



The Insider, Sept. 28

Find out what's new at the RMWB on Sept. 28, 2026.

Picture perfect: Meet your 2026 Summer Photo Contest winners

Whether it was a stunning landscape, a memorable vacation moment, local wildlife, or a snapshot from closer to home, this year's Summer Photo Contest reminded us how special the summer season is in our own regional backyard.

A big thank you to everyone who submitted photos and took the time to vote. The quality of the entries made the competition tough, and it was great to see so many employees sharing a piece of their summer!

Congratulations to our 2026 winners:

- **Tara Crocker**, Planning and Development Services
- **Sharon Pindog**, Environmental Services
- **Selina Cumby**, Public Works

Thank you again to everyone who participated and helped make this year's contest a success. We hope you enjoyed viewing the submissions as much as we enjoyed receiving them!

Join us for the Community Gathering and Solidarity Walk on Wednesday, Sept. 30

A reminder that this Wednesday, Sept. 30 is the National Day for Truth and Reconciliation.

Everyone is welcome to join at kiyām Community Park for the Community Gathering and Solidarity Walk in partnership with the Athabasca Tribal Council (ATC).

- 10 a.m. — Community gathering and remarks
- 11 a.m. — Solidarity walk

Copilot Quick Guide: Do's and Don'ts

Over the past few weeks, we've explored what Microsoft Copilot is, how it can help with everyday tasks, and how to use it responsibly.

We've also highlighted the difference between Copilot Chat and Microsoft 365 Copilot.

Regardless of which version you're using, here are some simple do's and don'ts to help you get the most out of Copilot.

Do

- Use Copilot to brainstorm ideas, draft content, and summarize information.
- Ask clear questions to get better results.
- Use Copilot to help start a task when you're facing a blank page.
- Review and verify responses before using or sharing them.
- Apply your professional judgment and knowledge of municipal processes.
- Follow privacy, security, records management, and information handling requirements.
- Keep learning and experimenting with everyday work tasks.

Don't

- Don't assume Copilot is always correct.
- Don't copy and paste AI-generated content without reviewing it.
- Don't enter personal, confidential, or sensitive information unless it is appropriate and permitted under municipal policies.

- Don't rely on Copilot to make decisions for you.
- Don't use Copilot as a substitute for your expertise.
- Don't forget that information entered into Copilot may become part of a municipal record.
- Don't be afraid to ask questions and explore new ways Copilot can support your work.

Remember: Copilot is a tool. You are the expert.

The best results happen when AI and employee expertise work together. By using Copilot thoughtfully, protecting information, and reviewing what it generates, you can save time while maintaining the quality and accuracy expected at the RMWB.

Have questions? Please contact the IT Service Desk.

Want to join a municipal board or committee?

We have an Information and Networking session today!

Did you know? With a few exceptions, such as the Assessment Review Board, Community Standards Appeal Committee, and Subdivision and Development Appeal Board, municipal employees are eligible to serve on many Council-appointed boards and committees.

There are currently more than 60 vacancies available that require interested people with a variety of skills, experiences, perspectives, and expertise to apply.

Have questions, or want to chat about what board and committee members do? Join us at the **Boards and Committees Information and Networking Session** from **4 to 6 p.m. today (Sept. 28)** in the 1st floor **Jubilee Centre lobby**. Meet current members, ask questions, and enjoy light refreshments.

*Interested applicants are encouraged to apply at rmwb.ca/boards before the **Oct. 18** deadline.*

For application assistance, review the [How to Apply for a Board or Committee Position](#) guide, contact **Legislative Services** at boardsandcommittees@rmwb.ca or reach out to **Pulse** at **780-743-7000, 1-800-973-9663**, or rmwb.ca/pulse.

From bloom to seed: Bringing next year's garden to life

As another growing season winds down, it's hard not to appreciate the colour, beauty, and vibrancy that flowers bring to our parks, boulevards, and public spaces each summer.

Behind those beautiful blooms is the dedication and expertise of our Parks team, whose work helps make the community a welcoming and enjoyable place to live, work, and play.

To help extend that beauty beyond the growing season, one of our talented horticulture specialists, **Crystal Carwardine**, has shared some simple tips for harvesting sunflower seeds.

Whether you're hoping to plant your favourites again next spring or roast a batch for a healthy snack, now is the perfect time to reap what you've sown.

How to harvest sunflower seeds

Cut the stem 2-4 inches below the flower head, and remove any remaining leaves, petals, and bracts.

Hang the flower heads upside down, or place them flat on a screen in a warm, dry space with good air circulation for 2-3 weeks.

Once the flower head is dry and crisp, remove the seeds by hand or break apart the head.

Spread the seeds out in a single layer for an additional 3-5 days to ensure they are completely dry.

Store dried seeds in paper bags, envelopes, or other breathable containers to prevent mold.

Keep seeds in a cool, dry location between 1-10°C for best viability.

Don't forget to label your seeds with details such as the date, variety, bloom size, or plant height to help with next year's garden planning!

Whether you're a seasoned gardener or just trying your hand at growing sunflowers for the first time, saving seeds is a simple way to enjoy your garden's success year after year.

A special thank you to our Parks team for the care, knowledge, and hard work they bring to our green spaces throughout the season. Their efforts help create the colourful displays that brighten our neighbourhoods and inspire gardeners across the region.

What's new with People Changes?

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

Andrea Eldridge

Community Services is pleased to welcome **Andrea Eldridge** as supervisor, Community Investment Program.

Andrea joined the RMWB in 2023 as a supervisor within Accounting Services. In addition to her municipal and finance experience, Andrea brings valuable knowledge and perspective from the non-profit sector, gained through many years of service on various boards.

Choy De Guzman

Please join us in welcoming **Choy De Guzman** to the Customer Service team as our new supervisor.

Choy has been with the RMWB since 2023, most recently working with Solid Waste Services. She brings many years of valuable leadership experience from the private sector, and we are excited to have her join our team.

Sarah Kennedy

Please join us in welcoming **Sarah Kennedy** to the Legal Services team.

Sarah is new to the organization and joins us from Calgary, Alberta, originally hailing from Long Island, New York. If you see Sarah around the office, please say hello and help us welcome her to the organization. We are excited to work with her in her role of paralegal.

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.

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

Training together, stronger together

Last weekend, the Regional Emergency Services Training Department hosted members from across the rural communities for the annual Rural Training Weekend.

It was exciting to see the number of members attending this year, and especially great to see members from all **six** of our rural fire departments represented, including Fort Chipewyan.

This was a great demonstration of the One Regional Model within RES—bringing our rural departments together to train, build relationships, and strengthen our collective response capabilities.

A huge shout-out to the Training Department for all the work that went into organizing and delivering the weekend and for continuing to support training opportunities tailored to the needs of rural members.

RES is currently preparing for another rural training opportunity coming up in October, focused on vehicle extrication. As we move into the season of increasingly slippery road conditions, this training is especially timely and will help ensure our responding departments have the skills and tools needed to safely manage these challenging incidents.

Capture the colours of Fall

Looking for the perfect fall photo? Thanks to our talented Parks team, two floral displays have been transformed into beautiful autumn-inspired backdrops at **Hospital Street & Franklin Avenue** and the approach to **MacDonald Island Park**

Be sure to stop by, snap a photo, and enjoy the season's colours while they're here.

A big thank you to the Parks team for continuing to create vibrant, welcoming spaces that help make the community beautiful year-round.

Connecting with the community

A big thank you to everyone who staffed the RMWB booth at this year's Fall Trade Show & Artisan Market at MacDonald Island Park.

Employees helped represent the organization, answer questions, share information about programs and services, and connect with residents from across the region.

Events like these provide a valuable opportunity to engage with the community, and our booth's success is thanks to the friendly, knowledgeable staff who welcomed visitors throughout the weekend!

Contact us

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

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