



SUMMER EDITION XVII - AUGUST 26TH, 2026

TRAILL TALES

Catharine Parr Traill College
Trent University



A message from our College Principal

Dear Traillites,

Amazingly, we have come to the end of August; although, I refuse to write that we are at the end of summer. There are a few weeks left, and let's all enjoy them in every way possible. It feels like we have an extra week, just in general, with **Labour Day** coming as late as it possibly can this year. That feels like a gift with how busy it has been for us all in the college office.

September will see a flurry of activity with *undergraduates returning* to our residence spaces, alongside graduate students and families who are moving in to Traill or remaining with us. **The Trend** will re-open in just over *10 days* with Chartwells providing food services from 8am until 7pm, Monday thru Thursday, and 8am until 3pm on Fridays. There are **O-week** events happening all week at Traill with the **Traill Carnival**, and all that it has to offer, on Saturday, September 12th. Everyone is welcome to the annual Carnival.

Our *final* concert in the **William and Nona Heaslip Foundation series** was held last Thursday. It's not just about the numbers, but we are excited to announce that we had *attendance records* for not only the concert series. We also set an all-time attendance record with **240 guests** – the crowd spilled out as far as Kerr House west lawn. We are so pleased that so many folks had the opportunity to enjoy some of Peterborough's finest performers in the beautiful Jalynn Bennett Amphitheatre. The series is scheduled to run in 2027 – and we look forward to meeting and exceeding expectations next year.

Sadly, this is our final **Pizza Friday** week - so please [register](#) beforehand and join us if you can. We have had such a fun time with this all summer long, and we are sad to see it come to an end. A reminder to come by the college office, Monday through Friday, for any assistance that you require. Please take care and enjoy the rest of Traill Tales.

Warm regards,

James Onusko



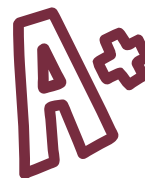
Need an Appointment?

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/traill/belong/college-cabinet>

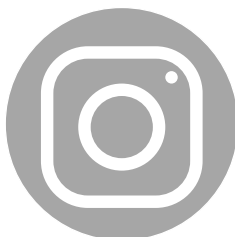
To keep up to date with the college, follow us on social media!

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.](#)



[@traillcollege](#)



[Traill College](#)



[traillcollege](#)



Summer Festival 2026





Summer Festival 2026



What's going on during O-Week!



Calling all new students! Don't miss Traill Day! This is an important introduction to your college, its staff, and all the services that we provide for you. A free lunch and welcome bag filled with Traill goodies will be provided!

Register [here!](#)

Monday, Sept 7th, 10am-1pm - Jalyann Bennett Amphitheatre, Traill College (300 London St.)



The Colleges of Trent University invite you to the annual Mature & Transfer Student Social. It is an opportunity for students age 21+ and transfer students to mingle with each other, staff, and faculty! Enjoy live music and free refreshments.

Register [here!](#)

Tuesday, Sept 8th, 6-8pm, Kerr House Lawn, Traill College (300 London St.) Look for the big tent!



Are you a new graduate student to Trent University? Come to our Graduate Student Social! Meet other students, faculty members, and staff in a relaxed environment. Live music and free food provided!

Wednesday, Sept 9th, 6-8pm, Kerr House Lawn, Traill College (300 London St.) Look for the big tent!



Come one, come all, to the annual Traill Carnival!

What better way to spend your day than by enjoying a free BBQ, carnival games, mocktails, a bouncy castle, and live music? Don't miss out... Bring your friends and family to the College on the Hill for all of that and more!

Saturday, Sept. 12th, 11-4pm - Traill College (300 London St.)

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

PIZZA!
DRINKS!
DESSERT!
GAMES!

RAISE YOUR TRAILL COLLEGE

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



Shop all Traill college Merch [here](#)!

Find your favourite hoodies, t-shirts, pajama pants, and more!

All Traill Merch available online and in the office!



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.



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.



Check out these upcoming micro-credentials open for registration this fall: EDI Training for Healthcare Professionals | September 14, 2026
Somatics & Breathwork for the Helping Profession | September 22 & 24, 2026 (Online)
Neuroscience of Manifestation & Gratitude | September 26, 2026
Learn more and register today at trentu.ca/careerspace/micro-credentials.



Click here to fill out the [Programme Proposal Form](#) for the REGULAR 2026-27 Season.

EARLY BIRD DEADLINE - MON AUG 24th: For returning programmers who would like to start before September 21st.

REGULAR DEADLINE - FRI SEP 18th @ High Noon: For all new/returning programmers who would like to start their show and/or training the week of September 21st.

Follow us on Instagram @TrentRadioCommunity to learn more.



Job Highlights Venture Canada Intrapreneurship
Application Deadline: August 28th

Gain virtual, paid work experience by contributing to innovating a small business by working on a 7-week, part-time project.

Backwoods Baking Presents:

Chef John's Tuscan Bean Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, diced
- 1 stalk celery, diced
- 1 carrot, diced
- 3 cloves garlic
- 2 (15 ounce) cans white kidney beans (cannellini), rinsed and drained
- 4 cups chicken broth
- salt to taste
- freshly ground black pepper to taste
- ½ teaspoon chopped fresh rosemary
- ½ teaspoon fresh thyme leaves
- ½ teaspoon cayenne pepper, or to taste
- ⅓ cup creme fraiche
- ½ lemon, juiced
- 1 ½ cups fresh bread cubes
- 2 tablespoons olive oil
- 2 tablespoons freshly grated Parmigiano-Reggiano cheese, or to taste
- 1 tablespoon chopped fresh flat-leaf parsley

[View the Recipe Here](#)

RECIPE BY
**JOHN
MITZEWICH**



INSTRUCTIONS

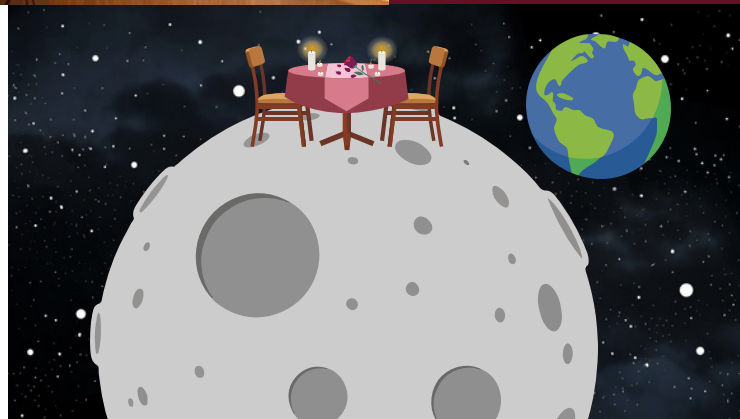
1. Heat olive oil over medium-high heat in a large pot. Add butter; allow butter to melt.
2. Add onion, celery, and carrot, and cook about 7 minutes. Stir in garlic; cook 1 more minute. Add beans and broth. Season with salt, pepper, rosemary, thyme, and cayenne pepper.
3. Set heat to medium-high and bring to a simmer. Reduce heat to low and let simmer until vegetables are tender, about 30 minutes.
4. Place bread cubes in a saute pan. Drizzle with olive oil; season with a pinch of salt and pepper.
5. Toast bread cubes over medium heat until golden brown, about 10 minutes.
6. Sprinkle grated cheese over the bread cubes and continue to brown cubes about 2 more minutes.
7. Puree soup with an immersion blender until it is very smooth. Whisk in creme fraiche. Stir in lemon juice.
8. Serve topped with browned bread cubes and chopped parsley.



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

Traill Mix

Have you heard about the new restaurant on the moon? Great food, no atmosphere.





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: Office of the Registrar



OFFICE OF THE
REGISTRAR

The Office of the Registrar is a professional, supportive group committed to providing a positive educational and working environment.

Services:

Financial aid, Course registration questions, transcripts, verification of enrolment, letter of permission, and applications to graduate

**Wanna
Talk
About It?**

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

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

Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/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](#)

Back to school tips from Academic Skills

A quick look can help you to learn your new schedule quickly, so you don't miss class or show up at the wrong location.

Creating a time management plan can help you to meet the new demands of university.

You may be tempted to skip a class or two for one reason or another, but don't do it!

Don't be intimidated! Forget about everyone else and concentrate on learning what you need to know.



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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou