



ENFORCEMENT EDITORIAL

The official newsletter of the Alberta Municipal Enforcement Association

President's Message

Your AMEA Executive has been focused on getting back to normal since the conference this past February!

In October, we brought back Fall Training and it was very successful. The *Animal Behaviour Course* was everything we hoped it would be and more. Our instructor, Pam Barker, presented thorough and relevant material in an interesting and provoking manner. This course gave us in depth information on how dogs think and what their actions and mannerisms mean. Every Officer could benefit from this training. Then, Jamie Erickson came for 2 days and taught an interesting course on communication and officer safety. As always, Jamie presented an excellent and well prepared course and delivered it in an engaging manner. The Executive is already planning on bringing back both speakers to future AMEA events!

Recently, we have made some exciting changes to the forum. First, we developed a forum category for members to discuss equipment needs and innovations. There will be equipment suppliers on this forum to answer questions you may have. And, as always, we can support each other with specific knowledge on equipment issues and suppliers. In addition to information, this will be THE PLACE to look for information about vendors and suppliers that are offering discounts to AMEA members. Doug Saunders has been working on your new membership cards and you will be able to use those to get discounts at specific suppliers.

The other exciting forum is the *Ask The Expert* section where members can go online and ask bylaw lawyers, solicitor general auditors, and industry professionals to weigh in on interesting issues that you may have. Jim Hittel, Ad Hoc Crown Prosecutor and Pam Barker, Veterinarian and Animal Behaviour Expert have signed on to answer questions and to get involved in discussions. Please utilize these new forums and share your knowledge and experience with your fellow members. Visit our forum at www.amea.ca/public/AMEA%20Forum/ and check out what's new, make a post, or PM a colleague.

The Executive is planning an exciting and educational Conference for May 7–11, 2012.

Please mark it on your calendar. If there is anything specific that you would like to see offered at the conference please let us know (rberezanski@amea.ca).

The Executive will also be looking for an Education Officer to replace Amanda Kamp who has left the Executive to be a mum. Congratulations Amanda! Please let us know if you are interested in the Education Officer position.

Sincerely,
Derek Sutherland, AMEA President



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Getting To Know Your Executive...

Kaila Tipton

As the new Vice President for the AMEA Executive, I am told that I should probably introduce myself to everyone. I have been a member of the AMEA for three years, and began my career in Municipal Enforcement as a MEO I Graffiti Officer with the City of Edmonton in May of 2009.

I initially didn't know a whole lot about Bylaw Enforcement, as I studied Correctional Services at Grant McEwan, which was more directed towards criminal offences. In addition, I came from a small city that didn't really have too much Bylaw Enforcement. But I quickly became very interested and intrigued with the idea of being a part of the upkeep of the community standards for the city.

In September 2009, I became a MEO II, and it was at that time that I really began to find the part of my job that I was passionate about. Because I was now able to be involved with multiple bylaws, I was then able to go into the disadvantaged communities in my enforcement area—like the inner city—and begin making connections to different agencies and community groups. I could then start to educate the citizens about the importance of each City Bylaw, and inform them of what their responsibilities are in that community and encourage them to take ownership of their neighbourhoods, to be a part of the solution. It was then when I began to see the benefits of making all of those connections would have on improving a specific area. Neighbours began to share the information with each other and encourage each other to do their part, and became more involved in cleaning up areas and reporting the properties that were not.

In the spring of 2011, I moved into a Community Liaison role, and I got to focus my efforts on two specific neighbourhoods in the city that were plagued with constant and ongoing bylaw offences, as well as



criminal; which then opened a door to working closely with different Edmonton Police Service groups and members.

In August of this year, I was given the opportunity to step into an acting MEO III position, as the Seasonal Programs Supervisor. This role has put me into a position to help our newer officers to develop new skills as well as strengthen the ones they already have, and encourage them to continue their career with municipal enforcement.

On the more personal side of things, I am originally from North Battleford, Saskatchewan. After I graduated high school in 2001, I fled off to Vancouver, with the dream of becoming an actress! After 2½ years, I had accepted the fact that, it doesn't just happen like that, and I needed a back up plan! Which brought me to Edmonton in 2005, where I began to study Correctional Services at Grant MacEwan.

I am a proud mother of an amazing four year old little man, Jaxton. He is my world, and the reason behind me continuously striving for my best.

So far I have really enjoyed being a part of the AMEA Executive, and look forward to meeting more of you at our next Conference in May 2012. See you all there!

Membership Cards

Good news!

We will be issuing new Membership Cards for all AMEA members before the end of the year.

If you have not received your new cards before Dec 15, 2011, please contact the Membership Officer

Doug Saunders at dsaunders@amea.ca

and we will hopefully get it out to you before the end of the year.

Health and Wellness

Why You Should Eat Like a Caveman

by Amanda Rode, Peace Officer & NWS (Nutrition and Wellness Specialist)

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So what if there was a diet that could strip fat off your body, give you energy, reduce or even eliminate autoimmune disorders including allergies and digestive issues? What if this diet allowed you to gorge on meat and fat? Interested yet?

This “diet” is not really a diet at all but a complete lifestyle change. It is called *Paleo Living* which is based on the idea that humans have not genetically adapted to our modern diet and way of life. That is why so many people suffer from chronic health problems. Future newsletters will cover this topic in more detail. Brace yourself though, because the information covered is going to challenge every notion you have about eating “healthy”. This article will focus on a brief overview of the Paleo lifestyle and why grains *are not* healthy.

Paleolithic Man

Paleolithic man thrived on wild meat of all sorts, vegetables, fruits, and some nuts and seeds. They did NOT consume dairy, grains, beans or legumes in appreciable amounts (about less than 1%)¹. Agriculture was not a part of Paleolithic man’s life until about 10,000 years ago². And while this sounds like a long time for the human body to adapt to agriculturally derived food, our bodies are actually still more like the Paleolithic man³. Though their life expectancy wasn’t long—due to death from child birth and accidents—the Paleolithic record shows that they experienced good health and auto-immune disease was virtually non-existent (as compared to our current society where auto-immune disorders run rampant).⁴

In comparison, societies with high grain consumption, like the Egyptians, experienced many ailments such as rickets, arthritis, infectious diseases, tooth and gum problems, and iron deficiency⁵. Ironically, historical records show that when meat consumption goes down and grain, sugar, and vegetable oil consumption goes up, so called “protein diseases” of all types also increases⁶. The evolution of cereal grains did allow the human population to increase but it was at the cost of a decline in general health.

So, the idea behind the Paleolithic diet is to eat as natural and as close as possible to how our primitive ancestors ate, in order to achieve optimum health:

Focus on

1. Meat, poultry, fish, eggs, and any natural animal fat
2. Vegetables—including leaves, stems, bulbs, roots
3. Fruits and berries—including avocados and olives
4. Nuts—such as almonds, walnuts, hazelnuts, pecans, coconut, etc.
5. Herbs and spices

Avoid/Minimize

In order of importance:

1. Sweeteners—including sugar (i.e. white, brown, organic), maple syrup, rice syrup, etc.
2. Vegetable oils—**excluding** extra virgin olive oil, avocado oil, palm oil, and coconut oil
3. Cereal grains and grain products (bread, pasta, pastries, etc.)
4. Legumes—such as beans, peas, soy products and peanuts
5. Dairy products
6. Alcohol



Why You Should Eat Like a Caveman

Continued

This means eliminating the obvious processed/fast foods but it also goes a few steps further to promote optimum health and reverse disease. Meat and eggs should be wild or grass fed and free of hormones and antibiotics. Fruits and vegetables are better organic or wild but this is not essential. Food should be fresh and not pre-packaged or contain hydrogenated oils, preservatives, colors, or artificial sweeteners. Most fat intake should come from saturated and monounsaturated and **not** polyunsaturated.

What's Wrong With The Modern Diet?

Grains

Despite being bombarded with advertising that whole grains are good for you, there are many scientific reasons why they are absolutely not. While whole grains may be slightly better than processed ones (this fact is what the "*whole grains are good for you*" is based on), they are not a high performance food source and actually can contribute to the creation of disease. The human gastrointestinal tract can't process grains efficiently because the cell walls of cereal grains are almost completely resistant to the mechanical and chemical action of the human GI tract. Cereal grains have been shown to pass through the entire GI tract and appear intact in the feces⁷.

Cereal grains, beans and legumes (including soy and peanuts) contain substances that are termed "anti-nutrients" like phytates and lectins which actually binds any nutrients in the grain and prevents your body from fully absorbing them⁸. Therefore, though these foods technically contain healthy nutrients, they are actually a very poor source of them as compared to any fruit or vegetable since you are absorbing very little. Furthermore, not only do you not absorb many nutrients, it



also blocks absorption of nutrients from other foods. For example, anti-nutrients directly impair vitamin D metabolism⁹.

Besides absorption issues, grains also have been proven to cause damage to the intestinal wall and increase inflammation, which leads to serious diseases. Lectins (a type of anti-nutrient), which are high in all grains, legumes and beans have been scientifically proven to damage the intestinal wall causing little tears, which is termed "leaky gut"¹⁰. Once established, a leaky gut leads to many autoimmune diseases such as irritable bowel disease, fibromyalgia, rheumatoid arthritis, diabetes, food allergies, chronic fatigue, autism and more¹¹.

It is possible to reduce these anti-nutrients by soaking (overnight), rinsing, and cooking. But this doesn't remove them entirely and who actually does this or wants to take the time to do this? Furthermore, it only slightly reduces these damaging substances. Anyone, with any type of health problem most likely has a sensitive or leaky gut and should not be consuming grains at all. *The only creatures that can actually digest grains well are BIRDS!*

Grains are NOT essential to life. You can easily get all the essential vitamins and minerals you need (and in a higher bioavailable form) from meat, vegetables, fruit, nuts, and seeds. Also, you don't need grains for a carbohydrate source. You can get all the carbohydrates you need from fruits,

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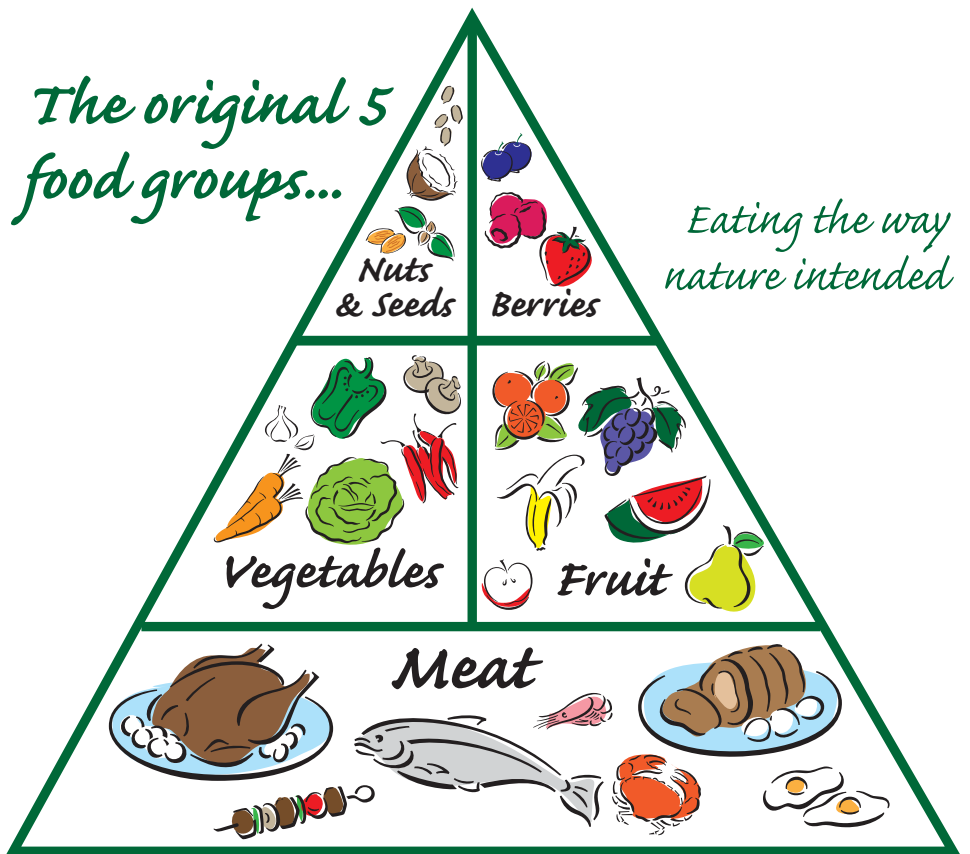
Why You Should Eat Like a Caveman

Continued

vegetables, and nuts. Furthermore, most people would find it very surprising that the actual human requirement for carbohydrates is ZERO. That's right zero! However, fat and protein are absolutely essential to survival! Most people over consume carbohydrates and excess carbohydrates are linked to many problems including diabetes and cancer. In terms of weight issues, think of it this way: grains are fed to FATTEN livestock up. So, if you eat grains, do you think you will get lean?

Conclusion

So, Paleolithic diets certainly challenge the common advice on "healthy eating". More and more scientific studies tend to support the benefits from eating the Paleolithic way and there are a lot of personal testimonials as well. Eating *Paleo* is definitely not easy at first and requires planning, creativity, and finding alternatives. But you will love the way you feel and look! If what you are doing now isn't working, then maybe it's time to try something different.



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 diet or exercise advice provided here.

Grain-Free Recipe

ALMOND FLOUR PANCAKES

Almond Flour Pancakes

Ingredients:

- 1 cup almond flour
- ½ cup of apple sauce (organic and unsweetened)
- 1 Tbsp coconut flour
- 2 eggs (free range)
- ¼ cup filtered water
- 2 Tbsp oil (coconut oil or organic butter)
- a pinch of Celtic sea salt
- garnish with fresh berries and nuts (organic)

Instructions:

1. Combine all ingredients in a bowl. The batter will appear a little thicker than normal mix.
2. Drop by ¼ cup on to a lightly-oiled, non-stick frying pan over medium heat. You might want to shape the pancake with the scoop to keep them from being too thick.
3. Flip like a normal pancake, about when the bubbles start showing up on the top.
4. Put on a plate and add berries and enjoy!

Things That Make You Go Hmm...

by Colin Heyens, *Peace Officer, Medicine Hat*

Have you ever had a moment where something odd happens and it makes you stop, think, and go Hmm...

I had a moment just like this the other night and it turned out to be more than I had bargained for.

An Ordinary Evening

It was an ordinary evening in the Medicine Hat bylaw world—a few tickets, some stray dogs, and a property complaint or two. At about 10 o'clock, I was summoned to attend the MHPS holding cells to collect fingerprints from four prisoners. My shift was nearly over and I was due for a coffee break, so I pulled into the McDonald's drive-thru to get a java to go.

I got lucky! The drive-thru-line consisted of only a single truck—a black, Chevrolet Silverado—waiting at the second window for its order. I ordered the usual—a coffee (2 milk, 2 sweeteners) with a fruit & fiber muffin—and then proceeded to the pick-up window.

While waiting, the truck in front of me caught my attention as both occupants were acting like human bobble heads—nervously watching me with their heads on swivels! But nothing out of the ordinary. You get used to people gawking when you're handsome AND in uniform! I noticed the brake lights started to flicker as the truck inched forward. Then abruptly, the truck sped off!

Strange Behaviour

A thought flashed through my mind, *"Did they just leave without getting their food?"*. I pulled up to the window to see a bewildered employee holding a huge bag of burgers and saying "Where did they go?".



I stated, "I think I scared them off". I took my coffee/muffin combo and told the employee, "Don't worry, they'll come back".

With my spidey-sense tingling, I hid behind a tree, positioning myself to monitor both McDonald's entrances. Before I could put my coffee to my lips, the black truck returned. The male driver dashed into the restaurant for the bag of food, while the female passenger waited. Within moments, the driver returned and the truck zipped out of the parking lot and headed in my direction. As the truck drove past, the expression on the male's face could only be described as "\$@%^\$!"

I decided I had better run the plate and follow that truck. I spied the truck pulling into a gas station. While waiting for the plate information to come back on my MDT, I watched as the male exited the truck and entered the store to browse the magazine rack. Finally the plate information was received—coming back to a brown, early 90's Chevrolet Astro van with expired registration and a registered owner with a suspended driver's license.

We want to hear from you!

Do you have...

- a story to share?
- an idea for a column?
- some fun facts or interesting tidbits?

Is there something you would like to see in upcoming issues of your AMEA newsletter?

Contact your Publicity Officer, Ryan Berezanski, with your thoughts, ideas, and stories!

rberezanski@amea.ca

Things That Make You Go Hmmm...

Continued

T-Stop Troubles

Now knowing that I had the grounds for a T-Stop, I turned left and drove past the gas station as if I intended to leave the area. The male in the store took note of this and he quickly rushed from the store and jumped back into his truck. I safely made a U-turn and engaged in a traffic stop with the vehicle. Hesitantly, the truck slowly drove through the gas station parking lot, finally coming to a stop just past the pump area.

Once the truck was stopped, the male driver exited the vehicle and came straight towards my unit! Caught somewhat off guard by this unusual behaviour, I disengaged my seat belt and partially exited my unit, yelling **"GET BACK IN YOUR TRUCK!"** The male complied and re-entered the truck while putting his hands up and touching his head (as if I was pointing a firearm at him). "Hmmm..." I thought, *"this guy is acting weird."*

By this time, my spidey-sense was off the charts! With great caution, I approached the truck and spoke to the male through the partially open, driver-side door. The truck's heavily tinted windows made it virtually impossible to see anything inside. The male stated his window was broken and that he "really needs me to cut him a break." During this conversation, the male wouldn't look at me. He was slouched over, staring at the steering wheel. When asked to produce his driver's license and documents, he simply stated "I don't have any". I asked for the keys to the vehicle and told him to "hang tough" while I went back to my unit to figure things out.

A Little Help From Our Friends

Once back at my unit, I requested police assistance to my location. A MHPS member arrived and I brought him up to speed with a rundown on the T-Stop. We approached the truck together and requested that the male exit the truck to speak with us.

The male driver exited the truck, bringing with him a strong odour of beverage alcohol. We could see several beer cans littering the floor boards of the truck. We asked when his last beer was, and he stated "about 1½ hours ago, when we left Cochrane." For everyone who failed geography, Cochrane is a long way from Medicine Hat. The quickest route from Medicine Hat to Cochrane is approximately 328 km with an estimated drive time of 3 hours and 45 minutes when travelling the speed limit. The male was put on a roadside and failed. We placed him under arrest for impaired driving.

Search & Surprise

Since there was open liquor present, we asked the female passenger to exit the vehicle and wait on the curb while we conducted a search of the truck. During the search, the assisting MHPS member instructed me to take my cuffs and arrest the female because he found something. Unaware of his exact discovery, I cuffed the female telling her she was now under arrest. The female immediately screamed **"WHAT FOR?!"** and that's when the MHPS member pulled a loaded, sawed-off, 12-gauge shotgun from between the seats and flatly stated "Weapon Offenses".

Season's Greetings
from your
AMEA Executive



Things That Make You Go Hmmm...

Continued

My jaw dropped! My mind raced through the images of everything that had happened so far... this evening could have ended so differently! A newspaper headline flashed through my mind *"Peace Officer Armed Only With Pepper Spray And Baton Gunned Down At Gas Station"*. Trying to shake off my shock, I placed the female into the officer's car and the search continued.

Every nook and cranny was searched with nothing more than numerous half-empty beer cans to show for it. Interestingly enough, a bullet hole was discovered on the passenger side of the truck, in between the windshield and the door. When questioned later, the male stated it was from a hunting accident with his brother. And to make matters worse for the couple, the sawed-off shot gun proved to be impossible to trace as the serial number had been filed off!

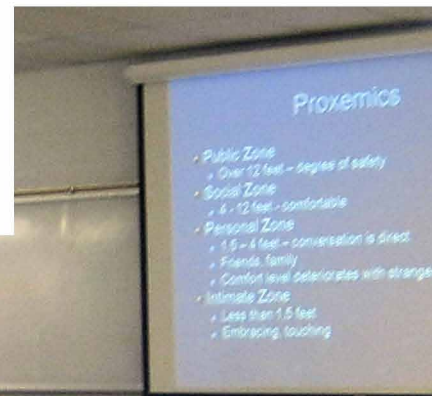
At The End Of The Day

Once the search was completed and the truck towed away, I continued my journey to the MHPS holding cells for fingerprinting... only now it was for 6 prisoners!

While fingerprinting the male, he asked me, "So I have to ask, what made you want to stop me?". To which I replied, "You shouldn't have forgotten your food". Somehow, I don't think he was impressed with my response. I served him a bouquet of 6 pink tickets for all of his offenses and placed him back in his cell.

At the end of the day, after a long T-Stop and 2 hours of overtime fingerprinting, I felt lucky to be heading home—lead-free—with a cold coffee and a muffin in hand!

Thank you to our instructors and participants for making the AMEA Fall Training a success! If you were unable to attend, keep your eyes open for future sessions of **Animal Behaviour Analysis** and **Safety at the Door!**



FALL TRAINING 2011