



SUMMER EDITION XV - AUGUST 12TH, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Interns

Dear Traillites,

As August moves along, we continue to enjoy all that Peterborough and the Kawarthas offers. I trust that everyone has been able to enjoy some time outdoors, doing what it is that keeps each of you happy. As always, our beautiful outdoor spaces are available to everyone, and we welcome everyone to stop by if you can.

We have about a month to go until the fall semester begins at Trent. With the influx of new students, we recently found out that we will once again have **undergraduate students** living and studying at Traill. It is a wonderful development for everyone, and it also means that ***The Trend*** will operate with **food services** this fall and winter. There is additional work for the college office as we work alongside housing, facilities, and food services to get ready for their arrival, but we are so pleased this is happening.

This week, we welcome another ***New Stages*** production of ***Footnote to Freedom*** featuring the **Dixon brothers** as they honour the histories of their father and grandfather at the Jalynn Bennet Amphitheatre as part of the **William and Nona Heaslip Foundation Concert Series**. Please join us on Thursday at 7 pm. It is our second-to-last event this summer.

Pizza Fridays remain as popular as ever and we encourage you to join us this Friday. Please do [register](#) early. Please take care and enjoy the rest of Traill Tales.

Warm regards,

James Onusko



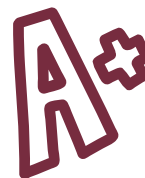
Need an Appointment?

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>

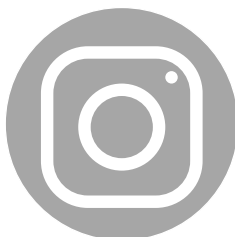
To keep up to date with the college, follow us on social media!

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](#)

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



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!

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



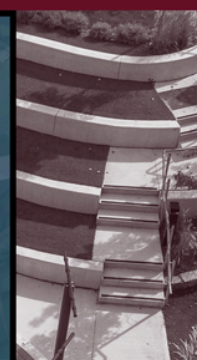
THU AUG 13TH
2026, 7PM
A FREE SHOW AT
JALYNN BENNETT AMPHITHEATRE

FOOTNOTE TO FREEDOM
written and performed by
Beau Dixon & Lance Dixon

A workshop of a new musical about the life of Beau and Lance's grandfather, George Dixon, who served in the No. 2 Battalion, Canada's only segregated Black Battalion in World War One.

RECOMMENDED: 10+

new STAGES THEATRE



new STAGES THEATRE

August 13 7PM



This week at the Summer Festival, New Stages Theatre presents Footnote to Freedom: A New Musical workshop, written and performed by Beau Dixon and Lance Dixon

The Summer Festival runs every Thursday night, rain or shine.

7:00pm. 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.



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.

MERCH SALE!

\$10



College on the Hill T-Shirt
Black Tucker T-Shirt
White Tucker T-Shirt
Track Pants
PJ Pants

\$5



Dad Hat
Bucket hat

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

Lady Eaton College presents...



LOCAL SOCIAL

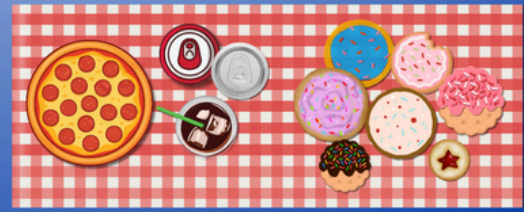
Make Connections!

Exchange socials, chill, vibe, enjoy refreshments, and play some fun games!

SEE YA THERE!

- August 26th, 2026
- Lady Eaton Quad/Dining Hall
- 4 to 6PM

Geared towards local incoming students, Trent Community is welcome!



Looking to meet new people? Exchange Socials? Have a good time and create connections before the school year starts? Come to the Local Social happening, August 26th from 4 - 6pm. Come enjoy refreshments, eat pizza, decorate cookies, and play some fun games! See ya there!

Backwoods Baking Presents:

Sesame Grilled Salmon

INGREDIENTS

- ¼ cup light soy sauce
- 1 ½ tablespoons honey
- 1 tablespoon grated fresh ginger
- 1 clove garlic, minced
- 1 pound salmon fillets
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds



[View the Recipe Here](#)

RECIPE BY

EMILY



INSTRUCTIONS

1. Whisk soy sauce, honey, ginger, and garlic together in a bowl until marinade is evenly mixed. Set aside 1/4 of the marinade.
2. Place salmon fillets in a shallow dish; pour the remaining marinade over the salmon. Cover dish with plastic wrap and refrigerate for 5 minutes.
3. Heat sesame oil in a large skillet over medium-high heat.
4. Remove salmon from marinade, shaking to remove excess marinade, and place, skin-side up, into the hot oil; cook for 4 minutes. Discard unused marinade in the shallow dish.
5. Flip salmon and drizzle the reserved marinade over salmon; sprinkle with sesame seeds.
6. Cook until fish flakes easily with a fork, 5 to 7 minutes. Flip salmon, remove skin, and cook 1 minute more.



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

Traill Mix

What do you call a store that
sells only bagels and donuts?
Hole Foods.





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: TGSA



The Trent Graduate Students' Association will foster, support, and contribute to the intellectual growth and cultural development of graduate students by advocating for their unique needs and concerns. The Organization will also work to build a sense of community amongst graduate students and work to promote a positive relationship with Trent University and the community at large.

**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)



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](#)

How To Plan For A Successful Year

- **Before You Arrive:** Learn about accessing emails, course registration, orientation, and finding resources.
- **The First Week:** Learn about course requirements, orientation week activities, the library, and exploring campus.
- **The First Term:** Learn methods for reviewing lectures and notes, setting up study habits and seeking out supports.
- **The First Month:** Learn how to organize your courses, manage your time, take notes, and develop writing, reading and speaking skills.



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“The biggest adventure you can take is to live the life of your dreams.” — Oprah Winfrey