

Sorry I missed getting this out on Friday – day got away from me, but happy Tuesday everyone. The weather this weekend was incredible so I hope you had a chance to get outside for a bit to enjoy it. I got out for a nice long walk on the dyke behind my house along the Fraser River and it was refreshing and mood-lifting for sure!



Here is just a reminder to check out our new blog series, Stronger Every Day and we invite you to participate and contribute. Check out our latest post sent in by Victoria Surtees. She's provided us all with a wonderful way to connect in a fun and relaxing way. Thank you Victoria – can't wait to join in next time! <https://blogs.ufv.ca/ufv-at-work/2026/01/22/stronger-every-day-craft-and-commiserate/>

LEARN TO CURL

Thanks for all of you who registered for this activity – we have over 24 of us going out this Sunday, February 1, 2026 to the Abbotsford Curling Club for a super fun afternoon of curling. Stand by for a full report and pics next week!

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

We have some great workshops set up for January so make sure you register today! These ones really target our mental health!

Three (3) Part Series: Beyond Mindfulness – Exploring Structural Opportunities for Change in the Workplace

In this HR learning Series, participants will learn about different approaches to supporting and maintaining health and “resilience” in the workplace. In parts I and II of the learning series, a specific focus will be on moving beyond individualized understandings of health and resiliency towards examining how health and resiliency in the workplace is socially organized. In doing so, participants will develop a “structural competency” lens to issues in the workplace. In part III of the series, participants will collaborate to create a focused action plan, identifying one or two constructive strategies to enhance workplace well-being and support positive organizational change within the university.

Please note this is a 3-part series, and you would need to register and attend all sessions as part 3 builds on part 1 and 2

Bio: Dr. Michael K. Corman is an Associate Professor (Sociology) at UFV and a medical sociologist by training. His research has appeared in numerous peer reviewed publications, including his book, *Paramedics on and off the streets: Emergency medical services in the age of technological governance*.

Date: January 27, February 10, February 24, 2026

Time: 12:00 PM – 2:00 PM

Location: Abbotsford, A225 (Jan 27, Feb 10); A203B (Feb 24)

Register – January 27: <https://www.eventbrite.com/e/beyond-mindfulness-exploring-structural-opportunities-for-change-tickets-1965639229850?aff=odddtcreator>

February 10: <https://www.eventbrite.com/e/beyond-mindfulness-exploring-structural-opportunities-for-change-tickets-1965639401363?aff=odddtcreator>

February 24: <https://www.eventbrite.com/e/beyond-mindfulness-exploring-structural-opportunities-for-change-tickets-1965639545795?aff=odddtcreator>

Be Well. Work Well, Do Well: Get Things Done and Enjoy the Process

This energizing session helps you boost focus, motivation, and well-being – without burning out. Learn practical strategies to get things done, manage stress, and find joy in the process. Through reflection and evidence-based tools, you'll discover how to work smarter, feel better, and sustain your energy so you can thrive both personally and professionally.

Date: January 27th, 2026

Time: 12:00 PM – 1:30:00 PM

Location: Online, Zoom

Facilitator: Wellness Works Canada

Register: <https://us02web.zoom.us/meeting/register/8bWrEZCOSFWifJRkYG7ZjA>

Understanding Anxiety and Depression

Mental health problems are an increasing concern in workplaces. Participants will gain an understanding of two of the most common mental health concerns, anxiety and depression. This session will provide strategies for regulating one's emotions and tips for supporting others who may be experiencing difficulties.

Date: January 27, 2026

Time: 12:00 PM – 1:00 PM

Location: Online, Zoom

Facilitator: Homewood Health

Register: <https://www.eventbrite.com/e/understanding-anxiety-and-depression-tickets-1975022878596?aff=odddtcreator>

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

So, my husband really likes a little something sweet after dinner but he is also needing to fit into his suit for our son's wedding in a few weeks! We haven't been eating strict KETO, but definitely low carb/low sugar. We also have fallen in love with our air fryer so when I found this quick, yummy recipe, I had to try it. The smell of it make while cooking is wonderful and the taste is even better! Give it a whirl.

AIR FRYER BAKED APPLES



Ingredients

- 1 apple, cut in half
- Generous sprinkle of cinnamon
- Drizzle of maple syrup (or a bit more)
- 2 big spoonfuls of cottage cheese
- Optional additions:
sprinkle of unsweetened coconut and/or handful of walnuts

Instructions

1. Preheat your airfryer to 350 degrees.
2. Cut the apple in half and remove the core – I leave the skin on
3. Give the apple a good dusting of cinnamon
4. Place face up in the air fryer and bake for about 13-15 minutes and then add your coconut/nuts if you want
5. Cook for another 5 minutes or until the apple is nice and soft
6. Remove from airfryer, drizzle with maple syrup and spoon on a big dollop of cottage cheese

NOTE: and for those of you who aren't as "strict" you can always sprinkle on some brown sugar before cooking the apples and serve with ice cream instead of cottage cheese! But honestly, even the healthy version is amazing!

This is enough for two people and you won't believe how delicious it is!