

# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

As I have written in the past, the crest of Traill College has much symbolism in it including the characters of alpha and omega that figure prominently. For me, I have seen their inclusion as representing how higher education can be both a starting point and ending for so many of life's important moments. This week is one of such moments in my life.

On Tuesday, I left Traill College on a six-month leave of absence to run for the mayor of Peterborough. It has not been a decision that I have taken lightly. This place has transformed my life, and I have met some of the most amazing people. It has been truly a privilege and an honour to serve the Trent community and the greater Peterborough community in this capacity. However, I feel that our city is at a crossroads in leadership, vision, and direction. The next six months will be akin to the longest job interview of my life. If I win, I will start on a new, exciting path. If not, I will be back at Traill in November where I will continue to build the College that I love.

I would like to take this opportunity to introduce you to **Dr. James Onusko**. James is the current principal of Champlain College and will also look after Traill College in my absence. James is no stranger to Traill. He received his PhD from the Frost Centre and is a proud Traillite. He is an historian, a scholar, a community builder, and an all-around great guy. Please join me in welcoming him as acting principal!

Finally, I want to thank all the great people who continue to make Traill the special place it is. This includes the students, faculty, staff, and alumni who are too numerous to name here. However, I would like to offer a special thank you to **Meaghan Kelly**, our Traill College Coordinator. Traill wouldn't be able to function without her and her team of student interns. They have a great line-up of activities planned and I hope that you will make sure you visit Traill frequently. Here's to a great summer... all hail Traill, the College on the Hill!

Until the next time,



# 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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner



<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

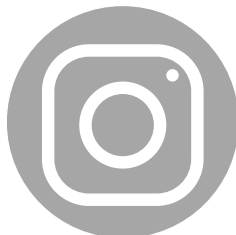
To keep up to date with the college, follow us on social media!

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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[Trail College](#)



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# TRAILL

# SUNDAY DINNERS



# EMMANUEL

## SUNDAY DINNERS



Thank you,  
Emmanuel United Church!




# 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!

# CANCELLED



The Graduate Writing Retreat on May 11th and 12th has been cancelled. We apologize for the inconvenience and appreciate your understanding. Check the Academic Skills socials (@trentuacademicskills) for more graduate studies programming!

# PIZZA



# FRIDAYS



**TWO WAYS TO PAY:**  
**\$6 ONLINE** OR **\$5 CASH**

**SCOTT HOUSE PATIO**

**LUNCH 12-1pm**      **GAMES 1-2pm**

RAIN LOCATION: BAGNANI HALL


## every friday, all summer long





PIZZA!  
DRINKS!  
DESSERT!  
GAMES!

Pizza 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!)





## 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



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 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](https://trentu.ca/osap-changes)

An advertisement for "Spring Micro-Credentials" from Trent University. It features logos for Trent University, CAREERSPACE, and Micro-Credentials. The text lists several part-time courses and includes a "REGISTER NOW" button. The background is a green, leafy scene.

**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](https://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](https://www.trentu.ca/careerspace/micro-credentials).



# Backwoods Baking Presents:

## Strawberry Banana Muffins (Easy Recipe)

### INGREDIENTS

- 1/4 cup unsalted butter, melted
- 1/2 cup milk
- 1 large egg, room temperature
- 1 3/4 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 3/4 cup granulated sugar
- 1 1/2 cups fresh strawberries, chopped
- 1 ripe banana, thinly sliced



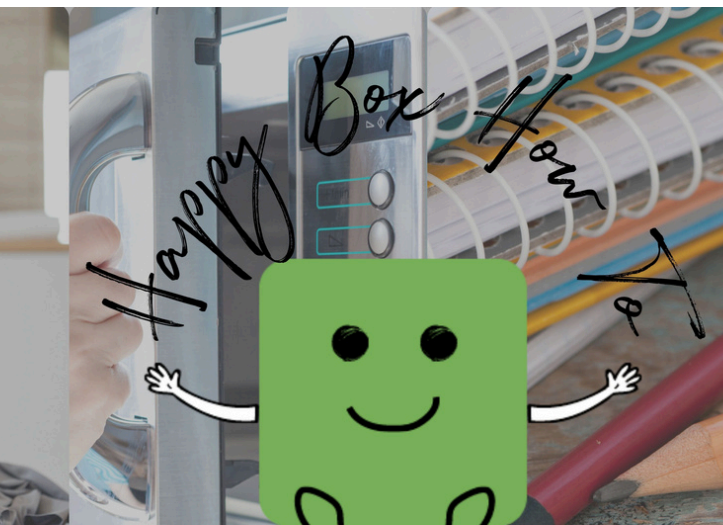
[View the Recipe Here](#)

RECIPE BY  
KIM FROM  
INSANELY  
GOOD



### INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit. Line a muffin pan with muffin liners.
2. In a small bowl, whisk together melted butter, milk, and egg. In a large bowl, sift together the flour, salt, and baking powder. Mix in the sugar. Add the strawberries and banana slices and stir to coat. Pour the milk mixture and gently mix until well combined.
3. Scoop the batter into the lined muffin cups. Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean.
4. Let the muffins cool in the pan for 10 minutes, then transfer them onto a wire rack to cool completely or serve warm. Enjoy!



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

## Trail Mix

What did Spring say when it was in trouble?  
May Day





# 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: Academic Advising

As we start the first Summer term of 2026 we wanted to draw your attention to the Academic Advising department. Whether you are a new student or a returning student booking an appointment is always a good idea.

Book Today, Tomorrow, or Next Week! Academic Advising offers individual in-person and remote appointments Monday to Friday. Meet with an academic advisor in-person, via video chat, or on the phone. Appointments become available for booking on the Student Experience Portal one week in advance, and a limited number of appointments may be released one day in advance. Same-day bookings are also available to book by visiting your College or calling the Academic Advising phone line.

For more information click the link above.

ACADEMIC  
ADVISING



**Wanna Talk About It?**  **Weekdays 12-3 PM**  
**Student Centre 3.04**   
**Free. Confidential.**  
**We have snacks.**   **PEER SUPPORT**  
Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/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](https://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](#)

## Boosting Your Mental Health

Now that the Winter semester is over it is a great time to work on your mental health. This can be as simple as:

- Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
- Take some time to reflect on the causes you care about. Think of one way you can support these causes whether it is with your time, donations, etc.
- Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.

For more information please click the link above.



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"May is the month of expectation, the month of wishes, the month of hope."  
— Emily Brontë