

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

In typical spring fashion, we enjoyed warmth and sunshine over the Victoria Day Weekend, and now we are back into more seasonal temperatures. If you have not had a chance to come “up” to Traill in the past few weeks, please do so as the leaves are emerging, some flowers are blooming, and it’s so enjoyable to spend some time outside here.

With the summer semester well under way (I spoke to a student yesterday who was already preparing for a midterm later this week), please know that there is ample quiet study or reading spots available here. It is much quieter than in the fall and winter, and you will not have to fight for space, if you want to study indoors. Outside, there are plenty of benches, picnic tables, or lovely green spaces, if you prefer.

Our College office staff is available from Monday through Friday. We are happy to book spaces for meetings, lunches, talks and so forth. We look forward to seeing you and please do not forget that we are available all spring and summer for whatever you need from us.

This past week, we kicked off **Pizza Fridays!** It was a beautiful start to the pizza season with a lot of sunshine. We had more than 20 guests join us, and it was wonderful to see familiar faces and a few new ones for lunch. The diversity is wonderful and you just never know who you might bump into in the best sense. I had great conversations with several folks and a big shout out to our summer interns who so ably organized our first event. Please do remember to [register](#), as it makes it so much easier to order the pizzas, sides, and beverages.

On June 4 we will hold our first event in the **2026 William and Nona Heaslip Foundation Summer Festival** in our **Jalynn Bennett Amphitheatre**. We know that it has become a can’t miss series for many of you and we look forward to what should be another dynamic and entertaining summer lineup. In closing, please do not hesitate to reach out with anything that you might need. Despite serving in the Acting Principal’s role for just 2 weeks, it has already felt like being home with all of the reconnecting with people and new relationships being built. Please take care and enjoy the rest of *Traill Tales*.

Warm regards,

James Onusko



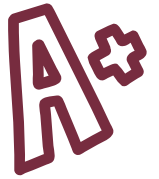
Need an Appointment?

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!

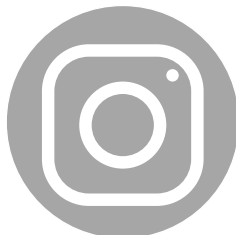
For the most up-to-date information on Trent University's events and news:

<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.](#)



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THE
WILLIAM
& NONA
HEASLIP
FOUNDATION

SUMMER FESTIVAL

CATHARINE PARR TRAILL COLLEGE

PERFORMANCE LINE-UP:

June 4

New Stages – Munsch Goes Wild

stories by Robert Munsch,
adapted and performed by M. John Kennedy

June 11

New Stages – Kash & Kerry & Friends: An Improv Variety Show

featuring Linda Kash, Kerry Griffin, Megan Murphy &
more

June 18

Four Lanes Wide

June 25

Irish Millie Live

July 2

Just Folk–Songs and Stories from Canada’s Past

with Mark Finnan and friends

July 9

Carpe Noctem

July 16

Dueling Disciplines: Music and Poetry

with David Newberry and Justin Million

July 23

Victoria Yeh & David Hines

July 30

Peterborough Concert Band

August 6

I, the Mountain

August 13

New Stages – Footnote to Freedom

a new musical (workshop) by Beau Dixon and Lance
Dixon

August 20

New Stages – Summer Soiree

a night of theatrical & musical delights

new
STAGES
THEATRE

FREE ADMISSION
7PM THURSDAYS
JUNE – AUGUST



Jalynn
Bennett
Amphitheatre



Hand-drawn scribbles on a piece of torn paper, resembling the letters 'C' and 'L'.



first
PIZZA
FRIDAY
of '26



Hand-drawn scribbles on a piece of torn paper, resembling the letters 'W' and 'V'.



What's going on at Traill!

PIZZA 

 **FRIDAYS**


PIZZA!
DRINKS!
DESSERT!
GAMES!

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 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


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

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



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 a "MICRO-CREDENTIALS" badge. The text says "Spring MICRO-CREDENTIALS" and "Enhance your skills with part-time courses:". A list of courses includes: 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, and Emotional Health Practitioner Asynchronous. A "REGISTER NOW" button is at the bottom, with the URL trentu.ca/micro-credentials below it.

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.

An advertisement for a "plant & cyanotype" event. The text says "PAINT. POT. PLANT." and "plant & cyanotype". It includes instructions: "Pick flowers and create cyanotype art using iron salts and ultraviolet light!" and "Paint a pot and plant a wildflower to take home with you!". A framed cyanotype artwork is shown. The event is on "May 28th 5-7pm OC Quad" with "Registration in bio".

Come join Otonabee College and Lady Eaton College for our first summer event! We've planned a fun line-up featuring cyanotyping and wildflower planting, both firsts for us, and we're already so excited! Make sure to [register here](#) or through the link in Otonabee's [Instagram](#), we hope to see you there!

*Light refreshments will be provided

Backwoods Baking Presents:

Cheesecake Fruit Salad

INGREDIENTS

- Whipped cream cheese
- Whipped topping
- Greek-style yogurt
- Powdered sugar
- Fresh lemon juice
- Vanilla extract
- Mixed ripe fruits, such as pineapple, honeydew, mango, kiwi, and grapes, to bring color, sweetness, and a juicy bite.



[View the Recipe Here](#)

RECIPE BY
ABBY'S
RECIPES



INSTRUCTIONS

1. Mix the cheesecake filling In a large bowl, whisk together whipped cream cheese, thawed whipped topping, yogurt, powdered sugar, lemon juice, and vanilla until smooth and fluffy.
2. Wash, peel, and chop your fruit into bite-sized pieces. Pat dry with paper towels to prevent extra moisture.
3. Gently stir the fruit into the cheesecake mixture until evenly coated. Avoid overmixing to keep fruit pieces intact.
4. Cover and refrigerate for at least 1 hour to let the flavors meld.
5. Spoon into individual bowls or serve family-style in a glass trifle dish for a stunning presentation.



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

Trail Mix

What did one flip-flop say to the other?

You're sole-mate material!





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](#)

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](#) 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](#)

Sunscreen Reminder

With how hot it's suddenly been these past couple of days, it's definitely starting to feel like summer is right around the corner! If you're heading out and about to enjoy the sunshine, now's the perfect time to make sunscreen part of your daily routine.

Sunscreen helps protect your skin from harmful UV rays that can lead to sunburn and long-term skin damage. To get the most protection, it's recommended choosing a broad-spectrum sunscreen with at least SPF 30, applying it about 15 to 30 minutes before going outside, and remembering to reapply every 2 hours; especially if you're sweating, swimming, or spending lots of time outdoors.

A little extra sun safety can go a long way in helping you enjoy the warm weather while keeping your skin healthy all season long!



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"To create one's world in any of the arts takes courage"
Georgia O'Keeffe