

High Five Friday



Here's what has happened and what's to come!

June featured a variety of activities that supported **inclusion, learning, and community connection** at UFV and across the Fraser Valley. Highlights included Pride events, UFV's annual Pride Tea Dance, National Indigenous Peoples Day recognition, and a World Cup viewing lunchtime event that brought employees together through sport.

Thank you to everyone who participated in June activities and completed their **Activity Passport**! If you haven't submitted yours yet, there's still time to send it in.

July will continue to focus on fostering respectful workplaces and preventing harassment, helping to create a safe, welcoming, and inclusive campus for all.

Looking for a way to stay active and connect with colleagues?
Join Campus Recreation for drop-in volleyball every Monday evening in the North Gym.
Everyone is welcome, regardless of skill level.

Updates and Happenings :

Explore local berry farms

Lunch & Soccer - thank you!

Activity Passport follow up

Recipe | Homemade No-Churn B.C. Blueberry Ice Cream



Local Spotlight - Berries

The berries are abundant this time of year, making it the perfect season to get out and explore the many local farms throughout the Fraser Valley. If you're looking for a fun outing with, Klassen Farms in East Chilliwack is a great destination.

Enjoy wandering through the berry fields during their U-pick season, explore the thoughtfully designed play area, and treat yourself to a delicious locally sourced snack before heading home.



Lunch & Soccer

Thank you to Athletics and Campus Recreation for their assistance in bringing employees to have lunch and cheer! Although we may not have got the win that day, there is still lots to cheer about. I hope everyone will get together with their friends, families or maybe even some colleagues to cheer on Canada, this Saturday, July 4 at 10:00 am.
GO Canada Go!



New Perspectives achieved

It is not too late to submit your Activity Passport! Thank you to those Strive Members who completed the passport and shared their great feedback of exploring new experiences, ways of connecting and looking different perspectives of inclusive wellness.

Stay tuned for the prize winners to be announced!

Weekly Recipe

Homemade No-Churn B.C. Blueberry Ice Cream

Nothing beats a creamy, fruity ice cream for a simple dessert or summer snack, but making ice cream at home can be overwhelming when using traditional recipes.

This no-churn method is so simple, and it uses only five ingredients. Use local blueberries for this recipe, but you can easily substitute the same amount of any other berry—or even stone fruits—for a different flavour.



Prep time: 10 minutes | **Cook time:** 20 Minutes | **Freezing time:** 5 Hours

Ingredients

- 2 cups B.C. blueberries
- $\frac{1}{4}$ cup sugar
- 1 tbsp lemon juice
- 1 can condensed milk
- 2 cups heavy whipping cream (like Avalon Dairy cream)

Directions

1. Rinse and dry your B.C. blueberries.
2. Add blueberries, lemon juice, and sugar to a saucepan over medium heat. Cook down for 12-15 minutes, mashing the berries with the back of a spoon or masher throughout. Continue cooking until the berry skins have dissolved. Allow the mixture to cool entirely before moving on to the next step.
3. In a large bowl add condensed milk and the cooled berry mixture. Mix together until fully incorporated.
4. Whip the heavy whipping cream until stiff peaks are formed.
5. Gently fold the whipped cream into the berry mixture in three additions, one-third at a time. Do not overmix.
6. Pour the B.C. blueberry ice cream mixture into a chilled loaf pan and cover with plastic wrap or a lid. Freeze for 5 hours minimum before serving.

We want to hear from you!

Please share your feedback with health.disability.wellness@ufv.ca

Want to learn more about UFV Health and Wellbeing?

Visit the [UFV Health and Wellbeing website](#) to explore wellness resources, upcoming events, and opportunities to support your health and well-being throughout the year.

Have a great weekend!
