

# TRAILL TALES

Catharine Parr Traill College  
Trent University



## A message from our College Principal

Dear Traillites,

What a great week we have been having with our inaugural filmmaker in residence, **Dr. Peter Raymont '15**. On Tuesday, Peter offered a special workshop on his 2004 film *Shake Hands with the Devil: The Journey of Romeo Dallaire*. The audience was a wonderful cross-section of aspiring and established filmmakers, professors, high school teachers, students, and members of the public. On Wednesday afternoon, Peter chatted more casually with a similar group of people in The Trend. This evening, his screening of *Triage* with the movie's subject **Dr. James Orbinski '80** is already fully subscribed. It promises to be a powerful evening as both Peter and James delve into the importance of being engaged global citizens and how individuals can make a difference in the face of seemingly insurmountable cruelty, pain, and devastation.

Next week, 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.

See you soon!

A handwritten signature in black ink, appearing to read "Michael". The signature is stylized and written in cursive.



# 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.*



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# Backwoods Baking Presents:

## INGREDIENTS

## Orzo Salad

## INSTRUCTIONS

[Link Here](#)

Salad:

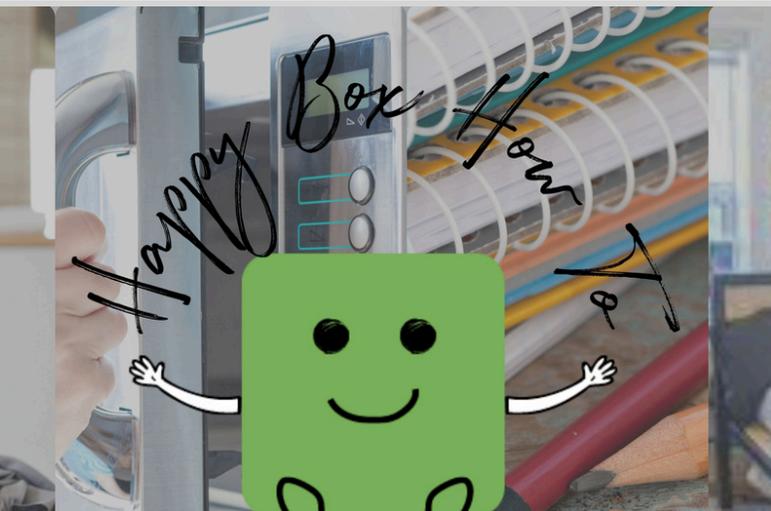
- ½ (16 ounce) package uncooked orzo pasta
- ½ pint cherry tomatoes, halved
- ½ cup diced red onion
- 1 cup diced cucumber
- 1 cup pitted Mediterranean olives, cut in half
- 1 cup finely diced Asiago cheese (or feta)



1. Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until tender yet firm to the bite, about 9 minutes. Drain well. Rinse with cold water and drain well again.
2. Combine orzo, cherry tomatoes, red onion, cucumber, olives, and Asiago cheese in a large bowl.
3. To make the vinaigrette: Whisk garlic, olive oil, red wine vinegar, lemon juice, salt, and pepper together in a small bowl; drizzle over orzo mixture and toss lightly to combine. Add basil and parsley and mix well. Let sit for 20 minutes for flavors to blend, stirring occasionally.

Vinaigrette:

- 1 ½ teaspoons minced fresh garlic
- ½ cup extra-virgin olive oil
- ½ cup red wine vinegar
- ½ lemon, juiced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup chopped fresh basil
- 2 tablespoons chopped fresh parsley



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

## Trail Mix

Which one is faster: hot or cold?  
Hot. You can catch a cold.



# 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 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.  
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.

## TRAILL COLLEGE 60TH ANNIVERSARY GUEST LECTURE SERIES

### 28 NOVEMBER 2024 7:30 PM

**BAGNANI HALL  
TRAILL COLLEGE**

Refreshments provided

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.'

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

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](#)

# What's going on at Trent?

Jobs. Careers. Experiences.

## GENERAL CAREER EXPO

November 12 & 19 | 11 - 2  
Student Centre Atrium

Sponsored by  
**bakertilly**

**GAUVREAU**  
ACCOUNTING TAX LAW ADVISORS

Join Careerspace for the fall General Career Expo events on November 12 and 19 in the Trent Student Centre Atrium.

From 11 to 2, top employers like Gauvreau CPA and Baker Tilly will showcase a wide range of part-time, full-time, and career positions, offering you a unique opportunity to connect directly with prospective employers who are eager to hire Trent students.

Click [here](#) to register!

## AI Literacy within the University

How do you use Generative Artificial Intelligence (GenAI) in university when permitted?

Learn about institutional policies, creating effective prompts, evaluating responses, and recognizing GenAI's limitations.

November 14 - 1:00-2:30

ENW 115 (Enwayaang)

While many courses at the institution forbid the use of Generative Artificial Intelligence (GenAI) in evaluations, you may find yourself in courses that expressly encourage or require you to use them in coursework. This workshop is designed to give students the knowledge of how to accurately prompt, evaluate, and articulate their use of a GenAI program. We will cover institutional policies, creating effective prompts, evaluating responses, and how to understand the limitations of GenAI's applications

## GIS Research Day

NOV 14 2024 | 9 AM - 1 PM  
BATA LIBRARY RM 411



Are you doing research? Come on out to the annual GIS Research Day to see how Geographic Information Systems (GIS) can help you discover and communicate new insights in your data. Come for the snacks but stay to hear short talks from students, faculty, and GIS professionals on topics ranging from wildlife conservation to urban history. Explore how GIS can deepen our understanding of data, place, and relationships. Hot beverages and a warm welcome November 14th at 9 AM – plus a coffee and cake break mid-morning!

## 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?

## Common Writing Concerns for Graduate Students

Date: Tuesday, November 19  
Place: Zoom  
Time: 7:00 to 8:30 pm



This workshop will explore some of the common concerns seen in graduate writing assignments from course-based writing to research proposals and thesis writing. We will explore the writing process as an aid in clarifying the thought process. We will discuss style and flow in writing, the needs of the reader, and the basis of strong writing - the paragraph.

## 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](http://www.trentu.ca/sep)). More information is also available on our website at [www.trentu.ca/careerspace/transfer-co-op](http://www.trentu.ca/careerspace/transfer-co-op)

## Writing Café

with Academic Skills in the Colleges

Sunday, November 17, 2024  
10 am to 3pm

OC Commons  
(Otonabee College)

Join us to work on a written assignment in a comfy, cozy, community space!

Set writing goals!

Stay focused!

Come for the day, or a part of the day.

Enjoy baked goods and drinks while you write!

To register:  
[www.trentu.ca/sep](http://www.trentu.ca/sep)

Email [acdskills@trentu.ca](mailto:acdskills@trentu.ca) for more information.



Trent Spiritual Affairs & Student Wellness Services invite you to join us for a

## Community Song Circle

with Mila Redwood

Tuesday, November 19

2:00 - 4:00PM | TSC 1.07 (Event Space)



Are you working on an end-of-term paper? Want to write in a comfy, cozy community space? Join Academic Skills at this relaxed and supportive Writing Café to work on your written assignment(s). Skills Instructors can provide writing support, help you set writing goals, and keep you focused on your task. Individual one-to-one appointments with a Skills Instructor will be available. We will have warm drinks, baked treats, resources, and more. Come for the day, or part of the day - everyone is welcome. Register to attend!

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: Financial Aid



At Trent Financial Aid are open to help everyone with financial support.

Offering assistance with applying for OSAP, bursaries, and scholarships. They also assist with ensuring that you will remain eligible for OSAP, bursaries, and scholarships if your courses change.

They are also a great place to learn more about tuition and fees.

To learn more about Financial Aid click [Here](#)

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

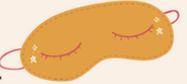
[For more information click here](#)

We are one week out of Daylight savings time, and if you've been having trouble sleeping, being productive or focusing, you can likely point the blame at daylight saving.

The switch from daylight saving time alters your normal pattern of daylight exposure. This can throw off your body's circadian rhythm, which helps control sleep and other biological processes. Developing a plan to cope with the time change can reduce its impact on your sleep and overall wellness

## SLEEP HYGIENE

Seven effective tips to establish a healthy sleeping habits

- Stay clear of stimulants late in the day.** 
- Do a regular exercise.** 
- Stick to a consistent sleep schedule.** 
- Create a relaxing bedtime/pre-bedtime routine.** 
- Unplug an hour before bed.** 
- Keep your room cool and comfortable.** 
- Avoid foods that can disrupt sleep.** 



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"To me, science is just formalized curiosity." – Chris Hadfield