

Happy Friday everyone. I hope you've been having a great week. The rain has returned, but with it, a bit warmer temperatures – so always a bright side. Get outside this weekend, even for a quick breath of fresh air. You'll be glad you did.

LEARN TO CURL

Thanks for all of you who registered for this activity – 22 of us will be getting out on the ice on Sunday for a fun-filled afternoon learning something new! I'll let you know how it goes next week!

NEXT CHALLENGE STARTS ON FEBRUARY 1, 2026

Dry-ish February – go to this [link](#) to learn all about the challenge for your chance to win a great prize!

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

In recognition of February, Heart Health month, Tara has sourced a great lunch and learn workshop for you that is sure to reinforce the importance of maintaining physical activity – register today!

It's Your Move: Getting and Staying Active

This session will review the importance of maintaining physical activity to support long-term health and wellness goals and to combat some of the physical and mental stressors one might be faced with in daily life. This session will also educate participants on the types of health benefits to be gained from different activities, and will provide strategies for reducing barriers to increase/maintain physical activity levels

Date: February 25, 2026

Time: 12:00 PM - 1:00 PM

Facilitator: Katarina Radonjic, Homewood Health

Location: Zoom

Register: <https://www.eventbrite.com/e/its-your-move-getting-and-staying-active-tickets-1981792091494?aff=oddtcreator>



Just a reminder to check out our new blog series, [Stronger Every Day](#) and an invitation for you to participate and contribute. Our latest edition features some amazing employees that are helping to save lives, one plasma/blood donation at a time! And speaking of that, there is still time to donate for UFV's Plasma Playoffs – all the information is below.

UFV PLASMA PLAYOFFS – STILL TIME TO DONATE!

UFV is partnering with Canadian Blood Services with a goal to improve or save the lives of so many Canadian patients by donating blood from January 4, 2026 – February 14, 2026 at the Plasma Donor Centre, 32700 South Fraser Way, Unit 75.

Plasma donors make all the difference. The plasma collected in the Abbotsford donor centre alone is manufactured into 50 different medications which are distributed to 730 hospitals and clinics across Canada. Donating only takes an hour of your time but can be a lifesaving gift in someone's life who depends on plasma transfusions or medicines made from donated plasma.

- [What you must know to donate plasma](#)
- [Donation Criteria Quiz](#)

Please see the attachment for more information and instructions on how to set up your account.



RECIPE ALERT

May people have celiac disease, or a gluten sensitivity so must adhere to a gluten-free diet. But it seems like more and more people are going gluten free for the perceived health benefits such as weight loss, increased energy and reduced inflammation. Whatever the reason, we are seeing many more gluten-free options wherever we go these days, which is great. Thank you to Holly Kooyman for sending us this delicious sounding recipe for Gluten-Free Crepes that can be prepared savoury or sweet and is highly customizable!

GLUTEN-FREE CREPES (serves 2 adults)

Why It's Good for You

Coconut flour is ground up coconut meat after it has been pressed for coconut milk. It is a much more absorbent flour and higher in fiber than almond flour. Coconut flour recipes tend to call for very little amounts of the flour and a high amount of moisture, typically in the form of eggs. It is so good at absorbing liquid because it is extremely high in inulin fiber. Arrowroot is one of the easiest starches for the body to digest and beneficial for sensitive digestive systems. It works excellently in gluten free baking.

These crepes are a delicious, gluten-free alternative to traditional wheat crepes. You can experiment with sweet and savory fillings.

Ingredients (use organic ingredients where possible)

- 3 tbsp. coconut flour
- ¾ cup tapioca or arrowroot flour
- 1 cup milk (coconut or almond)
- 2 eggs

For the Toppings

- ½ cup fresh berries
- 1 tbsp. maple syrup
- 2 tbsp. natural yogurt

Directions

1. In a bowl, whisk together the eggs, milk, tapioca/arrowroot flour and coconut flour.
2. In a frying pan on medium heat, add coconut oil or butter.
3. Pour ¼ cup of the crepe mixture into the pan and tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes until the bottom is light brown. Loosen with a spatula, flip and cook the other side.
4. Serve with yogurt (coconut, Greek, or organic dairy), fresh berries and a drizzle of pure maple syrup. Fun add-ins are: cinnamon, turmeric powder, ground flax seed and/or hemp hearts