

ENFORCEMENT EDITORIAL

The official newsletter of the Alberta Municipal Enforcement Association

President's Message

Looks like summer has finally settled in, I hope you all have some great plans with Friends and Family ahead. It has been a month since the Conference in Red Deer but it seems like yesterday. For those of you who missed out, please enjoy the photos that we've shared. The pictures certainly are a true caption of the fellowship and fun we had.

The next phase ahead for your executive will be the Fall Training planning. Please keep posted to our Facebook and Forum for updates to come. Another topic of discussion will be meeting with the AACPO folks to talk about the 2015 Conference plans. We plan to begin these discussions in mid-July this summer.

This is just a short note to touch base with you all. On behalf of the Alberta Municipal Enforcement Association, I wish you all a safe and relaxing summer. Let's hope the floodwaters stay away and the highways flow safely.

Be good to one another, and be good to yourself.

Heather Trail

President, Alberta Municipal Enforcement Association.

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Getting to Know Our Members...

Q & A with Fred Crittenden

**Your history with association.
(Example how long have you
been with AMEA? Any position on
Executive?)**

I first joined the association, then called the Alberta Bylaw Enforcement Officers Association, in 1987. During my time with the association, I served about 13 years on the Executive including as Education Officer, Vice President, President and Past President.

**Provide brief details of where you're
working now.**

On May 1st, I started a new job in Prince George, BC as Manager of Bylaw Services. I am responsible for the managing the City's enforcement activities of parking control, animal control and general bylaw services and I oversee legal proceedings related to infractions. I have a staff of 15 including 4 Bylaw Officers, 1 Senior Bylaw Officer, 1 Bylaw Compliance Assistant, 4 Animal Control Officers, 3 Parking Control Officers, 1 Parking Control Supervisor, and 3 Admin Support staff.

Where were you born?

Hudson Bay, Saskatchewan

What book are you reading?

The New Leader's 100 Day Action Plan— thanks to the Prez, Heather Trail, for the book. It has really helped me in adapting to a new work place.

What is your favorite food?

BBQ Ribs



What is your favorite movie?

The Dirty Dozen, watched it too many times to count and it never gets old, but this answer has obviously aged me.

**What's the #1 most played song on
your iPod?**

iPod? Heck I am still trying to find an 8-track player so I can play my Eagles *Hotel California* 8-track!

**What's your favorite indoor/outdoor
activity?**

Favorite indoor activity is watching sports on a Sunday afternoon. No better way to relax. Favorite outdoor activity is camping.

**What was the last movie, TV show or
book that made you cry or tear up?**

Grown-ups. I was laughing so hard I had tears.

continued...

What chore do you absolutely hate doing?

I hate cleaning the bathroom.

If you could witness any event—past, present or future—what would it be?

I would love to travel back in time and to be in the room when the first telephone call was made and just try to explain how much it was going to change the world.

If you could learn to do anything, what would it be?

Play the drums. Not sure why, but I am pretty sure it would make me cooler than I already am. ;)

If you had to change your first name, what would you change it to?

Barry (in honor of my Dad)

If you could meet anyone, living or dead, who would you meet?

My Dad, to bring him up to date on how life has been and how much things have changed since he passed away.

If you won the lottery, what is the first thing you would do?

Buy a condo on the beach in Maui

Which celebrity do you get mistaken for?

Don't think I have ever been mistaken for a celebrity; however I have been mistaken for someone that cares from time to time. ;)

When you have 30 minutes of free-time, how do you pass the time?

I like to sit back in my recliner and close my eyes and just relax and decompress from everyday life. A quick power nap does wonders for your energy level.

Have you ever had something happen to you that you thought was bad but it turned out to be for the best?

Not being hired as a police officer in 1988. I was devastated at the time, but without that happening I would not have focused my career on Bylaw Enforcement. Once I got over the disappointment, it was really the best thing that could have happened for me and provided me with a great career with great job satisfaction and experiences.

What's the hardest thing you've ever done?

Changing jobs after 34 years and moving away from a community that will always be home. Leaving family and friends is not easy and it has been a struggle at times, but I have also felt energized and excited about the new adventure.

Where's Waldo?

Pretty sure Waldo is at the corner of Victoria Street and 5th Ave in Prince George. It was either him or some other lost Albertan.

Your AMEA Executive

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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!
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Health and Wellness

by **Amanda Rode**, *NWS (Nutrition and Wellness Specialist)1, FIS (Fitness Instructor Specialist), PTS (Personal Trainer Specialist)* **Contact:** ariyahealthandfitness@gmail.com

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.

Summertime Damage Control

To achieve optimal health, most of us strive to make good decisions as much as possible; however, we are all human and it is absolutely normal to overindulge or push a little too hard once in awhile. Of course, these situations should try to be avoided most of the time but when it does happen, there are ways to minimize the damage and recover quickly from less-than-healthy summer days.

Too Much Booze

A low intake of alcohol overall has been found to be beneficial for health (maximum 1 drink/day for women and 2 for men). But once you go past that level, you increase your risks for many health problems such as Cancer, heart disease, etc. Alcohol is a toxin, so when you over-imbibe, you compromise every system in your body. Your liver has to work overtime to process the toxin before it does anything else (including fat burning), which is why too much booze leads to fat gain. Excessive alcohol intake also increases stress hormones such as cortisol, which also leads to insomnia, depression/anxiety, and fat gain around the middle. Alcohol is particularly harmful when someone is already under high amounts of stress as it stresses the body further by disrupting sleep and impairing recovery. So, try to avoid overindulging



too often but when you do, here are some strategies to help reduce a nasty hangover:

- **Avoid mixing different types of alcohol.** Also, avoid drinks mixed with soda pop or diet pop (the aspartame is a neurotoxin and increases intoxication).
- **Drink one glass of water for every alcoholic beverage.** Don't wait until the end of the night to drink water because it won't help as much.
- **Add a bit of lemon juice to your water** as lemon juice helps detox the liver.
- **Supplementation:** before and after consuming alcohol take milk thistle (protects liver), Vitamin C (boosts immune system) and Vitamin B-complex (helps body deal with stress and B vitamins are depleted by alcohol).

- **Food:** in the morning, in addition to the supplements listed, eat eggs and/or unrefined honey as these foods contain nutrients that help clear your body of the alcohol.
- **Detoxifying Beverages:** drink some green tea or dandelion tea to help your liver. Instead of Gatorade, drink coconut water, vegetable juice, or just plain water with a pinch of sugar and salt to rebalance lost electrolytes.
- **DO NOT take acetaminophen (i.e. Tylenol)** as this just causes more stress to your already over burdened liver. If you must take something, take Ibuprofen (i.e. Advil) as it causes less damage to your liver (but taken in excess can harm your stomach lining). You may take safer alternatives like the homeopathic preparation Nux vomica or ginger tablets or ginger tea to reduce nausea and headache.



Too Much Sun

Sun is needed for the synthesis of Vitamin D, which boosts the immune system and prevents many illnesses. However, too much exposure can damage skin and cause sun/heat stroke. So, after a long day at the lake, here are a few things to help your body recover:

- **Hydration is very important** as sweating removes water from your body. Drink water consistently throughout the day but add a pinch of both sea salt and sugar to replenish lost electrolytes. You can also drink unsweetened coconut water, which works wonders in hydrating. Limit alcohol as it dehydrates your body.
- **Certain foods have been proven to be effective in protecting skin from damage.** Lycopene is a carotenoid that is found in foods such as tomatoes, watermelon, grapefruit, and guava, and has been proven to help protect and heal skin from sun damage and skin cancer. Increase your intake of lycopene rich foods, as well as use topical creams that contain it. Beta-carotene found in carrots, pumpkin, sweet potatoes, and spinach is also a known sun protector.
- **Green tea contains anti-oxidants that have been found to be skin protective.** Just drink a few cups everyday and when sunburnt, soak a face cloth in it and apply to skin!
- **Sunburn care:** pure Aloe Vera gel (don't buy the ones mixed with chemicals) is very soothing to sunburnt skin. Also, creams with calendula and chamomile can help significantly with reducing inflammation from sunburn.
- **Only use natural, organic sunscreens** as most sunscreens are loaded with harmful chemicals that are absorbed into your bloodstream.

*“On life’s journey
Faith is
nourishment,*

*Virtuous deeds
are a shelter,*

*Wisdom is
the light by day
and
Right Mindfulness
is the protection
by night.*

*If a man lives
a pure life,
nothing
can destroy him;*

*If he has
conquered
greed,
nothing can
limit
his freedom.”*

~Unknown



Too Much Food

Sticking to a generally healthy diet is important but we all need to cheat every now and again! In fact, overeating once in awhile during strict dieting can help keep your metabolism humming and your thyroid healthy. Stuffing yourself though, can leave you feeling bloated and sick. But there are easy ways to improve digestion during these times:

- **Make sure to chew very thoroughly** (until food is a mushy consistency) and try avoiding mixing too many different types of foods at one time.
- **Avoid drinking too many fluids with a meal** as this dilutes essential stomach acid.
- **Stomach acid support:** digestive enzymes with betaine hydrochloric acid can be taken with every meal to help minimize discomfort. Also, lemon juice and/or pure unrefined apple cider vinegar in a little bit of water taken with meals can work wonders in helping with digestion as a preventative or remedy.
- **For indigestion** take homeopathic tissue salts, DGL (deglycyrrhizinated licorice) and ginger tablets.

- **Don't use antacids or prescription proton pump inhibitors** as these can lead to even worse problems down the road such as allergies and autoimmune disease. This is because you NEED stomach acid to digest food properly and kill harmful bacteria. Contrary to popular belief most people have low stomach acid (even those with heartburn)!
- **Go for a walk!** After a heavy meal try to go for a walk to get digestion moving and metabolism going. You can also do yoga postures that involve twisting that help digestion.
- **Mindful eating.** The following day after overeating, stick to lean proteins, healthy fats and non-starchy vegetables. Reduce all sugars and starches for at least a day to reduce carbohydrate load.

Shrimp Salad

Recipe of the Month

Ingredients

- 1 pound frozen, fully medium shrimp, thawed cooked (preferably wild caught)
- 1 medium red onion, thinly sliced
- 4 cups watermelon (organic), roughly chopped
- 2 jalapeños, seeded and finely chopped
- 2 avocados, roughly chopped
- juice of 1 lime
- 1 tsp honey (raw, unpasteurized)
- 3 Tbsp olive oil
- ¾ tsp Celtic sea salt
- ¼ tsp black pepper
- ½ cup fresh cilantro leaves, roughly chopped

Instructions:

1. In a large bowl, combine the shrimp, onion, watermelon, jalapeños, and avocado.
2. In a small bowl, whisk together the lime juice, honey, oil, salt, and pepper. Pour the vinaigrette over the salad; toss.
3. Sprinkle with the cilantro. Set aside for 10 minutes to allow the flavors to meld.

Too Much Exercise

While most people struggle with too little exercise, there are the high achievers, Type A's, and athletes who tend to overtrain. Intense exercise can be great for achieving results; however, push too hard, too often, and you end up with injuries, fatigue, and high stress hormones, which can lead to serious health issues (immune dysfunction, adrenal exhaustion, hypothyroidism, etc.).

- **A good rule to follow is 2 days of working out hard followed by 1 day of rest** or no more than 3–4 days of high-intensity exercise a week. High intensity includes interval cardio or heavy weight training.
- **Make sure to always warm up pre-workout.** A cool down/stretch post-workout also helps your body recover.
- **Listening to your body is crucial.** If you feel excessive fatigue and/or muscle soreness, take a day off and do light cardio (easy walking) and stretching or restorative yoga.
- **DO NOT push through** injuries, excessive fatigue, pain or illness!
- **Sleep is essential** for recovery as well, so get 7–9 hours of quality of sleep a night. If you slept poorly, take a rest day or do a lighter workout or just take a walk.
- **Certain nutrients improve sleep and recovery:**
 - Take 400–1000 mg of magnesium citrate per day.
 - 10–15 mg zinc citrate before bed.
 - 1000–2000 IU of Vitamin D3 with breakfast.
 - You may also use herbs like Red Reishi, Rehmannia, Passionflower, chamomile, lavender root as needed as natural sleep aids.

- **Proper Nutrition is critical** to prevent overtraining. Always follow intense workouts with fast digesting quality protein (i.e. whey protein powder or chocolate milk) and fast digesting carbs (fruit, plain sugar, white rice) and eat within an hour of training. Eat multiple servings of organic fruits and vegetables everyday to get your anti-oxidants for cell and muscle repair. Eat more calories and more carbohydrates on intense workout days and avoid working out on an empty stomach. You may also take 5–20 grams of glutamine, 100–400 mg Alpha Lipoic Acid and 1000–2000 mg of Vitamin C to assist in muscle recovery.
- **Get acupuncture treatments** to help calm the nervous system and increase the healing of aching muscles.

Check it out!

Learn more about Herbal medicine, alternative health, and natural supplements:



www.herbalnewsmagazine.com



2014 Annual Conference Highlights



Executive Selfie! Brad Backstrom, Heather Trail, Alissa Lloyd, Ryan Berezanski.



Presenter Brian Willis (Blue shirt) & Chris Terry.



Team celebration after dance event.



Bus ride on the way to Heritage Ranch.



Robert Mercer (on left) and Keeton Grant from Cold Lake.



Group photo at Heritage Ranch.

2014 Annual Conference Highlights Continued



Lisa Coyne, Town of High River. 2014 Leadership Award Winner.



Carriage race.



Round tables.



Tony Clarke (White Shirt), Trevor Moore Entertainment (Grey Jacket).



Long Service Awards:
(Left) Mario Paradis – 20 years.
(Right) Tony Clark – 20 years.



Ken Podoborzny (& his horse) wave to the camera.



Group Dance? What a talented bunch!



Standing: Brad Backstrom, Tim Rochon, Alissa Lloyd, Heather Trail, Mat Lloyd
Sitting: Ryan Berezanski, MLA Mary Anne Jablonski, Lillian Terry, Chris Terry.

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