

High Five Friday



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

June is an exciting time at UFV with convocation just around the corner—a wonderful opportunity to celebrate the achievements of our students.

If you haven’t already, please consider reaching out to see how you can support or be part of the celebrations.

Strive to Thrive – June Challenge

Activity Passport: Move, Recharge & Try Something New
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.

Looking ahead | Your feedback will help shape what comes next.

As we move closer to summer, we’ll be refreshing the Strive to Thrive program, and we want to hear from you.

What do you enjoy? What would you like to see more (or less) of?
How does this community impact your wellbeing?

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

Updates and Happenings :

Celebrate Diversity: World Cup Lunch Viewing Party

Alumni - Golf Lessons

Activity Passport

Steps at Convocation

We want your feedback

Recipe | Metis Bannock



Local Alumni Spotlight | Golf Lessons?

Eli Greene is a PGA of Canada Associate Instructor with Atlas Performance + Golf Academy at Chilliwack Golf Club and serves as the Head Coach of the University of the Fraser Valley men's and women's golf programs.

Meet Eli Greene:

- PGA of Canada Associate
- Instructor
- UFV Golf Head Coach

Available Coaching Services:

- Private Lessons
- Semi-Private Lessons
- Playing Lessons
- Junior Development Programs
- Long-Term Player Development

"My goal is to help every golfer develop the skills, confidence, and mindset needed to enjoy the game and perform at their best."
– Eli Greene

A proud UFV alumnus, Eli will be graduating this June with a Bachelor of Kinesiology, specializing in Active Health, along with a minor in Psychology. His academic background, combined with his experience in coaching, athlete development, and competitive golf, allows him to take a holistic approach to instruction that focuses on both performance and long-term growth.

As head coach of the UFV golf programs, Eli is passionate about developing student-athletes both on and off the course. Through his work at Atlas Performance + Golf Academy, he brings that same commitment to golfers of all ages and skill levels, helping players improve their technique, confidence, course management, and overall enjoyment of the game.

Whether you're new to golf, looking to sharpen your skills, or striving to compete at a higher level, Eli provides personalized coaching tailored to your individual goals.

Book a Lesson with Eli: <https://www.atlaspga.com/golflessons>

Atlas Performance + Golf Academy
Chilliwack Golf Club: 41894 Yale Road, Chilliwack, BC



Soccer and Lunch

Join in on June 24th celebrating teamwork, diversity, and a love of sport!

- Bring your lunch and join in watching the game with an opportunity to play some fun activities.



Steps at Convocation

Want an excuse to get some extra steps in? Give back and reach your step goal. Join Team Convo and help to honour the students in this upcoming Convocation. [More information here](#)

Move, Recharge & Try Something New



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

Frybread Bannock

Sharing a recipe from my heritage - [BCMF Elder Betty Fisher Bannock](#) it was a staple item in many Metis homes for generations. It was a bread source that didn't require yeast, or a lot of time to prepare, making Bannock a perfect bread to travel with. Bannock can be baked or fried, and there are many variations!

Add a cup of grated cheese for biscuits, or add 1-2 cups of fruit and 2/3 cup of sugar for a delicious treat!



Ingredients

- 6 Cups Flour
- 3 Tablespoons Baking Powder
- 1 Teaspoon Salt

Directions

1. Preheat your oven to 400 degrees.
2. Mix dry ingredients well.
3. Make a well in the centre of the bowl and add 2/3 cup vegetable oil and 3 cups of warm water or milk.
4. Slowly draw the flour into the milk/oil mixture and blend both together.
5. Turn out dough on a floured counter and knead to ensure the dough is not sticky.
6. Do not over knead.
7. Place bannock on a greased baking dish or pie plate.
8. Take a fork and prick the bannock for the steam to escape.
9. Bake until golden brown.
10. Brush butter on the top and cool on a cooling rack.

Enjoy!

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
