

# TRAIL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Welcome to July, everyone, and with it nearly here, I hope that Canada Day is a day of celebration, relaxation and reflection. It finally feels like summer has arrived - please celebrate safely and responsibly this week.

Please note that we have important outdoor construction work going on at **Kerr House**, so it will be closed until July 6. If you need to drop something there, please bring it by the college office and we will be happy to deliver it next week. Because of the ongoing work, part of the paved pathway is closed there - that is for everyone's safety.

We continue to celebrate "the beautiful game" in the colleges. The Canadian men's team has continued to dazzle us with their play and have reached the Round of 16. We have two more 'knockout stage' games in the **Ceilie** this week - at **Champlain College** - brought to you by the Colleges at Trent. Please do join us if you can. Our concert series continues on Thursday with the talented **Glen Caradus and friends** joining us for an evening of folksongs and stories from Canada's past. **Irish Millie** captivated everyone last Thursday and the luck of the Irish meant the rain stayed away for the entire performance.

We have **Pizza Friday** running once again this week. Please do register early as we have had 35-plus guests on most weeks. If you would like an internal group/department to come by, please do notify us in advance and we would be happy to accommodate. This week, we are off on Wednesday, July 1 but otherwise, the college office is open between 9 am and 5 pm. 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](mailto:graduate@trentu.ca) or your home department.

## Cabinet Corner



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

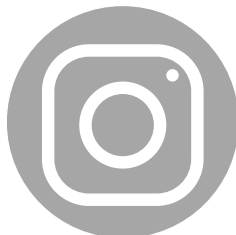
To keep up to date with the college, follow us on social media!

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.](#)



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



THE  
WILLIAM  
& NONA  
HEASLIP  
FOUNDATION

# SUMMER FESTIVAL

CATHARINE PARR TRAILL COLLEGE

[trentu.ca/summerfestival](http://trentu.ca/summerfestival)

June 4

**New Stages – Munsch Goes Wild**

stories by Robert Munsch,  
adapted & 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 & friends

July 9

**Carpe Noctem**

July 16

**Dueling Disciplines: Music and Poetry**

with David Newberry & 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 & 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**

# What's going on at Traill & Trent!



**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**

Join us for everyone's favourite Traill tradition - Pizza Fridays! Enjoy all-you-can-eat pizza, chips, and ice cream for \$5 cash or \$6 online. Register [here](#) by Friday at 10am.  
Where: Scott House Patio (Rain location: The Trend)  
When: June 26th! Lunch from 12-1PM, social hour and games from 1-2PM



**We Want Your Recipes!**



Have any easygoing, summer-themed recipes you'd love to share and show off?

Traill Tales is now accepting recipe submissions for our Backwoods Baking page!



Email your ideas to us at [traill@trentu.ca](mailto:traill@trentu.ca)

Have a favourite summertime recipe that you're eager to share? Send it to us for your chance to be featured in Backwoods Baking! Email [traill@trentu.ca](mailto:traill@trentu.ca) with the details of your recipe (including photos, if you want!), and we'll include it in a future edition of Traill Tales with credit to you as the author.



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

CATHARINE PARR TRAILL COLLEGE  
live music and theatre      all summer long

Just Folk-Songs and Stories from Canada's Past  
with Glen Caradus & friends



**July 2**      **7PM**

free admission       jalynn bennett amphitheatre

This week at the Summer Festival, Traill College presents Just Folk-Songs and Stories from Canada's Past with Glen Caradus & friends!  
The Summer Festival runs every Thursday night, rain or shine! Find details about inclement weather locations below, and watch out for updates on our Instagram, [@traillcollege](#)  
Where: Traill College (300 London St), Jalynn Bennett Amphitheatre.  
Rain Location: Scott House 105  
When: Thursday, July 2nd, 7PM.



**Leaf Printing Workshop**

Thursday July 2nd, 1pm-3pm  
TVG Field Garden, 2120 East Bank Dr

Join us on a sunny day in our field garden to experiment with turmeric sun printing, using leaves and flowers collected from the garden!

Register via the link in our bio!



Join us for some fun in the sun with Turmeric leaf printing! Be sure to register through our eventbrite to get a spot; link can be found in the Instagram bio or [click here!](#)  
Be sure to bring plenty of water and wear weather appropriate clothing!  
In case of rain next week, a back up date is July 6th, but stay tuned for updates!

# What's going on at Trent!

**PRIDE ACROSS BORDERS**

LGBTQ+/Marginalized Sexuality & Gender International Student Feedback Survey

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.

**Find Joy in Formatting**

A beginner's guide to formatting your thesis or manuscript in Microsoft Office (Word & Excel)

**JULY 7 @ 10AM-11:30AM**

**HYBRID: IN-PERSON BL 411 & ZOOM**

**CHECK OUT THIS ACADEMIC SKILLS WORKSHOP!**

Do you want your thesis or manuscript to have:

- an auto-generated table of contents/Figures/Tables?
- linked multi-level headings?
- linked figure/table captions?
- page numbers (in roman numerals & numbers?)
- aesthetically appealing graphs?
- tables with/without fancy borders?
- a single landscape page somewhere?

Sign up to learn how! Bring your own draft, or use our example and follow along.

Join us for Find Joy in Formatting, a beginner's guide to Microsoft Office (Word & Excel) essentials such as: auto-generating tables of contents, numbering pages (in roman numerals & numbers), inserting aesthetically appealing graphs and tables, and more!

Tuesday, July 7 from 10:00–11:30 AM

Hybrid: In-person (BL 411) + Zoom

Participants are encouraged to bring their own draft or follow along with an example we provide.

Register on the SEP via QR Code or direct link: [1](#).

**SKILLS TO ENHANCE PEER SUPPORT**

SUMMER 2026 SCHEDULE

Hello Summer!

Supporting a Friend: Dealing with Disclosures with Consent @ Trent

Date: Wednesday, July 8th Time: 2 - 4 PM

Location: Online via Zoom

Email your name and student number to [counselling@trentu.ca](mailto:counselling@trentu.ca) to reserve your spot and be sure to specify which workshop you would like to attend. Zoom link will be emailed out to participants 24 hours prior to the start of the workshop when registration closes.

**LADY EATON COLLEGE PRESENTS**

**gnome pottery**

**A two part event**

**WHEN?** July 8<sup>th</sup> and July 22<sup>nd</sup> **WHERE?** Lady Eaton Dining Hall **TIME?** 4:00PM - 6:00PM

Sculpt, paint, and decorate your very own garden gnome in this Lady Eaton College tradition!

Get ready for this exciting two-part pottery event! For this year's continuation of a classic Lady Eaton tradition, we'll be creating the beloved garden gnome. With the support of the Art School of Peterborough, this two-part event will consist of sculpting, painting, glazing, and decorating. In order to complete this event, you'll have to attend both sessions. To register, use the link in our bio or [click here!](#)

Session 1 - July 8th: Sculpting and creating your gnome

Session 2 - July 22nd: Painting and glazing your gnome

Where: Lady Eaton Dining Hall Time: 4:00PM - 6:30PM

# Backwoods Baking Presents:

## Chicken & Cucumber Lettuce Wraps

### INGREDIENTS

- ¼ cup creamy peanut butter
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons water
- 2 teaspoons toasted sesame oil
- 2 teaspoons olive oil
- 3 scallions, sliced, white and green parts separated
- 1 serrano pepper, seeded and minced (2 tsp.)
- 1 tablespoon minced fresh ginger
- 2 teaspoons minced fresh garlic
- 1 pound ground chicken breast
- 1 cup diced jicama
- 16 Bibb lettuce leaves
- 1 cup cooked brown rice
- 1 cup halved and thinly sliced English cucumber
- ½ cup fresh cilantro leaves
- Lime wedges, for serving



[View the Recipe Here](#)

RECIPE BY  
**LAUREN GRANT**



### INSTRUCTIONS

1. Whisk peanut butter, soy sauce, honey, water, and sesame oil in a small bowl.
2. Heat olive oil in a large nonstick skillet over medium heat. Add sliced scallion whites, minced serrano, minced ginger, and minced garlic; cook until starting to soften, about 2 minutes. Add chicken; cook, breaking it up with a spoon or potato masher, until cooked through, 3 to 4 minutes.
3. Add the peanut sauce to the chicken mixture; cook until the sauce has thickened, about 3 minutes. Remove from heat. Stir in jicama and scallion greens.
4. To serve, make 8 stacks of 2 lettuce leaves each. Divide rice, the chicken mixture, cucumber, and cilantro among the lettuce cups. Serve with lime wedges.



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

## Trail Mix

Why is maple syrup always so sad?

Because it's sappy!





# 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: Course Registration FAQs

It's that time of year again! As the 2026/27 Academic Calendar and Priority Registration schedule are released, you might feel a little lost or overwhelmed by the process of planning and selecting courses. Luckily, Academic Advising has got your back! The Academic Advising website has several video-tutorials available that can walk you through all things course registration, from understanding your degree requirements to selecting and registering for courses. There's also a host of Frequently Asked Questions to help you on your way!

Still stuck after reviewing those resources? Academic Advising is active during the summer; just call (705) 748-1488 at 8:50am on any weekday to book a same-day appointment with an advisor, or book in advance through the Student Experience Portal.

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



# 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!

# Before Speaking to an Academic Advisor, Have You Checked out these Resources?



## Important Dates & Deadlines

This list includes add/drop dates, withdrawal dates, exam periods, and tuition payment deadlines. Knowing these dates ahead of time can help ensure you don't miss any important academic milestones!

1

## Course Selection

This webpage guides students on how to understand course codes, credit requirements, determining course loads, and where to register for courses in the Self-Service. It also connects students to additional useful resources and tools as well.

2

## Academic Calendar

The Academic Calendar is Trent's official guide that outlines everything academic; from academic regulations, degree requirements, to program and course information. Everything is laid out for students to read through!

3

## Syllabus Catalogue

Located in the MyTrent portal, the Syllabus Catalogue allows students to preview past course syllabi to learn more about course materials and help them decide whether a course fits their interests and needs.

4

## DIY Degree Check

Found on the Academic Advising webpage, this tool can be used to help students independently review their credits in order to better understand their academic progression, and possibly identify any gaps.

5



It's That Time of Year Again to

*Plan Ahead!*

# Wellness Resources

[Click Here for More Info](#)

## How to Handle the Heat

The hot weather we've been waiting for is finally here, but with increased temperatures comes increased risk of heat sickness. We all want to enjoy the summertime sunshine...but make sure you do so safely, and keep the following tips in mind!

Prepare for hot weather by checking forecasts, dressing appropriately, and locating air-conditioned places to cool off.

Stay cool by wearing brightly-coloured loose clothing and avoiding going out or doing strenuous activities during the hottest times of day.

Stay hydrated by drinking water, eating fruits and veggies, and avoiding high levels of caffeine and alcohol.

Click the link above more more information on how to handle the heat!



*how to handle the*  
**HEAT**

### PREPARE

Check weather forecasts frequently to best prepare for hot weather, humidity, and thunderstorms	Turn on your AC and make sure it's working properly. Learn other tips for keeping your home cool	If you don't have AC, locate public buildings that do so you have a place to cool down on hot days
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### STAY COOL

Avoid doing strenuous activities in the heat: plan them for cooler times of day or find an air conditioned location to do them in	Wear brightly-coloured, light, airy clothing to improve airflow and reflect sunlight	Try to avoid going outside during the hottest times of day. If you need to go outside, do so in the mornings or evenings
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### STAY HYDRATED

Drink plenty of water! Adding some salt can help replenish electrolytes lost through sweat, too	Many fruits and vegetables have high water content that can contribute to your overall hydration	Avoid high levels of caffeine and alcohol, which act as diuretics and can cause dehydration
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“When the sun is shining I can do anything; no mountain is too high, no trouble is too difficult to overcome.”  
– Wilma Rudolph