



High Five Friday



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

We've reached the heart of summer, and there are still plenty of opportunities to get outside, stay active, connect with colleagues, and enjoy everything the season has to offer!

In this edition, we're inviting Strive members to join an upcoming group hike, celebrating our Activity Passport winners, and highlighting our weekly Wellness Monday lunchtime drop-ins.

There's still time to join your fellow employees for the remainder of our summer activities, connect with colleagues, and continue building healthy habits while enjoying the sunshine.

We'll also share how you can make a meaningful impact through blood plasma donation—a simple act that can help save and improve lives in our communities. And because summer adventures often include nights under the stars, we've included a delicious camping popcorn recipe that's perfect for your next outdoor getaway.

Whether you're hitting the trails, attending a local festival or market, donating to a great cause, or gathering with friends and family, we hope this newsletter inspires you to make the most of the rest of the summer

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 :

Group Hike - Lazy Boy, Tools of the Trade, and Ranch Climb Loop

Activity Passport Winners

Wellness Monday | Lunchtime Hangout

Blood Plasma donation

Recipe | Tomatoes and burrata



Group Hike - Join us!

For those interested, fellow Strive members Jason and Preet are organizing a summer hike and would love to have you join them!

Date: Wed., July 29, 2026 | **Time:** 5:00 PM

Hike: [Lazy Boy, Tools of the Trade, and Ranch Climb Loop](#)

Location: Harvest Dr., Sumas Mountain, Abbotsford, BC
Trail access is located at the end of Harvest Drive. Parking is available on nearby residential streets close to the trailhead, please be mindful of posted parking signage. [MAP LINK](#)

Trail Details:

- **Distance:** 3.4 km loop
- **Difficulty:** Suitable for all skill levels
- **Duration:** Approximately 1-1.5 hours

Whether you're a seasoned hiker or just looking to get outside and connect with colleagues, we'd love to see you there!

[SIGN UP HERE!](#) or send an email to health.disability_wellness@ufv.ca



Activity Passport Winners

Congratulations to Rilla A., Sumitra R., Sidrah A., Wendy F., Amber J., and Pauleen N.!

Thank you to everyone who participated in the Activity Passport challenge. Winners will be contacted soon regarding their prizes.

We loved seeing the variety of activities completed, including visiting local farmers markets, listening to global music, taking device detoxes, and more. These are great reminders that small actions can have a big impact on our well-being!



Lunchtime Recharge Space

Looking for a place to relax, connect, or enjoy your lunch?

Every Monday this summer, Room A225 will be open from 11:00 a.m. – 1:00 p.m. for employees to drop in and spend their lunch break their way.

Share a skill or hobby, play a game, read, stretch, connect with colleagues, or simply unwind.

Come as you are, we'd love to see you there!



Blood Plasma Donation

Join Canada's Lifeline | Visit a donor centre, for a chance to enter a random draw to win in BC with a group of 3 or more donors until Aug 3, 2026 for a chance to be entered into a random draw to win 4 tickets to a Vancouver Whitecaps FC game.

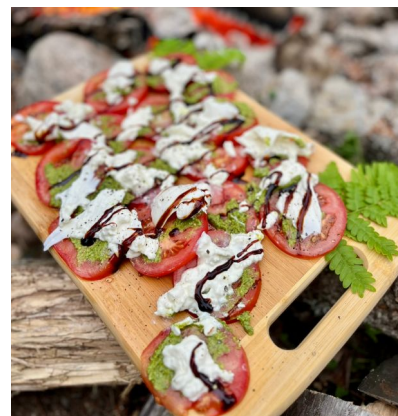
Weekly Recipe

Tomatoes and burrata

I don't know about anyone else but, my tomatoes are almost ready to eat!

Try this Mediterranean-style salad is an explosion of freshness and flavour. Juicy, colourful heirloom tomatoes pair perfectly with creamy burrata, fragrant pesto, and a touch of sweet balsamic reduction.

A drizzle of garlic-infused olive oil and a few fresh basil leaves complete this elegant dish — ideal as a refined appetizer or a light meal with crispy baguette slices.



Servings: 4

Ingredients

- 2 to 3 heirloom tomatoes in assorted colours
- 250 g burrata cheese
- 2 garlic cloves, finely chopped
- 2 tbsp lemon juice
- $\frac{1}{4}$ cup olive oil
- 1 tbsp pesto (store-bought or homemade)
- Balsamic reduction (store-bought)
- Fresh basil leaves, chopped
- 1 French baguette
- Salt and pepper, to taste

Directions

1. Prepare the infused oil: In a small bowl, mix the chopped garlic, olive oil, and lemon juice. Let sit for at least 10 minutes to allow the flavours to infuse.
2. Prepare the tomatoes: Slice the heirloom tomatoes into $\frac{1}{2}$ cm thick rounds. Arrange them nicely on a serving platter. Season with salt and pepper.
3. Assemble the salad: Spoon pesto over the tomatoes, spreading it unevenly for a rustic look. Gently tear the burrata with a fork, allowing the creamy centre to flow over the tomatoes. Drizzle with balsamic reduction for a sweet and tangy touch. Top with the garlic and lemon-infused oil. Generously sprinkle with fresh chopped basil.
4. Serve and accompany: Cut the baguette into pieces and serve alongside the salad — lightly toasted if desired.

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!
