

High Five Friday



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

Has everyone recovered from all the fun and excitement of Convocation? It was wonderful to see everyone come together to celebrate the students!

We hope you're enjoying working your way through the Activity Passport and embracing all the activities.

There's definitely a buzz in the air with the World Cup underway, especially after Canada's performance yesterday afternoon, what a great opportunity to learn about different countries and bring people together. How fun! Be sure to join us next Wednesday for our viewing party, Canada vs. Switzerland! Bring your lunch, cheer on your team, and enjoy the game together.

This Sunday, is summer solstice. What a great day to celebrate all the amazing dads out there—especially on the longest day of the year!



Happy Father's Day to all the fathers and father figures who bring so much love and support into our lives.

Hope you get to enjoy the sunshine and spend time with your loved ones this weekend.

Watch for bi-weekly newsletters throughout the summer with updates, ideas, and opportunities to stay connected.

Updates and Happenings :



Father's Day | Local Activities



Celebrate Diversity: World Cup Lunch Viewing Party



Activity Passport



We want your feedback



Recipe | Summer Borscht





Local Father's Day Spotlight

Enjoy your Father's Day in the Fraser Valley from Langley to the Canyon - ride, eat, shop with your dad. Want to get a workout in try the [Harrison Grind](#) (Campbell Lake) hike or if you want a less strenuous check out [Fred's Custom Tackle](#) in Abbotsford or Chilliwack and learn the art of fly fishing and get out on a local river.



Soccer and Lunch

Celebrate Diversity: [World Cup lunch viewing party](#) — June 24
Catch the World Cup buzz on! Come celebrate teamwork, diversity, and the joy of sport together.

Pack your lunch and join us to watch the game, with plenty of fun activities to enjoy.



Move, Recharge & Try Something New

We have one completed passport so far and hope see some more after this upcoming weekend!

In recognition of **EDI Awareness Month**, we're inviting you to take part in our June wellness challenge. This is a chance to support your wellbeing while encouraging **connection, inclusion, and new perspectives**.

- Complete any **10 activities** from the attached [Activity Passport](#) or try your own
- Email your completed sheet to: health.disability.wellness@ufv.ca by **June 30, 2026** to be entered into a prize draw

Weekly Recipe

Summer Borscht

Continuing my heritage journey—take a look at this vibrant cold beet borscht, just the thing for long, sunny days!

Borscht originated in Eastern Europe as a humble beet stew and gradually evolved across regions and seasons. The cold version became a beloved Ukrainian summer staple, celebrated for its bright flavor and beautiful presentation.



Ingredients

- 1 lb (about 3) fresh beets (scrubbed thoroughly, not peeled)
- 1/2 cup half-and-half
- 1 cup buttermilk
- 1 tablespoon sugar
- 2 teaspoons white vinegar
- 4 large eggs, hard-boiled
- 2 tablespoons fresh dill, chopped
- 1 small cucumber, peeled and diced

It all begins with "beet water," extracted by simmering chopped beets for hours. This deep red elixir forms the soul of the soup.

Directions

1. Start by preparing the "beet water." Roughly chop the beets and place them in a stockpot. Pour in enough water to cover the beets, at least 8 cups.
2. Bring the pot to a boil over high heat, then reduce to a low simmer. Let it cook uncovered (or partially covered if the liquid is reducing too quickly) for about 2 hours. The beets should be very soft, and the water a deep, vibrant red.
3. Strain the beet mixture, pressing the solids against the strainer to extract as much liquid as possible. Set aside 3 cups of this beet water to cool completely. You can discard the beet pulp or save it for another recipe, like beet salad.
4. Once cooled, whisk the beet water together with half-and-half and buttermilk. Stir in the sugar and vinegar until fully dissolved and combined. Refrigerate until ready to serve.
5. Peel and dice the hard-boiled eggs as small or as large as you like.
6. To serve, divide the chilled soup into bowls and top each with eggs, diced cucumber, and a sprinkle of fresh dill.

We want to hear from you!

Please share your feedback here: health.disability.wellness@ufv.ca
[Learn more about UFV Health and Well-being.](#)

Have a great weekend!

Stacie Dixon
