



SUMMER EDITION XVI - AUGUST 20TH, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Interns

Dear Traillites,

We continue to relish the final few weeks of August, while our focus shifts to September and the rush that it brings. It has been a great summer, and we have taken some time to reflect on that in the college office. The pace is frantic on many days; I know I have tried to slow my thoughts and think about all that we have to be thankful for in serving students, staff, faculty, alumni, and community members here at Traill.

There has been a buzz of activity here as the **Kerr House** renovations continue. The home was built nearly *200 years ago*, so it is unsurprising that it has required some TLC recently. That work will continue into the fall and winter months, but we are confident that with some much-needed repair and maintenance, along with some enhanced accessibility features, the space will be better than ever for everyone. **Crawford House** and **Wallis Hall** are also seeing additional activity as those residence spaces are prepared for the incoming undergraduate cohort.

Our final concert in the ***William and Nona Heaslip Foundation Summer Festival*** happens on Thursday at 7 pm in our incomparable amphitheatre. In partnership with **New Stages Theatre**, we feature a ***Summer Soiree*** with a variety of performances from some of Peterborough's most talented performers. We hope to see you there.

There are 2 ***Pizza Fridays*** left, so please register beforehand and join us if you can. Our dedicated college team is here to help when you need us. Come by Monday through Friday for any assistance that you require. Please take care and enjoy the rest of *Traill Tales*.

Warm regards,

James Onusko



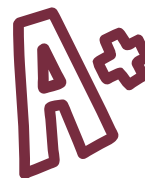
Need an Appointment?

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/trail/belong/college-cabinet>

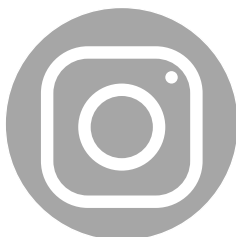
To keep up to date with the college, follow us on social media!

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 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 - Jalynn 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!

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

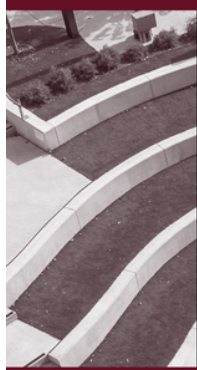
SUMMER SOIREE
with festival artists

THU AUG 20TH
2026, 7PM
A F R E E
SHOW AT
JALYNN BENNETT AMPHITHEATRE

new STAGES THEATRE

August 20 7PM





For our final installment of the 2026 Summer Festival, New Stages Theatre presents Summer Soiree, an evening of musical & theatrical delights! Check out the full line-up on our Instagram @traillcollege.

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.



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.



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:

Quiche

INGREDIENTS

- 1 single pie crust unbaked
- 6 large eggs
- $\frac{3}{4}$ cup milk or cream
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 cup cubed cooked ham
- 1 $\frac{1}{2}$ cups shredded cheddar cheese divided
- 3 tablespoons sliced green onions



[View the Recipe Here](#)

RECIPE BY
**ASHLEY
FEHR**



INSTRUCTIONS

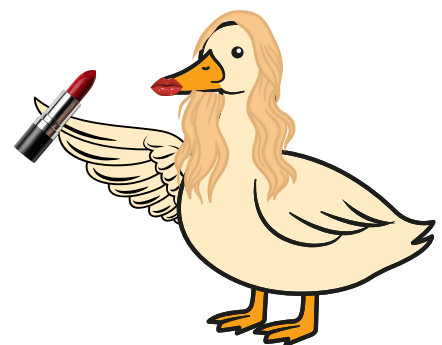
1. Preheat oven to 375°F.
2. Unroll pie crust and press into a 9" pie plate, crimping the top edges if desired.
3. In a large bowl, whisk together eggs, milk, salt and pepper.
4. Sprinkle ham, 1 cup of cheese, and green onions into the pie crust and pour the egg mixture over top. Sprinkle remaining $\frac{1}{2}$ cup cheese on top of egg mixture.
5. Bake for 35-40 minutes until the center is completely set. Let cool for 5-10 minutes before slicing and serving.



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

Trail Mix

What did the duck say when it bought lipstick?
Put it on my bill.





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



STUDENT ACCESSIBILITY SERVICES

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology.

**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](#)

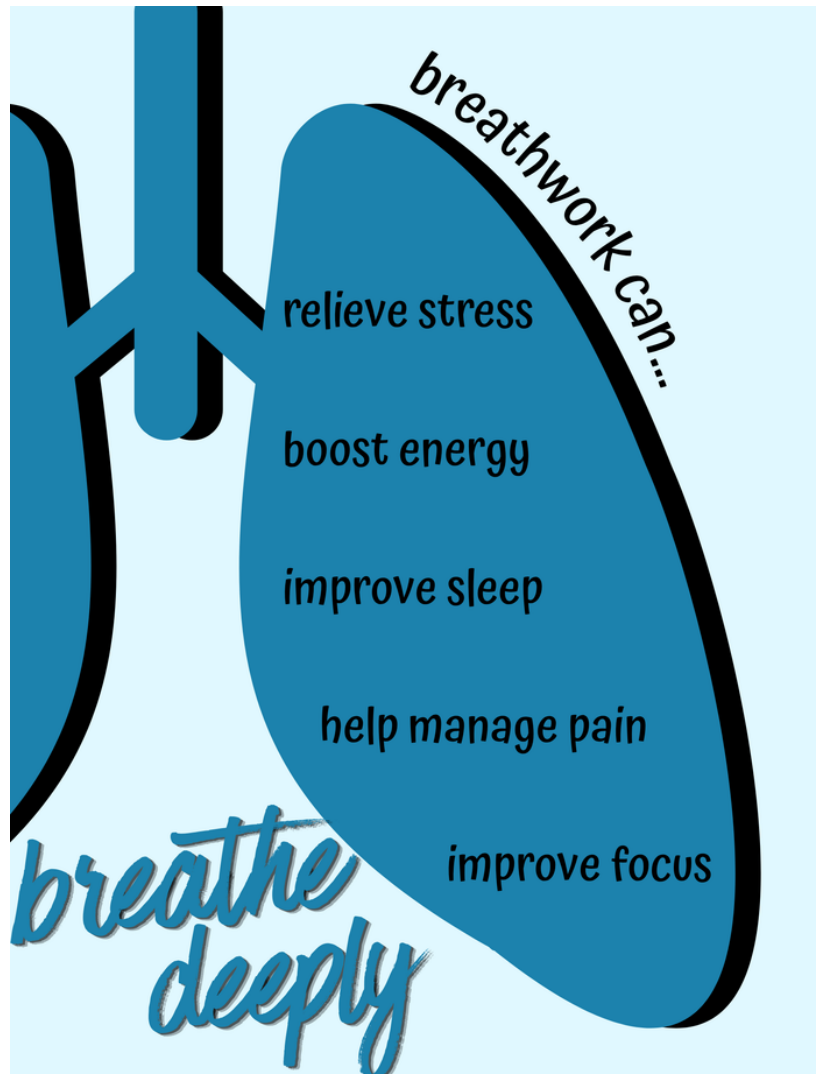
Benefits of Breathing

Exercises

Breathing exercises are helpful for more than just stress relief!

Breathwork strategies can help increase your energy, improve the quality and length of your sleep, manage pain, improve focus, and lengthen your attention span.

There are many different kinds of breathwork and breathing exercises, each with their own benefits. Click the link above for more information about the benefits of breathing exercises and detailed examples of exercises to try!



Copyright © 2026 Catharine Parr Traill College, Trent University

"I really think a champion is defined not by their wins but by how they can recover when they fall." — Serena Williams