



SUMMER EDITION V- JUNE 3RD, 2026

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal

Dear Traillites,

As June begins, as faculty and staff, we turn our focus to our graduating students – Traillites and of course, all the rest of the Trent grads. Many of us from the College office will be involved on multiple days. It is a time when hundreds of Trent faculty and staff volunteer their time to celebrate our graduates. As a proud Trent alumnus, I can easily recall walking across that stage, and revelling in all the emotions that convocation brings.

We are almost there for our first evening in the **2026 William and Nona Heaslip Foundation Summer Festival** in the **Jalynn Bennett Amphitheatre**. The **M. John Kennedy** performances of some Robert Munsch stories will be a wonderful way to begin the series. Remember, you are never too old to enjoy one of Robert's stories, so please, regardless of age, come and enjoy a slice of childhood with all of us at 7 pm on June 4.

The Colleges of Trent, along with Trent International and the TCSA, are presenting nearly a dozen **Group Stage World Cup** matches in **The Ceilie** beginning with South Africa v. Mexico on June 11 at 3 pm. We will also be hosting all three of Canada's opening matches, beginning with the first one, the following day, versus Bosnia-Herzegovina at 3 pm. Refreshments and snacks are available for sale at all games, along with prizes and giveaways. The entire community is welcome to join and doors open 30 minutes prior to kick-off.

Don't forget to sign up for **Pizza Friday** once again this week – we would love to see you. As always, 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 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>

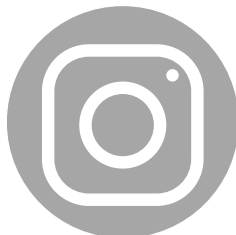
To keep up to date with the college, follow us on social media!

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 

 **FRIDAYS**



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

SCOTT HOUSE PATIO

LUNCH 12-1pm **GAMES 1-2pm**

PIZZA!
DRINKS!
DESSERT!
GAMES!

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

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.

THE WILLIAM & NONA HEASLIP FOUNDATION **SUMMER FESTIVAL**
CATHARINE PARR TRAIL COLLEGE



new STAGES THEATRE **June 4 7PM**



The William and Nona Heaslip Foundation Summer Festival returns to Trail College on June 4th! New Stages Theatre presents *Munsch Goes Wild*, a high-octane theatrical storytelling event for the young (and young at heart)! Featuring four of Robert Munsch's most beloved tales, told in the most creative and energetic ways by M. John Kennedy!
Where: Trail College (300 London St), Jalynn Bennett Amphitheatre
When: Thursday, June 4, 7PM



Trail College Merch available on our Marketplace storefront [Found Here](#)
Trail College stickers (like Squirrel with the Pearl Earring, above) have been restocked!

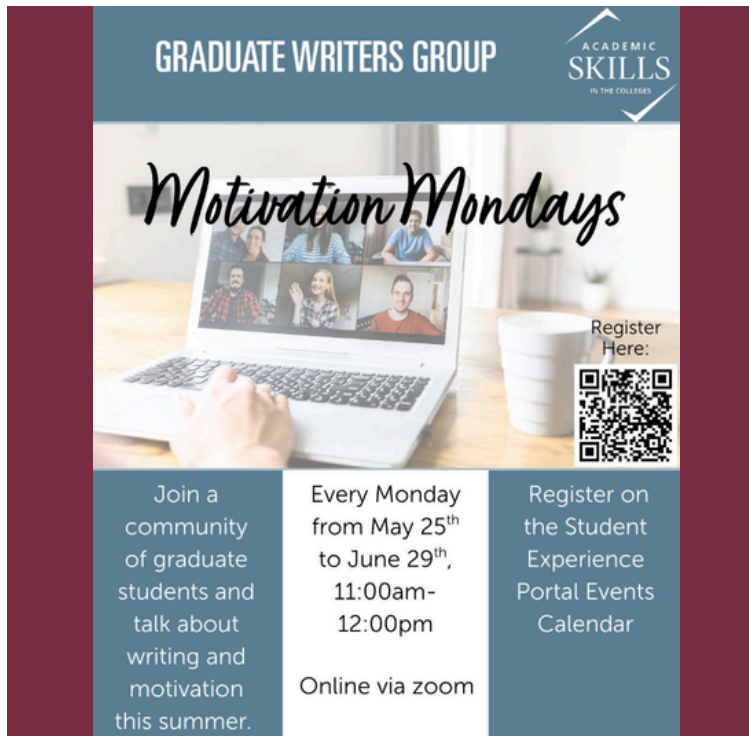
What's going on at Trent!



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.



Calling all artists, amateurs and aficionados! Hop on over to the Lady Eaton College Quad for an afternoon of painting and snacks! Come relax, enjoy what summer has to offer, and create a masterpiece that is yours to keep and display. Registration is required but all supplies and materials are provided! Make sure to [register here](#) or by clicking the link in [LEC's Instagram](#) bio. Hope to see you there!



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!



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!

Backwoods Baking Presents:

Terrific Tomato Tart!

INGREDIENTS

- 12 sheets phyllo dough (14x9 inches)
- 2 tablespoons olive oil
- 2 tablespoons dry bread crumbs
- 2 tablespoons prepared pesto
- 3/4 cup crumbled feta cheese, divided
- 1 medium tomato, cut into 1/4-inch slices
- 1 large yellow tomato, cut into 1/4-inch slices
- 1/4 teaspoon pepper
- 5 to 6 fresh basil leaves, thinly sliced



[View the Recipe Here](#)

RECIPE BY
DIANE HALFERTY
&
CORPUS CHRISTI



INSTRUCTIONS

1. Preheat the oven to 400°F. Place one sheet of phyllo dough on the baking sheet, then brush on 1/2 teaspoon oil, and sprinkle with 1/2 teaspoon bread crumbs. Repeat with all remaining layers, making sure to brush the oil all the way to the edges. Fold each side of the phyllo 3/4 of an inch toward the center, forming a crust with the dough.
2. Arrange the filling by alternating the red and yellow tomato slices over the cheese. Sprinkle with pepper and the remaining feta.
3. Bake the tart in the middle rack of the oven until the crust is golden brown and crispy, 20 to 25 minutes, rotating once halfway through.



How to Make an
Academic Advising
Appointment

Featuring
Tucker the
Squirrel!



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

Trail Mix

What happens when you throw a books
into the ocean?
You get a title wave!





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

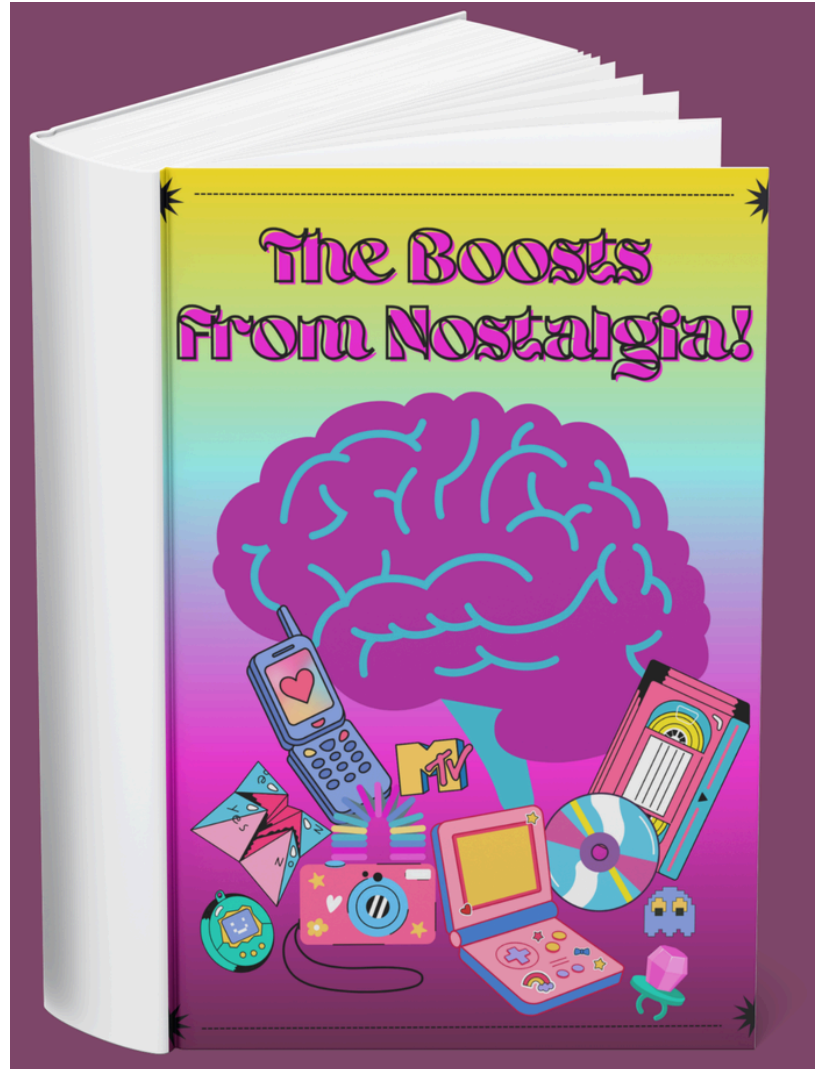
[Click Here for More Info](#)

The Boosts From Nostalgia!

Nostalgia isn't just about looking back on the “good ol’ days” – it can actually be really good for your mental health!

Studies have found that revisiting positive memories can help boost your mood, reduce feelings of loneliness, and strengthen your senses of connection to others. Whether it's listening to an old favourite song, flipping through photos, or remembering a fun experience, a little nostalgia can be a simple way to support your well-being.

Looking to make some new memories this summer that will have you feeling nostalgic? Our annual Summer Festival series kicks off this Thursday with *Munsch Goes Wild!*



Copyright © 2026 Catharine Parr Traill College, Trent University

“You don’t always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.”

— Mandy Hale