

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Principal

Dear Traillites,

With July in full swing, it really does feel like summer in all of the ways. As always, our Trill campus is a great place to enjoy our beautiful shady trees or come inside and spend some time in any number of air-conditioned common spaces.

Our hard-working student interns have been contacting new Trent students as part of our college affiliation campaign. We have added over **100 new off-campus students** to Trill and we have more joining each day. We look forward to welcoming them officially in just 2 short months. We have already begun preliminary planning for our early September events such as the **Trill Carnival** – more details will be available in August. The carnival is a “*can't miss event*” for all the right reasons.

Along with the other Colleges at Trent, we will host more **World Cup quarter-final and semi-final** action at the Ceilie this week and next. Please join us if you have not done so. This week we welcome **Carpe Noctem** for our concert series – they are a local jazz group that are making their debut with us. A reminder that we have **Pizza Friday** running just outside Scott House, as usual. Please do register and then you can pay online or in person with cash on Friday. There's no better lunch deal in town. The college office is open between 9 am and 5 pm all week, and we are here for you if needed. 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!

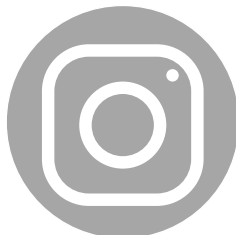
For the most up-to-date information on Trent University's events and news:

<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 Traill & Trent!



**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 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](mailto: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](mailto: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 TRAIL COLLEGE

live music and theatre      all summer long

**JULY 9**      **7PM**

free admission

jalynn bennett amphitheatre

This week at the Summer Festival, Traill College presents Carpe Noctem! Bring your dancing shoes to enjoy an evening of funky jazz! 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, @traillcollege. Where: Traill College (300 London St), Jalynn Bennett Amphitheatre. Rain Location: Scott House 105. When: Thursday, July 9th, 7PM.



**LADY EATON COLLEGE PRESENTS**

**gnome pottery**

**A two part event**

**WHEN?** July 8<sup>th</sup> and July 22<sup>nd</sup>      **WHERE?** Lady Eaton Dining Hall      **TIME?** 4:00PM - 6:00PM

Sculpt, paint, and decorate your very own garden gnome in this Lady Eaton College tradition!

Get ready for this exciting two-part pottery event! For this year's 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. Session 1 - July 8th, 4-6:30: Sculpting and creating your gnome. Session 2 - July 22nd, 4-6:30: Painting and glazing your gnome. Where: Lady Eaton Dining Hall. To register, use the link in our bio or click [here!](#)

# 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)



## 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](mailto: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! 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!  
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Academic Skills will be available for one-on-one meetings until 1pm.  
Email [steward2@cupe3908.org](mailto:steward2@cupe3908.org) to register by July 16th, 2026 - and let us know any dietary restrictions!! (You can still come even if you forget to register.)



Join us for our annual trip to Petroglyphs Provincial Park. Explore one of Canada's largest Indigenous rock carving sites, enjoy beautiful trails, learn about its cultural significance, and spend the day outdoors with friends and CC staff.

📅 Thursday, July 16  
🚌 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 [here!](#)

# Backwoods Baking Presents:

## Cucumber and Hummus Boats

### INGREDIENTS

- 1 cup quinoa, rinsed
- 6 medium cucumbers
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 package (4 ounces) crumbled tomato and basil feta cheese
- 1/2 cup pitted Greek olives, chopped
- 1/4 cup lemon juice
- 3 tablespoons honey
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon pepper
- 1 carton (14 ounces) roasted garlic hummus
- Minced fresh basil, optional



[View the Recipe Here](#)

RECIPE BY  
**MATTHEW  
HASS**



### INSTRUCTIONS

1. Cook quinoa according to package directions. Transfer to a large bowl; cool slightly.
2. Meanwhile, cut each cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell. Add garbanzo beans, tomatoes, cheese and olives to quinoa.
3. In a small bowl, whisk lemon juice, honey, oil, garlic and pepper until blended. Pour over quinoa mixture; gently toss to coat.
4. Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired.



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

## Trail Mix

What do you call a barbecue for cats?  
A purr-becue!





# 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](#)

## Managing Summer Courses

- **Create a Calendar**
  - Create a calendar for yourself with all your upcoming deadlines, exams, social events, and other time commitments.
- **Set Reminders**
  - Time management is all about setting yourself up for success.
- **Prioritize**
  - If you are able to complete simple tasks first, try getting them out of the way before moving on to tasks that require a lot of focus.



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“Fight for the things that you care about, but do it in a way that will lead others to join you.”  
— Ruth Bader Ginsburg