with more questions than answers, who may be dealing with anxiety, or grief will feel comfortable reaching out. We also have counsellors that will take appointments (both at Blackburn Hall and on site at Traill) who can be reached at 705-748-1386 or counselling@trentu.ca. As always, I am available to chat and discuss any additional services that the university can offer to assist you.

For those who knew Ernest best, I am truly sorry for your loss. We will remember him, what he meant to you, and how he enlivened the College while he was here. With respect to his family, I will end today with another passage from Corinthians: "Love bears all things, believes all things, hopes all things, endures all things." May there be light and love in your time of sadness.

Take Care,

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 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!

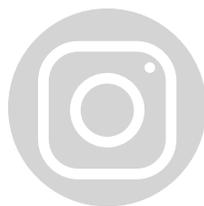
For the most up-to-date information on Trent University's events and news:

<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.



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Backwoods Baking Presents:

Cake Pop Brains

INGREDIENTS

- 4 cups crumbled red velvet cake
- 3 tablespoons vanilla frosting, plus more if needed
- 8 ounces lime green, purple or orange candy melting wafers or ruby chocolate, finely chopped
- 1/2 cup seedless raspberry jam
- Red food coloring, for the jam



[Link Here](#)

INSTRUCTIONS

1. Combine the cake and frosting in a stand mixer fitted with the paddle attachment. Beat on medium speed until the mixture is smooth and holds together when pressed in your fingers.
2. Put about two-thirds of the candy melting wafers or ruby chocolate in a double boiler. Heat, stirring, until almost melted. Add the remaining candy melting wafers or chocolate in and stirring to melt.
3. Divide about two-thirds of the melted candy mixture among eight 2-inch-wide silicone brain molds and use a small brush to evenly coat each mold. Pop into the refrigerator for a few minutes for faster setting.
4. Combine the jam and a few drops of red food coloring (just to intensify the color) in a small bowl. Stir in a few drops of water, if needed, so the jam is fluid but not runny.
5. When the shells are set, divide the jam among the cavities. Mold the cake mixture into balls and press into the molds. Use a sharp paring knife to shave the cake so it's flush with the top of the molds.
6. Smooth the remaining melted candy mixture over top to cover the cake completely. Let set at room temperature, at least 40 minutes (or refrigerate for a few minutes for faster setting).
7. Gently press the brains out of the molds and serve.



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

Trail Mix

Why did the skeleton run away?
Because a dog was after his bones.



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

Trail or Treat!

Candy Contest

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

Calling all Trailites: students, staff, and faculty! The Trail or Treat candy contest is on now until October 31st. Come on down to the Trail 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)

HALLOWEEN MOVIE NIGHT

Jalynn Bennett Amphitheatre | Trail College

October 31st
6:30 - 10PM

Snacks Provided!

ZOMBIELAND

Disney
TIM BURTON'S
THE NIGHTMARE
BEFORE CHRISTMAS

Weather Permitting

Outdoor Halloween Movie Night at the Jalynn Bennett Amphitheatre! October 31st 6:30-10pm double feature: The Nightmare Before Christmas and Zombieland! Snacks and Drinks Provided, weather permitting!

Sunday Dinners

At Trail 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!

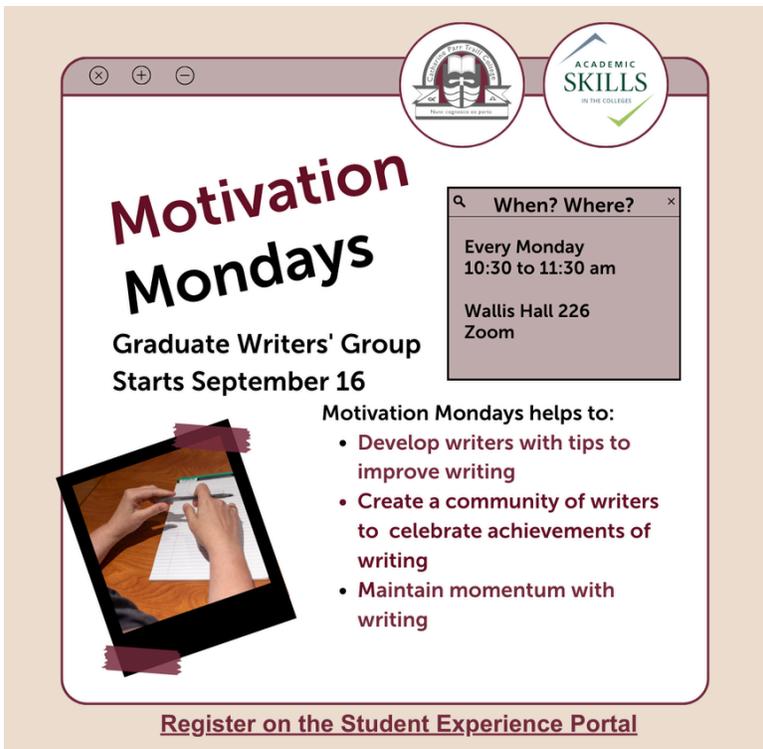
Come one, come all. On November 3rd, come to Trail College's first Sunday Dinner of the year. Enjoy some delicious food from By the Bridge in a comfortable and relaxing environment. No purchase necessary but come early as there is limited portions.

Managing the Graduate Reading Load

Tuesday, November 5
Zoom
7:00 to 8:30 pm

The graduate reading load can be overwhelming. This workshop will help graduate students understand the goals of graduate reading, the key challenges of reading large volumes of text, the process of reading, and methods to deal with the graduate reading load effectively and efficiently. We will discuss note-taking strategies and some of the common pitfalls of graduate reading.

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



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.](#)



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.](#)



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, November 5th
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. The workshop is open to everyone, but this is the last one, so make sure to come on November!



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

PETER RAYMONT '15
DR. JAMES ORBINSKI '80







Join us on November 14th as we welcome Peter Raymont and Dr. James Orbinski!

Now moved to Champlain College - CCS 307 at 7:00 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

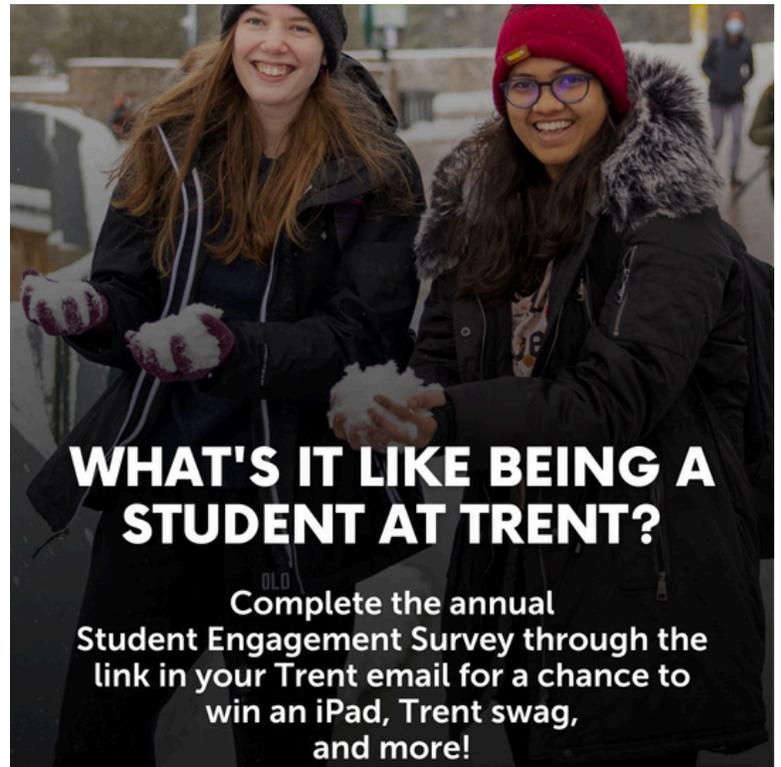
Chair: John Richard English OC OOnt FRSC
Academic and Former Politician

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,

JOIN THE TRENT HR CLUB

A student-driven club that aims to provide valuable resources, networking opportunities, and professional development for aspiring HR professionals

JOIN NOW

TRENTUNIVERSITYHR@GMAIL.COM

@trenthrclub



Join the Trent HR Club, a club that aims to provide valuable resources, networking, and professional development for aspiring HR professionals! Email trentuniversityhr@gmail.com for more information!

CONSENT at TRENT

STEPS: SKILLS TO ENHANCE PEER SUPPORT UPCOMING WORKSHOP

BYSTANDER INTERVENTION


 November 7, 2024
 1PM-3PM
 Zoom

To register: email your name and student number to counselling@trentu.ca

As part of the Skills to Enhance Peer Support (STEPS) workshop series and certificate program, this session is all about building our capacity as change-makers. Facilitated by Consent at Trent, the Sexual Violence Prevention and Response Team, the workshop will empower you with tools to disrupt sexual and gender based violence in our communities

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: Trent Athletics

Fostering a Welcome and Inclusive Environment

Trent Athletics & Recreation is committed to creating a safe, accessible and inclusive environment where everyone feels welcome. As members of the Trent community, we each share the responsibility of encouraging constructive behaviour and addressing any harmful or disruptive actions. The standards we collectively uphold have a significant impact on our ability to foster an inclusive environment and maintain the high value of education at Trent. The university is intended to be a collegial space characterized by mutual respect.



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

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



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](#)

It is always important to prioritize self-care especially when experiencing stress or anxiety. Here are some useful tips:

1. Sleep: Most of us need a minimum of seven to eight hours of sleep per day in order to function at our best.
2. Time Outside: Fresh air not only reduces anxiety, boosts your mood, and improves the quality of your sleep; it also sparks the formation of new brain cells.
3. Fun: Everyone deserves time off for good behavior—and research shows that the time you spend having fun is actually good for your brain.



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Magic is really very simple, all you've got to do is want something and then let yourself have it
-Aggie Cromwell "Halloweentown"