



AMEA

*The Official Newsletter of the
Alberta Municipal Enforcement Association*

President's Message

Well the 2009 United Conference has come and gone. The event was a complete success and we are happy to report that AMEA and AACPO will continue to work on joint conferences in the future. However, next year is our 30th anniversary of AMEA and we plan on celebrating it the way that only AMEA can! While the executive continues to search for new and exciting ways to celebrate our anniversary please contact any of the executive if you have any special ways you would like to see it acknowledged.

New AMEA Executive

Please assist us in welcoming our new AMEA Executive Members; Amanda Stuhl and Joel McDonald to our team! We are so happy to be able to have them join our team!

Animal Control Committee

The AMEA executive would like to introduce our new Animal Control Committee members to you. Please welcome Co-Chairs; Joel McDonald-Education Officer & Becky Oxtton-Vice President, new committee members; Mary Coughlan-Parkland County, Tanya Jangula-City of Medicine Hat, Tim Rochon-City of Grande Prairie, Terry Jordan-Athabasca County and returning members; Karen Pasay-Town of Redwater, Nikeae Michalchuk-City of Calgary and Clarence Nelson-Town of Beaumont to the team.

Fall Training

At the AGM this year, the members voted to accept a fall training initiative so the executive have been working to organize this for November of this year. We are pleased to announce AMEA is offering 2 courses this year at the Hinton Forestry Centre hosted in part, by the Town of Hinton.

On November 2nd -3rd, we will be bringing John Wilson, Steve Phipps and Brian Loewen back to provide their 2-day Untidy Unsightly Properties Workshop. This course was voted on by the membership at the AGM.

Immediately following that course the AMEA Animal Control Committee will be hosting a 2-day Animal Control course on November 4th and 5th in the same location. The committee is currently arranging to have a specialized course offered to our members.

Further details of these courses will follow on our website at www.amea.ca. To register for either of these courses please contact either Becky Oxtton or myself at (780) 349-3346 or fill out the form included in this newsletter and fax to (780) 349-2012.

Website/Forum Changes

Our beloved webmaster Mitch Fast has been diligently working to upgrade our forum to provide a few new options to our members. We now have an "AMEA Members Only" section on the forum. Please visit our website for further instruction on how to access this section.

COMING SOON!!

AMEA Online Clothing Store

As you may or may not be aware we have been offering AMEA clothing for our members to purchase at our annual trade shows however we wanted to be able to offer this to all members. In the near future you will have the ability to order clothing through our website and have it delivered to you.

Executive Meet & Greet

Our executive members are coming to you! The AMEA Executive has tentatively scheduled 4 meetings beginning this summer where executive members will be hosting a meeting to sit down and meet the members and discuss AMEA. Stay tuned for the meeting in your area.

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Meet our Newest Executive Members

Amanda Stuhl - Secretary



Amanda Stuhl

As the new Secretary for the AMEA Executive, I would like to take this opportunity to introduce myself to the membership.

I grew up in Parkland County west of Edmonton in a small hamlet

called Tomahawk. From the time I was a little girl, I was always fascinated by the local County Patrol and Fish and Wildlife Officers. They were always there when you needed them and were often involved in the Community. I found myself saying "I want to do that someday."

After graduating High School in Seba Beach, I went on to Augustana University College in Camrose, Alberta. There I completed a Bachelor of Science Degree with concentrations in Biology and Environmental Studies. While taking a Parks and Wilderness Course, I realized my true calling was in enforcement. I contacted the local Camrose Fish and Wildlife Office and started volunteering with them when ever the opportunity presented itself. Here, I gained valuable knowledge and realized that enforcement was truly where I belonged. During the summer months, I worked at Wabamun Lake Provincial Park, often riding along with the Park Rangers to learn more about enforcement. Just as I was about to graduate from Augustana, the hiring rules changed to become a Fish and Wildlife Officer (or Conservation Officer as they were all known back then) and the Province now required all new Officers to have the Applied Bachelors Degree in Conservation Enforcement from Lethbridge Community College. So that meant that I needed to complete yet another degree to obtain my dream. So I applied to Lethbridge Community College and was lucky enough to be transferred into the 3rd year because of my existing degrees. I only had to do one semester of law enforcement catch up courses and then start the 3rd year, which meant only 3 semesters in total plus practicum. I was delighted at this, as I really didn't want to spend another 4 years in school!

Between graduating from Augustana University College and starting my Conservation Enforcement Training at Lethbridge Community College, I obtained a summer position as a Conservation Officer with the Hinton District Fish and Wildlife Office. I was delighted to finally be officially working in my chosen field and realized that law enforcement was where I truly belonged. My job didn't feel like a job. It was the first time in a long time I enjoyed going to work. After 4 months in Hinton, I started my enforcement training in Lethbridge. At the end of my first year in Lethbridge, I obtained an 8 month seasonal position

with Wetaskiwin Fish and Wildlife. I learned a lot at this posting, including the community involvement aspect. I conducted several school presentations throughout my eight months, but the one I remember the most was at the Mimiw Sakahikan School in Mameo Beach that is located on the Pigeon Lake Reserve west of Wetaskiwin. After doing that school presentation, a week later I came into the office to find a large envelope on my desk from the school. In there, all the students had written letters of thanks and drawn pictures for me. The teachers put them into a coil bound book as a keepsake for me. I still have that book and when I have a bad day where I feel the world is full of thankless people, I pull that book off my bookshelf. It always brings a smile to my face.

After my time in Wetaskiwin, I returned to Lethbridge for my last semester of school, graduating in 2002. Unfortunately, at that time, the economy took a down slide and there were major cut backs in the Provincial Government which meant Fish and Wildlife was not hiring. I was heart broken as the career I had worked so hard for just managed to slip through my fingers. I needed to find something else to do and decided I wanted to stay in enforcement. In June 2002, I was hired by the City of Calgary as an Animal Control Officer/Special Constable. It was supposed to only be a 6 month term position, but after 6 months was up, I was offered a permanent position with the City of Calgary. This was when I first became a member of AMEA and started receiving the newsletters. During my time in the City of Calgary I learned a lot about animals and people and how cooperating with other agencies can truly be beneficial. During my time there, a new office opened called the Tri-Services Buiding. I was one of the first officers posted to the new office which had members of Calgary Animal & Bylaw Services, Calgary Fire, Calgary EMS and Calgary Police Service all working side by side. The walls between us came down and we realized how we could benefit each other and how we were all equal.

The experience I gained working in the City of Calgary was amazing. However, after 5 years in the City, I realized that I really missed rural enforcement.

On April 2, 2007, I started my new career with Mountain View County Patrol as a Community Peace Officer. I am really enjoying my new career choice and love the fact that every day is different. My main focus is on Bylaw Enforcement in the County. This has been a tough task as the Bylaws have always existed, but were seldom enforced. However, one of my biggest challenges was getting the public to accept me, not only because I was now enforcing these Bylaws, but because I am the first female Officer to be hired by Mountain View County. I often found during the first year I was at the County, when I answered the phones, the first thing people would say was "can I speak to an Officer please." When I replied "you're speaking to one" there would be an awkward pause, then a "sorry ma'am" and they would then explain the issue they were calling about. Moving back to rural

...continued on page 3

Joel McDonald - Education Officer

First off, I want to say Hello to all Alberta Municipal Enforcement Association (AMEA) members. If anybody has any comments, suggestions, ideas, or inquiries I would really appreciate a phone call or e-mail.

I want to thank John Wilson, for all his dedication and hard work as Education Officer. My first experience was taking his Unsightly Premise course in 2007. I still use the templates and information today!

I guess I am supposed to let everyone know a little about myself. I have been a member of the AMEA for almost 3 years, and have been working in Municipal Enforcement for those same years. I know how much the AMEA has served me in the past by giving me the tools to do the job correctly, which is why I wanted to ensure that current and new members have the same opportunity as I did.

I took the Police and Security Diploma Program from MacEwan College, and graduated in 2005. I then started with the Town of Vermilion as the Bylaw Officer until 2007. Since September of 2007, I have been working as a Peace Officer for Vulcan County. Our department has contracts with 6 Villages and the Town of Vulcan for Peace Officer services.

When I am not working, I officiate high school basketball and am a member of the Vulcan Volunteer Fire Department. Also, I am engaged and will be getting married this fall, which can be time consuming. I also enjoy long walks on the beach and sunsets.



Joel McDonald

I am looking forward to working at getting informative, interesting, and necessary courses out to the membership and beyond. Stay safe out there!

Joel McDonald

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Amanda Stuhl biography continued from page 2

enforcement was a bit of a challenge though...There was the first initial shock of moving back to the country when accepting this new position such as not having WallMart or Tim Hortons 10 minutes away (the closest ones are 45 minutes away a great way to end a Tim Hortons Coffee addiction) and finding that the one grocery store and gas station is closed at 8 p.m every night. Also, having to re-learn how to read a County map and find houses by legal land location took a bit of getting use to but I wouldn't trade it for anything. I believe I finally found where I belong. It's funny how things work out....had it not been for Fish and Wildlife not hiring all those years ago, I wouldn't be where I am today. As my Mom always says, things happen for a reason, you just don't always see it at first.

I am also involved with other organizations both inside and outside of work. Those being the Impaired Driving Task Force of Mountain View County (a cooperation of agencies across the County working to reduce impaired driving in the County), Mountain View County Bear Smart and Wildlife Smart (educates County residents on how to reduce human wildlife conflicts), the Water Valley Boots and Saddle Club (my one true escape a group of horse back riders who get together to ride once a month) and the Alberta Law Enforcement Torch Run for Special Olympics (fundraising such as serving meals at Red Lobster for 3 days, camping on the roof of WallMart, and pulling an old steam engine down a track to keep Special Olympics Alberta in

operation). If any of the membership is interested in joining with the Law Enforcement Torch Run, please let me know. The more people we can get the better. It doesn't matter which uniform you wear or which agency you belong to, all Officers unite for one cause, to help Special Olympics Alberta. There are activities taking place all over the Province, so you don't have to be in the Calgary area to take part.

The first AMEA conference I attended was this last United Conference. What an amazing conference to attend! Both Associations obviously worked hard in putting it together and it showed. The Conference really proved what can be achieved when people cooperate with each other. I learned a lot at the conference and made a lot of new friends and contacts across the Province. I left the conference inspired and with a new found sense of pride that I am part of this Association.

I look forward to serving the Association as your new Secretary and encourage you to contact me any time if I can be of any assistance. I wish you all a safe and successful year and look forward to seeing many of you at next year's conference!

Amanda Stuhl
Secretary



JUNE FITNESS NEWSLETTER

Topic: Physical Fitness for Enforcement Officers

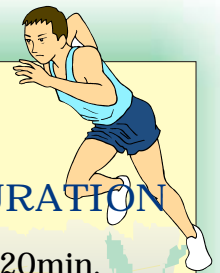
Success in law enforcement requires both mental and physical endurance/ strength. Officers must be able to analyze situations constantly and be ready to raise their level of alertness quickly. This month, physical fitness for an officer will be discussed. A combination of strength, power, speed and agility is required for optimal performance. Unfortunately, many officers get out of the habit of fitness as soon as they come out of training. Maintaining, and even improving, physical fitness is crucial for an officer in order to increase officer safety, reduce sickness and injury, reduce stress and improve effectiveness on the job.

CARDIO TRAINING FOR OFFICERS

It used to be the norm to train police recruits using aerobic conditioning through long, slow jogs. While this type of cardio is good for endurance and cardiovascular health, it has little value in real life enforcement situations. A long, slow jog engages and trains slow-twitch muscle fibers only and does little to enhance fat loss and increase metabolism. In the majority of enforcement situations, officers will be sprinting to catch a subject, not jogging. Therefore, it is more important to train in an anaerobic way so that fast –twitch muscle fibers are strengthened. This

means instead of long, low to moderate intensity cardio, officers should be practicing interval training. Cardio sessions should consist of 30-60 seconds of maximal effort (ie. Sprinting) followed by 1-3 minutes of low intensity work (ie. Walking or jogging). This can be accomplished on any cardio machine or outside. Low to moderate cardio, especially for long periods of time, should be minimized or avoided, as this type of training can actually hinder your explosive power by reducing the production capabilities of fast-twitch fibers. Endurance cardio also increases stress hormones in your body like Cortisol that actually will break down muscle tissue therefore, slowing down your metabolism.

Remember that interval training is quite hard on the body so don't do the workouts back to back. Give your body at least a day of rest between interval sessions and don't perform them on intense strength training days. Keep interval sessions short as they are very intense. Only do one or two interval training sessions per week when starting out and increase workout frequency slowly. Don't forget to do a few minutes of warmup (easy cardio) and then a cooldown and stretching at the end. Slow to moderate cardio can be done on off days from harder workouts as they still provide benefits such as helping muscles recover from intense workouts and overall stress reduction.



Sample Cardio Training Program:

DAY	TYPE	WORK: REST RATIO	DURATION
Mon	Interval training	30 seconds @90% effort: 2min. @60%effort	10-20min.
Tues	Moderate cardio	60-70% effort	30-45min.
Wed	Interval training	60sec @80-90% effort: 60sec. @60% effort	10-20min.
Thurs	Moderate cardio	60-70% effort	30-45min.
Fri	Rest or low intensity cardio		
Sat	Interval training	5 min. @70-80% effort: 3-5min. @60% effort	20-25min.
Sun	Rest or low intensity cardio		

** 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 **





STRENGTH TRAINING FOR OFFICERS

For many years cardio was the preferred exercise regime. However, recent research has shown that strength training is superior in fat loss and muscle building. Strength training can even improve endurance and VO₂ max! Again, just as in cardiovascular training, strength training should focus on explosive power and functional exercises. As an officer, you need to be able to have the conditioning and strength to support enforcement activities such as controlling aggressive/ inebriated subjects. This means less focus on isolation and single joint exercises (ie. bicep curls, tricep extensions), which are more for aesthetic appeal than for functional strength in the enforcement environment. Compound movements (ie. squats, deadlifts, lunges, bentover rows, pull-ups and pushups) are a far more desirable way to train for anyone, but especially enforcement officers, as they train the body to move as a unit and increase overall core strength. What's more, is that compound movements increase metabolism, burn more fat, build muscle better, and release growth hormone. So, officers should train with mostly compound movements (some isolation work is ok) with low rest periods that will increase stamina in the field. Officers should also incorporate some plyometrics training, which greatly enhances fast-twitch fibers and explosive strength. Examples, of plyometrics would be squat jumps, skipping, jumping jacks, burpees, mountain climbers, etc. Core strength is particularly important for officers who carry extra weight (belt and vest) everyday and for balance when dealing with aggressive or intoxicated subjects. This means more than just performing endless reps of crunches, which are less effective at increasing core strength. The lower back must be trained proportional to the abdominals. This requires performing back exercises such as extensions, deadlifts and bird dogs (lift left arm and right leg while on all fours and alternate).

Effective abdominal exercises would be the plank (both front and on your side), floor wipers, bicycle crunches, v sits, and cable rotations. You can choose to perform 2-3 full body workouts per week choosing a few different exercises that will hit all major muscle groups per session. Or you can perform a split routine working out 2 to 3 body parts per session or two days of upper body and 2 days of lower body per week. Make sure to get adequate rest and nutrition so that you won't get injured. Lastly, creating personal goals (such as increasing the number of pull-ups you can do) will keep training to be a better officer fun and challenging.

Happy training....

Amanda Rode
Park Ranger

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7 Tips For Roadside Officer Safety

Topics & Tactics for Law Enforcement
with Scott Buhrmaster

In a matter of a day's time, two officers are dead and one is in the hospital after being hit by passing traffic (see related articles below). Vehicular threats can come in two forms; one an accidental collision with a patrol unit or officer and the other an intentional assault against the officer using the vehicle as a weapon.

The topic of intentional vehicular assaults (situations including those where a suspect tries to run over or drag an officer) will be covered in detail in the Survival American Style class in Lafayette, IN on Nov. 7-8, 2005. If you're in the area, we urge you to attend.

The topic of officers being struck by passing vehicles during roadside activities (traffic stops, accident reconstruction, motorist assistance, etc.) is one that trainer Wayne Corcoran, a retired sergeant with Phoenix (AZ) PD, sees as increasingly critical. "The number of officers being struck on the roadside appears to be on the upturn," he says. "It's a troubling trend that all officers should take note of."

Incidents in which officers are struck by passing vehicles can prove unavoidable. Always, they are alarming and, sadly, often end tragically. In an effort to remind PoliceOne members of some of the foundational principles of roadside safety that may decrease your chances of falling prey to being hit, Corcoran shared the following 7 tips:



1. YOU control the location of a traffic stop.

"The golden rule of traffic stops is that the officer controls the stop, not just in terms of directing behavior and movement during the contact, but in regards to location," says Corcoran. "Some officers have a tendency to effect a stop at the point where they see a violation occur. Their primary concern becomes immediacy of response, not safety and location. This can be a serious mistake."

If you feel that a subject has stopped too close to the side of the road, too far out into traffic or in some other location or position that may compromise your safety, get on your PA and guide him to a location that's safer for conducting business.



2. Time your stop if possible.

If you're patrolling a highway and you're about to effect a stop, time it to facilitate having the driver exit at a nearby off-ramp if possible. "Out on the road, fleets of cars, trucks and motorcycles are blowing by you at a very high rate of speed," says Corcoran. "On the side of an exit ramp, you are exposed to less traffic

and a diminished rate of speed." Remember, however, that drivers who are exiting may be distracted by the stop when they should be watching the curve of a ramp or slowing traffic in front of them. Keep your head up and watch for dangerous driving.

3. Utilize the passenger side.

"This includes both approach and where to conduct an interview," says Corcoran. "The worst place for you to be is bent over into the driver's side door with your body exposed to passing traffic. You need to get away from the road." Approaching the passenger side also gives you a tactical edge, reminds Corcoran. "Most people expect an officer to approach from the driver's side, so they keep an eye on their rear-view and driver's door mirrors watching for you. While their focus is distracted, you have a chance to look inside the vehicle to check for weapons and suspicious movement before they even realize you're there."



4. Use your steering wheel as a writing platform.

If you're writing a ticket while sitting in your driver's seat, use the wheel as a place to prop your book. "This allows you to quickly glance up at the suspect car to watch for movement and to glance in your interior rear-view mirror [which, he reminds, should be positioned to deflect the sharp glare of oncoming headlights] to keep an eye on oncoming traffic," says Corcoran. "Granted, you may have mere seconds to react should you see a vehicle headed into yours, but by keeping an eye on oncoming traffic you do increase your odds of spotting a weaving driver from enough of a distance to allow you to take protective action."

5. Be prepared for wind.

"A big factor in highway patrol is wind," says Corcoran. "A truck driving by you at a high rate of speed can generate a lot of wind force. You need to be prepared for that." If you see a truck coming your way, be sure

your footing is stabilized to prevent being blown off balance. "The same is true of cars," Corcoran continues. "Be sure of your footing and be aware that you're going to need to ride the wind a bit."

6. Resist retrieval.

"Another issue with highway wind is having your hat blown off, if you're required to wear one, or having paperwork blown out of your hands," says Corcoran. "A natural reaction is to quickly move to grab it. On the side of a road, this can be a fatal mistake." Be mentally prepared to resist the reflex to step out into traffic or bend over to retrieve something that has blown out of your hands or off your head.

7. Consider road conditions.

Wet, slippery roads increase roadside risks. "Although you must always remain intensely observant of your surroundings and vigilant to sound positioning, you should be particularly alert during bad weather," says Corcoran. "In slippery conditions, you need to weigh the necessity of getting out of your vehicle," he says. "If you're approaching a breakdown situation, use your PA to see if the car is able to be moved to a safe location, even if it's limping, or if you can move it with your patrol unit. Stepping out of your car in conditions where passing vehicles may slide into you poses risks that if at all possible, are best avoided."

Do you have roadside safety tips to share? If so, drop us a note at editor@policeone.com

Related articles:

[Tractor-trailer kills NY deputy during traffic stop](#)

[Missouri Cpl. John A. Sampietro, Jr. killed in the line of duty](#)

[Sheriff's deputy hit by dump truck](#)

If you have tactical information, compelling incidents, general comments or topics you would like to share, please contact Scott Buhrmaster at: buhrmastergroup@comcast.net

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Red Deer, AB

Ph: 403.347.2388



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Alberta Municipal Enforcement Association

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2009 FALL TRAINING

REGISTRATION FORM

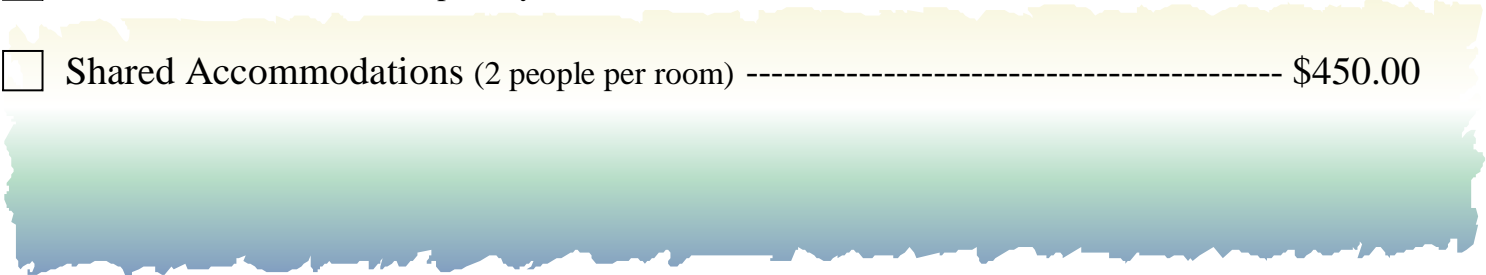
Please fill out a registration form for each member attending a course.

Name:
Municipality:
Department:
Address:
Phone:

NOVEMBER 2nd & 3rd

- Untidy, & Unsightly Premises Workshop**----- \$250.00
- Meals included (3 meals per day) ----- \$325.00
- Shared Accommodations (2 people per room) ----- \$450.00

NOVEMBER 4th & 5th

- Animal Control Workshop**----- \$250.00
 - Meals included (3 meals per day) ----- \$325.00
 - Shared Accommodations (2 people per room) ----- \$450.00
- 



2009 New Member Application Form

Current Members will be sent out a renewal notice

Surname: _____

Given Names: _____

Enforcement Jurisdiction: _____

City/Town: _____

Section/Division: _____

Province: _____ Postal Code: _____

Business Address: _____

Business Telephone: _____ Cell Telephone: _____

E-Mail: _____

I hereby make application for membership in the Alberta Municipal Enforcement Association and agree to uphold the constitution and bylaws of the Alberta Municipal Enforcement Association.

Dated this _____ day of _____ 2009

Signature of Applicant: _____

Yearly dues of \$60.00 per member must accompany the application.
When submitting payment for more than one applicant please make sure that all pertinent information for each applicant is included.

Make cheques payable to the

Alberta Municipal Enforcement Association

C/O Gord Sedgewick

Box 420 Mayerthorpe, Alberta

TOE 1N0

Executive Committee



PRESIDENT

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