



AMEA

*The Official Newsletter of the
Alberta Municipal Enforcement Association*

President's Message

Happy Holidays AMEA members!

I hope this latest edition of the Enforcement Editorial finds you safe and warm! As always your executive has been working hard this season to bring you Fall Training.

Tremendous THANKS go out to John Wilson, Steven Phipps and Brian Loewen for putting together yet another great Unsightly & Untidy Properties Course! As always gentleman, you have outdone yourselves with your knowledge and effortless course delivery!

30th Anniversary of AMEA

Calling all past and present AMEA (or BEOAA) members! We are proud to announce that we will be celebrating 30 years in 2010! We will be celebrating in typical AMEA style which means be prepared to be entertained! We have some wonderful things planned already for the Conference! Mark your calendars for May 10th-15th, 2010 at the Capri Centre in Red Deer, A.B.

If anyone has any suggestions on course ideas, speakers, entertainment ideas or ways to celebrate our last 30 years we would be glad to hear it! Contact any of the AMEA executive and we will be glad to forward your ideas at future meetings.

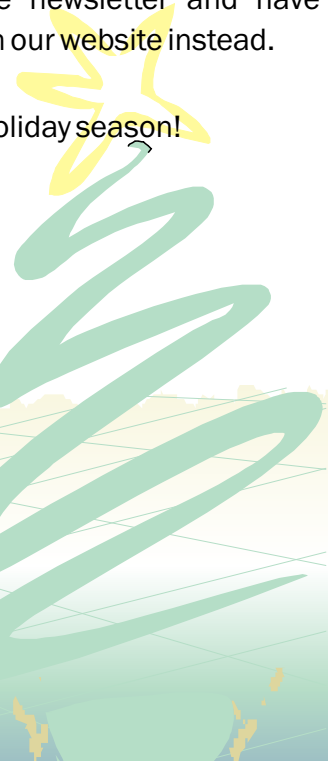
Newsletter Restructure

This may come to a bit of a surprise and disappointment to some of you but we have decided to postpone the production of the newsletter until the next AGM in May, 2010. If any of you have ever put together newsletters before you will empathize on how challenging and time consuming it can be. However all is not lost as we recognize the value of the information provided in the newsletter and have opted to provide this to you on our website instead.

I wish you all the best in the holiday season!

See you next year!

Vanessa



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Keynote Speaker

You know, one of the cool things about being both the MC and the keynote speaker (other than your conference budget getting a “two-for-the-price-of-one deal – and I fired that agent, by the way!) is that I as MC get to introduce myself as the keynote speaker ... so that’s what I’m going to do right now.

What can I say about our next speaker, Fred Keating? I’ve known him for many years – it seems wherever I am ... there he is. But who among us can say they really know Fred Keating? I know I can’t. He surprises me. Delights me. He’s gotten me into a peck of trouble over the years. He dismays and disappoints me. He’s my best friend and my worst enemy. I find him frustrating, occasionally infuriating and, generally fun to be with. He is not, as some report – lewd, crude and somewhat rude.

MC: In my experience it is exactly the opposite. First he is somewhat rude, then generally progresses to crude and often winds up lewd. Welcome, please, my confidante, conscience and constant companion. (Call the National Enquirer with that scoop!) Welcome, please, our keynote speaker for the evening, Mr. Fred Keating. *[Fred exits and then immediately re-enters – or sits and then immediately stands up again.]*

Why thank you for that scintillating introduction, Fred. You delivered it word for word just the way I wrote it. Hello, my name is Fred and I’m an alcoholic. (pause) Wait a minute. Wrong meeting. Sorry about that. Easy mistake to make. So many familiar faces.

Right, then. On to the subject at hand: Fornication ... *[pause for the laugh or gasp]* What? Oh, for crying out loud ... grow up ... and let a fella complete a sentence, will ya? I was going to say ... before I was so rudely interrupted by your immaturity and dirty minds ... For an occasion like this ... a special evening where we are gathered together ...

Let us define the *keynote address*: a speech setting forth the keynote. I looked up the term *keynote* and the definition was “the first note of a diatonic scale”. So at a conference-planning meeting, I asked, “What is a dia-tonic scale?” And Vanessa shouts out “Three parts vodka to one part diet tonic!” shouted Vanessa. “No, silly,” pipes up Becky. “You really have no class. It’s gin, you silly goose.” But then Vanecky got me thinking ... that would be a great



theme for my keynote ... the spirit of collaboration or the *spirits* of collaboration.

The 2009 United Conference. Both associations have been around for almost 30 years and this particular “collaboration of conference” has been some ten years really in the planning. Biologists would call that an “abundantly careful and conservative gestation period”. But here we are: the 2009 United Conference.

Keynote speakers, I was told, usually play around with the words chosen by conference planners to ferret out their hidden, Freudian meanings.

MC: So let’s look at “United” ... simply split it is un – ited (whatever *ited* means) but reverse the *i* and the *t* and you have un-tied ... now we’re getting “nowhere quickly” as the cabbie said to the tourist. And when you *untie* something or someone and they (ideas or idealists) run free you get some interesting conflicts and connections happening (pause) oh, yeah ... right, conflict and connections ... Now nothing turns a conflict into a connection more quickly than a good lubricant: look at the shared enjoyment of a high performance engine on the open road with fresh oil facilitating forward motion but always within spitting distance of the legal speed limit; look at the palm oil in the fine imported chocolate or delicately scented body oil on the lower back of a willing ... well, you get the picture ... if it brings people together, it can’t be all bad and if it helps us slip away

Keynote Speaker continued

from the daily fray more quietly and comfortably well, then I'm all for that, too. But here's something:

A friend of mine, educator and director Greg Dowler-Coltman – who runs the Theatre Department at the Victoria School for the Performing and Visual Arts in Edmonton – spoke recently to a group of high school youth and said this:

“A sense of empathy for others is a fundamental trait of citizens in a safe and caring community. And there is a deficit of empathy in a society where family violence and bullying and civic disorder prevail. Our objective, then must be to shift people's thinking so they see themselves as sharing life's journey with their community partners, comprised of family, friends and peer groupings.” He said that to teens. And they didn't laugh. They listened. I immediately thought of you. He said, “Our objective must be to shift people's thinking so they see themselves as sharing life's journey with their community partners, comprised of family, friends and peer groupings”. So ... I gotta ask you ... how's that going, anyway? In your community or in the communities in your region?

I know you rely on a certain amount of community empathy ... I said “empathy” not “apathy”. Are you winning the battle for the hearts and minds of the communities you serve? The youth? The seniors? The sandwich generation squeezed between both those clubs? It can't be easy!

Now I read a recent article in TIME (Dec. 22nd, 08 issue) entitled The Happiness effect. How emotions and even behaviours can spread like an epidemic.

The article said “Public Health experts are beginning to wonder if certain health-related behaviors are just as contagious as microbes. And if unhealthy behaviors are contagious are the healthy ones – like quitting smoking or exercising – equally so? And what if not only behaviors but also moods and mental states work the same way? Can you catch a case of happy?” And, if you did, would you want to be cured?

You know schoolchildren educated in the dangers of smoking were the single largest factor in adults quitting. So my questions are “Do Peace Officers



spread peace and is peace contagious?

Do by-law officers spread awareness and perception of the benefits of a cleanly run community and how often is that bug picked up by people in the community?”

I know you run into offenders every day. How much time do you spend with abiders? Preventers? Pro-community citizens? Is your enforcement pro-active or reactive? Doing the customer callback thing like Medicine Hat? Where customer satisfaction shot up 30% in 18 months? How'd you like a pay increase of 30% ... not a bad hike?

What are you doing in classrooms to create more responsible citizens? And getting that info to teachers and home to parents. Do you use the resources you have access to; show up at show and tell and career days and volunteer to speak at the lunch hour to kids and inform adults at service club brekkies and lunches that you're doing it and could use a little help from them. Do you Educate out as well as up within your own ranks and professional development processes?

What and who are your resources? Look at the piles of prized donated for this event. Isn't' it possible those same supporters, sponsors, donors would kick in resources at other times of the year for you to put to good use in community programs? Or a province-wide community program?

Let me give you an example: I have a high definition video production company in Edmonton. We do a lot of work for provincial government departments and non-profit organizations. we had a project for the Ministry of Child and Youth Services to do a video for their advancing futures bursary programs - one of many province-wide programs they run.

We suggested that if there were other provincial programs they wanted highlighted and distributed or that would benefit from a little video on their websites, that to include other departments in from the get-go would fractionalize the cost of the video so that the 40K video split ten ways among departments would get each place would have access to the 40 k video and all footage for 4 grand. I think the same process could work

Keynote Speaker continued

by taking a successful schools program in one AACPO or AEMA community and replicating the materials that are relevant to all kinds of a certain ages, splitting those costs and you purchase ready-to-use programming at low cost without re-inventing the wheel over and over again in each community – I’m not suggesting you drop tools and do this tomorrow – I’m suggesting that the seeds you two organizations have planted this week could yield economic benefits at a community level as well as educational ones for yourselves. The combined efforts of the two groups in co-hosting this conference have already made this event less expensive and time-consuming than two separate conferences being held. Now you’re using your head as well as your hearts!!

You asked for my opinion. I’m giving it to you. I don’t think you’re doing a good job. I don’t *think* you’re doing a good job. From all the research I’ve done – inside and outside these organizations, I *know* you’re doing a good job. And like any effective coach, I want more effort, not less ... I want less wasted effort and energy. That’s all.

I host and facilitate a lot of events like this for charitable and community organizations and, I have to tell you, these days friendraising is often given the same weight as fundraising. And is just as important. I wanna see some special patches on young kids, some youth ride-alongs. Let ‘em see what you’re doing. Let ‘em build community service hours and bank ‘em for education or community credits, not just as payback for infractions. Sponsor those local essay contests on community spirit and show young folks the shady side of the street now and then so they can do their research firsthand but also learn about the importance of privacy and confidentiality issues as well as community affairs ...

MC: And, if we don’t use these annual gatherings to exchange information and stimulate discussion and continue the quest for improvement in our and our neighbours’ lives, then, when in Heaven’s name will we ever budget the time to do it. You’ve got the relevant Minister here ... and he wouldn’t be anywhere else this evening and, believe me, he likely had options. As did the Deputy Mayor and Staff Sergeant Glasgow.

Key note? I’m just singing from the notes I have in front of me. You’re the key to success here. Today and every day. And you know old Albert Schweitzer the hero of Africa once said, “Success is not the key to happiness. Happiness is the key to success.” Do you like what you’re doing? Do you love what you’re doing? If you do, you can’t help but be successful.

You know, Heather Rann out of Medicine Hat wrote an article some months back about her “typical” day (as if there were such a thing in your business) and she described how in one single shift she went from simple bylaw enforcement: couple barking dogs, a messy yard, recapturing an escaped pig, fingerprinting an escort, getting a call from remand and transforming into a cell guard, booking in a few inebriates, taking their names and getting called a few as well ... then off from remand to go pick up and release in the wild a 10 foot long rattlesnake ... and then back home at midnight after her hectic shift trying to pry a little tooth out of her sleeping daughter’s clenched fist in order to replace it with a little cash gift from the Tooth Fairy ... [pause] and I sense that you are probably as shocked as I am when you stop and think about what we learn from that tender moment [pause]



There is ... no ... Tooth Fairy ... I was devastated ... I didn’t see that one coming at all ... and then I stopped ... and thought ... who would I rather have creep into my room at night, come over to the bed, press money in my hand and kiss me good-night ... Heather Rann? ... Or some frickin’ mythical creature like the Tooth Fairy. [laughs] Apparently, you get my point. Case closed. Well, I see we’ve found something else we can all agree on ... this is a bully unification conference after all, if I do say so myself.

I want to close these remarks by reminding you we have the bulk of the new year ahead of us and I want to encourage you to take the opportunity to lie, cheat, drink, swear and steal more than you did last year. [pause] What? More information required? Oh, you’re so picky. Such sticklers for detail. Do I have to explain every little detail? Okay ...

Keynote Speaker continued

MC: Lie. I want you to lie back and relax just a little bit more this year. Let a little more life happen to you without so much worry and stress. That'll scare the hell out of your family but ... they'll learn to deal with it.

Cheat. Cheat failure. Don't be afraid to try something new because you think you may fail. It is through failure that we learn the most valuable lessons. I should know ... I'm the poster boy in my industry for hard times and lucky breaks.

Drink. Drink from the fountain of knowledge. Many of your compatriots in this very room have already been down roads you are about to travel. Learn from mistakes they have made. Take what they have learned and use it. And take what you've learned in your current or past postings with you to the next assignment.

When I was thirteen and had already had been several interesting encounters with your industry .. how can I put this? ... I was "known to the authorities" ... on a first name basis ... some of them had me in their homes ... they didn't know that til they woke up and saw me standing there at the foot of the bed ... I asked my mother "What do you think I'll be when I grow up?" (even though the evidence back then indicated it might never happen! And many claim it still hasn't!)

And, as the good Irish Catholic nurse she was – having been trained that if you can't say anything nice about a person, don't say anything at all – she thought for a moment and then said, "Well, I wouldn't worry about it, Freddy. There's a place for everyone in the world and you can always serve ... as a bad example!" And she meant it, too. And I have tried to live by that code ever since ... Where was I? Oh, yes ... Swearing ... more swearing.

Swear. Swear to do your best. All the time. In every situation. That is all any of us will ever ask of you ... or each other.

Steal. Steal a little time for yourself. Every day take a little more time to develop your relationship with you ... your old best friend and worst enemy. So, Class of 09 United Conference, please remember ... those attributes you share so outweigh your differences as to make the differences almost negligible.

MC: You are cut from the same cloth and it is as durable as it is dignified.

You have the power; the power of understanding human nature, the patience with those who settle for less than their better selves.

You remind them (especially when they don't want to hear it) that we owe each other some semblance of civility and respect in our communities and I've seen you work and know you give it even when you get precious little back other than the dirty look, the rolling eyes or the ever-popular traditional one digit salute.

But your chosen professions are those that deal in quality of life issues, the ongoing quest for peace and order in an imperfect and disorderly world, pushed and pulled among political and personal and professional pressures from those above and below and to the sides, front and back of you and you may wonder if you'll ever meet an appreciative citizen. Well, brothers and sisters, you've met one tonight.

Conclusion

You'll notice I'm bareheaded. I didn't get Big Daddy's memo about the Stetsons. And I'm glad I didn't. I want you to remember me like this. With my hat off to you and the way you perform your duties.

MC: It's been a pure honour and a privilege for a civilian like me to serve you for a change. As I benefit from your service every day and I know that. And when my fellow citizens stop for a moment and think ... whether it's their dog that's barking or they've made the call about the messy house or the safety and peace in the neighbourhood ... so do your fellow Albertans realize how good it is to have you in the community or the region. Not all of 'em maybe ... but, perhaps, more than you might think.

I'll leave you with a toast, from me to you as I received it from my little old Irish mother when I left home so many years ago: She – the ultimate realist with the highest hopes for everyone - raised her cup to me at the door and said to me as I now say to you: To the AMEA and AACPO, and the 2009 United Conference! May all your pain be champagne!



AMEA 2008 Leadership Award

The winner for the 2008 Alberta Municipal Enforcement Association 2008 Leadership Award is the Municipal Bylaw Enforcement Section of the Medicine Hat Police Service. The section is perhaps the most unusual of any group of Peace Officers in the Province for the diverse responsibilities they have and continue to provide an ever growing community with services that many take for granted.

The section consists of 10 full time staff and two casual staff that have CPO Level 1 appointments and are responsible for the enforcement of municipal bylaws, as well as having powers under the Animal Protection Act, Dangerous Dogs Act, Environmental Protection and Enhancement Act, Gaming and Liquor Act, Provincial Offences Procedure Act and the Traffic Safety Act. They also have Criminal Code authority for the serving and executing of court documents.

In addition to the enforcement duties the section has, they also provide prisoner security to the Medicine Hat Police Service and surrounding RCMP detachments, as well as the service of all subpoenas and summons generated from those agencies to be served in the City of Medicine Hat.

They also provide all fingerprint processing services for the MHPS and one section member is also responsible for the fulltime management of all exhibits for the MHPS.

To get a clear picture of the workload and responsibilities the section has it is important to point out that in 2007 there were just over 7500 complaints investigated resulting in 6279 charges and another 4050 warnings. They also spent 5994 man hours providing security to 2555 prisoners and made 6532 document service calls. To date in 2008 there has been an increase in the number of complaints investigated by 23 %, an additional increase in prisoner security hours by 3 % and an additional 5 % in the number of court documents.

In 2005 the Medicine Hat Police Service conducted a Policing Survey to seek feedback from the community on how the Service was thought of in the community. As part of that survey a portion was directly related to the enforcement of bylaws. In that survey the community said that enforcement of bylaws could be done better and that they were not happy or satisfied with the services provided. They also provided a list of priorities they thought should be a priority to the section.

Prior to the survey a lot of enforcement went to traffic and animal control issues. The survey indicated that 45 % of the community felt that property standards and street cleanliness were the most important to them and that animal control was only the most important to 13 % of the community and traffic issues were the most important to only another 13 %.

As a result of the survey the section looked at its process and identified things that it could do better to provide a better service to the community.



The items identified were communication, a switch to a proactive enforcement style and placing more emphasis on what the community identified as important.

To address these concerns the section took three major steps to better their services in the community. The first was the creation of a program similar to a STEP program called BEEP or the Bylaw Education & Enforcement Program. Each month or two the section identifies one bylaw or a portion of the bylaw and provides extra public education in the print and electronic media on those issues. They also focus on those issues in a more proactive manner.

Secondly they took the time to be more proactive in all areas of enforcement and step up that into everything they enforce. Prior to doing that only 5 % of the total investigations were staff generated or proactive in nature. Now 26 % of all investigations are staff generated.

Thirdly they initiated a call back procedure to ensure that every complainant no matter what the circumstances was called back at the end of an investigation so they knew what action was taken and why those actions were taken.

There of course needs to be a measuring stick to see if the efforts made were effective. To do that, in early 2008 a follow-up survey was conducted using the same questions and the results showed an increase of 29.5 % in satisfaction with offenders and a 30 % increase in satisfaction from complainants. The survey also indicated that the same issues had the same importance to the community and that the section is working in the right direction.

The entire Municipal Bylaw Enforcement Section are leaders in the way they responded to the communities needs and how they were not afraid to look at themselves to improve the perception people had of what they do and how they did it.

This was clearly a team effort to make the changes and the fact that all staff members bought into the changes speaks volumes to their commitment to the community.

AMEA Long Service Medal

And the AMEA Long Service Medal presented this evening goes to Harry Abbink, City of Edmonton. Harry Abbink graduated from the University of Western Ontario in 1983 with a Bachelors Degree in Civil Engineering. His first real job was with the Energy Resources Conservation Board in Calgary where he administered and enforced the Oil and Gas Conservation Act and Regulations). In this role, he did everything from inspecting drilling rigs in the oilpatch to participating as a witness at quasi-judicial hearings and writing noise control guidelines for compressor stations.

He then moved on to employment with the Ontario Hydro Bruce Nuclear Power Development in a technical and environmental role. For the last 15 years, he has been employed with the City of Edmonton Drainage Services Branch as the General Supervisor of Regulatory Services. In this position, he has the overall supervision of a team of engineering and technical specialists engaged in the protection of the City's drainage infrastructure and the environment through the Sewers Use Bylaw and the Sewers Bylaw. In addition to being a Professional



Engineer in the Province of Alberta, he is also a Bylaw Enforcement Officer in the City of Edmonton. In 2007, he received the Alberta Centennial Medal for community service. In 2008, he was appointed a Serving Member of the Order of St. John and also received the Service Medal of the Order. And you're getting another medal tonight, pal. So congratulations, Harry Abbick.

WARNING TICKETS

Over the years there has been much discussion in law enforcement regarding policies on issuing of warning tickets or tags. It is usually a conversation that will eventually trap the officer into contradicting himself because of the multiple scenarios that can occur when enforcing laws, as specially bylaws. For that reason it may be in the best interest for an officer to establish guidelines for the issuance of warnings or tickets.

To begin, everyone that has received a ticket or tag, save a few, believe they should have been given a warning instead. There may be some instances where that would be applicable; however there is a risk in being Mr. Nice Guy as the general public would soon catch on and abuse the situation. We could also be the officer that has a "Zero Tolerance" policy and refuses to issue any warnings. This may lean too much the other way, as your credibility in the municipality and courts may take a hit. What we need to strive for is a balance, which does not mean a 50/50 split (warnings to tickets), but a balance based on common sense.

We can begin by eliminating situations where warnings may not be applicable and we can start with the obvious, that being where signs are posted with the intent of warning the public of the contravention of a particular law; The posted sign has already served as a warning to give an additional warning would not be in the best interest of the officer or the offender. Other scenarios

where warnings may not be applicable may be in cases where an individual has previously been in violation of the same offense; where signs are not posted but the individual shows a complete lack of common sense or disregard, or where an individual was reckless or intentional in their actions.



So the question then may be when is it appropriate to issue warnings? Warnings may be more appropriate if the situation is minor or trivial in nature or compliance action is a more suitable response than an enforcement action. Warnings are very useful in situations where enforcement has to be carried out against an acquaintance or neighbor, which happens often in a smaller municipality. Warnings may also be the best route to take when there is considerable grey area with the offense.

Regardless of the aforementioned, I believe one of the key guidelines to issuing either is to consider if it were before the courts. Do you feel good about issuing a ticket for the offense or do you have that slight doubt in the back of your mind. Try to find a balance between the heart and head, be honest with yourself, set your ego aside and try to do what is best for the credibility of the municipality, the offender and most importantly, your self-respect.

B.J. Bentley

Nutrition and Training TOPIC: Digestive Issues

Amanda Rode - Park Ranger and Nutrition and Wellness Specialist (NWS)

In our society, the use of antacids and heartburn medication has become quite common. Many people complain of frequent digestive issues ranging from pain, bloating, constipation, gas and heartburn. Our fast paced lifestyles have a real impact on our digestive systems due to highly processed food, chronic stress, overuse of stimulants and medications.

DIET'S Effects on Digestion

Problem: The average modern diet consists of many foods that are not easy on the human digestive tract. Highly processed food contains non-natural chemicals (ie artificial sweeteners), preservatives, excess sodium, and excess sugar that disrupt the natural processes of the digestive tract. Grains, especially wheat, contain gluten which is a protein that many people have trouble digesting properly (even if not diagnosed with Celiac disease). Reducing or removing most grains can be very beneficial for some people. Dairy is another food type that many people have problems with. In fact, over 75% of people have low tolerance to dairy. Cattle are raised with hormones and anti-biotics and most dairy products are highly processed and pasteurized, which tends to decrease any nutritional benefits. Most people consume mainly acidic foods (grains, meat, dairy, high fructose corn syrup and trans fats) more than alkaline foods (most vegetables, some nuts and some fruit), which creates excess acid in the digestive tract and leads to multiple problems.

Solutions:

- Eating whole, natural, and organic (when possible) food
- Focus on lean meats that are not packaged with preservatives or fried
- Eat a wide variety of both cooked (lightly steamed) and raw vegetables that aren't drowned in creamy sauces
- Try eating alkaline foods (ie, vegetables) with every snack and meal
- Avoid all fast foods and heavily processed foods
- Eat slowly and chew food well, which will help digestion quite a bit
- Try eliminating or reducing dairy and grains and see how it affects how you feel
- Eat small amounts of healthy food throughout the day (every 2-3 hours), NOT large meals
- Cut way back on coffee as it is very acidic and large amounts of caffeine causes the release of stress hormones in the body
- Drink green, chamomile, peppermint, ginger, licorice and rooibos tea, which all increase digestion

** Disclaimer: Anyone starting an exercise or diet program should consult with a medical doctor first to ensure adequate general health and to prevent any injuries. Personal fitness levels and/or health problems should be taken into consideration when using any advice provided here **

STRESS'S Effects on Digestion

Problem: When the human body is exposed to stress, either emotional or physical, it will produce more acid. The GI tract is for some reason, strongly connected to emotions in the brain. When the body is exposed to intense or chronic stress, good bacteria and natural anti-bodies are suppressed. Over time, if the stress is chronic, the stomach lining is damaged and serious problems can develop such as ulcers, irritable bowel syndrome (IBS), gastritis, etc.

Solutions:

- practice deep breathing throughout the day, especially when under stress
- make exercise a priority even if it's only just a short walk
- try yoga
- meditate for even a few minutes a day
- do NOT multi-task all the time-try to focus on one task at a time
- take supplements that help with stress reduction such as 5-HTP, B vitamins, Valerian Root, GABA, L-theanine, and Rhodiola rosea
- Avoid eating while under stress or while doing other tasks (ie. Working or driving)

MEDICATIONS Effects on Digestion

Problem: Anti-biotics, while useful in treating infections, also destroy the friendly bacteria in the gut. Friendly bacteria are necessary to break down nutrients and make some vitamins in the body. Medications, such as Ibuprofen, break down the stomach lining and are hard on the liver.

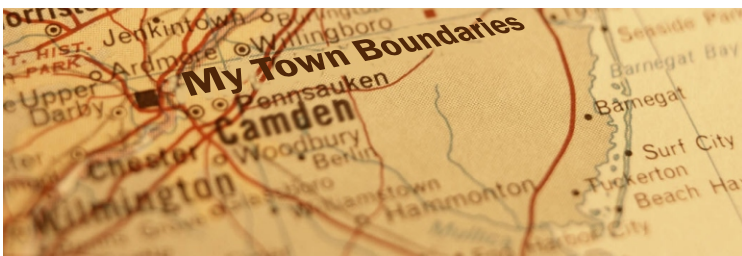
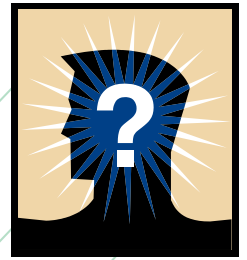
Solutions:

- Avoid taking anti-biotics and other medications unless absolutely necessary
- Instead find natural supplements that fight infections and support the immune system such as Colloidal Silver and pure Oregano Oil.
- After taking anti-biotics, supplement with probiotics to replace the friendly bacteria.
- Take any medications as little as possible. For pain, take natural supplements like Willow Bark and try acupuncture and reflexology treatments

If you are experiencing frequent digestive problems, make sure to visit your doctor and get tested for H. Pylori infection, ulcers, food allergies and gluten intolerance.

Suffering from chronic digestive issues can be frustrating, painful and even dangerous. Furthermore, proper digestion is vital for overall health and any issues must be taken seriously. Fortunately, a few simple lifestyle and diet modifications are usually all it takes to enjoy eating again!

Tips for New Officers



You arrive on your first day as a Community Peace Officer at your new Office, start setting everything up, pick up your uniform and now you're ready to go. But wait a minute, where do you start? The calls are coming in fast and furious and everything seems a little overwhelming. Hopefully this article will be able to give you a few tips to make your new career a little bit less overwhelming and a little more enjoyable.

Get to know your jurisdiction. Get a copy of your County or Town map and start learning where key areas are located such as your Office, RCMP Detachments, Fire Halls, County or Town shops, Tow Truck Facilities, etc. (oh and of course the closest Tim Hortons). Close your eyes and point to a spot on the map. Try to drive to that location so you can become familiar with some of the roads in your areas.

Get to know the names the local people use for roads and areas in your jurisdiction. Often the RCMP and other Officers will refer to these roads by those names, so to save yourself from having to try to get directions in an emergency take the initiative to learn them before you need them. Mark the names on your map so you can find them quickly when needed.

Don't be afraid to talk to the local people. They can sometimes be your best resource. Attend the local coffee shops and introduce yourself to some of the local people. This helps break the ice and helps them realize you are a human being and a person they can feel comfortable coming to when they need your help. Taking a small items such as key chains or pins from your Office to hand out to the people also helps break the ice.

Introduce yourself to the local RCMP Detachment(s) and get to know the Officers in adjoining jurisdictions. It helps if you start building a relationship by stopping by the RCMP Detachment or adjoining Peace Officers Office for coffee or meeting some of the members/officers for a quick coffee from time to time. It makes it that much easier to work together on files if you already know each other and if you are in trouble, the other Officers will be more likely to give you a quicker response if they know who you are.

Read your Mutual Aid Agreement or find out if one exist. Find out if those in a County have authority within the Towns and those in Towns if you have authority in the County. Also, find out what role your RCMP play and how you are able to assist them and how they can assist you through the agreement.

Know your jurisdictional boundaries. There's nothing more embarrassing than having to phone people to cancel tickets you've written because you wrote them in the wrong jurisdiction. Knowing your jurisdiction also helps you determine if a complaint is in your jurisdiction or someone elses.

Don't be afraid to tell people on the phone you are new to the area and will call them back with an answer to their questions. Bylaws and Policies differ from one municipality to another. Bylaws vary from Town to Town and County to County. Don't assume that the Bylaws you had at your previous place of employment or residence are the same as your new place of employment. If in doubt, take the callers name and number and advise you will call them back shortly with an answer. Most people are understanding if you tell them you are new to the job and just want to double check to make sure you are giving them the correct answers.

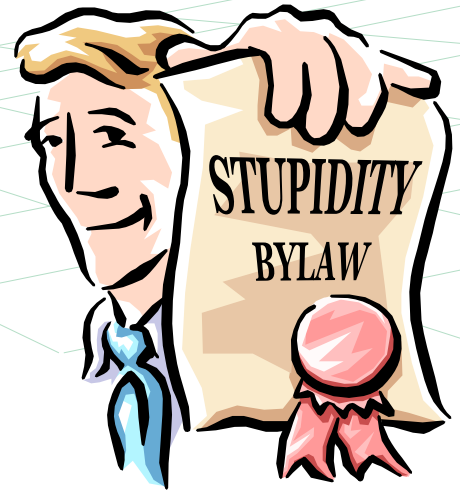
Talk to other experienced Officers. Watch how they deal with people and calls and learn from them. When I first started enforcement, I worked in a Fish & Wildlife Office with 3 other Officers. I took time to ride along with each of them for at least a few hours to find out their enforcement style. It has helped me to develop my own enforcement style. I can't say I have the enforcement style of one single officer as I've taken the things I like about each Officer I've had the pleasure of meeting and working with over the years and incorporated it into my style. I believe that has been what has helped me to be successful in my career.

Know the scope of your appointment and don't go beyond it. Know what authorities you have and what legislation you can enforce. If you go outside the scope of your appointment, you could find yourself unemployed if the Solicitor General revokes your agencies authorizations to employ Peace Officers.

Most importantly, have fun in your job. Don't be afraid to give warnings to people or be creative. For example, one RCMP officer I met from BC would stop a person for speeding and if they had a clean driving record, the speed wasn't too bad and the driver has his or her girlfriend or boyfriend, husband or wife sitting next to them in the vehicle, he would write "Warning" on the ticket "to be paid in full by taking your spouse out for Dinner and dates as many times as it takes to pay off this ticket." He then handed the ticket to the spouse. People loved him and in some cases he had men begging him to give them the ticket, but it made people realize he was human and it was a legacy he left behind when he retired.

BYLAW NO. 1090
MUNICIPALITY OF HINTON, ALBERTA

STUPIDITY BYLAW



WHEREAS, The prevalence of stupidity has increased within the Town of Hinton.

AND WHEREAS, In order to deal with the increased stupidity it is deemed necessary to create a bylaw that supersedes all other Town of Hinton Regulatory Bylaws.

THEREFORE, The Municipal Council of the Town of Hinton duly assembled, enacts as follows.

This Bylaw shall be known as the “**Stupidity Bylaw**” and shall supersede all Regulatory Bylaws of the Town of Hinton. Application of this Bylaw shall be administered when an offender has committed an action that is so incredibly Stupid that it leaves the officer speechless or dumbfounded.

SECTION 1: **DEFINITIONS**

- 1) Person shall include a natural person, corporation, partnership, proprietorship and company.
- 2) Stupid shall mean a person who fails to use common sense or fails to apply practical application or one whose reasoning is totally distorted.
- 3) Stupidity shall be the practice of being stupid.
- 4) Stupider shall be a person who takes the advice of a stupid person.
- 5) Stupidest shall mean one who is certified in stupidity.
- 6) Plain stupid shall be a person that blatantly ignores an order, direction or instruction that would better their quality of life.

SECTION 2: **SEVERABILITY**

It is declared that if any section or sections of this Bylaw or any other part thereof is found by a court of competent jurisdiction to be invalid for any reason, such section or sections or part thereof, will be severed from the rest and shall not affect the validity of the remainder of the Bylaw.

SECTION 3: **JURISDICTION**

Within the Corporate Limits of Hinton, Alberta.

SECTION 4: **AUTHORITY**

This Bylaw is enforceable by any person employed by the Town of Hinton that has the authority to enforce the Town of Hinton Regulatory Bylaws.

SECTION 5:

PROVISIONS

- 1) No person shall act or be so, or cause or suffer others to act or be so stupid as to be in contravention of any provision of the Town of Hinton Regulatory Bylaws.
- 2) When in offense to a provision of a Regulatory Bylaw, no person shall be entitled to more than two stupid excuses per offense.
- 3) No person shall retract stupidity, once stupidity has been enacted by such person.
- 4) No person shall claim others to be stupid in an attempt to cover up their own stupidity (unless proof of certification can be produced).
- 5) No person shall use the excuse “**Stupid is as stupid does,**” unless they can prove they are certified stupid.
- 6) No person shall claim stupidity as an inherited trait.
- 7) Each act of stupidity shall be considered a separate offense, any person claiming they were not stupid concurrently, shall constitute a new and separate offense.
- 8) Proof of certification must be provided by any person using the terms “What do you think, I’m stupid” or “How stupid do you think I am” or “I’m not stupid, you know”!
- 9) Any person who is stupid enough to claim “Ignorance of the law” may be charged with stupidity.
- 10) Any person ignoring an enforcement request by thinking it will “go away” may be charged with stupidity.
- 11) When in the process of an offense and on being advised of the offense, no person shall be stupid enough to continue the offense without being liable for a charge under this bylaw.
- 12) No person shall continue a violation once advised of the violation and claim it as a misunderstanding, this action shall constitute stupidity and the person may be charged with an offense under this Bylaw.
- 13) No person shall waste the time of a Town Employee with stupid reasoning or stupid remarks, proof of absence of stupidity will be on the onus of the person wasting the time.
- 14) When advised of an offense and the offense continues, the offender may be charged with “being stupid”. When advised again of the same offense and the offense continues the person may be charged with “being stupider”. When advised of an offense for the third time and the offense continues the offender may be charged with “being the stupidest”. A charge of being the stupidest results in an automatic court appearance where the individual can attempt to convince the courts that he or she is not stupid, let alone the stupidest.

SECTION 6:

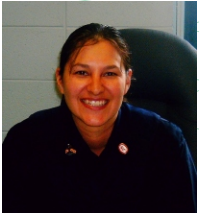
PENALTIES

1. For any offense under the provisions of this bylaw the following penalties shall apply:

First Offense:	\$150.00
Second Offense:	\$250.00
Third and subsequent Offenses:	\$500.00

For any concurrent offenses numbering beyond 3 (three), the Town of Hinton may apply to Court of Queen’s Bench for an order to remove the individual from the Municipality, as it would be better that some village have two idiots as opposed to Hinton having an exceptional one.

Executive Committee



PRESIDENT

Vanessa Ergang

Manager of Enforcement Services
Westlock County
10336-106st Westlock, AB T7P 2G1
Work: (780) 349-3346
Cell: (780) 206-7620
Fax: (780) 349-2012
Email: vergang@amea.ca



VICE PRESIDENT

Becky Oxton

Peace Officer,
Town of Beaumont,
5501 Magasin Avenue
Beaumont, Alberta, T4X 1V8
Phone: (780) 915-5717
Email: boxton@amea.ca



PAST PRESIDENT

Beven J. Bentley

Community Peace Officer
Hinton Town Bylaw Services
184 Eaton Road
Hinton, Alberta, T7V 1Y5
Phone: (780) 865-6009
Fax: (780) 865-3369
Email: bbentley@amea.ca



PUBLICITY OFFICER

Heather Rann

Community Peace Officer
Medicine Hat Police Service
884, 2 Street SE
Medicine Hat, Alberta, T1A 8H2
Phone: (403) 529-8400
Cell: (403) 529-7366
Email: hrann@amea.ca



EDUCATION OFFICER

Joel McDonald

Peace Officer, Vulcan County
P.O. Box 180
Vulcan, Alberta T0L 2B0
Phone: (403) 485-1652
Cell: (403) 485-8636
Email: joel@amea.ca



SECRETARY

Amanda Stuhl

Mountain View County Patrol
Postal Bag 100
Didsbury, Alberta T0W 0W0
Phone: (403) 335-3311 ext. 162
Toll Free 1-877-264-9754
Cell: (403) 994-0277
Fax: (403) 335-9207
Email: amanda@amea.ca



MEMBERSHIP OFFICER

Derek Sutherland

Peace Officer, Town of Didsbury
PO Box 790
Didsbury, AB T0M 0W0
Phn 403-335-7353
Fax 403-335-4872
Email: dsutherland@amea.ca



TREASURER

Gord Sedgewick

Community Peace Officer
Box 420 Mayerthorpe, Alberta TOE 1N0
Office Phone (780) 786-2416
Fax (780) 786-4590
Cell Phone (780) 204-0314
Email: dsedgewick@amea.ca

