

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Unbelievably, in many ways, June is coming to a close. Trill Interns and our Academic Advisors, in particular, have been especially busy as they assist students with their registration for fall and winter courses. With convocation in the early part of June, it always makes for a busy time.

We are in the middle of our campaign to affiliate new students with their college at Trent. Residence students simply join the college where they live, but we have hundreds of off-campus students who need to choose their college this summer. We have seen dozens of new students choose Trill as their college – which is wonderful to see. If you know a new off-campus student, and they have not decided, please do tell them about the **Colleges at Trent**, and all that we can offer them.

Our **World Cup Watch Parties** have been a big hit to date – again, brought to you by all of the Colleges. We are featuring all the Canada games along with several other featured games. We will host some games at the Knockout stage, so please do join us at **the Ceilie**, if you have time do so. There is food, prizes, giveaways, and the Ceilie is serving during these games.

Our **William & Nona Heaslip Foundation Summer Festival** concert series continues this week with the very talented **Irish Millie**, following on the heels of Four Lanes Wide. **Pizza Friday** looks to be very busy this week, so please do sign up early. There is the standing offer that if you need anything from the College office, come by Monday through Friday between 9 am and 5 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!

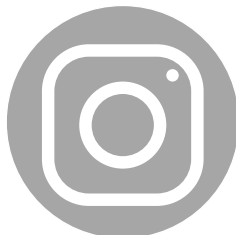
For the most up-to-date information on Trent University's events and news:

<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**

# 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**

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

**June 25**      **7PM**

free admission

jalynn bennett amphitheatre

This week at the Summer Festival, Trill College presents contemporary singer-songwriter, Irish Millie! 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, @trillcollege Where: Trill College (300 London St), Jalynn Bennett Amphitheatre. Rain Location: Scott House 105 When: Thursday, June 25th, 7PM.



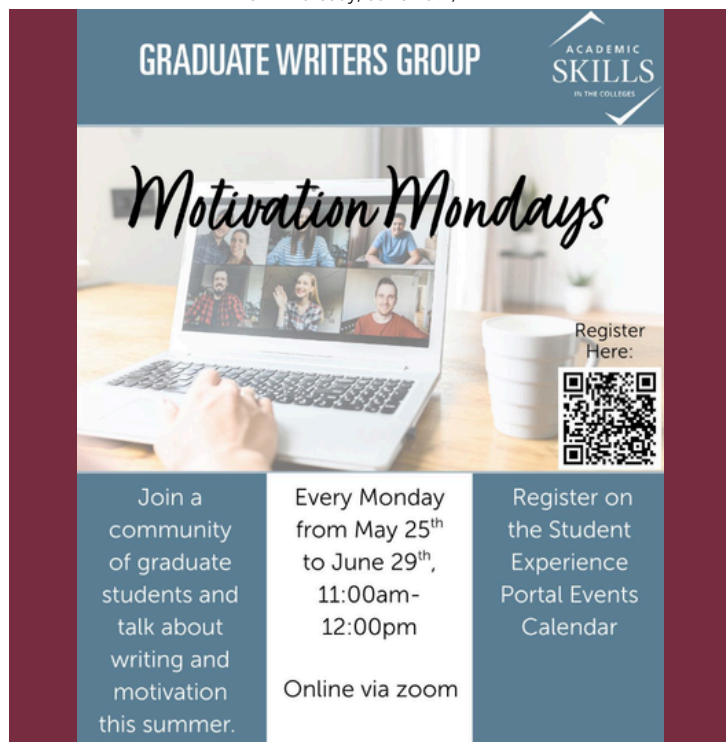
**We Want Your Recipes!**

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 [trill@trentu.ca](mailto:trill@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 [trill@trentu.ca](mailto:trill@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!

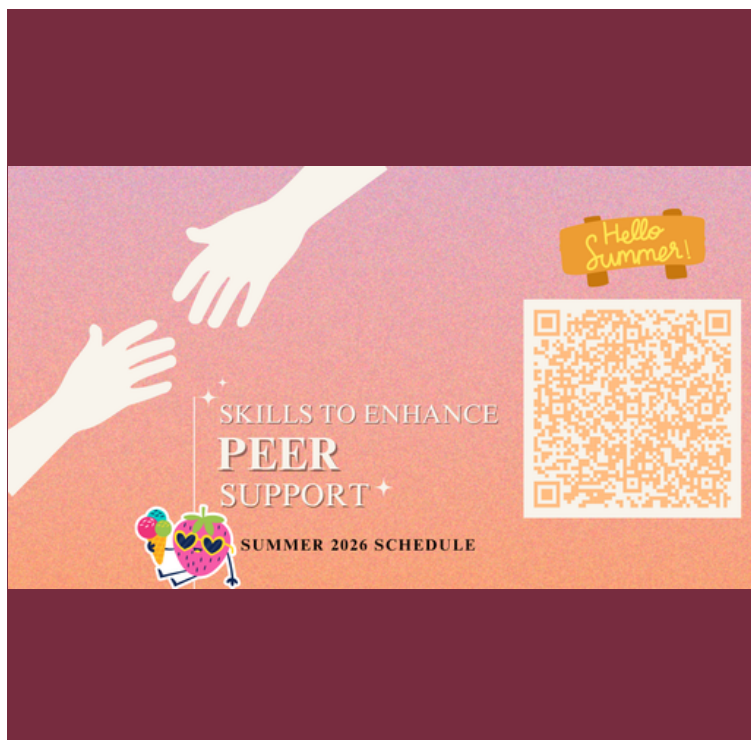
# What's going on at Trent!



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.



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!



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.



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

# What's going on at Trent!



Get ready for this exciting two-part pottery event! For this years 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



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!



Pride Toronto with the TCSA is back for 2026! Join us to celebrate and enjoy a variety of vendors, programming, and of course, the signature parade as we uplift all identities within our community. Find at the link by [clicking here](#) or in our bio the tickets to the event!

We can't wait to see you there!



# Backwoods Baking Presents:

## Ginger Turmeric Hummus with Sungold Tomatoes

### INGREDIENTS

- 1 (15.5 oz) can chickpeas
- 2 tablespoons tahini
- 2 garlic cloves
- 1-inch knob ginger
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon sugar
- Diamond Crystal kosher salt
- Freshly cracked black pepper
- 1 lemon, for juice
- 3-4 ice cubes, or 1/4 cup ice water



Think this looks good? Follow the link above to find out how to make "the sungold topping"

[View the Recipe Here](#)

RECIPE BY  
**JUSTINE  
DOIRON**



### INSTRUCTIONS

1. Rinse the chickpeas.
2. Wrap them in a kitchen towel & rub them together for a few seconds to shake loose the skins.
3. Add to a food processor.
4. Add tahini, garlic, ginger, olive oil, turmeric, paprika, cumin, red pepper flakes, sugar, salt, & a few cracks of black pepper.
5. Process until it's beginning to turn smooth.
6. Add in the lemon juice & process again.
7. Add 1 ice cube at a time, continue to process until you have your desired creaminess.
8. Taste & season.

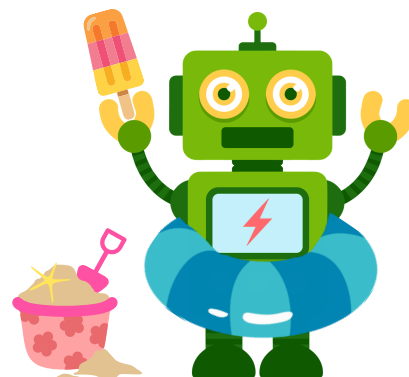


Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

## Trail Mix

Why did the robot take a summer holiday?

He needed to recharge his batteries!





# 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](#)

## Increasing Your Physical Activity Levels

Getting active is important for both your physical and mental health.

Benefits to Physical Health:

- maintain or grow flexibility
- improve your balance
- gives you more energy

Benefits to Mental Health:

- relieves stress
- helps give you a better sleep
- improved self-esteem

For more information please click the link above.

**LET'S GET PHYSICAL!**

Try adding more light physical activities into your day for a small change.

Consider doing moderate-to-vigorous physical activities more often throughout the week.

Add even more muscle- and bone-strengthening activities to your work out or daily routine to help improve balance and strength.

Do not limit yourself to workout/sporting related activities. Many activities that you might enjoy outside of the gym can be a great way to get your body moving like gardening, shopping, and dancing.



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“Because when you are imagining, you might as well imagine something worth while.”  
— Lucy Maud Montgomery, Anne of Green Gables