



AMEA

*The Official Newsletter of the
Alberta Municipal Enforcement Association*

President's Message

As we are all hunkering down for a seemingly endless Alberta Winter, I would like to make all of our members and visitors to this site aware of a few changes and some exciting new training opportunities coming within the next 6 months.

First off, Heather Trail and I have been appointed as Vice President and President, respectively, in the interim as a result of some career changes with the previous Executive Members. I want to publicly express my appreciation for the drive, time, and effort Vanessa Ergang and Becky Oxtan have brought to the AMEA Executive Team. We all hope to continue the relationships that were developed between us. In addition, Adrian Duhault has graciously volunteered his time to serve as the Education Officer. As well, Ryan Berezanski has accepted the position as Publicity Officer. I am confident that they will be good fits on our Executive Team. All of the appointed positions will be up for election at the AGM during the 2011 United Conference AMEA Annual General Meeting.

The United Conference Committee is hard at work, bringing both the Alberta Association of Community Peace Officers and the Alberta Municipal Enforcement Association together for another Joint Conference. The classes will give each Association's Members something to learn. Remember to all mark your calendars for January 31 to February 4, 2011. I hope to see you all there!

The AMEA is excited to bring to their members a "Safety at the Doorway" training course in which will specifically look at Officer Safety when approaching residents and people. The course will cover legal justification, powers and authority, and a few hands-on classes in the gym. Remember to bring workout type clothing and be prepared to practice what you learn. The AACPO Training Officer, who is also a PPCT Instructor, Jamie Erickson, will be teaching the course. This course will be provided in May of 2011.

Joel McDonald

President
Alberta Municipal Enforcement Association

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Damned if you do, damned if you don't

Kevin Berger, straight from the Gap, Town and Country, June 21, 2010

Over the weekend, I was bouncing back and forth between several events, including the Busby Farmers day celebration. After catching the parade, I popped back to get some baseball pictures in the afternoon.

A fellow stopped me to complain about Westlock County's community peace officers, specifically that they were issuing some tickets to people in town for the celebration.

He said this was in poor taste and might even hurt the event in the future, noting that it had also happened a couple of years ago.

I don't completely agree with this point, but I can understand it. The Farmers Day weekend really is the only major event Busby puts on and to have the law riding around that weekend handing out tickets to people doesn't encourage anyone to come back.

People are there to have fun. As the fellow pointed out, it also portray the county as being a bit greedy. Are the county coffers really so thin that we need bylaw enforcement policing a community celebration? How much more income is that going to amount to?

On the other hand, the bylaw officers were just doing their jobs. How can I really fault them for that? Why should we turn a blind eye to people breaking bylaws? Is the fact that they're going to get a ticket ruin the entire weekend?

I cannot tell you how many county meetings I've been to where councillors have cried "we need bylaw enforcement working more on the weekends!" Nobody ever includes the addendum "except when it would be really inconvenient."

It occurs to me that, just a few days after my trip out to Busby, I got a letter talking about the huge problems posed by ATV riders at Long island Lake.

When an endurance ride was held in May at the local light horse association's grounds, there was an ongoing feud between the horse-riders and ATVs. Signs were broken and moved around, paths were destroyed and the ATV riders just made a nuisance of themselves.

That's not to say everyone riding an ATV that weekend was a small-mind jerk, but a few of them did act that way. It's an ongoing problem at the lake that'll probably never be solved.

The final message of that letter? More enforcement is needed? Why isn't the county doing more?

My point is simply that we can't always have it both ways.

Either we have bylaw people working on the weekend or we don't. Either we have them selectively enforce all bylaws or none at all. WE can't say "just enforce 'X' laws at 'X' time" or we won't have a leg to stand on.

Otherwise, we're going to need to lay down some ground rules about when it is "convenient" to enforce the county's bylaws. An election is coming up; that would be a good time as any to discuss what people's expectations of bylaw enforcement should be.



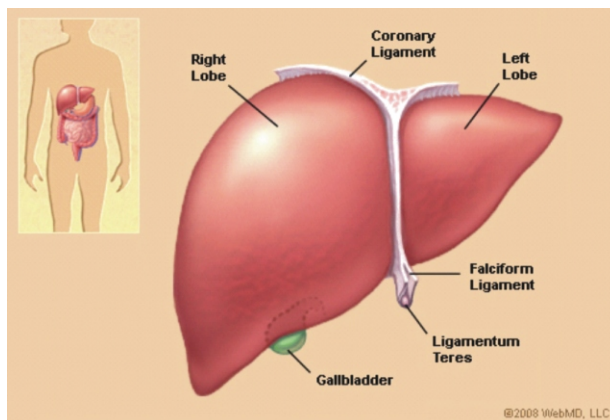
2011 HEALTH AND WELLNESS NEWSLETTER

* **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 *

TOPIC: LOVE YOUR LIVER

How often do you think about your liver? Probably not very often. Unfortunately, the liver is the primary detoxification organ and can be the root cause of many ailments. People never suspect that digestive issues, allergies, fatigue, infertility, hypoglycemia and more can be traced back to poor liver health. The liver is responsible for many functions in the body:

- **Breaking down fats**
- **Converting glucose to glycogen**
- **Production of some amino acids**
- **Filtering harmful substances**
- **Fighting infections**
- **Storing vitamins and minerals**
- **Production of bile and enzymes (for food digestion)**
- **Production and regulation of some hormones**



So, as you can see, the liver is an incredibly important organ. If it is not treated well, many health problems can arise.

Liver foes

There are many things in our every day life that are not good for liver health. The most obvious factor would be diet. Your liver has to filter out all toxins; therefore, all heavily processed foods full of preservatives wreak havoc on your liver. Just take a look at the ingredient list on pre-packaged foods. If the list is more than a few ingredients long or you can't recognize them, you should probably avoid it. Also, most fried foods, like French fries, often contain

a compound called acrylamide that is hard on the liver and carcinogenic. Foods high in Trans fat, like hydrogenated oils and most baked goods are incredibly hard on the liver so it's best to eliminate these foods. Stick to fresh, whole foods as much as possible. Avoid grains and peanut butter as they often harbor molds and funguses, and anti-nutrients that are hard on the liver. As well, most people are surprised to hear excessive carbohydrates can induce fatty liver syndrome. As usual, sugar is to be avoided as it interferes with enzyme activity. Artificial sweeteners aren't any better and possibly even worse for your liver as the chemicals they contain can harm liver cells. Alcohol, not surprisingly, is highly detrimental to the liver in high amounts. Eliminate it

during liver cleansing then stick to one or two drinks a day and avoid all together if you are having any health problems. Caffeine should be eliminated (at least while liver cleansing) or minimized. Caffeine impairs the liver's ability to detoxify toxins. Stress, which is a pre-cursor to almost all health problems, is also bad for your liver. You're your body experiences stress (of any kind), stress hormones are pumped out and your liver has to deal with them.

Anti-biotics and Ant-acids are to be avoided as they kill off all good bacteria in your gut causing bad bacteria to thrive which produce toxins and impair digestion. Prescription and non-prescription drugs, like acetaminophen are extremely detrimental to liver health. Excessive Vitamin intake or ingestion of some herbs can harm the liver as well so research your supplements and be cautious on how much you are taking. Fuel exhaust is surprisingly damaging as well to the liver as well so avoid this as much as you can (exercise away from high traffic areas).

Liver Friends

Not surprisingly, the best thing for your liver is lots of vegetables. Vegetables of all kinds contain vitamins, mineral, and phytochemicals that support the liver's functions. Whole, organic vegetables are the best as pesticides and additives are harmful to the liver. Sulphur containing foods such as cabbage, broccoli, and brussel sprouts are excellent since they help the liver produce essential enzymes. Foods rich in glutathione like garlic helps as well.

Beta carotene rich foods such as beets and carrots should be eaten often. B vitamins are helpful and can be found in foods like most meats, spinach and cauliflower. Vitamin C is good as well and can be found in all fruits, broccoli, and bell peppers. For Vitamin E, avocado and almonds are good sources. Artichokes specifically have detoxifying properties that cleanse the blood and restore the liver. Eating adequate (not excessive) fiber is also good for the liver as it moves toxins out of the colon thereby decreasing the liver's burden.

Omega 3 fatty acids are important and can be found in fish oil, chia seeds and nuts. Green or herbal tea contains immune boosters and is a great substitute for coffee.

Exercise (moderate not strenuous!) is important for the liver as it increases lymph and liver activity and prompts the gut to excrete toxins. Exercise also reduces stress which is also important. Reduction of stress is often overlooked when it comes to liver health so other stress reducing activities like meditation, deep breathing, and just laughing can be highly beneficial.

Liver Supplements

If you are experiencing any health problems it is a good idea to take supplements to help detoxify your liver. Take them for a few weeks or longer if the health issue is serious. Always consult a physician before taking supplements for your liver especially if you are taking other medications. These supplements can cause a high rate of excretion of certain medications and could negatively interact with them.

Milk thistle is a safe and well known herb used for protecting and reversing liver damage. Other helpful supplements that can detoxify and protect the liver are: n-acetyl cysteine, alpha lipoic acid, selenium, vitamin C, B and E, dandelion root.

So, if you take the time to take care of your liver, it will take care of you and the rest of your body!

RECIPE OF THE MONTH - Roasted Beet and Goat Cheese Salad

Ingredients

2 large, unpeeled
2 cups or green, washed and torn into bit size pieces
1/4 cup goat cheese
Vinaigrette
2 teaspoons minced
4 teaspoons
1/4 cup
salt & freshly ground black pepper, to taste

Directions

Preheat oven to 350° F. Wrap beets in aluminum foil, and roast until tender, about 1 hour.

Let the beets cool a bit, and then peel the skins while they are still a bit warm.

Using a very sharp knife, cut beets into paper thin slices.

For the vinaigrette, place all the ingredients into a bowl or blender, and whisk or blend until well combined.

Toss the beets with half of the vinaigrette.

Toss the greens with the remaining vinaigrette.

Arrange the greens on a serving plate or bowl, and top with the beet slices.

Crumble the goat cheese over top the salad and serve.

QUOTE OF THE MONTH

"Force the body and it reacts, coax the body and it responds" -- Scott Abel

Tips for New Officers

January 2011

By Amanda Stuhl, Mountain View County

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.



Photo submission by Darren Bender, Medicine Hat

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.

AMEA Awards and Banquet Ceremony May 13th, 2010

Excellence in Municipal Enforcement **Karen Pasay**



Karen Pasay
Excellence in Municipal Enforcement

Karen Pasay has been a Bylaw Enforcement Officer with the Town of Redwater for over 10 years. Throughout these years Karen has demonstrated her dedication to her position through the various aspects of her job, as well as her community by volunteering her time on various organizations such as; the AMEA Animal Control Committee, Redwater Fire Department, Victim Services, Rural Crime Watch and Bison for Kids. Karen is a jack of all trades at the office and one of the longest serving staff members in Redwater. She is a part time Bylaw Officer and a full time wife and mother of 2 grown daughters. Karen is an excellent officer, friend, mother and wife.

Leadership Award Lac Ste Anne County **Dave Horner**

In 2009 Lac Ste Anne partnered with the Office of Traffic Safety to create and implement an Off-Highway Vehicle safety video that is being implemented in schools today. CPO Dave Horner has taken the lead on this project, which was supported and funded by Lac Ste Anne County. With this support, Dave began the first of several partnerships with his Regional Traffic Safety Coordinator Dave Mackenzie, from the Office of Traffic Safety. This gave Dave the access to the Provincial overview of ATV Safety as well as Statistical Data and Research information from the Alberta Centre for Injury Control & Research. This project has proven to demonstrate the success that can be achieved by identifying a public safety issue, forming partnerships and creating a well balanced solution to a Province wide issue.

Award Recipients



Mitch Fast
Long Service Medal

Long Service Medal	Mitch Fast
Excellence in Municipal Enforcement	Karen Pasay
Leadership Award	Lac Ste Anne County - Dave Horner
Appreciation Award	Mitch Fast
Appreciation Award	Fred Crittenden
Appreciation Award	Bev Bentley
Appreciation Award	John Wilson

Redwater officer wins provincial award of excellence

Article from Review, Redwater, AB

Town of Redwater enforcement officer Karen Pasay received the Excellence in Municipal Enforcement award from the Alberta Municipal Enforcement Association (AMEA). The award was presented May 13 at the AMEA conference in Red Deer.

“We’re honored to give her the award,” said AMEA president Vanessa Ergang, who works out of Westlock. “She’s proven time and again she goes above and beyond expectations. She maintains a professional and positive working relationship with both the public and other enforcement agencies.”

Debra Behiels, a former Sturgeon County bylaw enforcement officer, also described Pasay as a person who does above and beyond the duties assigned to her.

“That’s a huge deal,” Behiels said of the award. “They couldn’t have picked a better person. She’d always be the first one to say “I’ll help.” She’d never ask for any recognition. I’m so proud of her. She’s a larger than life enforcement officer, but there’s so much more she does behind the scenes. She does a lot for the community.”

‘A lot’ includes volunteering with the Redwater fire department, Victim Services, rural Crime Watch and Bison for Kids.

“She got the Centennial Medal of Honor in 2005 for her work with Kids With Cancer,” added Behiels. Pasay also served on the AMEA Animal Control committee and recently became the organization’s treasurer.

Being nominated for the excellence award was a surprise to Pasay.

“I was absolutely shocked,” she said. “You have to have a peer who would nominate you, and I don’t work with anyone. I’m very honored.” She attended the awards banquet with her husband, Roy.

Pasay has served as Redwater’s bylaw officer for nearly a decade. In that time she has seen some significant changes to the town and its population. The 20 vacant lots at the west end of town now all hold residences. Instead of knowing most residents personally, she now deals with many more transient people, and with the town growing, the number of residents she does not know will increase.

“I never, ever, not in my widest dreams, thought the town would progress this much,” said Pasay.

Her job is to enforce the municipal bylaws - provincial acts such as the Traffic Safety act are enforced by the RCMP - and to keep her professional skills progressing as quickly as the town is, she takes courses every year. A number of them are presented during the annual AMEA conference,

geared towards working with the public, understanding the Municipal Government Act, following court procedures, etc. “The average person doesn’t understand how long it can take,” Pasay said, noting that she is working on an unsightly premises case that is taking over a year and a half to resolve.



Town of Redwater bylaw officer Karen Pasay

It’s a thankless job sometimes, but there are good days. I like helping people, solving an issue for them.” For instance, one day last week she had a call from someone who found a dog. She had another call from someone who had lost their dog. Turned out it was the same dog in both calls.

Other incidences are much more complicated, but if there is a way to be proactive, Pasay will try it first.

“I prefer education over enforcement,” she explained. One of the difficult aspects of her work is the time it takes to accomplish some tasks, the days that can go by while she waits for a particular document.

“The worst part is the system and how long things take. I want to see results,” she said. “A frightening part of the job, not necessarily here in town but in places I’ve helped at, is seeing the desolate places people live in, the struggles that they face. Dog attacks are bad. I hate that too.”

Still, the good out-weighs the bad, and she can see the effects of educating people on what changes to make to meet bylaw requirements.

“I really like the job,” Pasay said. “I have fun doing it. And working with a good council and having a knowledgeable administrator makes it much easier. When you have coordination and co-operation, that makes a world of difference.”

Thank you to all our sponsors!

AMEA Awards and Banquet Ceremony May 13th, 2010

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