



SUMMER EDITION XIV - AUGUST 6TH, 2026

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Interns

Dear Traillites,

Happy August! We hope everyone enjoyed their long weekend – we at Trent got an extra-long weekend, since the University was closed for an Appreciation Day on Tuesday. It was a great chance to rest and relax. Speaking of relaxation, our Acting Principal, **James Onusko**, as well as our College Coordinator, **Meaghan Kelly**, are taking incredibly well-deserved vacations! In their absence, us student-staff thought we'd take over the Principal's Message this week.

Alexzandra here, your friendly neighborhood Events and Programming Intern. Our amphitheatre tiers were packed full last week for **Peterborough Concert Band**, and we've been busy as ever at **Pizza Fridays**. It is truly remarkable to see the community we have here at the College on the Hill in action. Join us this Thursday, August 6th for **I, the Mountain**, a folk-rock band that's sure to get you on your feet dancing! **Pizza Friday registration** for this week is open, and if you can't make it, don't worry – **Pizza Fridays** will run right up till August 28th. That's all from me...take it away, Cat!

Hi everyone, Cat here! As the Orientation and Outreach Intern, I couldn't leave without giving you a little sneak peek at what we've all been working on behind the scenes here. I can officially let you in on one secret... we've locked in the dates for two of our biggest annual events! Be sure to mark your calendars for **Traill Day** on Monday, September 7th from 10AM - 1PM, and **Traill Carnival** on Saturday, September 12th from 11AM - 4PM. We have plenty more exciting events, activities, and surprises in the works, and we'll be sharing the full lineup later this month. We can't wait to welcome everyone back to the College on the Hill for another fantastic year! Until then... I'll pass things over to Toula!

Toula here! Your third Traill College Intern (and Social Media Manager), here to deliver the news that our **Traill College Instagram** and **TikTok** are growing along with our growing Traillite family! If you want more information on Traill College events, or some good old fashion college fun, take a peek at Traill College socials! I wanted to also give notice that this summer we have been working to catalogue and re-shelve our (very) large **book collection** in hopes of opening it up to the Traill and Trent communities this fall! Keep your eyes peeled for more updates coming soon!

Come visit us at the College any weekday from 8AM - 5PM! Until next time,

Alexzandra Boyd

Caitlyn Donald-Deckert

Toula Pappas



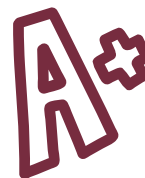
Need an Appointment?

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>

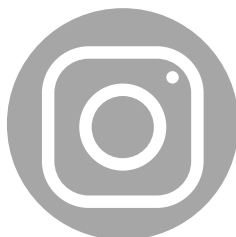
To keep up to date with the college, follow us on social media!

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



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!



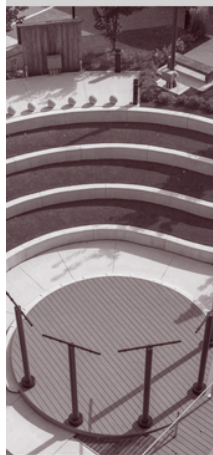
Have any easygoing, summer-themed recipes you'd love to share and show off?

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

I, the Mountain



Aug 6th 7PM

jalynn bennett amphitheatre

This week at the Summer Festival, Traill College welcomes I, the Mountain back to the Amphitheatre stage! 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.



Join the Orientation Leader Team!
Our 2026 Orientation Leader applications are open. Orientation leaders support new students through their first week at Trent while providing a safe space for them to transition into their academic life. Get the opportunity to lead and assist in the facilitation of events and be a positive role model for students. Interested? [Apply today!](https://trentu.ca/orientationweek)

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

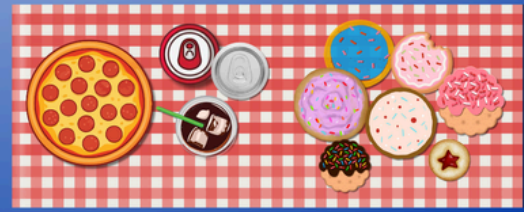
Make Connections!

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:

Air Fryer Prosciutto and Mozzarella Grilled Cheese

INGREDIENTS

- 2 tablespoons unsalted butter, softened
- 2 slices sourdough bread
- 2 ounces prosciutto
- 3 ounces fresh mozzarella, cut into 1/4-inch slices



[View the Recipe Here](#)

RECIPE BY
**FRANCE
CEVALLOS**



INSTRUCTIONS

1. Preheat the air fryer to 360 degrees F (180 degrees C).
2. Butter one side of a slice of bread and place it on a plate, buttered side down.
3. Evenly top with prosciutto and mozzarella slices.
4. Butter the second slice of bread and place on top, keeping the buttered side facing out.
5. Place sandwich in the air fryer and cook until lightly browned and toasted, about 8 minutes.



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

Trail Mix

Why is bread like the sun?
It rises in the yeast and sets in the waist.





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: Consent at Trent



**CONSENT
at TRENT**

As the fall semester and orientation approaches we would like to highlight
Consent at Trent!

Educational support:

Do you want to learn about self-care, boundaries, and empowerment?

Workshops will be facilitated throughout the year. See our upcoming events page or follow us on Instagram @consentattrent.

**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](#)

5 Steps to Fixing Your Sleep!

- Your body thrives on routine. And your sleep schedule is no different.
- There is no shortage of ways to get your caffeine fix. And a bit of caffeine isn't a bad thing.
- Think about your evening routine. If you're on the go right up until it's time to close your eyes, you're not setting yourself up for success.
- If your mind starts racing the moment you put your head to pillow, it's bound to keep you up.
- Nothing may sound better to you than taking an afternoon snooze. Especially after a bad night.



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"Don't ever make decisions based on fear. Make decisions based on hope and possibility. Make decisions based on what should happen, not what shouldn't." – Michelle Obama