

# HUB



HOPE UNIVERSITY BULLETIN

June 2017 Volume 5 Issue 6

*Serving Roslyn, Ellensburg, Cle Elum &*

## Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

## Did You Know?

### HopeSource Offers Resume Help, Interview Skills Training, Budgeting Assistance and More!

HopeUniversity offers one-on-one coaching sessions to help further your job qualifications, as well as providing training to make your everyday life a little less stressful. So, whether you want help getting a new job, or you just want to be a little more financially secure—come in to the office or call 509.925.1448 to schedule a coaching session!

## June Events!

### SUMMER KICK-OFF CELEBRATION

School is out! Let's celebrate with a BBQ, games, and free swimming at Veteran's Memorial Park (behind the City Pool). From 11:00 am to 1:00 pm, enjoy games and a free BBQ. From 1:30 pm to 4:30 pm enjoy swimming! Kick off the summer right and join us Friday, June 19th!

### THE KITTITAS COUNTY FARMERS MARKET IS HERE!

Every Saturday, downtown Ellensburg hosts a local farmer's market. Come down to 4th Avenue and join in on the fun! From local produce, to art, to fresh flowers and fun activities for the whole family—everyone will have a good time here! The market is every Saturday from 9am—1pm.

### SUMMER ACTIVITIES AT STAN BASSETT YOUTH CENTER

The Stan Bassett Youth Center plans several FREE fun-filled summer activities for kids grades 3-8, including active games, sports, arts & crafts, cooking activities and more! Come hang out Monday—Friday from 12-5pm once school is out. Field trips are also available for a small fee. Call for more info 509-925-8604.

SOME DAYS  
YOU JUST  
HAVE TO  
CREATE  
YOUR OWN  
SUNSHINE

## We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

# HOPE FOR YOU



Inspiring Words of Hope & Encouragement

## FIVE MINUTE SUMMMER RECIPES!

The days may be getting longer, but as summer quickly approaches, so do our busy schedules. From spending time in the sun, to working, to taking care of the kids while they're out of school—make sure there is time set aside for eating (and eating well!) Try out these delicious and healthy recipes that only take five minutes to prepare! Grab the kids and get everyone in on the fun!

### COCONUT BLUBERRY POPSICLES

#### Ingredients:

- 1.5 cups coconut milk
- 2 tbsp. Maple syrup
- 1 tsp vanilla extract
- 1 cup blueberries (frozen or fresh)

#### Instructions:

1. Mix the coconut milk, maple syrup and vanilla in a blender until smooth.
2. Add the blueberries and pulse until they've been "smashed" but not completely blended.
3. Pour the mixture into popsicle molds and freeze for at least 5 hours or overnight.

### APPLE OAT NO-BAKE BITES

#### Ingredients:

- 200g cooked apple or apple puree
- 1/2 cup peanut butter (or almond butter)
- 1/2 cup raisins (or chocolate chips)
- 3 cups rolled oats

#### Instructions:

In a food processor blitz the apple, peanut butter, and raisins.

Add the rolled oats and using the pulse function on the food processor, pulse until combined

Take tablespoon fulls and roll into balls. If you find the mixture a bit sticky, dampen your hands

Refrigerate for 30 mins

Serve

These balls can keep in the refrigerator for up to 4 days