



SUMMER EDITION XII - JULY 22ND, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

The past few days have brought some cooling temperatures for us in southern Ontario, but we've now surpassed the burned area for wildfire 'record' that was set in 2021 in the province. It's only July and the devastation that some northern communities are experiencing is horrible. We can only hope that ongoing efforts stem the wildfires and that the weather will turn wetter and cooler in the coming weeks.

With that being said, we hope that it is not too cold or too wet for our ongoing **William and Nona Heaslip Summer Festival** in the **Jalynn Bennett Amphitheatre**. We have had to move inside on a few occasions now, but we remain hopeful that the bulk of the series will now be hosted outdoors. **David Newberry** and **Justin Million** were superb last week and this week we are anticipating another wonderful evening with **Victoria Yeh** and **David Hines** who will be performing a wide range of covers and original music. Be sure to join us if you can on Thursday at 7 pm.

A reminder that community members are welcome to join the **Colleges at Trent** on a day trip to the **Petroglyphs** this Thursday. A few spots remain. Combined with the concert series, it would be a great day spent exploring the Kawarthas on a few levels.

Pizza Fridays have been a hit all spring and summer. Last week we had nearly 50 guests and we are so happy to feed folks and do some community-building here at Traill, at the same time. Be sure to [register](#) beforehand and if you have not been to one of these lunches, you really are missing out. Please take care and enjoy the rest of *Traill Tales*.

Warm regards,

James Onusko



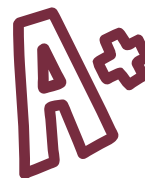
Need an Appointment?

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>

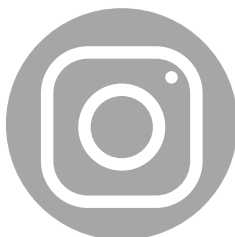
To keep up to date with the college, follow us on social media!

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

live music and theatre all summer long



JULY 23 **7PM**

free admission  jalynn bennett amphitheatre

This week at the Summer Festival, Traill College welcomes Victoria Yeh and David Hines to the stage for a showcase of the very best of their song collection!

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!

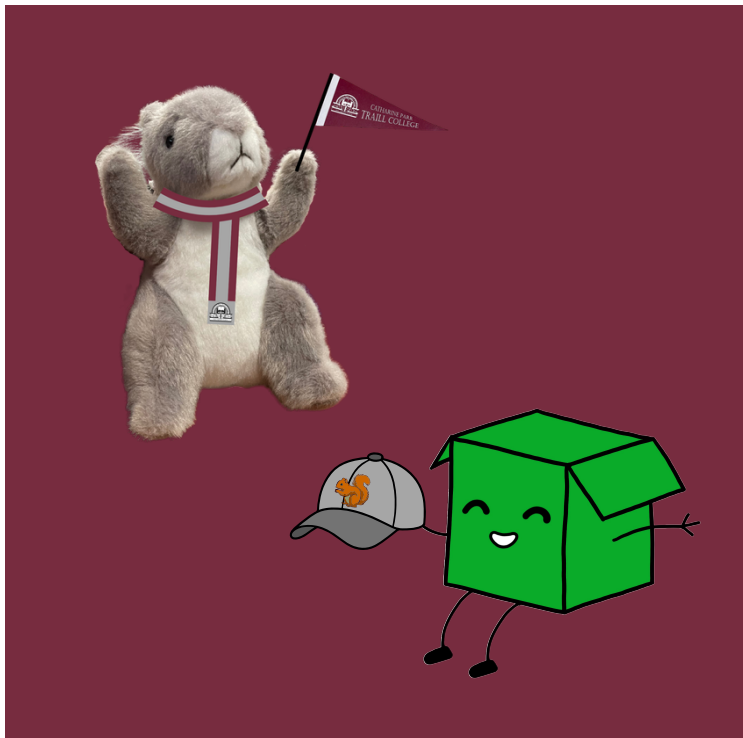


The Equity & Human Rights Office, in collaboration with Out On Campus, is inviting international students who identify as LGBTQ+ or have experienced marginalization based on their sexual or gender identity to share their voices through a short survey. Your feedback will directly inform future programming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

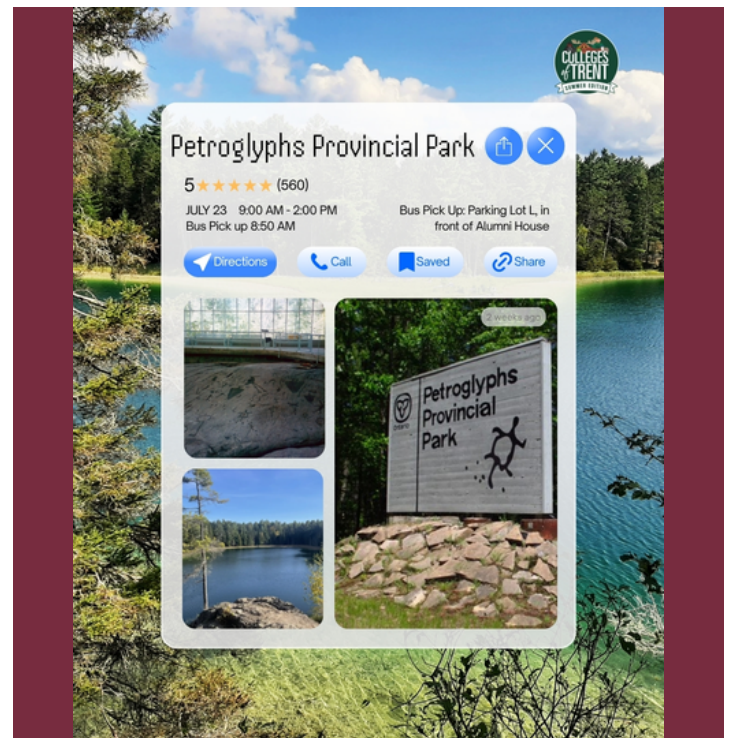


Everyone, you know we love to treat you. We've planted, picnicked, and even grabbed fro-yo together — and now we are so excited to share that we are having our free Community Lunch! Sam's Place will be catering, so come hungry and don't forget your Student/Staff card! Did we mention it was FREE!!!

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



Pizza Friday Merch Sale!
T-Shirts, hats, pants, and more will be on sale this week - bring cash and shop till you drop!



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:

Grilled Nectarine & Cheese Crostini

INGREDIENTS

- 1/2 cup balsamic vinegar
- 1 tablespoon olive oil
- 12 slices French bread baguette (1/4 inch thick)
- 2 medium nectarines, halved
- 1/4 cup fresh goat cheese, softened
- 1/4 cup loosely packed basil leaves, thinly sliced



[View the Recipe Here](#)

RECIPE BY
**BRANDY
HOLLINGSHEAD**



INSTRUCTIONS

1. In a small saucepan, bring vinegar to a boil; cook 10-15 minutes or until liquid is reduced to 3 tablespoons. Remove from heat.
2. Brush oil over both sides of baguette slices. Grill, uncovered, over medium heat until golden brown on both sides. Grill nectarines 45-60 seconds on each side or until tender and lightly browned. Cool slightly.
3. Spread goat cheese over toasts. Cut nectarines into thick slices; arrange over cheese. Drizzle with balsamic syrup; sprinkle with basil. Serve immediately.



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

Traill Mix

What does a frog drink in the summer?

Croak-a Cola!





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](#)

Safe Summer Time Walks

Though the weather has been a roller coaster — going from blazing heat to a mix of rainy storms — when the weather is in that perfect sweet spot, being out and about in nature can help relieve stress. However, it's essential to stay safe while doing so.



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“Dreaming, after all, is a form of planning.” — Gloria Steinem