



The Insider, July 6

Find out what's new at the RMWB on July 6, 2026

A Canada Day thank you

A big thank you to everyone who helped make this year's Canada Day Parade a success.

From the Recreation team in Community Services leading the event to Roads supporting setup, Bylaw Services and Wood Buffalo RCMP helping ensure a safe celebration, and Strategic Communications keeping residents informed and engaged - this event wouldn't have been possible without your hard work.

Whether you were planning, setting up, supporting operations, or helping behind the scenes, thank you for helping create a memorable day for the community.

Share your Canada Day community spirit!

Share your favourite Canada Day photos for a chance to win some cool RMWB-branded prizes from The Insider.

How to enter:

- Email your photo(s) to TheInsider@rmwb.ca.

- Submit by Friday, July 10.
- Three photos will be randomly selected to win.

We can't wait to see how you celebrated!

On-Road Inspection Event: July 13 to 17

The RMWB Safety and Compliance Officer, along with area Safety Advisors, will be conducting an On-Road Inspection Event from **July 13 to 17** at various municipal work locations. These inspections will apply to **all RMWB-owned vehicles** operating on **public roads**.

Inspections will focus on ensuring vehicles and operators meet required Alberta regulations, including:

- Valid vehicle registration (including correct registered mass)
- Current insurance cards
- Safety Fitness Certificates and Part 2 Schedules (where required)
- Completed Daily Vehicle Inspections
- Valid driver's licences

Following the inspection event, supervisors will receive a summary of inspection results. Individual reports will also be provided for any vehicles with defects requiring corrective action.

If any out of service issues are identified, the Transportation Safety Officer, vehicle operator and Fleet Maintenance team will work together to return the vehicle to service as quickly as possible.

If you have questions, please contact transportation.safety@rmwb.ca.

Youth voices needed for MACOY!

The Mayor's Advisory Council on Youth (MACOY) is looking for new members to work with community leaders, support events, and participate in meaningful volunteer work.

MACOY is made up of 26 youth members from across the region, and there are lots of reasons to join:

- Work on passion projects with other like-minded people.

- Experience fun and free activities throughout the year.
- Make that post-secondary application stand out with time on MACOY.

Applications are open to students in grades 9 – 12 for the 2025/26 school year.

Students must apply by Aug. 10 at rmwb.ca/MACOY.

Parks team in full bloom this summer

We asked our Parks team to share some photos of the incredible work they've been doing to beautify the region - and they certainly delivered!

From colourful flower beds to manicured green spaces, these photos showcase the pride, care, and dedication the Parks team brings to their work every day. Their efforts help create welcoming spaces for residents and visitors to enjoy throughout the season.

Thank you to everyone on the Parks team for helping keep the region looking its best!

Meet June's Cheers for Peers winner

Congratulations to **Ruby Estacio**, watch clerk, RCMP Support Services!

Here's what **Audrey O'Driscoll**, watch clerk lead, RCMP Support Services, had to say about Ruby.

Ruby is such a bright light in our work area. Her standard greeting for anyone entering our work space is “good morning!” in a cheerful voice. It doesn’t matter if it’s morning or the beginning of a night shift. It’s become something she’s known for. She’s always so happy and positive.

She’s also so generous with feeding everyone – she often comes in with a lunch bag full to share!

How does Cheers for Peers work?

Cheers for Peers allows staff to recognize colleagues for their contributions, team spirit, and kind acts. Each nomination is shared directly with the recipient, and nominated staff can then choose to be entered into a monthly draw for some great prize items.

Thanks you to everyone who has already participated – and keep the nominations coming!

Get started at rmwb.ca/staff.

What's new with People Changes?

Check out some of the moves and new hires we spotted in People Changes over the last week!

Evan Dizak & Stuart McIntosh

Last month, Strategic Communications welcomed two new members to the team!

Evan Dizak joins us from Waypoints where he led their communications. Evan started his new role as a strategist on June 15 and has brought a ton of local experience to the team.

Stuart McIntosh previously worked as a communications coordinator at the Wood Buffalo Environmental Association and program director at Rogers Sport and Media. Stuart started his new role as a strategist on June 22!

Katlin Okowko

Please join us in welcoming Katlin to the Community Services team!

We're excited to officially welcome Katlin to the Community Services team as our new permanent coordinator, Community. Katlin brings a wealth of experience, enthusiasm, and a genuine passion for community building. We are thrilled to have her join us.

Simplifying the People Changes process

We've streamlined the People Changes process!

- When you submit a post to People Changes, it will be posted **automatically**. No more waiting for approvals!
- We have created [templated messaging](#) for you in the updated guidelines to simplify the message writing process.

You can continue to use the [People Changes portal](#) on My RMWB. It will remain beside the Announcements tab on the intranet homepage.

Check out July's Life Lines article

Doomscrolling, perfectionism, and mental health: Finding balance in a digital world

For many people, their day starts and ends with a scroll, often with many pickups in between. They may grab their phone to scan the news headlines or social posts – a phenomenon that has become so common it has a name – **doomscrolling**.

Even when social feeds are curated to avoid the news, another layer of pressure may emerge—endless polished images and status updates that can spark fears of not measuring up. Experts warn that both doomscrolling and digital-induced perfectionism can strain mental health, contributing to heightened anxiety, low mood, and sleep disruption.

In July's Life Lines article, explore the mental health risks associated with doomscrolling and discover strategies to help break the cycle.

[Read the article](#) or [watch the short video below.](#)



Contact us

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

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