



The Insider, Dec. 22

Find out what's new at the RMWB on Dec. 22, 2025.

Where WAS Gnoman??

Gnoman was admiring the festive decorations at **Borealis Park** for his last visit.

Congratulations to our final winner, **Ligia Barrios**, Health and Safety Advisor, Safety. She correctly guessed Gnoman's location and was randomly drawn to win a branded candle!

Thank you to **Crystal Carwardine** and **Amber Cramm**, Parks, for inviting Gnoman to explore Borealis Park.

Thanks to everyone who participated in Gnome on the Roam this year!

Cheers for Peers: meet the last winners of 2025!

Fallon MacKinnon

Fallon MacKinnon, supervisor, Human Resources, shared appreciation for **Stephanie Bourque**, supervisor, Human Resources.

"Stephanie has recently accepted a new position as Supervisor of Compensation and Benefits; and while much of the work happens behind the scenes, Stephanie's efforts are essential to keeping things running smoothly across the organization.

Her attention to detail, reliability and dedication often goes unseen - but her impact is felt by everyone. Thank you, Stephanie!"

Kimberly Pardy

Kim Pardy, program assistant, Legal Services, received words of appreciation from **Sandra Anthony**, advisor, Legal Services.

Here's what Sandra had to share about Kim:

"I would like to nominate Kim Pardy. Kim is the glue that keeps our little work family together! She never forgets a birthday or other special occasion, she is kind, thoughtful and has such a positive attitude. She is truly an amazing person and best of all, her candy jar is always full!

I am so grateful she is my colleague and now my friend."

How can I take part?

Celebrate the amazing people we work with: Submit a photo or a short message of appreciation for a colleague who makes a difference (BIG or small) and you'll both be entered to win tickets to an upcoming Oil Barons game.

Share your cheers, spread some positivity, and let's celebrate our incredible team spirit!

How it works

1. Share a photo or message of appreciation for a fellow RMWB staff member by emailing TheInsider@rmwb.ca.
2. Both you and the colleague you're recognizing will be entered into a draw for four Oil Barons tickets.
3. Before each stretch of [Oil Barons home games](#), we'll announce the date of the next *Cheers for Peers* draw. Make sure to get your submissions in before the deadline!
4. Winners will be featured in the following edition of The Insider - as well as some of the photos and words of gratitude shared that week.
5. If your entry isn't drawn, don't worry! It will carry over to the next draw. Keep those cheers coming!

The next Cheers for Peers draw is in 2026!

Wrap up the year with Potholes & Policies

In case you missed the latest Potholes & Policies podcast, wrap up the year with the final episode of 2025!

This special year-end edition features host Matthew Harrison with Mayor Sandy Bowman and Interim CAO Jody Butz.

Also, congratulations to our bonus Gnome on the Roam winner: **Cynthia Currie**, Public Works!

Check out the December edition of Life Lines

We all carry expectations, about ourselves, others, and how life should unfold. But when those expectations become unrealistic, they can lead to disappointment, stress, and self-criticism.

In this short video, you'll learn how to recognize and release expectations that no longer serve you. Discover how mindfulness, gratitude, and self-compassion can help you find balance, especially during the holiday season, when pressures and expectations can feel heavier than usual.

If you're struggling or feeling stuck, remember that help is available. Homewood Health offers free, confidential counselling through your Employee and Family Assistance Program (EFAP).

Not feeling the video? [Read the article instead.](#)

December food guide: connecting with others through food during the holiday season

The holiday season is the perfect time to enjoy comforting flavours and share meaningful moments around food. Whether during a festive meal or just sharing a simple snack, food brings us together and creates connections.

Get into a festive mood with this month's recipe, **berry brunch bake**. It's easy to make and fun to decorate!

[Read the newsletter for the recipe and more!](#)

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

'Tis the season for holiday get-togethers!

Regional Emergency Services staff members from several branches, including Fire Prevention, Mechanical, Emergency Management and Training, celebrated the holidays with a potluck last week!

Future RMWB employee?



It looks like Everly, the granddaughter of **Tara Mullett**, Corporate Services, and **Roger Mullett**, Fleet, is ready to represent Public Works!

Happy Holidays from The Insider!

Thank you for sharing your team triumphs, work stories, matching outfits, and all the moments in between this year.

We'll see you in 2026! Until then, wishing you a happy and safe holiday break spent with family and friends.

Contact us

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

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