



High Five Friday



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



Thank you to everyone who joined us yesterday for Nancy's Legacy Walk. The day was bright and sunny, fitting for a celebration of her many years of service and her dedication to the Strive to Thrive program.

It was wonderful to see colleagues come together to recognize her commitment while enjoying some fresh air along the way. Your support made it a truly special event.



Looking for a simple way to recharge this weekend? Consider heading out for a bike ride, whether it's a local trail, a loop through your neighbourhood, or a spin around a nearby park. It's an easy way to stay active and make the most of the spring weather. We are focusing on biking, sharing information about events in Chilliwack and the new Active Transportation hub.

Updates and Happenings :

Local Bike Route spotlight

May | Cancer Prevention month

UFV's New Transportation Hub

GoByBike Week

MS Bike - volunteering

Recipe | Sardine and Eggs



Local Bike Route spotlight

Mission Bridge and Matsqui Trail - This trail starts from Matsqui, crosses the Mission or Abby Bridge, and goes along the water line and back.

Length - 5.5km | Elevation gain - 27m | Estimated time - 1-1.5hr | Loop ride



Provincial Health Services Authority

May | Cancer Prevention

BC Cancer offers, province-wide screening programs.

Screening is for those without symptoms. It can prevent cancer or help catch it in its earliest stages, allowing more treatment options and a better chance of recovery.

- Lung Cancer Screening
- Colon (Colorectal) Cancer Screening
- Breast Cancer Screening
- Cervical Cancer Screening



Active Transportation Hub

Have out the new active transportation hub in Building F on the Abbotsford campus yet? The facility offers secure storage for bikes, scooters, e-bikes, and e-scooters, with 24/7 access, security camera monitoring, and secure entry using your campus card. Amenities include showers, changerooms, and a bike repair station.

Contact parking@ufv.ca for questions or visit ufv.ca/parking.



Spring GoByBike Week

Sharing UFV's collaboration for this spring's GoByBike week in Chilliwack, starting on May 30.

UFV Trishaw teams are offering rides (June 4th group ride) to folks who may not be able to bike themselves

Check out the [schedule and more information here](#)



Seeking Volunteers

MS Bike is a vibrant, community-driven cycling event that raises critical funds for MS research and support programs while bringing together riders, volunteers, and supporters from across the Fraser Valley, taking place July 11-12.

Experienced cyclists are needed as volunteers - [more information here](#).

Weekly Recipe



Sardines with Eggs

Now, don't stop reading after the title. Sardines are **rich in omega-3 fatty acids and vitamin D** that contribute to a healthier heart and stronger bones. They are also budget-friendly.

Our fellow Strive member, Erika, recently returned from Europe where she found a new love for sardines and now includes them frequently in her diet.

Tinned sardines are perfect for pasta sauces, salads and other quick meals. Great for weekend brunches or midweek lunches, served with a crispy green salad. It only takes 10 minutes and it's delicious, filling and healthy! [Recipe link](#)

Prep Time: 5 minutes | **Cook Time:** 10 minutes | **Total Time:** 15 minutes

Ingredients

- 2 Tbsp olive oil, approx.
- 1 Tbsp capers
- 6 cherry tomatoes
- 2 eggs
- 1 tin of sardines in olive oil (*very important!*)
- Zest and juice of ½ the lemon
- Salt & pepper
- 1 small handful parsley, chopped
- Sourdough bread or baguette slices



Picture taken in Berlin

Erika's fave add-ins:

- Beets - roasted with honey & balsamic
- Olives
- Cottage cheese

Directions

1. Heat half of the oil in a small frying pan. Add the capers and fry until crispy, for about 3 minutes. Turn off the heat.
2. Put the sardines into a bowl. You can break them up with a fork into small chunks, if preferred. Add the chopped parsley, lemon juice and zest lemon zest, then the capers with their cooking oil. Toss very gently.
3. Lightly toast the sourdough slices and put them on two plates.
4. Meanwhile, cut the tomatoes in half. Add the remaining olive oil to the pan and fry the tomatoes for a couple of minutes, then transfer them to the plates.
5. Add more oil to the pan, if needed, then crack the eggs into it (if you want fried eggs) and fry the eggs until they are done to your liking. Alternatively, crack the eggs into a small bowl, add a pinch of salt and whisk until light and fluffy, then fry in pan, stirring, until you get scrambled eggs.
6. Add the fried or scrambled eggs to the plates, then top with the sardine mixture.
7. Serve warm.

Have a great weekend!

Stacie Dixon - health.disability.wellness@ufv.ca
