

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Trent convocation ceremonies are now complete, and it was another round of great days. It is also so moving to see friends and families so enthusiastically supporting these Trent grads. This year was poignant as it was the final one for our outgoing chancellor, **Stephen Stohn**. While he is a Champlain College graduate, he speaks so very fondly of riding his bike in his robes down at Trill and in the nearby streets in the mid-1960s. He embodies our rich heritage at Trent with grace and kindness. He has been an exemplary chancellor over his 7-year tenure.

We had an amazing opening night in the **Jalynn Bennett Amphitheatre**. The **M. John Kennedy** performances of several iconic Munsch stories were captivating and had kids of all ages laughing and giggling. It was a reminder of how lucky we have been to have someone of Robert's calibre writing stories for us all since the 1970s. M. John Kennedy's ability to bring them even more to life is such a gift. We hope you can join us this Thursday for **New Stages' Kash & Kerry & Friends: An Improv Variety Show**.

We want to remind everyone that the entire community is welcome to join us at **the Ceilie** in **Champlain College** as the **Colleges of Trent** host several **World Cup soccer parties**. Doors open 30 minutes prior to kick-off and the first 2 games are this Thursday and Friday at 3:00 pm. Light snacks are available along with full bar service. Footy fan or not, it should be a really cool atmosphere. Do not forget to register and join us for another **Pizza Friday** – they have been fun for all who have attended and a great way to stay connected to Trill over the spring and summer.

All of our spaces are available for study over the summer during regular hours. Please come down and use them when needed. A reminder that if you need anything from the college office, reach out from Monday through Friday between 8:00 am and 5:00 pm. Please take care and enjoy the rest of Trill 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>

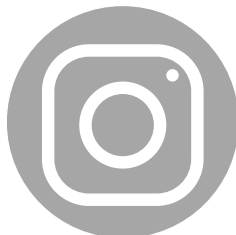
To keep up to date with the college, follow us on social media!

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**

# SUMMER FESTIVAL

CATHARINE PARR TRAIL COLLEGE



# MUNSCH GOES WILD

M. JOHN KENNEDY

new STAGES THEATRE



# What's going on at Trail!



**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 Friday is back! Join us every Friday, all summer long for this iconic Trail 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 TRAIL COLLEGE

**KASH & KERRY & FRIENDS**  
An improv variety show

THU JUN 11th  
7:00 PM  
A FREE SHOW AT JALYNN BENNETT AMPHITHEATRE

**new STAGES THEATRE**

**June 4 7PM**

This week at the William & Nona Heaslip Foundation Summer Festival, New Stages Theatre presents *Kash & Kerry & Friends*: an Improv Variety Show featuring Linda Kash, Kerry Griffin, Megan Murphy, Kate Suhr, and more!  
 Where: Trail College (300 London St), Jalynn Bennett Amphitheatre  
 When: Thursday, June 4, 7PM.

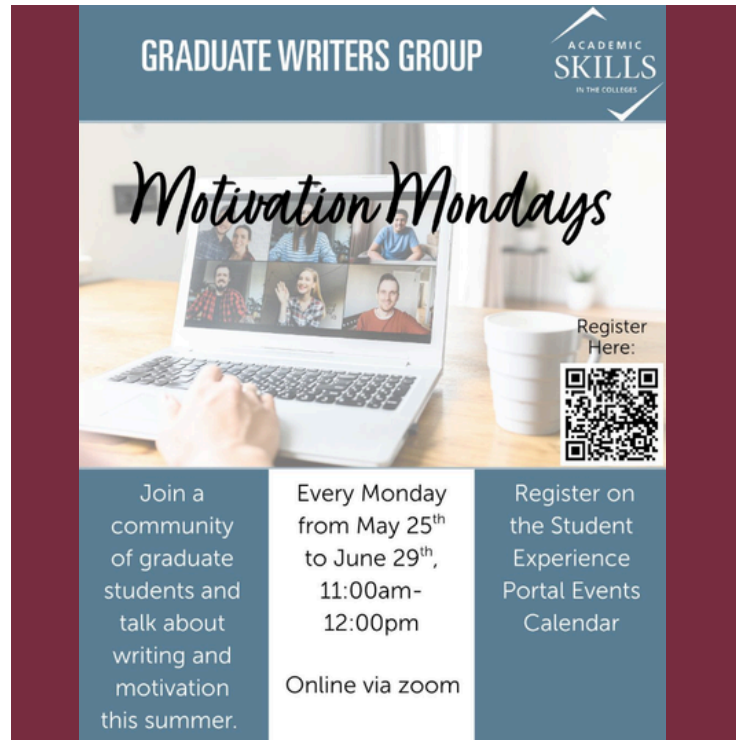


**We Want Your Recipes!**

Have any easygoing, summer-themed recipes you'd love to share and show off?  
 Trail Tales is now accepting recipe submissions for our Backwoods Baking page!

Email your ideas to us at [trail@trentu.ca](mailto:trail@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 [trail@trentu.ca](mailto:trail@trentu.ca) with the details of your recipe (including photos, if you want!), and we'll include it in a future edition of Trail Tales with credit to you as the author.



**GRADUATE WRITERS GROUP**

ACADEMIC SKILLS IN THE COLLEGES

**Motivation Mondays**

Register Here: 

Join a community of graduate students and talk about writing and motivation this summer.

Every Monday from May 25<sup>th</sup> to June 29<sup>th</sup>, 11:00am-12:00pm

Online via zoom

Register on the Student Experience Portal Events Calendar

Are you a graduate student looking to boost your writing, keep yourself on track or gain some motivation? If so, Motivation Mondays is a weekly writers group that shares helpful writing tips as well as motivation for its writers to keep you going and help you finish that project! Weekly meetings are on Monday from 11:00am-12:00pm via zoom. Register through the Student Experience Portal Events Calendar today!

# 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.



Join us on June 11 from 3:00 PM–5:00 PM at The Ceilie Pub for our Grand Opening Soccer Match Watch Party, featuring Mexico 🇲🇪 vs South Africa 🇿🇦! The celebration doesn't stop there! we'll be hosting International Soccer Cup Watch Parties from June 11–27, giving you plenty of opportunities to cheer on your favourite teams, represent your home country, and connect with the Trent community throughout the tournament.



Hey OC, it's hot and sunny, and honestly what's better on a day like this than FRO-YO. We're hosting a FREE FRO-YO BAR for the first 50 people to register using the [link](#) in our Instagram BIO. The event will be held in the Otonabee College Commons on June 17th from 1–3 PM. In our opinion, better words have yet to be spoken. Registration opens June 3rd, Don't miss out!



Join us for our annual Strawberry Social on Wednesday June 24 from 4:30–6:30 pm at the firepit in the Gzowski College Quad. In celebration of the Strawberry Moon 🍓🌙 Guests are invited to enjoy strawberry-themed refreshments, flower pot painting, wildflower seed planting, and a traditional social fire. This annual event is hosted by Gzowski College in collaboration with First Peoples House of Learning and Champlain College. All are welcome, and we hope you can join us for an evening of community and celebration.

# Backwoods Baking Presents:

## Bing Cherry-Amaretti Fool

### INGREDIENTS

- 1 envelope unflavored gelatin
- 1/3 cup cold water
- 1 cup sour cream
- 1/2 cup sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 cups coarsely chopped fresh Bing or other dark sweet cherries, divided
- 1 cup heavy whipping cream
- 1 cup coarsely crushed amaretti cookies (about 16 cookies)
- Optional toppings: Fresh mint leaves, Bing cherries and additional crushed amaretti cookies



[View the Recipe Here](#)

RECIPE BY

MARY ANN LEE



### INSTRUCTIONS

1. In a small saucepan, sprinkle gelatin over cold water; let stand 1 minute. Heat and stir over low heat until gelatin is completely dissolved. Let stand 5 minutes.
2. Place sour cream, sugar, lemon juice, extracts, 1 cup cherries and gelatin mixture in a blender; cover and process until cherries are pureed. Transfer to a large bowl.
3. In a small bowl, beat cream until soft peaks form. Remove 1/2 cup whipped cream; reserve for topping. Gently fold remaining whipped cream into cherry mixture. Fold in crushed cookies and remaining chopped cherries. Divide mixture among 8 dessert dishes. Refrigerate at least 2 hours.



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

## Trail Mix

What's gray, has four legs, a trunk, and is not an elephant?

A rat on vacation!





# 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.**

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://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](#)

## This is Your Sign to Pick-up a New Hobby!

Learning a new skill is more than just a way to pass the time here and there, but instead can have meaningful benefits for our mental health. Taking up a new hobby such as learning a new language, learning to play an instrument, or playing a sport, can help not only boost self-confidence but also help reduce stress and anxiety, as well as improve cognitive function.

The process of learning skill encourages brain growth by. . . .

1. Improving our memory
2. Exercising our critical problem-solving skills
3. Helping build resilience when facing challenges



Copyright © 2026 Catharine Parr Traill College, Trent University

“Beauty begins the moment you decide to be yourself.”

— Coco Chanel