



The Insider, March 9

Find out what's new at the RMWB on March 9, 2026.

Welcome, Andrew!

Today, we welcome **Andrew Boutilier** as our new Chief Administrative Officer. A longtime resident of the region, he brings strong community connections, a collaborative approach, and a great understanding of what makes this place home.

We're excited to have Andrew on board – please join us in giving him a warm welcome!

Reflecting on International Women's Day

Yesterday was International Women's Day, and we want to keep the momentum going by recognizing the incredible women across the RMWB who make this organization stronger, kinder, and more innovative every day.

The 2026 theme, "Give to Gain", reminds us that lifting each other up – sharing knowledge, offering support, and celebrating successes – benefits all of us. When we give, we build a workplace where everyone can grow and thrive.

So today, we're carrying that spirit forward. Thank you to the powerhouse women across every team and department, and to everyone who continues to champion and support them.

Let's keep the energy of IWD alive all year long – the impact of what we give doesn't end on March 8.

Support the Wood Buffalo Food Bank and you could win!

The Mayor's Office is hosting a food drive this March in support of the Wood Buffalo Food Bank.

Take part and you could win **Mayor Bowman's parking spot** for the entire month of April!

How to enter

- Donate a grocery bag of non-perishable food items with an approximate value of \$20 by March 30.
- For each bag donated, you'll receive one entry into the draw.

This draw is open to municipal employees located in Jubilee Centre.

Please drop off your donations at the Mayor's Office.

Thank you for supporting the community!

Cheers for Peers: meet the final winners!

Jennifer Heroux

Jennifer Heroux, Health and Safety, received the following kudos from **Dennis Hokanson**, Environmental Services:

I want to acknowledge the tremendous impact our Safety Advisor has on this team.

Jenn Heroux's steady guidance, practical expertise, and commitment to keeping us on the right track makes a difference every single day. Jenn brings a level of professionalism that sets the tone for all of us.

What stands out most is how naturally she connects with everyone. No matter the situation or personality, she finds common ground, builds trust, and keep conversations productive. Her ability to lead without pushing, influence without demanding, and motivate without fanfare is a true strength.

Jenn is a driving force behind our progress—always proactive, always prepared, and always focused on ensuring we finish the day safely and successfully. The effort Jenn puts in, often behind the scenes, elevates the entire operation.

We're fortunate to have someone so capable, dependable, and respected guiding our safety culture. Jenn's contribution is felt in everything we do.

Roxanne Meadus

Roxanne Meadus, Environmental Services, was nominated twice last month!

Hear what two colleagues had to say about working with Roxanne at the WWTP:

I'd like to send a big thank you to my coworker, Roxanne Meadus. She consistently goes above and beyond when it comes to organizing celebrations here at the WWTP.

Recently, she picked up all the supplies we needed for a retirement celebration and even took the time at home—on her own time—to make sandwiches for everyone.

She truly enjoys doing things like this, and it shows in the joy she brings to our workplace.

- Jennifer Bounds

I'd like to take a moment to recognize and appreciate a truly self driven WWTP employee who continually brings life and positive energy to our WWTP administrative area.

Every season, Roxanne Meadus decorates the space with thoughtful, seasonal touches — keeping the atmosphere fresh, welcoming, and full of seasonal spirit. Your initiative doesn't go unnoticed.

Thank you for consistently going above and beyond to make our workplace feel inviting and vibrant. Your creativity and effort help keep the seasonal vibe alive for all of us, and we're grateful for the pride you take in making WWTP a 'Great place to work'.

Thank you for all that you do!

- Jaspreet Singh

What's next? You tell us!

Your feedback will help us decide what the future of Cheers for Peers should look like, including whether we continue the program.

If you have a couple of minutes, please share your thoughts in this [short survey](#).

Thanks to everyone who helped make Cheers for Peers such a bright spot in our workplace.

Want to know more about your pension plan?

Join us on Wednesday, March 18 for a general overview of LAPP. We'll chat about contributions, buy backs and retirement.

Date: Wednesday, March 18

Location: Training Rooms 206 & 207, Jubilee Centre

Time: 8:30 a.m. to 12 p.m.

Register through [Learn](#).

New DVIR book pick up process rolls out today

Fleet Services and Warehouse Inventory are updating how **Daily Vehicle Inspection Record** (DVIR) books for light and heavy-duty vehicles and equipment are distributed.

As of **March 9**, Fleet will no longer be your contact for DVIR books.

Here are three new ways to get them:

1. Pick up from vendor-managed inventory (VMI) rooms/areas at the following locations:

- UGS
- WTP
- WWTP
- NOC/Roads
- MRF
- Collections
- Landfill Admin

2. Pick up from Central Stores

Visit the Stores warehouse at **SOC Bay 146**, where DVIR books will be stocked.

3. Request delivery

Email stores.resources@rmwb.ca and include:

- Quantity needed
- Type (Light Duty or Heavy Duty)
- Delivery location, office number and contact name
- Cost centre

*Each department is responsible for keeping their completed DVIR books according to **Administrative Directive IMT-030-D**.*

If you have questions about records retention, please contact [Records Management Services](#).

You do WHAT!? Beyond the desk at the RMWB

When most of us wrap up the workday, we head home to unwind. But for **Carlo Namoca**, Strategic Communications, that's when a different kind of energy kicks in. After hours, he's not just a music fan — he's a DJ with more than a decade of experience behind the decks.

What started as a curiosity turned into a passion that's now more like a creative discipline. "I've been DJing for over 10 years," he says. "I've always loved R&B, but honestly, I'm a music nerd in general. I'm into everything."

But make no mistake — he's not simply pressing play on a playlist. He specializes in turntablism, a style of DJing that treats turntables like a musical instrument. Through scratching, beat juggling, and other techniques, he builds soundscapes in real time, transforming familiar songs into something entirely his own.

When he's not spinning at events or exploring new genres, you'll find him practicing and experimenting — always chasing the next clever mix or unexpected musical moment.

From strategy by day to scratching by night, Carlo proves that our team is full of hidden talents. And next time you hear an impossibly smooth transition at a staff event...now you know who's behind it.

Do you have an interesting hobby, passion, or skill outside of your work hours?

Share with [The Insider](#) and we'll highlight you in a future You do WHAT!? story.

Nourish to flourish: embracing healthy habits

March is National Nutrition Month, and this year's theme is Nourish to Flourish!

This theme highlights how nourishment extends beyond nutrients alone—supporting physical, mental, and emotional wellbeing.

Shifting the focus from external goals to wellbeing by embracing small, consistent choices can help you feel more balanced, energized, and supported in daily life.

Five ways to nourish to flourish

1. Build balanced meals

Aim to include protein, fibre and healthy fats at meals. This balance supports steady energy, fullness, and satisfaction throughout the day. Even simple meals can feel more nourishing when all three components are present.

2. Stay hydrated with intention

Fluids support digestion, energy, and focus. Keep water nearby and experiment with herbal teas, sparkling water, or fruit-infused options to make hydration more enjoyable.

3. Add fermented foods

Yogurt, kefir, sauerkraut, and other fermented foods provide beneficial bacteria that support gut health and overall wellbeing.

4. Slow down while eating

Taking time to eat without distractions can help you reconnect with hunger and fullness cues. Even one screen-free meal per day can support mindful eating habits.

5. Be flexible, not perfect

Nourishment doesn't require rigid rules. A flexible approach allows room for enjoyment, variety, and real-life routines—key ingredients for sustainable wellbeing.

[Source: People Corporation]

National Nutrition Month resources

Dialogue resources:

- [Eating for heart health](#)
- [Fibre: The forgotten superfood](#)
- [The importance of staying hydrated](#)
- [Meditation: Winter's bliss](#)

People Corporation resources:

- [My Wellness Connection](#)
- Mindful eating at work webinar, March 10 at 10 a.m. ([register!](#))
- [Recipe of the month](#)

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

Emergency Management Planning and Preparedness exercise

The Regional Emergency Command Centre as well as several areas in Anzac saw a lot of activity as municipal staff, emergency responders, and community partners took part in an Emergency Management Planning and Preparedness exercise on March 5.

Led by the Emergency Management team, the functional exercise saw municipal responders working with RCMP, Alberta Wildfire, CN Rail, and other partners to respond in real time to a simulated wildfire near Anzac.

These exercises provide important training opportunities and offer valuable lessons that can be used when coordinating a multi-agency response during real emergencies.

Contact us

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

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