



The Insider, Jan. 5

Find out what's new at the RMWB on Jan. 5, 2026.

Plan ahead for the new year

Check out the [2026 payroll calendar](#) and [statutory holidays](#) on My RMWB.

Upcoming dates:

- Jan. 15: Payday
- Jan. 29: Payday
- Feb. 12: Payday
- **Feb. 16: Stat Holiday**

Check that your mandatory certificates are up to date!

Missing a course? Need to recertify? Visit [Learn](#) to schedule your training and development in the new year.

What do you want to see in 2026 from The Insider?

Happy New Year! As we venture into 2026, we'd like to take a moment and check in.



- How often do you read The Insider?
- How would you rate the content you've read?
- What type of stories do you want to see this year?

👉 Take this [short survey](#) and tell us!

Survey closes Jan. 16.

Check out My Wellness Connection from People Corporation

How to strengthen the immune system

Winter's colder weather can really do a number on our immune system.

Along with the cooler temperatures, this time of year also brings more viral diseases that can make us ill. These illnesses can weaken our immune system, leaving us open to other more serious infections.

One way to strengthen your immune system is by getting an **annual flu shot**. Even if you're generally healthy, you can still catch the flu. The vaccine helps protect you and those who cannot get the flu shot for medical reasons. If flu germs aren't spreading, fewer people get sick.

Another way to strengthen your immune system is to try and follow some of these **healthy habits**:

- Eat a nutritious diet.
- Stay hydrated.
- Limit alcohol and avoid smoking or using tobacco products.
- Be physically active.
- Get enough sleep.

Supporting your immune system is an investment in your overall health. By making small, consistent changes to your daily routine, you can help your body defend itself and recover more easily from illness.

Did you know?

Sleep supports the immune system, helps manage our emotions and improves our cognitive function, which means how well our brain works. In winter, sleep is even more important for the following reasons:

- **Immune system support:** sleep helps the body fight sickness.

- **Mood regulation and mental health:** good sleep helps regulate brain chemicals like serotonin and dopamine.
- **Energy and focus:** shorter daylight hours can disrupt our internal sleep clock, called the circadian rhythm. Good sleep habits help us feel more awake and clear-headed during the day.

Rather than fighting the slower pace of the winter season, try embracing it. Listen to your body and think of sleep not as a luxury but as a foundational habit, specially during the coldest months.

Check out the [2026 Health and Wellness Calendar](#) from People Corporation for a sneak peek of upcoming themes!

Highlight on People Changes

We've been keeping our eye on the [People Changes tab](#) on the intranet.

Check out some of the highlights we've spotted last month!

A familiar face is back at the Permitting and Licensing desk

We're excited to welcome **Suzanne Kay** back to Planning & Development, Customer Experience & Analytics! Suzanne rejoined us in November as our new **Permitting & Licensing Clerk**.

Suzanne first began her journey with the RMWB in 2008, spending many years in Planning & Development before retiring in August 2024. After moving to Calgary, it took just over a year for her to realize that life simply wasn't the same without all of *us fabulous people!* So, she made the decision to return to Fort McMurray—and to the RMWB once again.

Suzie brings with her a wealth of knowledge, experience, and of course, her signature spunk. She'll be one of the friendly faces greeting you at the Planning & Development front counter.

Please stop by and help us welcome her back to the team!

Taking on new challenges in Land Administration

We are pleased to announce that Kimberly Collett has been promoted to the role of Land Management Specialist.

Kim has been a long-standing and valued member of our team, most recently serving as a Lease Coordinator. Over the years, she has consistently demonstrated dedication, professionalism, and a strong commitment to supporting our work.

Please join us in congratulating Kim on this well-deserved promotion and in celebrating this exciting next step in her career.

Got a staffing update to share? [Submit it to People Changes!](#)

Cheers for Peers continues in 2026

In 2025, The Insider received over 30 submissions to Cheers for Peers. That's over 30 messages of thanks and encouragement from staff to staff at the RMWB.

Let's keep this going in 2026! Celebrate the amazing people we work with by submitting a photo or a short message of appreciation for a colleague who makes a difference (BIG or small). You'll both be entered to win tickets to an upcoming Oil Barons game.

*The next Cheers for Peers draw is **Friday, Jan. 9** for the Jan. 16 Fort McMurray Oil Barons home game.*

Submit a photo or kind message celebrating a colleague by Friday at noon. We'll draw one name that afternoon.

Check out what we've heard through Cheers for Peers

Cheers for Megan Langille, Legislative Services

A big shoutout to Megan, who is always available for questions on processes. Megan is also always calm and cool under pressure, which is great!

- **Ashley Armstrong**, Legislative Services

Cheers for Michael Dragnea, Facilities Services

Michael consistently goes above and beyond with every service request we send. He's a true problem solver and comes up with creative solutions to complex issues and always keeps us up to date on the progress of the (many) projects we have.

Michael is a pleasure to work with and has really supported our team to be able to deliver to the best of our ability.

- **Rebecca Storie**, Customer Service

Cheers for Toni Martin, Solid Waste Services

I just want to take a moment to express my sincere appreciation for everything Toni Martin does. Her dedication, organization, and attention to detail make all the difference every single day. Honestly, I couldn't do my job without her.

She keeps things running smoothly, anticipates needs before they arise, is a pleasure to work with and handles challenges with such professionalism and grace. Your hard work doesn't go unnoticed—it's the backbone of our success.

Thank you for being such an essential part of the team. We're lucky to have her!

- **Dennis Hokanson**, Solid Waste Services

Time to say goodbye to some soon-to-be extinct emails

As we say welcome to 2026, we're also saying goodbye to some email accounts!

Community Services has updated several of its email addresses to support a more efficient and streamlined communication process.

Some addresses have been renamed, redirected to consolidated mailboxes, or formally closed.

Please update your records with the new emails listed below:

- Instead of CIB@rmwb.ca, use recreation@rmwb.ca
- Instead of beautification@rmwb.ca, use recreation@rmwb.ca
- Instead of public.art@rmwb.ca, use culture@rmwb.ca
- Instead of inclusion.RMWB@rmwb.ca, use community.services@rmwb.ca
- Instead of csd@rmwb.ca, use community.services@rmwb.ca
- Instead of lift@rmwb.ca, use community.services@rmwb.ca
- Instead of diversity.WoodBuffalo@rmwb.ca, use community.services@rmwb.ca
- Instead of ACOA@rmwb.ca, use community.services@rmwb.ca
- Instead of snow.angels@rmwb.ca, use community.services@rmwb.ca
- Instead of CPH@rmwb.ca, use homelessness@rmwb.ca

Staff snapshots: Where we are & what we're up to

PMO makes something to quack about at the SOC

Last month, Jubilee Centre experienced a water break, which displaced many 1st Floor employees.

Valerie Skinner, Construction Project Inspector, took up temporary residence at the South Operations Centre while waiting for remediation work to take place in her workspace.

We'll let Val tell you in her own words what happened next:

*If you've come to know me, you'll know I love to make people laugh, and have some fun! So I engaged former PMOer **Lindsey Pearson**, program manager, Transit Services, who now works out of the SOC to have some fun with me!*

As a result, we placed 40 teeny tiny ducks around the facility to lift spirits, brighten moods, and make people smile.

Thanks for putting smiles on faces at the SOC, Val!

Woody takes trip of a lifetime

During the month of November and December, Woody got to enjoy a trip of lifetime to Australia and New Zealand with **Dipti Patel**, Finance Officer, Corporate Services and her awesome family.

In New Zealand, Woody visited the world-famous Shire – home of the Hobbiton Movie Set, Rotorua - a geothermal wonderland, and a black sand Piha beach on the North Island.

On the South Island, Woody was thrilled to visit hundreds of waterfalls on the Milford Sound Scenic Cruise.

Then Woody headed to explore Australia's flora and fauna, which included kangaroos, koalas, wallabies, dolphins, seal, sharks, turtles, salt-water alligators, world's littlest penguins, lizards, and many birds, and a large variety of trees and flowers.

Some of the iconic places Woody visited were Philip Island for the world's littlest penguins parade, the Great Barrier Reef, the Sydney Opera House and Harbor Bridge, Sydney Eye, Bondi Beach, and so much more!

Fun facts from Dipti:

- In Australia, kangaroos significantly outnumber people, with estimates ranging from 35 to 50 million kangaroos versus about 26 million humans, meaning there are roughly 1.3 to 2 kangaroos per person, especially in rural areas like Queensland.
- With a population of 23.6 million sheep and 5.3 million people, there are about 4.5 sheep for each New Zealander, government statistics agency data showed.

Bylaw Services gives back over the holidays

On Dec. 22, Bylaw Services staff attended Rotary House to spread some Christmas cheer with local seniors!

Sandwiches and sweets were served with some good conversation and caroling. A good time was had by all! Thank you to our local seniors for welcoming us to their home.

We got A LOT of snow over the holidays!

Bylaw Services staff joined other staff and volunteers through the Snow Angels program to make a difference for residents who need help during the winter season.

Contact us

For questions and concerns, contact TheInsider@rmwb.ca.

For previous editions of The Insider, visit the archive on rmwb.ca/staff.

