

High Five Friday



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

As we welcome August, we'd like to take a moment to celebrate the great turnout and team spirit from our recent group hike. It was a great way to get outdoors and connect.

Stay tuned for details on our August group hike, for another chance to get active and enjoy some fresh air together.



Don't forget to mark your calendars for the **Great Campus Gathering: Employee BBQ** on August 26 in Chilliwack. Join fellow employees for food and fun. We hope to see you there!

This upcoming month, we'll be introducing **Trauma-Informed Care** as part of our Health & Wellbeing Initiatives.

By leading with empathy and understanding, we can help create an environment where everyone feels safe, respected, and connected.

August 10, will be our next **Wellness Monday**, come take time for yourself at lunch to unwind and connect

Updates and Happenings :

Group Hike
Re-cap

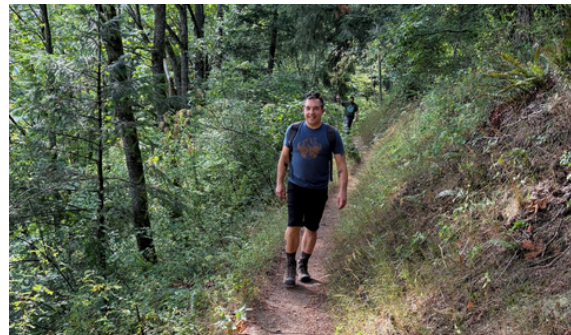
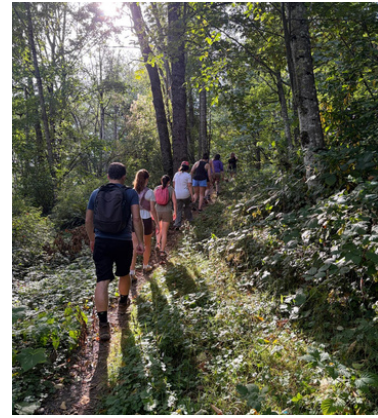
Seeking
Fitness
Instructors

Wellness
Monday |
Lunchtime
Hangout

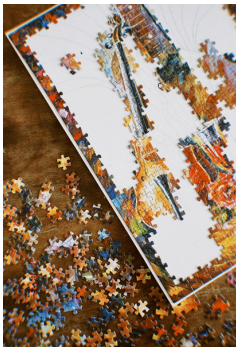
Recipe |
Prebiotic Tray
Bake with
Tahini Drizzle

Group Hike - Recap

This past Wednesday, we had 11 employees explore the Lazy Boy Lookout, Tools of the Trade, and the Ranch Climb Loop on Sumas Mountain. Find some shared photos below. [Join the group here](#) for more information on upcoming hikes.



Lunchtime Recharge Space



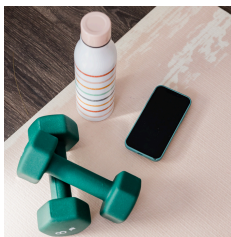
Looking for a place to relax, connect, or enjoy your lunch?

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!

Seeking Fitness Instructors



Do you have a fitness or recreational skill you'd like to share? Or do you know someone who does? Campus Recreation is seeking certified fitness instructors who are interested in teaching on-campus recreation. Reach out to Cheryl Johnson (cheryl.johnson@ufv.ca) to learn more.

Weekly Recipe

Prebiotic Tray Bake with Tahini Drizzle

Thank you to Strive member Holly for sharing this recipe!

This prebiotic bake with a tangy garlic tahini drizzle. Roasting is a great way to cheer up any vegetable that may have been left in the fridge too long. The vegetables all cook at different speeds, so some are crunchier than others, which adds to the beauty of this dish.



Ingredients

- 200g Jerusalem artichokes
- ½ lemon
- 200g parsnips, peeled and quartered lengthways
- 300g heirloom or baby carrots, trimmed
- 2 leeks, white part only, washed well, cut into 2cm rounds
- 2 red onions, cut in half or into thick wedges
- ¼ cup extra virgin olive oil
- 1 jicama, peeled and thinly sliced
- 12 asparagus spears, trimmed
- Aleppo pepper or red chilli flakes, for sprinkling

GARLIC TAHINI DRIZZLE

- 1 garlic clove, crushed
- Pinch Sea salt
- 3–4 tbsp tahini (see tip)
- 3–4 tbsp lemon juice, or more to taste
- 2–3 tbsp filtered water

Directions

1. Preheat the oven to 200°C. Line a large roasting pan with baking paper.
2. To prepare the artichokes, scrub them well, but don't peel them unless the skin seems too rough. Cut in half lengthways and immediately rub the cut surface with the cut surface of the lemon, to stop it browning.
3. Place all the vegetables, except the jicama and asparagus, in a single layer in the roasting pan. You don't want to crowd the vegetables, or they won't roast and crisp up, so use another lined roasting pan if necessary. Drizzle with the olive oil and rub to coat well.
4. Bake for 25 minutes, turning the vegetables once.
5. Add the jicama and asparagus and roast for a further 10 minutes, or until the asparagus is just cooked and all the vegetables are golden around the edges.
6. Meanwhile, to make the garlic tahini drizzle, mash the garlic and salt to a puree, using a mortar and pestle. Transfer to a bowl and whisk in the tahini. Add the lemon juice and a little bit of the water, whisking continuously, adding a little more water each time until the sauce reaches the consistency of thick cream or runny yoghurt. Taste and adjust the seasoning.
7. Serve the roasted vegetables with the garlic tahini drizzle.

TIP: Tahini is a paste made from lightly toasted sesame seeds. It tends to separate on sitting, especially if kept in fridge. You can bring the tahini back together by leaving the jar upside down for 15 minutes, then giving it a quick stir with a clean spoon..

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.

- Any movement is good movement! -
