



SUMMER EDITION XI - JULY 15TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

With another heat wave upon us, in addition to the *lowered air quality* due to forest fires in northwestern Ontario, we trust that everyone is staying well. Please do check on neighbours, community members, friends and family in the coming days as we navigate this weather and all that it brings. A reminder that we have several *cool, air-conditioned spaces* here at Traill that you are welcome to visit and enjoy, if needed, during the day.

We are in the throes of preparing for all the events that will mark our fall schedule here at Traill, including, but not limited to our **Orientation events**, the always popular **Traill Carnival**, our **Sunday College Dinners**, and so forth. As we get closer to all of these great events, we will have updates on all, later in the summer.

Summer events are still going strong. The Colleges at Trent are hosting a day trip to the **Petroglyphs Provincial Park** on July 23rd. For more details and to register you can visit the [event site](#). We welcome students, alumni, staff and community members. Traill's concert series, **The William and Nona Heaslip Foundation Summer Festival**, will feature local songwriter and Trent alum **David Newberry** and local poet **Justin Million** this Thursday. It should be an entertaining and thought-provoking evening for all.

Pizza Fridays continue to be a big hit. Please [register by Friday at 10am](#) (whether paying cash or online) [here](#) and come join an always friendly group for lunch. Please take care and enjoy the rest of Traill Tales.

Warm regards,

James Onusko



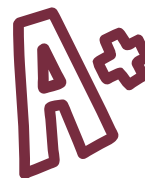
Need an Appointment?

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>

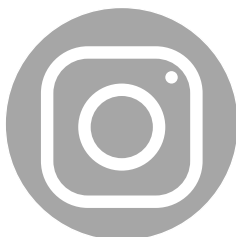
To keep up to date with the college, follow us on social media!

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 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: 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?

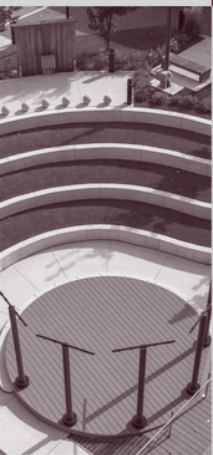
Traill Tales is now accepting recipe submissions for our Backwoods Baking page!

Email your ideas to us at 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 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

Dueling Disciplines: Music & Poetry



July 16
7PM

jalynn bennett
amphitheatre

This week at the Summer Festival, Traill College welcomes songwriter David Newberry and poet Justin Million back to the stage for another round of Dueling Disciplines: Music & Poetry! The Summer Festival runs every Thursday night, rain or shine.

[Traill College \(315 Dublin St\), Jalynn Bennett Amphitheatre.](#)

[Rain Location: Scott House 105](#)

Watch out for updates on our Instagram, [@traillcollege](#)



Trent Community Research Centre

VIEW AVAILABLE PROJECTS

Community-based research brings together the knowledge and research needs of the community with the research expertise of Trent University faculty and students.

Did you know Careerspace is open all summer and ready to support you in person or virtually? Our team is here to help. Book an appointment through SEP: Peterborough Campus > Appointment Bookings > Careerspace or click [here](#). Follow [@trentucareerspace](#) for weekly Hot Job updates, career tips, upcoming events, micro-credential highlights, and more!

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.



Everyone, you know we love to treat you. We've planted, picnicked, and even grabbed fro-yo together — and now we are so excited to share that we are having our free Community Lunch! Sam's Place will be catering, so come hungry and don't forget your Student/Staff card! Did we mention it was FREE!!!

📅: July 16 📍: Otonabee College Commons
🕒: 12–2 PM (while supplies last)

CUPE 3908 SFCF

YOU'RE INVITED TO THE CUPE 3908

Write Club

You're invited to a CUPE 3908 Writing Retreat!

The first rule of CUPE 3908's Write Club:
Tell all your friends about Write Club!

The second rule of CUPE 3908's Write Club:
Register for the writing retreat and your Pizza Friday lunch is on us!

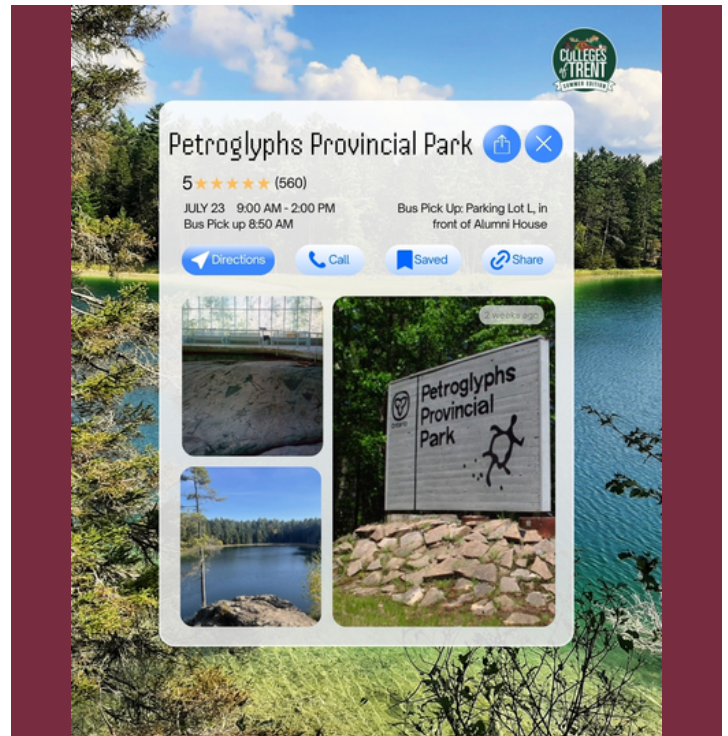
Join us in a quiet atmosphere with opportunities to gather and socialize in nearby spaces! Treats and refreshments are on us!

When: Friday, July 17, 2026, from 9am - 4pm
Where: Bagnani Hall at Traill College

Academic Skills will be available for one-on-one meetings until 1pm.

Email steward2@cupe3908.org to register by July 16th, 2026 - and let us know your pizza order and any dietary restrictions!! (You can still come even if you forget to register.)

You're invited to a CUPE 3908 Writing Retreat!
Friday, July 17, 2026, from 9am - 4pm
Bagnani Hall at Traill College
Academic Skills will be available for one-on-one meetings until 1pm.
Email steward2@cupe3908.org to register by July 16th, 2026 - and let us know any dietary restrictions as we will cover your Pizza Friday order (You can still come to the retreat even if you forget to register.)



Join us for our annual trip to Petroglyphs Provincial Park. Learn about its cultural significance, and spend the day outdoors with friends and CC staff.

📅 Thursday, July 23 🚌 Bus departs at 9:00 AM. Please arrive at 8:50 AM for check-in and waivers. 📍 Parking Lot L (in front of Alumni House)

Please arrive a few minutes early to sign the required waiver before departure. Wear comfortable clothing and appropriate footwear. Snacks and drinks will be provided! Register using [the link right here](#) or in our bio!

Backwoods Baking Presents:

Refreshing Strawberry Shrub

INGREDIENTS

- 1 lbs of very ripe strawberries
- Feel free to adjust the amount of white sugar to your desired level of sweetness
- 1 Cup of apple cider vinegar
- A few basil leaves

View the Recipe [Here](#)

RECIPE BY ANNE DANAHY

via Traillite Poppy Bobrowicz

INSTRUCTIONS

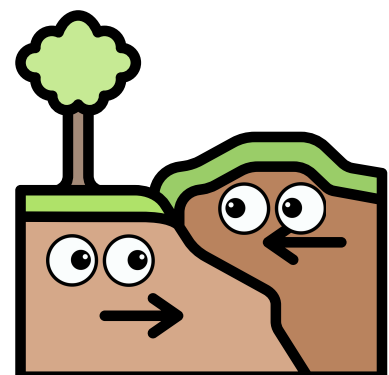
1. Slice the strawberries, place them and the sugar in a bowl with a lid.
2. Mash the strawberries and sugar with a fork, or potato masher to incorporate the two.
3. Add a few large basil leaves and mash once or twice to release the oils. Cover the container and refrigerate it for 24-48 hours. (The longer it sits, the more strawberry juice you'll have.)
4. Strain the strawberries and pour it all through a mesh strainer set over a 16-ounce measuring cup.
5. Press the fruit with a spatula or large spoon into a strainer to extract all of the juice. You should have close to 3/4 cup of liquid.
6. Combine the strawberry syrup with the vinegar and use a mason jar or bottle with a tight-fitting lid. Mix or shake the shrub syrup well and refrigerate it for at least 48 hours before using.



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

Trail Mix

What did one tectonic plate say when it bumped into the other?
"Sorry, my fault!"





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: Student Accessibility Services



TRENT UNIVERSITY
Student Wellness Centre

COUNSELLING | HEALTH | ACCESSIBILITY

Students with disabilities who require academic accommodation support must first obtain documentation, complete the Pre-Intake Questionnaire, and then meet with an Accessibility Advisor in order to develop an accommodation plan. The intake session with your Advisor will take one hour.

Be sure to check out our '**How to Register with SAS**' page for what is needed to formally register with our office. We look forward to meeting you!

**Wanna
Talk
About It?**

**Weekdays 12-3 PM
Student Centre 3.04**

**Free. Confidential.
We have snacks.**

Follow us on Instagram at @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 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](#)

Smoke and Fire Safety

- Find Reliable Information:
 - Tools such as [Air Quality Health Index \(AQHI\)](#), [forecasts](#), [InfoSmog forecasts for Quebec](#), [Air quality alerts](#), [Wildfire smoke forecast maps](#) are very helpful.
- Prepare Yourself
 - Speak with your doctor or health care provider about how to manage your health.
- Prepare Your Home
 - Consider purchasing a portable air cleaner, also referred to as air purifiers.



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"Even if the path you take is a little longer, always follow your passions" – Christina Koch