



ENFORCEMENT EDITORIAL

The official newsletter of the Alberta Municipal Enforcement Association

Vice-President's Message

The AMEA Executives had an eventful past 5 months with lots of positive changes. We have been meeting at the Parkland County Center, which has provided everything needed to have a successful meeting. With the technology that Parkland County has, we have been able to reduce the cost of travel and accommodations through online video conferencing. We are looking forward to utilizing online video conferencing throughout the winter to reduce travel costs and minimize unsafe driving conditions.

I am looking forward to seeing everyone at the AMEA Fall Training Session. We are privileged to have knowledgeable instructors teaching our 4-day training session. The accommodations at **Stone Ridge Mountain Resort** are very welcoming; each room has a full kitchen, a barbeque on the patio, and an outdoor heated pool for our members to relax in the evening. Breakfast and lunch will be provided to the members attending the training.

The AMEA Executive will also be attending the Alberta Urban Municipalities Association (AUMA) trade show. We are looking forward to representing the AMEA and their membership to the AUMA. The Executive team will help answer any questions, provide information about our Association, and how Enforcement Officers in our province can enhance the lifestyle of people living within their municipalities. We are looking forward to gaining more relationships within Alberta.

Myself and other Executive members recently participated in the Edmonton Joint Force Commercial Vehicle 3-day inspection. Overall it was a great three days of inspections. We inspected 275 vehicles, 127 were placed out of service (46%), 66 required attention (24%), and only 82 passed (30%). Overall, 845 violations we observed and 131 tickets issued. It was great seeing old friends and meeting new ones. We are looking forward to seeing everyone in the spring for our next Commercial Vehicle Check.

Lastly we are happy to see that the AMEA website has officially been up and running. We are looking for documents or information to be sent to us so that we can share it with our members. We will soon be posting templates and examples on our website to assist members. The AMEA is here to assist, educate, and create awareness to members and their municipalities.

Looking forward to seeing you all soon!

Chris Terry

AMEA Vice President



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Getting To Know Your Executive...

Heather Trail, President

The following is a short story of my life up until now. I hope it helps you all feel more familiar with me.

I grew up in and around Medicine Hat; most of my years were spent on my grandparent's grain farm in Etzikom, Alberta. Horses were a huge part of my life as a teen. I spent five summers teaching riding lessons and taking care of ranch horses in the beautiful Cypress Hills at Eagles Nest Ranch.

After graduating high school, I worked the next seven years at the Bow Island Health Center as a Health Care Aid. I did enjoy my job there but I knew I wanted to return to school and work towards a Law Enforcement Career. I enrolled at the Medicine Hat College and completed my 2-year Police and Security Diploma. During my 2nd year I was successful in becoming an Auxiliary Police Officer for the Medicine Hat Police Service. This was a huge step for me as it was a rare opportunity to step behind the Law Enforcement doors and make some real connections and see firsthand what I was up against. It wasn't long before I saw an employment opportunity as a Special Constable for the Medicine Hat Police Service, now referred to as a Community Peace Officer.

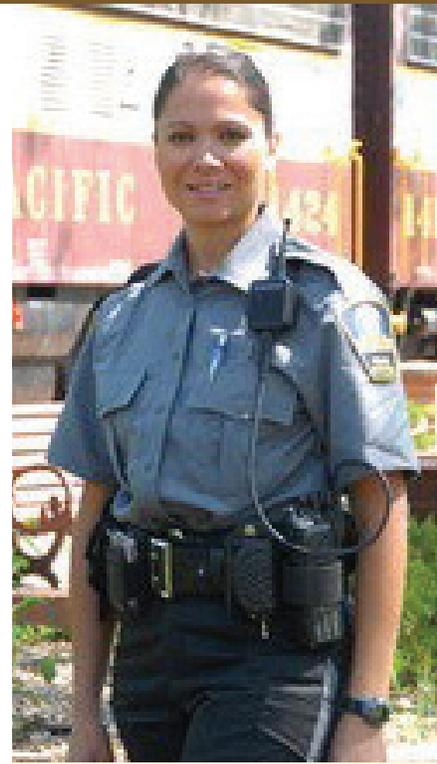
I have always tried to stay involved in the community I live in. I spent over ten years involved with the Ministry of Children and Family Services. My most current role was the Co-Chair of the Children and Family Services Authority Board, ending in April 2011 after 6 years. I have worked on many committee structures within the Provincial Government, advisory councils, and planning groups. My involvement with the AMEA began after my first Conference in Red Deer in 2003 (I think). I remember being so inspired and proud after leaving the conference that year. I couldn't wait to return to work and apply my enthusiasm to my work environment.

I immediately began to anticipate the next conference. I guess I jumped in with both feet because I found myself hosting a round table and I have been behind the scenes ever since. In 2006, I was a recipient of the Outstanding Officer Award and elected to the Association the same year. I took a couple years away from the executive in 2011 and 2012, and have now returned as the President.

I am currently enrolled in the Royal Roads University Value Based Leadership Program and scheduled to begin in March 2014. This program is a new study of Leadership with very strong Community Capacity Building emphasis, something I have always had a passion for. In my personal life, I am a certified Fitness Instructor and teach regularly at our Medicine Hat Downtown YMCA. This is a volunteer position and certainly one of the most rewarding community service opportunities I have enjoyed.

I am married to a gentle giant named Travis; I have two daughters, Abby (13) and Bethany (12). We make our home in Medicine Hat in the beautiful neighborhood of Riverside, our home looks directly over the South Saskatchewan River. As a family we camp and quad when we can. Abby is a fitness fanatic and plays club basketball (she is taller than me) and my girl Bethany is a horse lover and is planning "my" purchase of a horse for "us". We are always a super busy family but I have always believed busy people are happy people. When you do the things you love it is easy to find the balance.

My role as a Peace Officer has allowed me to enjoy all the things I love to do, it challenges me every day and it continues to create community connections for me. My role with the AMEA is an excellent way for me to continue to work with others provincially and extend my support and encouragement to those who continue to serve and protect their communities in so many ways.



Your AMEA Executive

President
Heather Trail

Vice President
Chris Terry

Publicity Officer
Ryan Berezanski

Treasurer
Brad Backstrom

Secretary
Amanda Oling

Membership Officer
Alissa Lloyd

Past President
Kaila Tipton

Violation Ticket Notice

by Rob Anderson, Legal Counsel, Court Services, Alberta Justice and Solicitor General

The Government of Alberta is implementing a set of tough security rules developed by the credit card industry to protect cardholders against credit card fraud and identity theft. These rules are being implemented under the Payment Card Industry (PCI) Compliance Initiative and require government offices to stop collecting credit card information by phone, fax, email, and regular mail.

As part of the PCI Compliance Initiative, a new version of the violation ticket has been printed. This new version has had the portion that allows defendants to pay by filling in their credit card information and mailing the ticket to a courthouse removed. **All enforcement agencies must be using only the new version of the violation ticket by no later than October 15, 2013.** The new version can be easily identified by the green coloured bar located at the top of the ticket booklet cover or down the right stub on Part 1 of the continuous tickets. Some locations may already have the new tickets in circulation.

Please have members check their entire inventory of tickets now. Ticket booklets that do not have a green bar on the cover and continuous tickets that do not have the green bar down the right stub are the old version of the ticket and must be replaced before October 15, 2013. The new version tickets can be ordered in the normal manner. Once replaced, the old tickets must be destroyed.

If you have any questions concerning this notice, please contact:

Rob Anderson
Legal Counsel, Court Services,
Alberta Justice and Solicitor General
by email rob.anderson@gov.ab.ca.

Photo courtesy of Ryan Berezanski

A 22487264 R VIOLATION TICKET CANADA Province of Alberta PART 1

On or about _____, 20____, at or near _____ place in Alberta

NAME _____ last _____ first _____ middle _____

ADDRESS _____ street _____

_____ city, town, village _____ province _____ postal code _____

DID UNLAWFULLY CONTRAVENE SECTION _____ Sec. #, Sub-Sec. #, Description _____ OF THE

Traffic Safety Act Gaming & Liquor Act
 Use of Highway & Rules of the Road Reg. Municipal Bylaw
 Vehicle Equipment Reg.
 Operator Licensing & Vehicle Control Reg.
 Commercial Vehicle Safety Reg. Other Act or Regulation

Certificate of Offence and Service Complaint

I believe on reasonable and probable grounds and certify that the person named above committed the offence as indicated and certify that I served an Offence Notice personally upon the person charged on the offence date. **OR**

I believe on reasonable and probable grounds and swear that the person named above committed the offence as indicated and that I served a Summons personally upon the person charged on the offence date.

Complainant Signature _____ Print Name _____ No. _____ Force _____

Sworn before me on _____, 20____, at _____ Alberta

Commissioner for Oaths Signature _____ Print Name _____ Expiry Date of Commission _____

IN THE NAME OF HER MAJESTY THE QUEEN YOU ARE THEREFORE COMMANDED TO APPEAR BEFORE A JUSTICE AT

Provincial Court, 4704 - 50 Street, St. Paul, Alberta
 Provincial Court, 9503 Beaver Hill Road, Lac La Biche, Alberta

on _____, 20____, at _____ a.m. / p.m.

AND TO ATTEND THEREAFTER AS REQUIRED BY LAW.

THE FOLLOWING DOES NOT FORM PART OF THE CHARGE

Speed Limit _____ Recorded Speed _____ km/h Clocked Air-craft Esti-mated Camera Radar/Laser

Court Appearance Required Voluntary Payment Option \$ _____

Adult Youth National Safety Code No. _____

Particulars / Place of Offence _____ Offence _____ a.m. / p.m.

Operator Lic. No. _____ Hwy. No. or name of city, town, village, M.D., county, I.D., S.A. _____ Time _____

Prov. _____ Sex _____ F M

Birth Date _____ Year _____ Month _____ Day _____ M.V.I.D. No. _____

Vehicle Licence No. _____ Prov. _____ Alta. Other _____

Vehicle Make _____ Year _____ Color _____ Licence Year _____

ADJUDICATION

Charge Read & Plea: Finding of Court: Guilty Quashed Withdrawn
 Guilty Not Guilty Dismissed Convicted in Absence and Fined Specified Penalty
 Guilty to Lesser or Amended Charge

Fine and Surcharge _____ In Default _____ Time to Pay to _____

A 22487264 R Date _____ Adjudicating Provincial Judge or Justice

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Health and Wellness

by **Amanda Rode**, *City of Edmonton Parks Peace Officer, NWS (Nutrition and Wellness Specialist)1, FIS (Fitness Instructor Specialist), PTS (Personal Trainer Specialist)*
Amanda.rode@edmonton.ca

Why Negative Ions are a Positive Force

Negative ions. Probably not something you think about everyday, if ever. However, negative and positive ions have a surprisingly strong influence on our health. Strangely enough, negative ions are positive for our well-being while positive ions can be quite detrimental. Unfortunately, modern society tends to be overly dominant in positive ions resulting in many mental, emotional, and physical issues for people.

What are Ions?

Ions are atoms or molecules in which the number of electrons is different than the number of protons. Ions are mobile because they are either positively or negatively charged.

Positive Ions: Not your friend

We spend most of our day in artificial, man-made environments, which tend to be made up of mostly positive ions. We wake up with our cell phones beside our beds, check our emails, drive in air conditioned vehicles to an air conditioned office with fluorescent lighting, type on computers all day and make calls on our cell phones, then come home and watch TV until bedtime. This saturates the body with positive ions. Too much exposure to this type of ions can result in insomnia, depression, anxiety, and irritability.

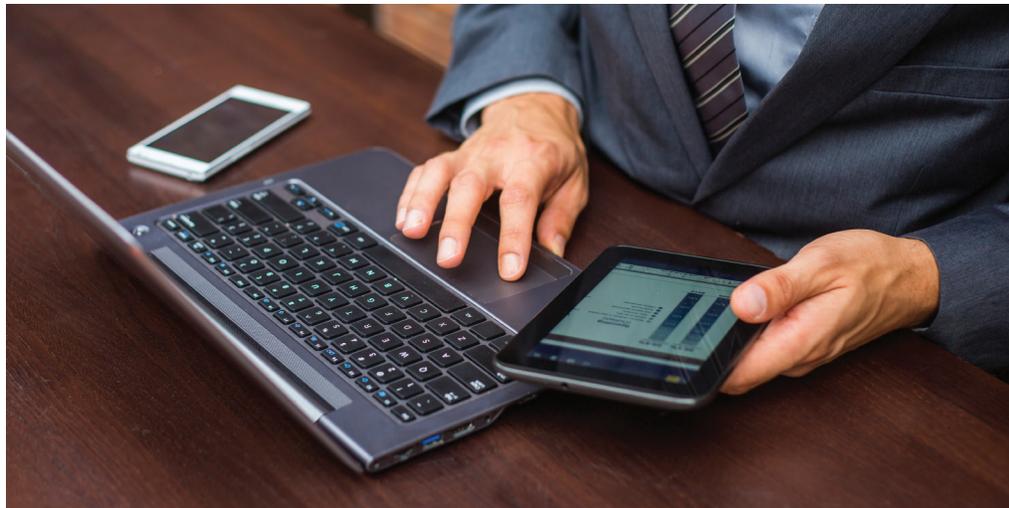


Photo from istockphoto.com

Sources of Positive Ions:

- The air right before a thunderstorm
- Air conditioning (in buildings and vehicles)
- Computers
- iPads or tablets
- Cell phones
- Televisions
- Most electrical appliances

Negative Ions: Why you need them

Negative ions have been shown to have numerous benefits for people.

Seasonal Affective Disorder

Studies have shown that exposure to high-density negative ions has significantly improved depression in subjects¹. This could be very beneficial for Canadians during the long, dark winter months.

Stress/Anxiety Disorders

Again, studies have shown decrease in stress and anxiety with subjects exposed to negative ions². This could help many suffering from stress and anxiety disorders cope better without the use of drugs and their side effects.

1. Psychol Med. 2005 Jul;35(7):945-55. Controlled trial of bright light and negative air ions for chronic depression.
2. Goel N, Terman M, Terman JS, Macchi MM, Stewart JW. Int J Psychophysiol. 2002 Oct;46(1):85-9. Effect of negative air ions on computer operation, anxiety and salivary chromogranin A-like immunoreactivity. Nakane H, Asami O, Yamada Y, Ohira H
3. Thorax. 1984 August; 39(8): 594-596. Effect of positive ionisation of inspired air on the response of asthmatic children to exercise. I Lipin, I Gur, Y Amitai, I Amirav, and S Godfrey

Allergies/Asthma

Negative ions increase cilia activity in the trachea, which keeps the lungs clear and allows better breathing³.

Negative ions will benefit just about any health condition but even if you don't have any particular health problem or disease, negative ions can give you a relaxed yet energized state.

Who doesn't want that?

Sources of Negative ions:

- Waterfalls (best source)
- Crashing waves/beaches
- Rivers
- Storms
- Forests
- Plants
- Running water (showers, indoor fountains)
- Negative ion generator (high quality)



So if you want to give your health a easy and cheap boost, go outside for a hike, sit by a river or stream, walk barefoot in the grass or sand, eat lunch in a park, open your windows, get some houseplants, buy an indoor fountain, have a shower, or stand outside in the rain. Once again, nature proves to be healing and good for our health. When all else fails, try going outside!

Photo courtesy Z. Liber-Scovel,
Zen Garden Graphic Design

Recipe of the Month

Carrot Cake with Coconut & Walnuts

Carrot Cake with Coconut & Walnuts

Ingredients

Cake:

- 2 cups almond flour or coconut flour or white rice flour
- 2 ½ tsp baking powder
- 2 tsp cinnamon
- 1 tsp celtic sea salt
- ¾ cup chopped walnuts
- 1 cup flaked coconut (unsulphured)
- 3 med-large carrots, grated
- 3 ripe bananas, mashed
- ½ cup coconut milk
- 3 eggs (free range or organic preferably)
- ¼ cup maple syrup
- ¼ raisins (optional)

Frosting:

- 8 oz cream cheese
- 3 tbsp maple syrup

Instructions:

1. In a large bowl, mix the almond flour with the baking powder, cinnamon, and salt.
2. Mix in the walnuts, coconut, and carrots. Set aside.
3. In another bowl, mix the bananas, coconut milk, eggs, and maple syrup.
4. Add the wet ingredients to the dry ingredients and stir.
5. Transfer batter to a greased, parchment-lined loaf pan (9x5x3) and bake at 350° for 50 minutes, or until a toothpick inserted in the center comes out clean.
6. Allow to cool somewhat before frosting.
7. To make the frosting, whip the cream cheese and maple syrup together with an electric hand mixer until it reaches a fluffy consistency.

*recipe derived from www.thisprimallife.com

Alberta Municipal Enforcement Association

AMEA FALL TRAINING 2013

November 18–21, 2013

Stoneridge Mountain Resort

30 Lincoln Park , Canmore, AB T1W 3E9
(403) 675-5000 • www.stoneridgeresort.ca

FALL TRAINING COURSE DESCRIPTIONS

ADVANCED APPREHENSION & HANDLING: LEVEL 1

Instructor: Jim deBoon

This 1-day course covers a wide range of topics. From how to attract nervous and skittish dogs to you; the common mistakes made by officers when attempting to catch stray dogs; how to defend oneself against any aggressive dog with the most amount of skill and the least amount of force; how to safely approach and leave a residence; how to interact safely with the public; proper use of a snare pole; and also the pros and cons of other animal related equipment and devices. The video material used is both public, (YouTube) and proprietary (only available through Enforcement Training Academy).

Mon • Nov 18 • full day

SETCAN® TACTICAL OC COURSE

Instructor: Chris Terry

Regardless of what OC product you are currently using, the Setcan® Tactical OC Course will assist your officers in increasing their tactical advantage on the street. For years, OC aerosol products were inappropriately described as a *use of force* tool designed to incapacitate an aggressive subject. It did not take long for law enforcement officers to realize that any incapacitation

was purely a result of the individual choosing to stop resisting.

This course will teach drills and scenarios that show the proper way to gain a tactical advantage with OC products. It will give a broad overview of the different delivery methods available and an in depth understanding of contamination physiology. This information is used to ensure safe contamination and decontamination drills for students.

Tues • Nov 19 • morning

NATURAL DISASTER SEMINAR

Canmore Community Peace Officers will be sharing their experience with their most recent natural disaster.

Tues • Nov 19 • afternoon

I-100 INTRODUCTION TO INCIDENT COMMAND SYSTEM

Instructor: Brooke Bishop

Introduction to ICS is intended for personnel assigned to an incident or event who have a minimum requirement for understanding ICS. This module reviews the ICS organization, basic terminology, and common responsibilities. It will provide basic information about the Incident Command System to enable you to work in a support role at an incident or event,

or to support an incident from an off-site location.

This module may also be used as a pre-course study program by personnel who will be continuing their training with additional modules. There is no prerequisite for I-100.

Wed • Nov 20 • full day

I-200 BASIC INCIDENT COMMAND SYSTEM

Instructor: Brooke Bishop

The objective for this course is for you to understand the Incident Command System organization appropriate to the complexity of the incident or event. An additional objective is to demonstrate the use of ICS to manage an initial action incident or event. This course is designed to enable personnel to operate efficiently during an incident or event within the Incident Command System. This course focuses on the management of single resources.

This course is designed to provide overall incident management skills rather than tactical expertise. This module may also be used as a pre-course study program by personnel who will be continuing their training with additional modules. This course is the prerequisite for I-300.

Thurs • Nov 21 • full day

GETTING TO KNOW YOUR INSTRUCTORS

Instructor: Brooke Bishop

Brooke has 29 years with the Calgary Police Service (Retired).

Highlights:

- Tactical Unit Commander (Last posting was as the Inspector in charge of the Emergency Management Section)
- Worked 4 years for the Attorney General and Justice as the Manager of Emergency Management and Business Continuity.
- Currently working as the Senior Manager of Global Security and Crisis Management for an Oil and Gas Company.

Credentials include:

- Certified Emergency Manager (CEM) with the International Association of Emergency Managers (IAEM)
- Certified Business Continuity Professional (CBCP) with the Disaster Recovery Institute International (DRII)
- Certified Protection Professional (CPP) with the American Society for Industrial Security (ASIS)
- Certified ICS instructor with the Department of Homeland Security FEMA, ICS Canada and with the Alberta Emergency Management Agency.
- Currently working on a Masters Degree in Emergency Management.
- ICS Instructor for NAIT
- Was a member of the teaching staff with the Canadian Emergency Management College (Federal Govt—Ottawa) instructing Incident Site Management and Emergency Operations Center Management.

Instructor: Jim deBoon

Jim has been an animal control officer in Alberta for 32 years, and has personally been in hundreds of dog attack

situations. He has personally handled in the magnitude of 40,000 dogs. This Level 1 course has been taken by hundreds of officers across Canada and has received excellent reviews wherever it was taken. www.canadaeta.com

Instructor: Chris Terry

Chris has been a Peace Officer in Alberta for 5 years. Chris is a Field Training Officer for Parkland County Enforcement Services. He is currently an Instructor in the following courses:

- Pressure Point and Control Tactics;
- ACE Ground Fighting;
- ACE Knife Defense; and
- SETCAN® OC.

Chris is continuously learning tactics to assist with Officer Safety and educate young Officers to be safe in the field. Chris is also a Commercial Vehicle Inspector and he holds a certificate as an Emergency Medical Responder. Chris is currently attending the University of Alberta working towards a Certificate in Police Management.

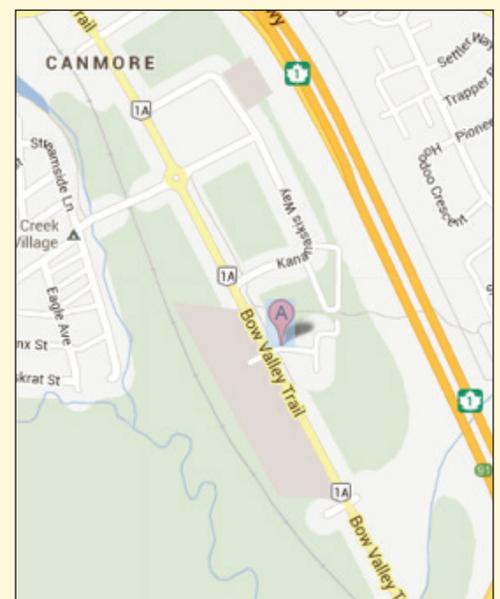
DIRECTIONS

Directions from Calgary International Airport

Follow signs to Hwy 2 (Deerfoot Trail) North. Take exit for Hwy 201 NW – S (Stoney Trail) and follow South to Hwy 1 West to Canmore. Take 2nd exit (Exit 91) and stay right. Follow Bow Valley Trail approximately 2 km until you see the StoneRidge Mountain Resort on your right side, just past the Ford card dealership.

From Banff

Take Exit 91 off the TransCanada Hwy 1 and turn right at Bow Valley Trail. Follow approx 2 km until you see the StoneRidge Mountain Resort on your right side, just past the Ford car dealership.



2013 AMEA FALL TRAINING

Registration Form

FALL TRAINING • NOVEMBER 18–21, 2013 • COURSE DETAILS		PRICE
MONDAY–TUESDAY	\$300.00	
WEDNESDAY–THURSDAY	\$300.00	
Any Single Day	\$150.00	
	Total Cost for Attendee:	

Attendance Confirmation required by November 1, 2013.

Accommodations are available at the [Stoneridge Mountain Resort](http://www.stoneridgesort.ca). Call 1.877.675.5001 to book reservations and mention you are with AMEA. Breakfast and lunch are included with accommodation prices.

Visit www.stoneridgesort.ca for more info.

Please make Cheques payable to:

Alberta Municipal Enforcement Association

Please submit to:

Alberta Municipal Enforcement Association
Box 697
Edmonton, AB T5J 2L4

Name	
Address	
Municipality	
Department	
Contact number	
Email	

Please print this page and return with fees.

GST is included in all prices.