

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

It is with both anticipation and humility that I write my first *Traill Tales* Principal's Message for the Traill community. It is both exciting and daunting to be serving Traill as Acting Principal over the next 6 months. With Michael now on leave, and pursuing the Mayor's office in Peterborough, this opportunity took shape for me. I wish Michael only the best in his campaign, and in knowing him for nearly two decades now, I am confident that he makes an excellent candidate. I cannot replace him fully in this role, but know that I take the stewardship of Traill very seriously.

This is truly a homecoming in many ways. I was at Traill for the better part of 11 years in various roles from 2008 until 2009. Traill defined Trent for me, for much of that time. As a proud Trent graduate of the Canadian Studies PhD program, Traill has always remained very special to me, and I have been a Traill Fellow for the past 18 years. I was a PhD student, a research associate, an administrator and a faculty member over that time. While I will continue in my role as Principal at Champlain College, I will spend at least half of my time at the "College on the Hill" until the end of October. I will also maintain my Adjunct Professor status with both the Frost Centre for Canadian Studies and Indigenous Studies and the History department. I continue to teach undergrad courses, supervise graduate students, conduct research and publish (when time allows for the latter).

We have a wonderful team here, which has made the transition so much easier for me than it might have been otherwise. I also know many of the staff, faculty, residents, and alumni who make Traill what it is – an outstanding college. It has been wonderful to touch base with many long-time friends and colleagues. I also look forward to meeting folks with whom I may not be acquainted.

This week, we kick off **Pizza Fridays!** This has become a favoured tradition at Traill and we welcome students, staff, faculty, fellows and alumni (and family) to join us this coming Friday. They will then run every Friday for the duration of the summer. Please be sure to [register early](#) each week as you do not want to miss out.

Additionally, we are looking forward to another William and Nona Heaslip Summer Festival, an exciting series of free performances in the **Jalynn Bennett Amphitheatre**. We should have the line-up of performers available by early next week so you can begin planning at least some of your late spring and summertime schedules. In closing, please feel free to reach out and come and visit us in the college office over the summer. I have already received several kind and thoughtful welcome notes and emails in the past week – they are appreciated. Please take care and enjoy the rest of Traill Tales.

Warm regards,

James Onusko



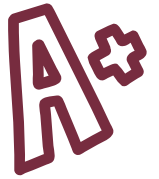
Need an Appointment?

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>

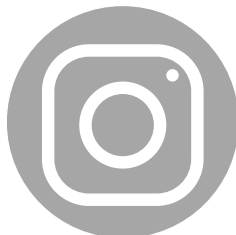
To keep up to date with the college, follow us on social media!

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.](#)



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



What's going on at Traill!

PIZZA 

FRIDAYS 

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

SCOTT HOUSE PATIO

LUNCH 12-1pm **GAMES 1-2pm**

PIZZA!
 DRINKS!
 DESSERT!
 GAMES!

RAIN LOCATION: BAGNANI HALL

every friday, all summer long

Pizza Friday is back! Starting THIS FRIDAY, 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. Register [here](#)
 Where: Scott House Patio (Rain location: Bagnani Hall)
 When: Every Friday! Lunch from 12-1PM, social hour and games from 1-2PM

THE WILLIAM & NONA HEASLIP FOUNDATION **SUMMER FESTIVAL**

CATHARINE PARR TRAILL COLLEGE
 live music and theatre all summer long





new STAGES THEATRE  **Jalynn Bennett Amphitheatre**


free admission 7PM thursdays june-august

The William and Nona Heaslip Foundation Summer Festival returns to Traill College on June 4th! Come out to the College on the Hill for the totally FREE concert series every Thursday from June to August and enjoy live theatre and music performances. Watch out for the line-up of performers in future Traill Tales!
 Where: Traill College (300 London St), Jalynn Bennett Amphitheatre
 When: Thursdays, 7PM



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

An advertisement for "Spring Micro-Credentials". It features logos for Trent University, CAREERSPACE, and Micro-Credentials. The text says "Enhance your skills with part-time courses:" followed by a list of courses. A "REGISTER NOW" button is at the bottom, with the URL trentu.ca/micro-credentials below it.

- 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

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:

Hibiscus Lemonade

INGREDIENTS

- ½ cup dry hibiscus tea flowers tightly packed
- 1 cup boiling hot water
- 1 cup sugar or 1 cup honey or ¾ cup agave nectar
- 1 cup fresh squeezed lemon juice from about ~6-8 lemons, depending on their size
- 3-4 cups cold water to taste



[View the Recipe Here](#)

RECIPE BY
KATE
*GOOD IN THE
SIMPLE*



INSTRUCTIONS

1. In a heat-safe bowl, combine the hibiscus, boiling water, and 1 cup sugar. Stir until the sugar dissolves, then allow to steep for 5-10 minutes, while you prepare the rest of the lemonade.
2. Squeeze the lemons. If you don't have enough fresh lemons, you can top up with bottled lemon juice.
3. In a large pitcher, combine ¾ cup of the sweetened hibiscus tea (set some aside for now), lemon juice, and 3 cups cold water and stir. Give it a taste and see if it needs more sugar (then add the rest of the sweetened hibiscus), or if it needs more water.



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

Trail Mix

What do you call it when a lemon gets lost?

A lemon-aid search party!





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.

Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/peersupporttrent)

PEER SUPPORT



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://www.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](#)

Nature's Benefits

Spring feels as if it is finally here to stay!

Warmer weather is showing its face after a long winter of keeping us mostly indoors, and with the flowers blooming and sun shining, it's an exciting time to start spending time out in nature.

Being in nature can have a major impact on both our mental and physical health. Studies show that spending time outdoors can reduce stress, improve mood, increase focus, and even support better sleep. Nature also encourages movement and exercise, while also giving our minds a break from screens, deadlines, and everyday stress.

We've listed a couple of our favourite and easy ways to connect with nature this spring!

Click the link above to learn more.



Copyright © 2026 Catharine Parr Traill College, Trent University

"We open the doors and we must see to it they remain open, so we may pass through."

– Rosemary Brown