

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

With summer beckoning, we are truly looking forward to what is many people's favourite time of the year. The opportunities to get together with family, friends and neighbours will be welcomed by all. While it is a time of rest and vacations for many, we will continue to be busy here at Traill. We hope you can continue to visit us at our formal events, and otherwise.

Over 150 people joined us for ***Kash & Kerry & Friends – An Improv Variety Show***, at week two in our summer concert series. It was an evening of improv, stories and songs brought to everyone in collaboration with our partners at **New Stages Theatre**. This week we feature the classic rock band, ***Four Lanes Wide***. If you enjoy rock from the past few decades, you want to be here on Thursday at 7:00 pm.

For footy fans, Traill, alongside all of our colleges at Trent have been hosting soccer watch parties for the World Cup. We had over 50 people at the Canada-Bosnia Herzegovina match last week. We are hosting several more ***Group Stage Games***, including all of Canada's games at **The Ceilie**, in **Champlain College**. Please join us.

The College Office is busier than usual right now as we focus on Priority Registration for our students. We still welcome everyone to come up to "college on the hill" to use our amazing spaces though. Remember that several spaces are bookable and we welcome community members to use them for events. Additionally, ***Pizza Fridays*** have been the place to be, and all are welcome to join us when you can. 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>

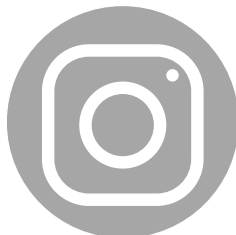
To keep up to date with the college, follow us on social media!

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](#)



THE
WILLIAM
& NONA
HEASLIP
FOUNDATION

SUMMER FESTIVAL

CATHARINE PARR TRAILL COLLEGE

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 Trail!



PIZZA 

PRIDE-DAY!

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

SCOTT HOUSE PATIO

LUNCH: 12-1pm
GAMES/SOCIAL: 1-2pm

RAIN LOCATION: BAGNANI HALL

celebrate pride with pizza!

PIZZA!
DRINKS!
DESSERT!
GAMES!

Come celebrate Pride with pizza, cake, and pride-themed colouring activities! 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: June 19th! Lunch from 12-1PM, social hour and games from 1-2PM



THE WILLIAM & NONA HEASLIP FOUNDATION

SUMMER FESTIVAL
CATHARINE PARR TRAIL COLLEGE

FOUR LANES WIDE
CLASSIC ROCK COVERS



June 18
7PM

jalynn bennett amphitheatre

This week at the William & Nona Heaslip Foundation Summer Festival, Trail College presents Four Lanes Wide, a classic rock cover band!
Where: Trail College (300 London St), Jalynn Bennett Amphitheatre
When: Thursday, June 18th, 7PM.

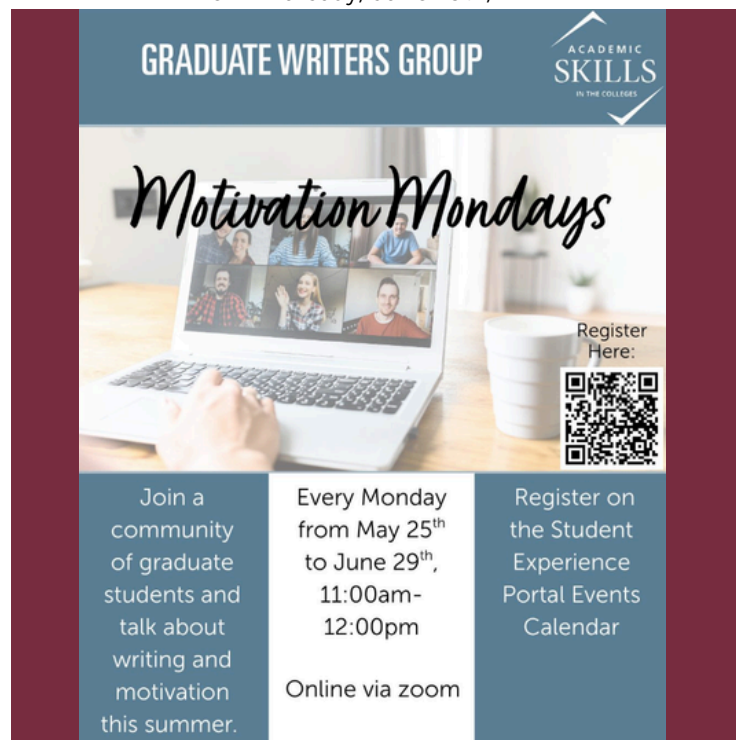


We Want Your Recipes!

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

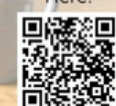
Have a favourite summertime recipe that you're eager to share? Send it to us for your chance to be featured in Backwoods Baking!
Email trail@trentu.ca with the details of your recipe (including photos, if you want!), and we'll include it in a future edition of Trail Tales with credit to you as the author.



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 25th to June 29th, 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!



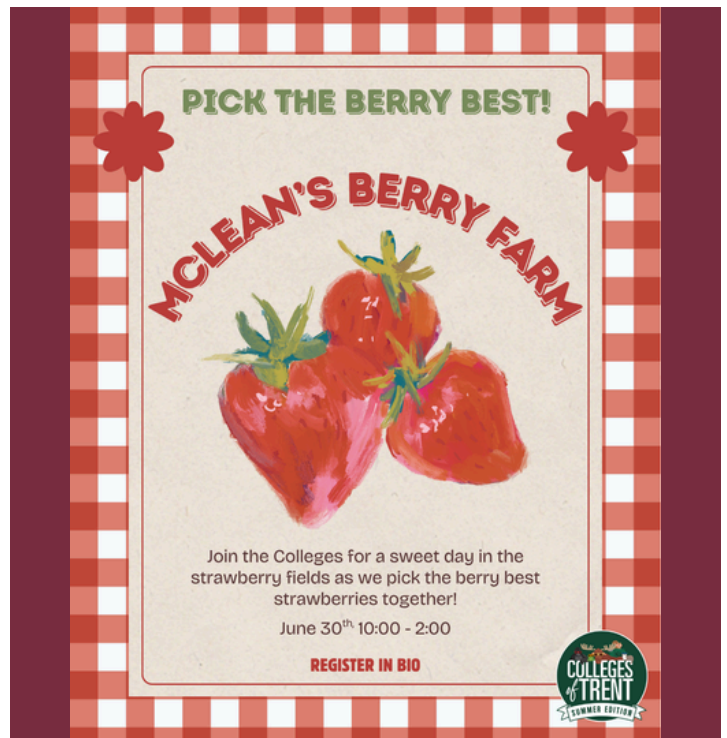
The Equity & Human Rights Office, in collaboration with Out On Campus, is inviting international students who identify as LGBTQ+ or have experienced marginalization based on their sexual or gender identity to share their voices through a short survey. Your feedback will directly inform future programming and help create safer, more welcoming spaces where everyone feels seen and supported.



Come to our Soccer Watch Parties in The Ceilie Pub, running 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!



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.



Here comes our berry best event yet... Join all the Colleges in our trip to McClean's Berry Farm to participate in a trip to pick your own strawberries! Visit the on site market to see what other produce and goodies they offer. No lunch provided; however, you are more than welcome to bring your own food to have a farm picnic! [Register here!](#)
 📍 McClean's Berry Farm 📅 June 30th, 2026 from 10:00 to 2:00
 🚌 TRANSPORTATION PROVIDED

Backwoods Baking Presents:

Dill Pasta Salad

Email Submission!

INGREDIENTS

- ½ pound medium shells about 3 cups
- ¾ cup sliced pickles
- ⅔ cup diced cheddar cheese
- 3 tablespoons minced white onion
- 2 tablespoons chopped fresh dill
- ½ cup dill pickle juice
- ⅔ cup mayonnaise
- ⅓ cup sour cream
- ⅛ teaspoon cayenne pepper
- 4 tablespoons dill pickle juice
- salt and black pepper to taste



RECIPE BY
**MOLLY
MOLLICONE**



INSTRUCTIONS

1. Boil pasta al dente according to package directions.
2. Let pasta sit to cool.
3. Toss cold pasta with about ½ cup of pickle juice and set aside for about 5 minutes.
4. Drain & discard pickle juice.
5. Combine all dressing ingredients in a small bowl and mix well.
6. Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.



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

Trail Mix

Where do sheep go on summer vacation?

The Baa-hamas!





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 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](#)

Sleep Hygiene Tips and Tricks

Keeping healthy sleep hygiene is one of the most important things for your mental and physical health.

Some things you can do to improve your sleep hygiene are:

- Try not to eat close to bedtime
- Make your bedroom comfy and cool
- Limit napping at other times in the day
- Practicing meditation or journaling
- Try to avoid screen time in the hour or two before bed
- Avoid drinking caffeine later in the day

For even more information click the underlined link above to see an article by the Cleveland Clinic and Dr. Nancy Foldvary-Schaefer.



Copyright © 2026 Catharine Parr Traill College, Trent University

“June is the time for being in the world in new ways, for throwing off the cold and dark spots of life.”
— Joan D. Chittister