

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

The first two weeks of November have been busy ones at the College on the Hill. We have had events almost every night of the week ranging from author's reading their works, to election prognostication, to screenings of documentary films. The culmination of a busy fortnight happened last Thursday where **Peter Rayment '15** screened the film *Triage* with **James Orbinski '80**. A diverse cross-section of the Trent and greater Peterborough community filled the Champlain Lecture Theatre. The movie, released in 2007, documented Orbinski's reflections a decade after his frontline work as a physician with *Médecins Sans Frontières* during the violence of Somalia and genocide in Rwanda. Despite the horrors that he witnessed firsthand, James offered an uplifting message of hope and provided a clarion call to the rising generation to fight despair through engagement and action. It was an evening that no one in the audience will soon forget.

Thursday, we are happy to host the second edition of this year's **Symons Seminar Series for Graduate Research** in Bagnani Hall. Join us on Thursday evening at 7:30 pm where we welcome another two dynamic graduate students who will be sharing their research with us. **Erin Matula** (M.Sc. Student, Environmental & Life Sciences) will present "Wildfires Change Dissolved Organic Carbon Composition in Boreal Headwater Streams." **Oscar Siler** (M.A. Student, History) will be presenting "The Trent-Severn Waterway: Adapting to and Overcoming Environmental Infrastructure." As always, there will be a discussion of the papers, an exploration of the connections between the arts and the sciences, accompanied with refreshments and good company.

Finally, a special shout out to **Tanya Grills** who works for Chartwells in *The Trend* for the incredible holiday decorations that she put up with some residence students last Sunday. In my ten years at Traill, I don't think that I have seen a more spectacular show of holiday cheer in The Trend! It is well worth the visit to Wallis Hall to check out their handiwork.

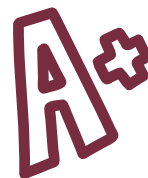
Until next week,

A handwritten signature in black ink, appearing to read "Michael".



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:



Easy Baked Rigatoni with Ground Beef

[Link Here](#)

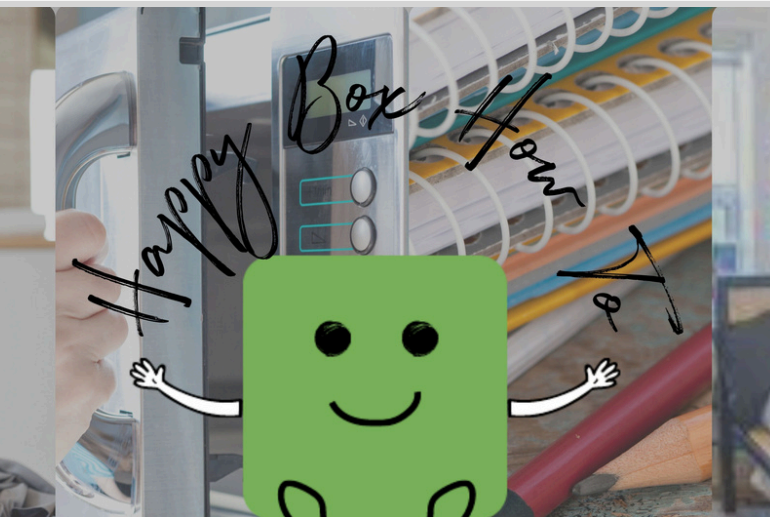


INGREDIENTS

- 1 pound rigatoni
- 1 pound ground Beef
- 1 tablespoon Italian Seasoning
- 1/2 teaspoon garlic Powder
- 1/2 teaspoon onion Powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (24 ounce) jar marina Pasta Sauce
- 1 (15 ounce) can tomato Sauce
- 2 cups mozzarella shredded

INSTRUCTIONS

1. Preheat the oven to 375 degrees F.
2. Cook the pasta to al dente in salted water according to the package directions. Drain the pasta and set aside. Do not rinse.
3. While the pasta cooks, preheat the meat sauce. Cook the ground beef in a large skillet over medium-high heat until cooked through, about 7-8 minutes.
4. Add the Italian seasoning, garlic powder, onion powder, salt and pepper and cook for another minute or until fragrant.
5. Add the marinara and tomato sauce and bring to a boil. Reduce to low and simmer for 5 minutes to let the flavors meld.
6. Add the pasta to the pasta and stir until well combined and evenly coated.
7. Pour the pasta mixture into a 9x13 inch casserole dish and top with the shredded mozzarella.
8. Cover the dish with foil and bake for 20 minutes, remove the foil and bake an additional 10-15 minutes or until the cheese is melted and bubbly.



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

Trail Mix

Why don't fir trees ever get the blues?
They're evergreen.



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

Trent Sustainability Office's

New Sustainable Campus Living Student Pledge

Get Professor Burrows a College Scarf



**Starting Tuesday
November 12th**

- All Colleges
- Daily from 9am - 4pm

Three Simple Steps:

1. Visit your college office
2. Sign the pledge
3. Get a tiny scarf sticker

Come to the Traill College office from 9am-4pm starting Tuesday November 12th to sign the New Sustainable Campus Living Student Pledge.

TRAILL COLLEGE 60TH ANNIVERSARY GUEST LECTURE SERIES



Join John and Tracy with their friends Tim, Lynne, Cathy A. and Cathy W. for a fun evening of stories at 'The 80s, Team Trend, and Traill'.

28 NOVEMBER 2024

7:30 PM

**BAGNANI HALL
TRAILL COLLEGE**

Refreshments provided



**THE 80S, TEAM
TREND, AND TRAILL**



1964-2024

What was Traill like just after its 30th anniversary. What are the origins of the Happy Box? Was their romance to be found on the College on the Hill? Whatever happened to intermural hockey at Trent? How did the Team Trend reunion become the second-longest running alumni event at the university? Find out the answer to these and other burning questions November 28th at 7:30PM in Bagnani hall. Register [Here](#)



**On November 21st, 2024
Prepare Yourself...**



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

**Wildfires Change Dissolved
Organic Carbon
Composition in Boreal
Headwater Streams**



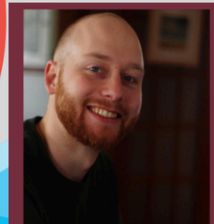
Erin Matula
MSc Student
Environmental & Life
Sciences



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

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

**The Trent-Severn
Waterway: Adapting To And
Overcoming Environmental
Infrastructure**



Oscar Siler
MA Student
History

Join us to discuss research topics that span the science and the arts. The two presenters are: Erin Matula, a Master's student from environment and life sciences, and Oscar Siler, a Master's student from history.

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](#).

What's going on at Trent?

Ten Thousand Villages Market

November 21st & 22nd



Come and check out beautiful and unique pieces for sale from around the world at the Ten Thousand Villages pop up market! The Fair Trade Market will be held in The Gathering Space, ENW 102, Thursday November 21st and Friday November 22nd from 10:00 a.m. to 4:00 p.m.

Sustainability Office Social!

Open to all volunteers and members of the Trent Community!

Come and celebrate the end of a very successful semester!

Nov 27 2-4pm, drop in
Ceilie Pub

Join us for a drink & light snacks!

Contact:
shelleystrain@trentu.ca
for questions but no need to register!



We are hosting an event in the Ceilie on Nov. 26th from 2-4pm. This is open to all – if you have volunteered for us, please join! If you are interested in campus sustainability, please join! We have an opening for a first-year paid internship – interested in learning more? Please join us for a drink and a snack.

TRENT SUSTAINABILITY OFFICE CLOTHING SWAP



'Shop' our last FREE clothing swap this year!

Drop off unwanted items and get new-to-you clothing & items for FREE.

SWAPs are hosted on the last Thursday of every month and supported by TKE.

NOV 28

OTONABEE COLLEGE NEAR
WENJACK THEATRE
11:00 TO 2:00



The last clothing swap of the year will be Nov 28th from 11-2pm at the tables in OC by Wenjack. This is a freecycling event. You can stop by and drop off clothes you no longer want or come and grab something new to you for free! This effort is supported by TKE and is held on the last Thursday of each month.

Transfer Into Co-op!

INFORMATION SESSION

Friday, December 6, 1:30 PM on Zoom

Applications open on myTrent from December 9 to January 12 and are available to **first year students** interested in one of 25 co-op programs.

Learn more about co-op and available programs on our website.



If you are a first-year student who is interested in applying to transfer into one of our 25 co-op programs, we invite you to attend our upcoming virtual information session. In this session students will learn about the co-op process, its benefits, and opportunities. Students can register on the Student Experience Portal in the events calendar (www.trentu.ca/sep). More information is also available on our website at www.trentu.ca/careerspace/transfer-co-op



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: Student Wellness Centre



The mission of the Student Wellness Centre is to provide integrated services to address the holistic needs of students studying at Trent. The Student Wellness Centre consists of Counselling, Health, and Accessibility Services. All services are strictly confidential and co-located in Blackburn Hall. Find out more about Wellness resources [here](#).

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!

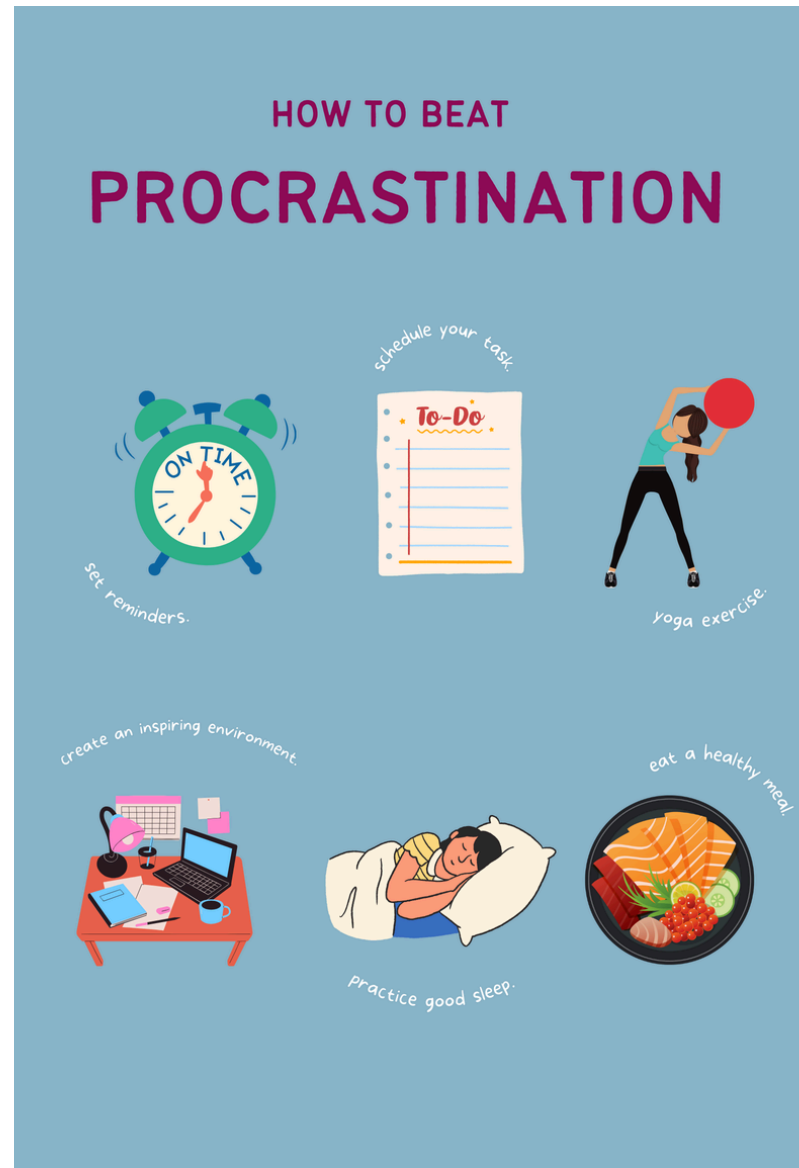
Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

[For more information click here](#)

Fight procrastination! Sometimes we procrastinate because jobs or tasks are difficult or time consuming, but it is not procrastination if the job doesn't rank in importance or urgency. Here are some ways to fight procrastination.

- Find the answer to 'What's In It For Me'. Why is this task/decision important. What will I achieve once it is completed?
- Use positive self talk to keep you moving forward.
- Set a timer. Work with your concentration and energy not against it.
- Make appointments with yourself for breaks, planning, visioning and even napping.



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"Sometimes, I need some time on my own Sometimes, I need some time all alone" -Axl Rose, November rain