

TRAILL TALES

Catharine Parr Trill College
Trent University



A message from our College Principal

Dear Traillites,

It sure has been a busy April. The sudden quiet at the College is a welcome relief to what has been a very full academic year. Preparations are well underway for our summer events and activities. For over 11 years, **Pizza Fridays** have been a summer tradition at the College. Mark your calendars. They will be starting again on May 15th. For the low price of \$5 (cash) you will get chips, a drink, all-you-can-eat pizza, and a dessert. Come for the food, stay for the fellowship. It is a great way for the entire Trill community to meet and enjoy each others company. Likewise, the **William and Nona Heaslip Summer Series**, a newer Trill tradition, will be starting soon at the College. Open to everyone, this series will have twelve free performances from June until September. Every Thursday evening starting at 7 PM in the Amphitheatre. Four performances will be hosted by our special theatrical partner **New Stages**. Other performances will feature local musicians and artists. A full listing of performances will be published in just a couple weeks.

Today, at the Symons Campus, the Centre for Teaching and Learning will be holding their annual **Celebration of Faculty Excellence in Teaching and Research**. I am proud to announce that three of the recipients are fellows of Trill College and include:

- Distinguished Research Award: **Dr. P. Whitney Lackenbauer**
- Early Career Researcher Awards: **Dr. Joshua Synenko**
- Award for Excellence in Online Teaching: **Dr. Andrew Loeb**

Please join me in congratulating these great teachers and all the award winners this year.

On Saturday, I attended **Bloody Marvelous** that celebrated the life of P.S.B. Wilson and I was not the only one. The Athletics Centre was packed to capacity as friends and colleagues remembered fondly the life and achievements of Paul Wilson. I first got to know Paul and Gillian through Tom Symons. I later connected, as principal of Trill, over the longstanding **Team Trend** reunions. Paul was always suggesting that Trill offer more athletic opportunities to its students. And, therein was part of his brilliance and passion. As Athletics Director he, of course, fostered high performance athletics, elevated Trent's varsity teams, and created new facilities. However, he believed strongly that everyone should be physically active. Trent's intramural program was second-to-non under Paul, and he sacrificed certain varsity programs, so that everyone could be engaged. He was an incredible advocate and teacher, and it is no surprise that he remains the only recipient of the **Symons Award for Excellence Teaching** that was not a faculty member. Let's all raise a glass to P.S.B.!

Finally, this is the last chance for students to reach out for **afterhours access** this summer in Scott House. If you are interested, please reach out to trillaccess@trentu.ca before May 1st.

Until next week!

A handwritten signature in black ink, appearing to read "Michael Symons", located at the bottom left of the page.



Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

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. 1488 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!

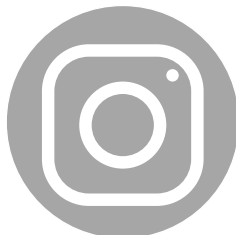
For the most up-to-date information on Trent University's events and news:

<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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What's going on at Traill!

Graduate Writing Retreat

May 11-12, 9am-4pm

Join us in person at Traill College
or online via Zoom!
Jumpstart your summer writing!



Registration required



Are you planning to work on your course work, MRP, thesis, or other writing over the summer of 2026? Join your fellow graduate students and learn how to increase productivity as you progress with your writing. The retreat is a hybrid event for in person and online attendees. [Registration required](#)




Writing Research Proposals

Wednesday May 20

2:00 - 3:30 pm

Online via Zoom

Register here



Writing Research Proposals
Date: Wednesday May 20
Time: 2:00 pm to 3:30 pm
Online via Zoom: Registration required
Scan the QR code to register

Save the Date

PIZZA FRIDAY
IS RETURNING!



STARTING MAY 15TH
TRAILL COLLEGE
WATCH FOR UPDATES!



MPizza Friday is coming back! Starting on May 15th, join us every Friday, all summer long for this iconic Traill tradition! Enjoy all-you-can-eat pizza, chips, and ice cream for \$5 cash or \$6 online. Watch out for updates (and registration links!) in Traill Tales and on our social media (@traillcollege on Instagram and TikTok!)



Traill College Merch available on our Marketplace storefront [Found Here](#)
Traill College stickers (like Squirrel with the Pearl Earring, above) have been restocked!

What's going on at Trail & Trent!



The Equity & Human Rights Office, in collaboration with Out On Campus, is inviting international students who identify as LGBTQ+ or have experienced marginalization based on their sexual or gender identity to share their voices through a short survey.

Your feedback will directly inform future programming and help create safer, more welcoming spaces where everyone feels seen and supported.



Questions about recently announced changes to the Ontario Student Assistance Program (OSAP)? While full details are still being finalized, OSAP remains an important source of funding for many domestic students, and support at Trent is available. Learn what we know so far, what you can do now, and where to find help: trentu.ca/osap-changes

TRENT UNIVERSITY
MICRO-CREDENTIALS

TRENT UNIVERSITY
CAREERSPACE
CO-OP, CAREERS & EXPERIENTIAL LEARNING

Spring MICRO-CREDENTIALS

Enhance your skills with part-time courses:

- Facilitating Public Dialogue
- Plain Language in the Public Sector
- Somatics & Breathwork for Helping Professions
- AI for Business Leaders
- Just Get Over it with FPHL
- A Mindfulness Guide to Emotional & Focus Balance
- Emotional Health Practitioner Summer Youth Program
- Emotional Health Practitioner Asynchronous

REGISTER NOW

For a full list of micro-credentials trentu.ca/micro-credentials

Interested in Spring Micro-Credentials?

Micro-Credentials are open for registration for all Trent Students, Trent Employees, Alumni, and Community Members.

For more information, please go to our website www.trentu.ca/careerspace/micro-credentials.



Backwoods Baking Presents:

Best Homemade Lemonade Ever

INGREDIENTS

- 1 $\frac{3}{4}$ cups white sugar
- 1 cup water
- 9 medium lemons, or more as needed
- 7 cups ice-cold water
- ice as needed



[View the Recipe Here](#)

RECIPE BY
JO FROM
ALLRECIPES



INSTRUCTIONS

1. Gather all ingredients.
2. Combine sugar and 1 cup water in a small saucepan. Stir to dissolve sugar while mixture comes to a boil. Set aside to cool slightly.
3. Meanwhile, roll lemons around on your counter to soften. Cut in half crosswise, and squeeze into a liquid measuring cup. Add pulp to the juice, but discard any seeds. Continue juicing until you have 1 $\frac{1}{2}$ cups fresh juice and pulp.
4. Pour 7 cups ice-cold water into a pitcher. Stir in lemon juice and pulp, then add simple syrup to taste. Add ice.
5. Enjoy!

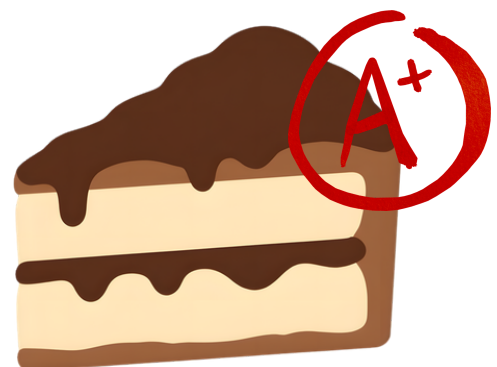


Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

Trail Mix

Why did the student eat his homework?

Because the teacher told him it was a piece of cake.





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: **Spiritual Affairs**



Trent University Spiritual Affairs is a program area of the Office of Student Affairs. Spiritual Affairs provides support to students from all faith traditions, as well as students who are not religious but are considering questions of meaning, purpose and identity. University life provides ample opportunity for personal growth and exploration - and at times, can be stressful. [Our Chaplains and Community Liaisons](#) are available to provide spiritual support to students as they navigate this complex and exciting life stage. Our multi-faith model is rooted in respect, understanding, and inclusion.

**Wanna
Talk
About It?**



Weekdays 12-3 PM

Student Centre 3.04

**Free. Confidential.
We have snacks.**

Follow us on Instagram at [@peersupporttrent](#)



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

[Click Here for More Info](#)

Sleep Hygiene Tips

“Sleep hygiene” refers to healthy habits that can make it easier to relax and nod off at night. Poor sleep practices, on the other hand, can stress your body when it should be getting ready to rest.

The key to a good night’s sleep starts long before your head hits the pillow.

For more information please click the link above.

SLEEP BETTER TONIGHT

Stay consistent
Go to bed and wake up at the same time every day, even on weekends.
Why? Consistency reinforces your body's internal clock for better sleep quality.

Create a wind-down routine
Wind down with calming activities like reading, meditating, or taking a warm bath.
Why? Relaxation signals your brain that it's time to sleep.

Make your bedroom comfy
Keep your room cool, dark, and quiet. Avoid screens before bed!
Why? A sleep-friendly environment helps you fall asleep faster and stay asleep longer.



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“Kindred spirits are not so scarce as I used to think. It’s splendid to find out there are so many of them in the world.” — L.M. Montgomery, Anne of Green Gables