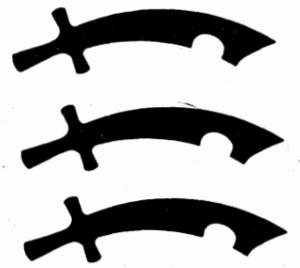




THE LAW

No. 76

July 1975



The Newspaper of the Essex Police

20% short on manpower but recruiting is booming

MEASURED in round terms Essex Police are about 500 short of the strength needed to police the force area. This amounts to a 20 per cent deficit.

Mr. J. Duke, Deputy Chief Constable reported these facts to the Police Committee at their June meeting, stating that the county needs 2,750 men.

But the establishment, set ten years ago, is only 2,436 and in any case the present strength is even below this, standing at 2,270 last week.

Recently recruiting has been picking up and the Chief Constable's interview board has seen

over 100 applicants since 1st April running two interview sittings per month in April and May instead of the usual single session.

And in the same period 54 men and women have actually joined the force while only 28 have left, a profit of 26.

The Police Committee were told that to bring Essex Police up to strength would cost an additional £224,000 in a full year, over and above the already massive wages bill. The Committee recommended that the money should be made available and this must now be ratified by the full Council.



AND STILL they come. Twenty-two more spawned from Regional Training Schools. Ex-bus drivers, mechanics, car sprayers, carpenters, clerks, radiographers, in fact from all walks of life, including four cadets. The recruits, who will have been at Divisions for three weeks by the time this paper is published appear to be deeply engrossed in the activities of Kate Boobsin — oops sorry — Bobsin, and, judging by the happy grin on her next door neighbour, he appears to enjoy her attentions.

Our new recruits, from left to right with stations in brackets are:- Back Row — Peter Wood, (Clacton); Bob

Corrie, (Basildon); Ian Cameron, (Colchester); John Chambers, (Corringham); Nigel Wiseman, (Clacton); Martin Ford, (Harlow). Centre Row — Kate Bobsin, (Colchester); Mike Hall, (Basildon); Dave Ruff, (Basildon); Larry Hawkes, (Maldon); Jerry French, (Billericay); Kay Cummings, (Chelmsford); Steve Smith, (Chelmsford); Jackie Smith, (Chelmsford).

Front Row — Peter Beauchamp, (Benfleet); Mel Aldrich, (Clacton); Alan Nicholson, (Clacton); Jim Mohr, (Harlow); Graham Lumley, (Colchester); Kevin Nowell, (Billericay); Bill Prowse, (Southend East) and Ivor Dallinger, (Chelmsford).

'Meditating' to relieve stress

AN ARTICLE appeared in The Southend Evening Echo entitled "Thoughts that beat crime." The first paragraph read, "A lot of thought has gone into the latest method of fighting stress in Essex Police — 5,000 years of it."

It goes on to say that ten policemen from Essex and Suffolk have taken up the practice of Transcendental Meditation and the Police Federation is investigating it

with a view to having it taught at training schools.

What is Transcendental Meditation? According to the experts it is a simple natural technique which develops full mental potential. It is learned through an easy seven-step course directed by a teacher. The first step is an introductory meeting which outlines the benefits of TM. Anyone can attend.

Next comes a preparatory lecture and an interview with the teacher when any personal problems are ironed out.

The initiate is then ready for the vital fourth lesson when he is given his 'mantra.' This is a word or a sound which has no meaning and is the key to TM.

The meditator focuses his attention on the word in what is an effortless exercise.

Because the 'mantra' has no meaning the mind is not held up by the word. By focusing on it, however, the mind does not wander, but instead penetrates to deeper, more refined levels of thinking.

Meditation theory works on the basis that thoughts run on more than one level. By penetrating to the deeper levels, a person becomes more relaxed. Above all, it is

Continued on Page 8

Essex show an occasion for 'Police' humour

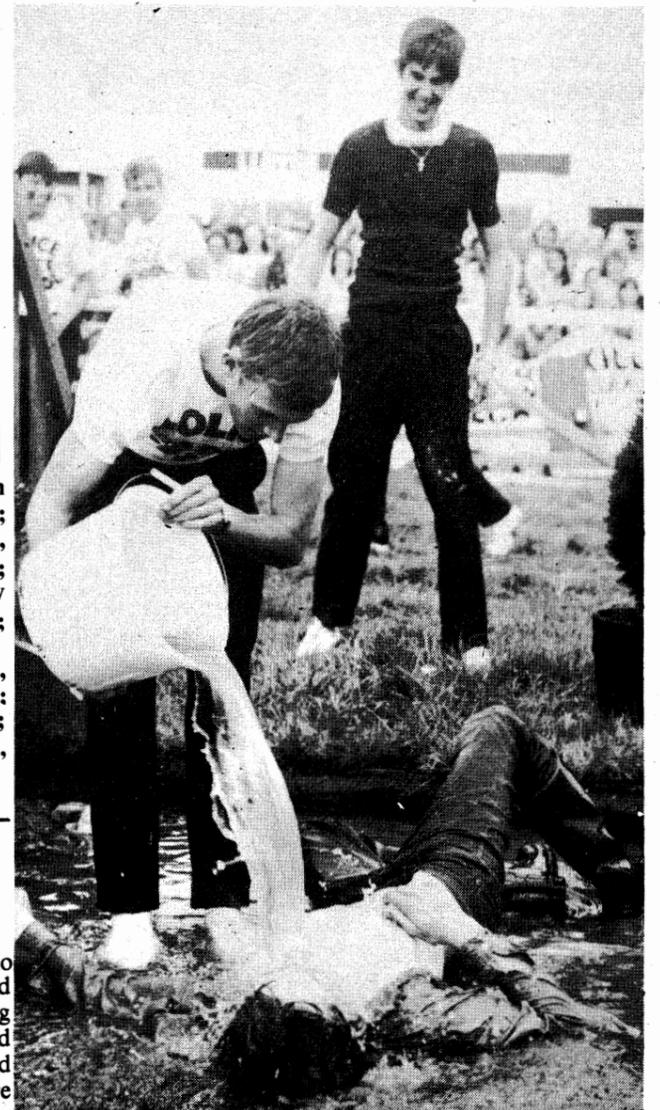
THE ESSEX SHOW this year was, once again, held in bright sunshine, and those officers who attended, on duty, were able to bask in the glorious weather.

Instead of having our own tent, the Force went "dutch" with the Essex County Council in a large pagoda-type tent which very much belittled the financial state of the County coffers, but nevertheless looked very attractive and indeed dwarfed the Metropolitan Police Recruiting Office, which for some unknown reason, was allowed to operate right along-side the Essex Police Stand.

However, the unfortunate sited produced one of the best jokes of the show for on the Friday, as our picture shows, P.c. Alan Weatherley served a summons on the

Mets recruiting Sergeant for "poaching," whilst on the following day the whole of the opposition found that they had come without their keys to the office and had to go on bended knee to the members of Essex Police Crime Prevention Department to break in for them!

Once again the Cadet Corps provided the arena parties for both the Grand and the Essex Rings and acquitted themselves very well. In fact, a little too well in the Grand Ring for the liking of the Essex Young Farmers' Organisation, for having been covered in flour and water, from their internal battle, the Cadets went into battle themselves and finished up by cooling one of the young farmers down by dipping him in the water jump.



JUST to show that Police do sometimes retaliate, and to the great amusement of the crowd, Cadet Vaughan Mullender cools down an Essex Young Farmer who had bombed the cadet arena party with flour. Watching is Cadet Ian Learmonth.

Picture by courtesy of Essex Chronicle — more pictures on back page.

BE THANKFUL

WHO ELSE would stand for it? At a time when pay increases of up to thirty per cent have become normal the police are given rather less and have the additional frustration of seeing some of it blowing away in the wind of inflation before it is even paid three months later.

It all makes the big-deal enquiry look like a time-wasting ploy to keep the faithful in line for a few more weeks. If one thinks about it, of course, the enquiry obviously was nothing of the sort because such manoeuvres are just not necessary. In the end the police have to accept what they are given and both sides know this full well.

HARDER WORK

ALL THIS talk of strike action, motions at conference, letters to the editor, apologia by the Federation, is rather odd. Have these people not observed that strikes are out of fashion for people who really matter?

All that is needed nowadays to send everyone

scurrying about the opening up the coffers is the threat of a strike. And that is all the police would need if the crunch really came.

Most policemen, being responsible citizens abhor the thought of strike action and would not want to use it. On the other hand many young people coming into the police see nothing out of the ordinary about apparently responsible people withdrawing their labour. Some teachers are not above such things and their behaviour must influence their pupils' views on the subject.

But while we would not dream of inciting mutiny, sedition or anything else of that sort, what about a good old-fashioned full-blooded work-to-rule? There is not much in the regulations about working to rule but of course one has to bear in mind that in our case it would not be a go-slow, which is something else entirely, but a go-quick.

Which would mean that half the service would have to work a damned sight harder than they do now if the action were not to break down after the first half hour.

JUST THINK

WE HAVE much the same views on the latest laugh-a-

minute stuff about transcendental meditation for young policemen who are under stress.

For years people have been worried about the police mind, asserting that after only a short time in the force policemen can see no good in anyone. But now that the police are themselves worrying about the police mind the subject is close to becoming a music hall joke.

With the whole of society going mad who are the police to remain unaffected? Are the police not men of the people? Delving into the editorial Oxford Dictionary we found that, basically, to meditate means to think and we conclude that if policemen can be induced to think for as long as 20 minutes twice each day, transcendently or otherwise, no harm can come of it.

We are indebted to the amateur psychologist who has been associated with the editorial staff for some time and who has a certain cure for stress. Apparently the bowels are involved, at least their regularity has some bearing on the subject and this state of affairs is, in turn, brought about by exercise and fresh air.

So much so that recently we were worried to hear that a member of the editorial team had faked a nervous breakdown because he could not face reporting a cold in the head.

postbag

READERS' letters are welcomed but will not be published if unsigned. Those written under a pen name must be accompanied by a note of the writer's name. The editors reserve the right to edit any letter published in the interest of economy of space.



They think the Federation is like a whining toothless dog

Dear Sir,
We are writing to inform you of our feelings as to the unsatisfactory result of the recent pay negotiations.

Perhaps you can explain the logic behind Independent

Commissions, Enquiries etc which have been conducted over the years, when the Officials concerned appear to ignore the Independent Recommendations. It seems as though the Enquiries are

little more than a delaying tactic used to keep Federation Members happy. We have listened patiently to promises of better pay, better conditions, shorter working hours, etc. for too

long whilst the cost of living increases, our standard of living declines and our position in the 'Pay League' drops further and further behind.

This pay settlement would probably have been acceptable had the increase been granted immediately, but by September we will be fortunate if the entire increase has not been swallowed up through inflation.

The Police Federation is only as strong as the Official Side allows it to be and like some whining, toothless dog having been thrown a scrap, snatches it up and runs away with its tail between its legs. It seems that the only protest which we could make would be to resign from the Federation and cancel our subscriptions. After all if we are going to keep a dog we want one which will bite when the occasion demands.

Yours faithfully,

D. L. CONNER,
Sergeant 88

P. N. CAMPOUS,
Constable 231

D. K. RICHARDSON,
Constable 1314

N. J. HIRST,
Constable 844

D. K. WOODING,
Constable 514

Continued on page 3

But Stan Smith, Federation Secretary, counter-attacks

Dear Members,
In reference to your letter, I can only say that I wish that you had thought a little more about the content. I appreciate the strong feelings

members have about the pay settlement and I agree entirely that it appears that the pay review has not been taken into account and we have merely got a cost of

living increase. Indeed I share the view that not enough has been done for the Constable in particular. However I do believe that this was as much as we could get from the Government at this particular time and it remains to be seen within the next few weeks if the Staff Side of the Police Council were wise to accept this offer before a complete clamp-down on pay settlements is announced.

Dependant upon where one is within the pay scales this settlement amounted to between 25-35% including Threshold, which is about what is being obtained elsewhere. Indeed the Engineers settled for £7.50 p.w. recently and the 27.5% turned down by the NUR, but accepted by the other rail unions is about £8 per week. We have got a little more than most other employees recently. This is fact and not speculation. As police officers we learn to deal with facts and not what something appears to be from press reports.

It would be illuminating to compare our pay with other industries where you would see that we do not do so badly when the value of housing is taken into account. It is no use saying we shouldn't take this into account as it is an emolument to be taken into consideration — other employees have to pay tax on earnings and then find rent and rates from what is left. If you look at the pay scales you will realise that the basic pay of a Constable on top rate earns, with the housing element £80 per week, and he doesn't have to go down the mines for it.

As I have attempted to point out elsewhere the sniping at the Federation is sniping at yourself — you are the Federation whether you like it or not. Have you ever tried to do something to better conditions, like standing for election to try to get changes made? It is very easy for canteen lawyers to

shout about someone else who is trying to do his best under difficult conditions without any extra reward for his efforts. Your reference to the toothless whining dog can only be reflected in the attitudes shown in your letter where you appear to be the sneaking cowardly dogs waiting in the background to nip at the ankles of someone trying to do a job to the best of his ability.

Coming to the most important point in your letter about withdrawing from the Federation and cancelling subscriptions — talk about cutting off your nose to spite your face. The collapse of the Federation would make Whitehall laugh their heads off, because, warts and all, the Federation is the only negotiating body we have or ever likely to get. You should remember that without subscriptions there would be no money to buy paper, materials for administration, postage, etc., none of which is officially

He wants another referendum

To the Editor,

I write this letter on a subject that will arouse a heated debate if it is printed, or at least it is my intention that it should because I feel that we are as guilty as the rank and file trade union member in not taking sufficient interest in the running of the Federation. My letter is an attempt to make people think with the hope that in the future all policemen will take a more active interest in the Federation.

I understand that at the recent Blackpool Federation Conference a motion calling for a strike referendum was rejected. It appears to me that our representatives act as they think fit and are not representing the opinion of the majority of the Federation membership. This is a situation similar to which has developed in the Union structure of this

country, where a small select band of men make the important decisions without proper reference to its rank and file members. I personally am very critical of this practise in the unions.

I feel much more could and should be done to ascertain from members, what their opinions are on any particular subject. Essex Federation Representatives should take a lead in this issue and hold their own "Referendum" regarding the right to strike. The result will be of great interest and may provide a major policy decision for the manner in which future controversial subjects are treated within this Force. My hope is that it will result in our representatives being given a "brief" by the majority of members when attending future conferences.

Yours faithfully,
R. D. BROWN

Worry beads

Prosecutions Dept.
Chelmsford
16 June 1975

Dear Sir,

With reference to recent reports that policemen are turning to meditation, can the powers-that-be confirm or deny that "worry beads" will now be standard issue and a Guru appointed to each Divisional Headquarters?

D. E. Smith (Mrs.)

Convalescent

Dear Sir,

I have just returned from a fortnight at the Police Convalescent Home, Hove, after being away from work for several weeks. I was able to take my wife with me at a cost of only £24.50 per week (for my wife). What a wonderful place.

You are met at the door by the Superintendent and his wife, who introduce themselves on christian name terms, no rank at all in the home. Everything is so friendly as you step in the door.

There are several amenities at your disposal, snooker table, table tennis, tennis and automatic free membership to the Anglers' Club and Bowls Club. Outings are arranged by the Home about three times per week, all free of cost. The food is really first class and, unlike Oliver Twist, you never have to ask for more. So if you are ever ill, had an operation or are recovering from injury and wish to get away for a while, I strongly recommend you pay a visit.

We have to keep the home going and spread a little more among the County Forces.

You would never regret it, and I am sure on your return will encourage others.

Sincerely,
J. W. Eley

Colchester



OUR PICTURE shows the latest suggestion for decorating the helmets. A suitably perched green-finch ought to augment the old chrome badges at considerably less expense than the new enamelled emblems. Then perhaps we could cap it with: 'Per Ardua Ad Astra' in gold letters around the brim.

In the fact bird in question was fledgling green-finch which was found in a pose resembling the composition on the playing fields at Headquarters during the recent heatwave. A First Aid expert was called for and after several anxious moments, the bird made a temporary recovery. But, unfortunately, the effects of being in Police custody took their toll and the little mite passed away.

It is also rumoured that this incident sparked off speculation amongst members of the economy-conscious Police Authority and they are now working on the theory that a number of finches, trained as carrier-pigeons, stowed in the helmet, might in time replace the expensive personal radio.

FEDERATION METHOD DESCRIBED BY STAN SMITH, J.B.B. SEC.

SEVERAL members have asked why we have an annual conference, who attends and what happens, so I will briefly outline what it is all about.

Your representatives on a Divisional / Departmental basis are normally elected annually in December and they serve from 1 January until the end of the year. During their year of office they should attend, or arrange for a deputy, the quarterly meetings both of the boards of the rank they hold and the joint boards where all ranks up to Chief Inspector are represented. Each officer of these boards is also elected annually from the representatives.

In practice, if you don't like the performance of your representative, you can kick him off next year, but quite often there is difficulty in finding someone sufficiently interested to stand for election and despite strongly held views of members about the apparent lack of effort or success in negotiations, there is general apathy in trying to find the person members might consider the best man to represent them.

Ideally the representative should be articulate, both orally and literally; he should be firm in his commitments, but able to listen to other arguments and profit from them; he should not be afraid that his career might suffer because of his involvement; and perhaps most importantly, he should have a strong feeling for the best interests of both his own members and of the rest of the Force.

The blusterer and the canteen lawyer who woo younger or less experienced colleagues with a half-baked argument are soon exposed when it comes to cold, hard debate. When things are not going as well as we would like there is inevitably a ground swell of discontent with the Federation, but remember YOU are the Federation. It is not some body apart from the Service who are inflicting things upon you, but it is YOUR views which are being put forward by a voice elected by YOU.

If you elect someone to speak for you, he should have your confidence and support and you must not expect him to sway like a straw in the wind because you may happen to disagree with a majority view. Our system is completely democratic and despite what some may think, it is a highly respected organisation despite its limitations.

Getting back to the way we work, matters affecting members of the Force are dealt with initially by local representation. The first step is to allow the Divisional Commander to put something right if it has occurred without his knowledge — and it does happen.

If this approach fails then the representative, who must have the facts IN WRITING, will then bring the matter to his particular

Board. If it is a matter affecting only that rank it will be pursued by that Board or it can be taken to the Joint Board for support.

All matters affecting all the Force are taken to the Joint Board and they are then dealt with either by letter or joint consultation if it is a matter which the Chief Constable can do anything about. Or it may go to the national committee if a change in Regulations or procedure is required to obtain a satisfactory conclusion.

All this takes time, and care must be taken that other conditions are not worsened by the changes sought. Those with some service will know that conditions have improved enormously over the past few years, and these have not come about by themselves.

From time to time we hear rumblings about members leaving the Federation and their strong views and frustrations are understood, but really you get nowhere by being disunited. Our organisation is the only one we have got and when the going gets rough we should unite rather than disintegrate.

At this year's Annual Conference, Essex put forward two Motions for debate and an Amendment to a Motion from Greater Manchester.

I had the job of proposing our Motion that eligible members should receive the London Fringe Allowance, with Sergeant Tomlinson of Harlow Traffic as Seconder. We knew we were in for a rough time as we had already been made aware of the opposition from many other Forces.

Unfortunately for us, this

Came the crunch and Mick was asleep -in bed not at the wheel he would add



P.c. Mick Macaulay, stationed at Southend, purchased a gleaming motor car six months ago.

Shortly after he bought it the car was involved in an accident whereby the driver's door was damaged.

Fed up with explaining what had happened, Mick decided to let everyone know just what had happened, and painted the sorry saga on the door.

However, he was still stopped by friends and colleagues until the whole story was published.

Now, however, he wishes that he had not gone so far, because he is still being asked why he gave the accident so much publicity.

Picture by courtesy Evening Echo.

matter was under debate immediately following a rather bitter discussion about the London Allowance and there is a strong feeling among other Forces that we should maintain the principle of one rate of pay at all costs.

I had the feeling after proposing the Motion that attitudes might have been softening but other speakers had a hostile reception on the points they were trying to make and consequently the debate dragged on and I feel that the delegates got fed

up with it and our Motion was rejected by a large majority.

Our second Motion that where facilities were not locally available under the National Health Scheme, medical and dental treatment should be obtained privately and the full cost be reimbursed, was remitted to the Joint Central Committee for further study and action, and it obviously was favourably received. Constable Irwin, the Proposer, was thereby relieved of the need to speak

at length on this subject.

Our Amendment to the Motion that there should be security of tenure for Police Officers who retire on pension or medical grounds was carried.

One interesting debate was concerning the use of a referendum within the Service on whether police should have the right to strike. I consider that the Motion was included on the Agenda in order to show the depth of feeling among police officers over the Government's apparent unwillingness to put the remuneration of members of the Service in the proper place in the national wages structure and also the difficulty in getting officialdom to take prompt and proper action to improve conditions of Service.

There was quite a vociferous minority view that the referendum should be held but the Motion was lost by a very large majority, mainly probably because of the realisation that no matter what the referendum result was the vast majority of Police Officers would not go on strike even if the facility were to be granted, and one cannot see any Government of any colour permitting this.

The Motions on shift allowances which I reported on recently, were defeated quite heavily and the views of the Joint Branch Board were expressed by speakers from different parts of the country.

Reports in the press about drunken delegates from other Forces is a matter I cannot confirm or deny. I certainly never saw any signs of drunkenness, merely the usual jollity of a large body of men in convivial surroundings and I can assure members that their representatives behaved impeccably as always.

Stan Smith replies—from P2

supplied by the Police Authority; all services, such as death benefit which incidentally amounts to £80,000 per year; insurance administration; legal advice and assistance, and many other things presently taken for granted would automatically cease.

You refer to keeping a dog which will bite. Nowhere in your letter is there a suggestion as to how this bite can be inflicted. Your letter appears to be a tirade born out of frustration and lack of knowledge of the facts of life, without one constructive suggestion. It really is high time that members of the Service realise that this is part and parcel of the conditions of the job and there is never ever any likelihood of there being the power to strike. So far the only effective pressure has been the resignation of large numbers of police officers when times were really bad. At present recruitment has doubled and wastage halved and detections are as high as they have ever been. What can we counter these facts with, for if things are as bad as you make out there would be a flood of resignations.

I am sorry if the tone of this letter upsets you, but if you take the opportunity to attack the Federation publicly, and remember 'The Law' has a wide circulation to the other media, then I reserve the right to reply to your letter in the same copy of 'The Law.' Although I consider myself your servant I am not your kicking boy and I will fight back.

Yours faithfully,
STAN SMITH,
Federation Office,
Police Headquarters,
Chelmsford

It makes a change from the shed



READERS will remember a cartoon published in The Law depicting a certain Chief Inspector singing his head off in his specially erected garden shed.

We now publish a picture, by courtesy of Geoffrey Ager, showing the results of many hours rehearsal and voice training on the part of Chief Inspector Wally Thurgood when he appeared in the chorus of the Chelmsford Opera Group's production of "Faust."

Wally, of Recruiting and Training Department, took four parts, in the chorus, finishing up as an angel (as the press should always be believed we could not find it in ourselves to publish such a picture) and is shown above, second left, as a soldier in the chorus.

Entertaining I.P.A. groups from

I WRITE about the visit of the group of I.P.A. members from Bad Kreuznach, from the point of view of the organiser, and to give some idea to anyone who contemplates looking after such a group, the things which have to be considered.

The visit all began with a letter in late January 1975, from Eberhard Henke, in which he told me that he was bringing a group of fifty-five I.P.A. members to England at the end of May and was looking for assistance with accommodation. He wrote to me, he said, because he had been talking with Otto Krueger, the leader of a group from Mainz, who had visited Southend in 1974. Otto had recommended that he bring his group to Southend, and so, could we help.

The most immediate problem was time, for many establishments were already booked at this time of year in readiness for the forthcoming season. Anyway, I obtained details of various types of accommodation with prices and sent them off with a sketch programme of the things we might attempt to do in a week.

Then it was necessary to speak with our Chairman and members of our local I.P.A. group to make sure that we had sufficient people who were ready to assist, both with the arrangements, and to act as couriers to the visitors when they went out for the day, since they had intimated that they would travel with their own coach.

This was one immediate problem solved, of course, with the group providing their own transport but it also raised a series of small problems in itself. Parking would have to be found at each place visited.

Back came a letter saying that they liked the idea of staying at a hotel together. I had already been given special terms by the manager of the Westcliff Hotel, due to the size of the group, and the fact that they were staying for a full week. These terms were acceptable to the group, and I was asked to book the hotel for the period May 25 to 31.

Crunch

Now here was the first crunch. I was being asked to make myself responsible for a booking, which even for bed and breakfast came to about £1,200. The manager was most helpful and offered to book, subject to what for him was normal confirmation, at a half of the total price. So I obtained details of the hotel bank and this went off in the next letter.

Hardie, as we later came to call him, had said that the group would like to make two visits to London; to see Southend; and to visit a Police Station.

I then gave some thought to a more specific programme, for on visits abroad, it is usually an exhausting time. The idea then was to balance activity with a certain amount of leisure.

We knew that the group were going to arrive on a Sunday around breakfast time. They would have been

travelling all night and would be tired.

It was decided to leave them free to do as they wished, until the evening, when they would be officially received in the Club room at Southend Police Station, with a few I.P.A. members, make them welcome.

Since there would undoubtedly be those who were energetic, arrangements were made for them to visit the Pier at any time they wished on the Sunday. At their own request a meal was booked for them for Sunday lunch time.

The money was duly deposited in confirmation of the visit and the planning went ahead.

We learned that the group would be coming via Ostend and Dover so our contact at Dover was asked to receive them there. He arranged that the group would be welcomed to the country and were pointed in the right direction.

Dave Taylor from Tilbury arranged that a car would keep an eye out and report when the coach emerged from the tunnel at Dartford. This news was then passed on to me, still in bed, as it happened, when that time came. It was then hot-foot to the hotel to welcome the group and settle them in.

Brochures, supplied both by the local publicity man and by the English Tourist Board, in German, were passed out to the visitors at this time.

The I.P.A. ladies then got cracking and produced sandwiches and cakes for a buffet in the evening at the Club room.

The visitors were escorted to the buffet where Edgar Easlea welcomed them on behalf of the Southend group and the Essex branch.

Only three of the party had been to England before and so a pleasant evening was passed in breaking the ice. It was good to see so many young people amongst them.

Monday was a Bank Holiday and so Southend was fairly lively. The weather was kind and the sun shone brightly. We would like to have claimed this as I.P.A. organisation.

Edgar arranged with Mr. C. J. Morehouse for the party to visit the Kursaal amusements and be the guests of the concessionaires on the rides. There was much amusement, particularly on the dodgems because they do not have them in the area from which our friends came.

Drinks and sticks of Southend rock were then dispensed by Mr. Morehouse and he offered to take anyone home who wished to swim in his pool. Twelve of the group were then conveyed there and enjoyed a pleasant swim. In the afternoon they visited the Historic Aircraft Museum and showed much interest in the German aircraft there.

Some of the younger members were taken to the discos by Graham Welch and George Cook to round off the day.

On the Tuesday Edgar had enlisted a willing volunteer in the person of Sir Stephen McAdden to show

the group around the Houses of Parliament.

On their arrival they were met by Derek Gibbons with a permit obtained from the Ceremonial Office at Cannon Row, for the coach to be parked outside Westminster Abbey. Unfortunately they could not visit the Abbey that day because of ceremonial rehearsals which were taking place.

Theft in the House

There was also a disturbing episode when one of the Germans had her purse stolen in the House.

This delayed the party so that they were late in arriving at Golden Lane Section House, in the City, where Mike Sims, together with the assistance of Section House Sergeant Tony Armfield, had laid on a meal for them.

They were also late at the Tower of London where Joe Ashley, of the Mets, had arranged for a German interpreter, who by the time the party arrived, had disappeared.

The party then wended their way to Harlow where they were received and taken to the homes of I.P.A. members for a meal and then back to the Harlow Club room where they spent a pleasant time, culminating in the appearance of items of uniform on the Germans, which was the cause of much hilarity. Bishop's Stortford joined Harlow I.P.A. on this occasion.

The couriers on this day were Edgar Easlea and his wife, Hazel; Jack Porter and my wife, Joan.

On Wednesday my wife and I, assisted by the

abroad

Notes by
Chico Bates

were taken home by Cambridge I.P.A. members, for a meal, and then to a Social, where the Cambridge City Police Dance Band supplied the music.

In spite of all working long hours because of 'The Rapist,' still the Cambridge brethren had time for friendship.

On Thursday Edgar had accepted a Civic reception by Councillor Norman Clarke, Mayor of Southend, at 'Porters,' which everyone enjoyed very much and where many photographs were taken of the visitors in the Mayoral Chair and with the Mayor.

Shopping

The visitors were then left free to do some shopping in Southend.

In the evening we had a Social at the Clubroom at Southend where we were pleased to see members from the Port of London Authority, the Ministry of Defence Police, 'K' and 'J' Divisions, Metro, as well as some from Harlow and other parts of Essex. The retired members were also well represented.

Edgar had contacted a catering firm, Hans Ueber, who did a German finger Buffet for us which went down well, as did the German music and singing when everyone was swaying arm in arm.

Former Essex Policewoman marries in the far north



AFTER HAVING been a Cadet with Essex, Janet Hopkins was sent North to do her basic training at Dishforth. Perhaps she did a little studying for she arrived home with a new boy friend and the promise that if she learned to cook Yorkshire pudding and could stomach black pudding she would be accepted as a wife to the new boy friend.

Well, after much practice, including arranging a transfer to the wilds of Yorkshire, Janet made the grade and on Saturday, 7th June, she eventually got 'hitched' to Norman Butterworth at St. Nicholas Church, Ingrave.

For the ceremony she wore a white crepe and lace dress, white floral head-dress and long veil, and carried white freesias and red roses.

She was attended by bridesmaids, Mary, her sister and Jean, her new sister-in-law, who both wore lilac dresses.

Best man was Colin Knight, a friend of the bridegroom.

After a reception at Brenfield Squash Club for the eighty guests the couple left to spend their honeymoon touring the South coast.

Janet is now a W.P.c. serving at Brighthouse — but we don't know if she's joined the band yet.

Photo by courtesy of D. LIPSON.



The I.P.A. party meet the Mayor

doughty Jack and his wife, Clarice, took the party out through Essex, with a lengthy stop en route at a chemists for various concoctions. The villages of Great Bardfield and Finchingfield were seen and then, by previous arrangement with Dave Bailey, we met Laurie Fuller in a lay-by, who took the visitors into Cambridge where they partook of an excellent meal at the Farmers Union.

A most extensive tour of the colleges followed, where many of the places not normally seen were shown to us.

In the evening the group

Speeches were made, plaques were exchanged and bobby's helmets were presented to Hardie, the leader of the group, and also to Joseph Lingen, the Chief Officer of Bad Kreuznach. Flowers were presented to the ladies, which was a nice gesture by those who thought of it.

It was surprising by now to see how many Germans were speaking English and that the English were finding German words to communicate.

The following day saw Gordon Oakley and Joan, his wife, assisting my wife and I to take the party back to London. The men visited

Scotland Yard, as arranged by Wally Clayton. The women visited Madame Tussauds and the Planetarium, this trip being organised by Phil Cronin.

Lunch was taken at New Scotland Yard by courtesy of the Catering Officer, Mr. Mazza, who laid on a sumptuous spread.

The afternoon was spent in visiting Westminster Cathedral, Westminster Abbey, 10 Downing Street, Horse Guards, Trafalgar Square, Buckingham Palace and the other sights of London.

A diversion was made to Battersea Park for tea and drinks, where an opportunity

was taken to bask under the trees of this pleasant London Park.

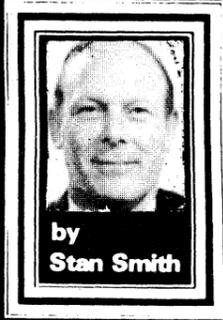
On our return to Southend some of the members of the German group went off to sample the English discos whilst others got ready for the long journey home on the morrow.

At 8.30 a.m. the following day we said our goodbyes to the Germans with the feeling that we had acquired many more friends in the I.P.A.

The week was a towering success and we owe that success to all those who played their part, even in the smallest way, in doing something towards helping.

The whole event required

Federation Notes



by Stan Smith

"Why did we ask for so much and settle for so little?"

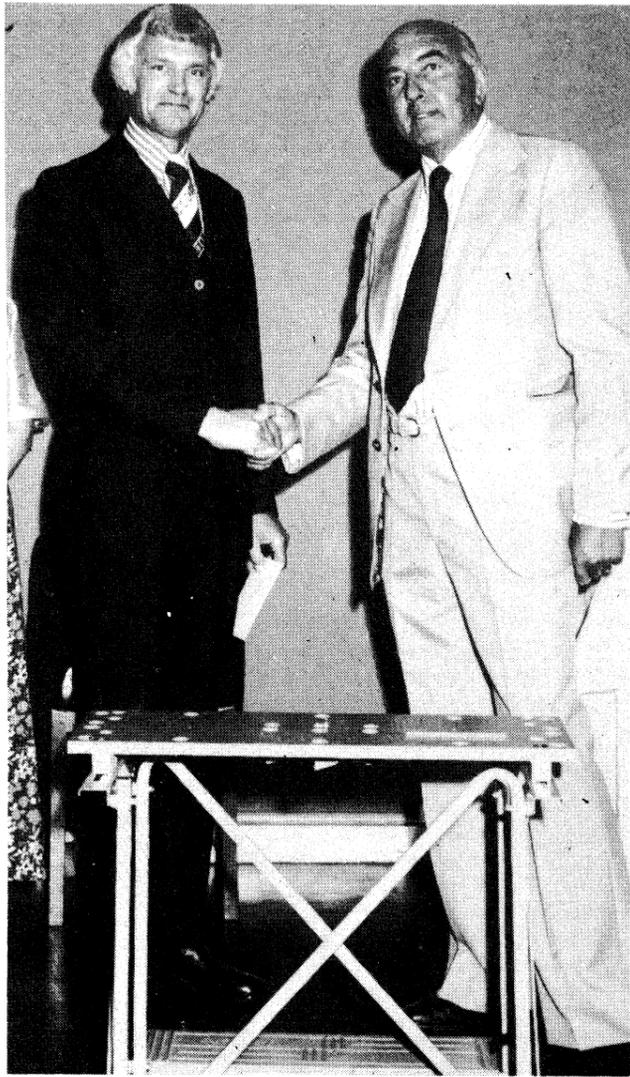
That to my mind sums up the attitude of Police Officers all over the country, and there have been expressions of frustration and disappointment, some of which I am sure will be regretted once the heat of the moment has gone and people think logically about what is happening in this country and the possibilities of severe restraint on all sections of the population.

Like many members I was very disappointed when I saw the agreed settlement, particularly in respect of those members who have been squeezed in the incremental scale and do not have as great an increase as some others. I was not at the negotiating table and therefore I will not openly criticise the members of the Federation on the Police Council until I hear more from them on what went on. It seems from today's events that they were given an idea that some harsh measures are soon to be taken by the Government and in their judgment — and who would like to have been in their shoes — they decided to accept what was obviously the last penny available. Recently, NALGO, with all their powers to strike have settled for an amount of £5 per week for some of their members. Only time will tell if our negotiators were right to settle for what they did. One wonders if under the circumstances it would have seemed fairer to accept an increase across the board at this time and deal with the question of differentials and restructuring at a more suitable time but I think that this point must have been considered and perhaps it could not have resulted in as high an increase for many members. Talk of resigning from the Federation by various sections both within this Force and in others is really a sort of despairing action, but I am sure that once the disadvantages of breaking up an organisation which has taken a lot of hard work over the years is realised then the suggestion will not be taken up. In times

of a great deal of co-operation and we got it freely, from all members of the I.P.A. or not. It was most helpful to have friends and contacts in various places, for whilst you can do things away from these places you want to visit it is much better to have someone on the spot.

The conclusion I would say if you contemplate anything like this don't just contemplate but get on and do it. You'll get help. You'll get tired. But you will have made friends and given much pleasure in the spirit of P.A.

Harlow C.P. Officer retires



THAT distinguished looking gentleman with the head of silver hair — the one everyone wants to salute because he looks as if he is a senior officer — yes that one, Sergeant Derek Rowe of Harlow Crime Prevention, has put his ticket in.

After 25 years he is calling it a day and starts work as a security adviser for a large private company.

Derek joined the Force at Colchester and has been stationed at Castle Hedingham, Tolleshunt D'Arcy, Chelmsford and South Benfleet before moving to Harlow in October, 1961.

In 1965 he completed a Crime Prevention Course at Stafford and was appointed C.P.O. for Harlow the same year.

Always looking for a way to get the message of the Crime Prevention Department, Derek even took time off to talk to the Press on his retirement to push the message over.

He told the Press, "My last public duty was at the Essex Show and it marked the end of 25 years service.

"I enjoyed every minute of it. If I had the chance I would do it all again."

of adversity it is imperative that we stick together and try even harder to make the organisation work better. There are still many other conditions of service which have to be fought for and they will not be obtained without the wherewithal to carry out the negotiations. Remember too that by withdrawing subscriptions it will mean that those non-contributing members will not be entitled to any of the benefits obtained from the moneys so collected. Indeed we are so hard up now that two adverse court actions on behalf of our members would break us, and because of this and the difficulty some small Forces are having, a decision was taken at the recent Conference to increase the subscriptions to 15p weekly with effect from September

1. Before you throw up your hands in horror you might like to know that your increases in pay since the last increase in subscriptions have gone up by over 70 per cent and the increase sought is less than that figure. When you look at it in perspective we are asking you to contribute a further 6p a week, which is about the average cost of one daily newspaper, and we all suffer from the effects of inflation.

RETURN OF PREMIUM INSURANCE

Although the "Open Date" whereby members could increase their holding in this scheme has now passed I would remind non-members that they can join the scheme at any time and

details can be obtained on application to this office.

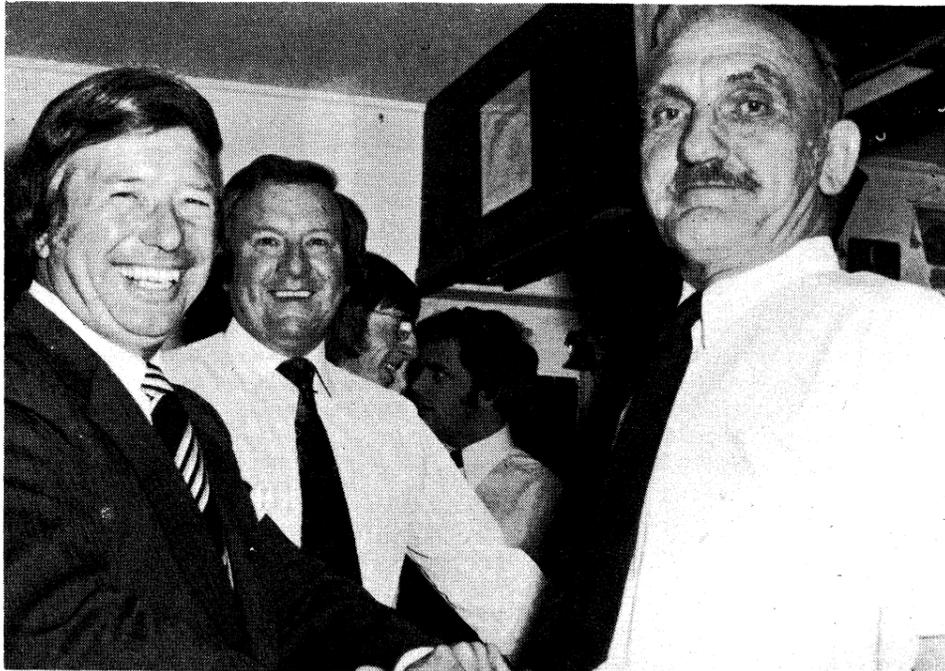
MOTOR CAR ALLOWANCE

The Regulations have just been received giving effect to the increase in the allowance from January 1. In future there will be very little delay as they will not have to await publication of regulations. Now that the mileage bands have been lengthened the Joint Branch Board are negotiating for the upper limit on engine size to be raised at the same time.

PLAIN CLOTHES ALLOWANCE

Within the same set of Regulations the payment of the new rates for plain clothes allowance have been authorised and will be paid as soon as possible.

Manager leaves Colchester C.I.D.



REG GLADWIN, who served 25 years in the Force, finishing as Sergeant at Colchester retired again on June 20 when he left his position as CID Office Manager at Colchester. He had worked in the CID since 1962, first as a clerk.

At a lunch-time get-together he was presented with a pint pewter pot, suitably engraved, from CID colleagues and a brief case from others at the station. Det. Ch. Insp. Derek Wyatt made the presentations and the party was also attended by Reg's old boss George Ambrose, ex Det. Ch. Insp.

What's on



couldn't see him as he's so small and they thought the row he was making was just a cricket chirping. Frank enters, places chin on hatch, peers at Mrs Henn, and finds that his tea is higher than his hand can reach. Obviously Southend will be dry until they grow!!

It's the year of courses by the look of it, myself and Swifty, Ben (the wandering Jew) has returned to the fold and is now full-time motor cycling again. Those other well-known part-timers (old timers?) Mitch and Super Bugle have emerged from their fag-end filled, chocolate-paper-stuffed cars, to breathe the air we all like.

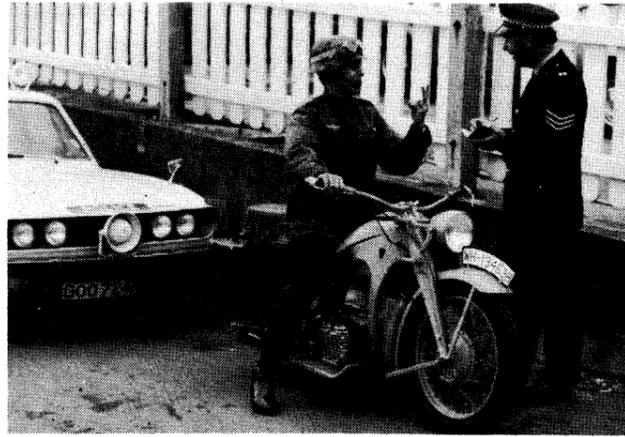
Essex Show '75 has been and gone with fond memories for all. We even had the pleasure of Harry Cook from Grays Traffic on a motor cycle. Les from the garage with the newest by pass to look after, came on his vintage Triumph (nice one, Les). Look forward to the pleasure of your company next year, mate.

Here are the certain comments regarding the above Norton. It's a crop spraying, head blowing, chain stretching (I don't have that problem, mate) heap, but full marks to Mick Lawson. He 'bulled' it up a treat.

So if you see Sparky riding it and he tells you that he did it — all lies.

REMEMBER: Mirror — Signal — Brake — Gear — Pray!!

Footnote: Ben has been on holiday for some time and has returned with some of his holiday snaps. We have great pleasure in reproducing one from his album.



"YA, ICH HABE ZWEI CREUSEN MITT DER OAKEN LEAVE UND ICH HEISS FRITZ VON BENTLY." (Ben on a reconditioned Wehrmacht bike, wearing his German Army gear.)



SEEN HERE after their "amalgamation" at Marks Tey Methodist Church on Saturday, May 31st, are Det. Sergeant Rodney Booth, of Chelmsford Division and W.P.c. Josephine Dudley, of Colchester.

Details of the amalgamation were administered by the Rev. William Jones before an assembly of approximately 80 guests.

For the ceremony the bride wore a full-length white classical style dress, with train and carried a bouquet of orchids, freesias and white carnations. She was attended by a page boy, her cousin, Master Mark Roberts, aged six years, who was dressed in a mauve Edwardian costume.

After a reception held at Copford Village Hall the couple spent a fortnight's honeymoon in Yugoslavia, returning just in time for Mrs. Booth to report for night duty.

Grays pipped at the post

Headquarters win by a single point

QUITE the worst turn-out for years rewarded the organisers of the 1975 athletics championships for their efforts as only 30 athletes contested the inter-divisional team event.

Some alterations to this year's rules had curtailed the list of events and reduced scoring to the first 3 in each event. This meant that only leading contestants scored points and gave small but expert teams a chance against larger bodies who have gathered in points by weight of numbers in the past.

And so it turned out. Headquarters with only a seven-strong handful in the arena, first held their own, and then, by winning the final medley relay, carried the day by one point. Sadly Grays, who had come determined to recapture the title they lost last year, were the team overtaken, literally, in the home straight.

The day was miserably cold for late May and performances were of a fair standard only.

Triple winner

With three wins at 100 mts, 200 mts and high jump Maria Oldall, HQ, was the most successful competitor of the day. Close behind were Bert Wallace, wins at hammer and shot and 2nd in javelin, Tim Mildinhall, wins at high jump and javelin and 2nd in 100 mts, Peter Taylor, Grays, wins at 100 mts and 200 mts, and places in high jump and shot, and Graham Butler, 1st steeplechase and 2nd 800 mts.

Another sprint double was achieved in the cadet contest by Kevin Rowe who made it a treble by capturing the

long jump and then, anchoring his divisional team, HQ, broke the tape in the relay event, following by a leg in the winning house team, Chelmer, in the cadet relay. A good day!

The best finish of the day came in the girl cadets relay when all three teams got up to a blanket finish, all within a yard.

Mr. J Duke, Deputy Chief Constable, attended to present awards and remarked as he handed the Charrington Cup to the aging captain of the HQ team, "A triumph for the veterans."

Grays pulled

And not only did Grays fail to win the athletics cup but were pulled away in the tug-o-war, which they had held for 10 years, placing

3rd out of 3 teams.

Winners were Clacton who, under the generalship

of Inspector Ray Powell look a hefty outfit. Chelmsford finished 2nd.



WINNER of the Force 3000m Walk, Denis Sheppard.



TRIPLE winner in cadet events, Kevin Rowe.



Steeplechase champ, Graham Butler.

Wednesday 9th July
Hoe Mills, Ulting,

Regional P.A.A. freshwater fishing champs.
Starts 10 a.m. (draw) fishing 11.30-4.30.
Presentation at H.Q. at 6.30 plus (C.C.).

Force singles KO contest

Bowlers bathed in brilliant sunshine

THE Force Bowls Section held the inter-divisional singles knockout competition at HQ on Wednesday 4.6.75. It turned out a very good choice of date after the snows of the previous Monday followed by the rains and cold winds of the Tuesday as the Wednesday saw the start of this year's summer. The contestants assembled on the green at 10.30 a.m. in brilliant sunshine — sweaters, anoraks and other such Icelandic clothing being discarded in favour of shirt sleeves.

The 1st round draw produced the following pairings (1) Staff (Pc Cable) v. Harlow (Pc Lench) (2) Clacton (Ps Eborall) v. Southend W (Ps Uren) (3) Colchester (C/Insp Gorham) v. Basildon (Pc Birkin) (4) Chelmsford (Pc Birkin) v. Grays (D/Insp Papple). Should anyone wonder what happened to Southend E that division was represented by

Ps Stibbards who had lost a preliminary round match played against Staff some days earlier.

These four games produced some first class bowling which would not have disgraced any green in the country and it was necessary for exactly 100 ends to be played before the four matches were eventually decided. Harlow, Southend W, Basildon and Chelmsford went through to the semi-finals which produced another feast of good bowling.

In the Harlow v. Southend match the scoreline seesawed with never more than three shots advantage to either player until Basil Uren got the winning shot on the 27th end.

In the other game Eric

Birkin won the first 5 ends to take a dramatic lead 8-0 but Tony Parker came back to take the next seven ends to lead 13-8. From then on the score remained close, within three shots, until Eric Birkin won a sequence of three ends to take the winning shot on the 25th end.

After six first class games the final produced what can only be described as an anticlimax. Eric Birkin was unable to produce anything like the form he had shown in his previous two games and really provided no opposition to Basil Uren who ran out an easy winner for Southend W after 14 ends with the score at 21-5. Basil will now be nominated to represent the Force in the P.A.A. Regional Championships.

Force Sports Association in desperate search for cash

THE AGM of the Force Sports Association took place at Headquarters on 20th June and for the first time was a true AGM and not just a meeting of Divisional Secretaries. About 50 members attended.

The Treasurer struck a gloomy note in his report which showed that last year expenditure exceeded income by £540. Moreover, his estimate was that unless something was done this would be £1,000 this year.

Several measures were adopted by the meeting to alleviate the Treasurer's problems including raising the levy on divisional clubs from 40p per head to 80p. A

suggestion that the levy should be £1 was defeated.

It was decided to raise the fee charged to Staff and Chelmsford Divisions for the use of the HQ sports ground to £45 from £30.

Finally it was resolved that in future when travelling expenses are claimed the first 25p should be paid by the member. This would save an estimated £60 in a full year. Sectional estimates of expenditure were agreed as requested.

It was agreed to re-open the constitutional question of forming a Force Sports Club with divisional branches as opposed to a Sports Association of autonomous divi-

sional clubs. This would permit the organisation of a force lottery among other things.

Sectional secretaries reported good or bad years according to their lights, or highlights.

Inspector John Page pre-ferred his report by a reference to his "non-existent" pistol shooting later agreed to the formation of a separate section.

Miss Butler reported victory in the national police netball championships for the second consecutive year but it appears that in the national angling contest one of our team was disqualified for "standing in the water".

Duty commitments had made life difficult for rugby and indoor games and the athletic secretary, having reported one of the best years ever, did not seek re-election, the only sectional secretary not to do so.

Wardens to stay dry

THE IMAGE of Traffic Wardens dripping and squelching miserably about their duties is apparently not one the Police Committee wish to see.

So when they heard that Wardens often get wet several times a day when the weather is bad they agreed to the issue of an extra mackintosh, giving them three each.

The Committee also agreed to allow an additional shirt, pullover and skirt/slacks for women wardens.

ALL THE TIMES AND DISTANCES

100m P. Taylor (G) 11.6s; T. Mildinhall (B) 11.9s; K. Sanderson (G) 12.6s. 200m Taylor 24.8; Sanderson 25.1s; A. Biddle (G) 25.3s. 800m A. Down (SW) 2m 12.9s; G. Butler (HQ) 2m 13.3s; J. Weatherley (B) 2m 18s. 3000m steeplechase G. Butler 11m 00.8s; C. Skingley (SE) 12m 28.6s; Weatherley 12m 38.6s. 3000m walk D. Sheppard (G) 14m 5.6s; J. Hedgethorpe (HQ) 14.38s; M. Faulkner (C1) 17m 7.6s. 1600m relay H.Q. 4m 11.5s; Grays 4m 12.9s; Clacton 5 mins. Shot A. Wallace (SW) 11.53m; C. Butler (G) 11.23m; P. Taylor (G) 10.20m. Javelin T. Mildinhall 51.09m; A. Wallace 45.43m; D. Murrells (G) 43.80m. Hammer Wallace 37.12m; J. Missenden (C1) 33.88m; M. Beale (G) 25.40m. High Jump Mildinhall 1.80m; A. Armstrong (HQ) 1.65m; C. Buller and K. Bevell (G) 1.50m.

WOMEN:

100m M. Oldall (HQ) 13.9s; K. Purkiss (SW) 15.2s; A. Ellingford (Ch) 15.3s. 200m Oldall 28.4s; Purkiss 31.8; Ellingford 32.8. High Jump Oldall 1.20m.

TEAMS

H.Q. 24pts; Grays 23pts; Southend West 15pts; Basildon 10pts; Clacton 5pts; Chelmsford 2pts; Southend East 2pts.

CADETS

100m K. Rowe 12.3; A. Odell 12.5s; A. Masson 12.6s. 200m Rowe 24.7; Odell 25.4; I. Learmouth 25.8s. 400m V. Mullender 56.7s; A. Watson 56.8s; C. Odell 58.2. 800m Mullender 2m 8.9s; Watson 2m 11s; L. Reeve 2m 21.6s. 1500m Reeve 4m 32.3s; D. Dutton 5m 9.1s.

3000m steeplechase A. Vowles 11m 21.6s; Dutton 11m 30.2s; C. Owen 12m 17s. 3000m walk M. Dunion 13m 37.6s; M. Spellman 14m 36s; B. Schulz 15m 10.8.

Shot A. Schulz 9.30m; N. Draper 9.10m; M. O'Sullivan 8.30m. Discus Southern 25.70m; O'Sullivan 25.33m; S. Simmons 21.35m. Javelin A. Elliot 39.24; A. Odell 31.31m; O'Sullivan 27.41m. Hammer Southern 30.30m; M. Cook 23.50m; J. Spooner 13.13m.

High Jump Southern 1.50m; C. Odell 1.50m; M. Mattack 1.40m. Long Jump Rowe 5.56; N. Dermott 5.14m; O'Sullivan 4.88m.

WOMEN CADETS:

100m B. Burgin 14.3s; B. Ruby 14.5s; M. Hicks 15.2s. 200m B. Ruby 30.0s; M. Hicks 30.1s; J. Collins 30.8s. 800m S. Keeble 2m 51.6s; J. Collins 2m 52.5s; A. Marshall 2m 53.4s. 2000m walk S. Couzens 13m 25.4s; B. Wright 13m 55.4s; A. Dempsey 14m 59.4s.

High Jump Collins 1.25m; V. George 1.20m; J. Spiller 1.15m. Long Jump Ruby 4.24m; Hicks 3.87m; Dempsey 3.67m. Shot George 8.22m; K. Hewitt 7.41m; Smith 7.06m. Javelin George 25.52m; Smith 18.41m; Ruby 17.98m.

News of the Shooting world

By Rob Wolton

THE Force Rifle Team who won the Essex County Summer League in 1974 in Division 2 have at last received their winners medals. It has taken a long time but apparently like everything else the Small Bore Rifle Association for the County have had difficulty with finance. The Force team competed against five other civilian clubs from Essex County and came out top. The team consisted of Dc. Wolton (Colchester) with an average score out of the 10 rounds of 97.9. Ps. Brangham (HQ) 97.4 Dc. Byde (Colchester) 96.9 Ps. Breathing (Grays) 97.0 and Ex Ps. Sanderson of Grays 97.7.

In the Police Athletic Association winter league 1974/75 the Force team were second in Division 4.

The team consisted of 8 members and were Dc. Wolton (Colchester) average score 96.3, Ps. Brangham (HQ) 97.3, Dc. Byde (Colchester) 95.1, Pc. Harvey (Southend) 93.2, Ps. Breathing (Grays) 94.0, Ps. Snow (HQ) 90.0, Pc. Carter (Tollesbury) 95.7, Ds. Watson (Chelmsford) 91.5.

A team of five have again entered for the Essex County Summer League for 1975, it will be the same as last year with the exception of Ps. Sanderson who is replaced by Ds. Watson. For our sins of winning last year's competition we are in Division 1 where the standard is the best.

Congratulations to the Force Pistol teams who have done so well in the last year. I agree whole heartedly with John Page and his sentiments regarding the

Pistol Section being separate from the Rifle Section. My job as the Secretary for the Shooting Section at the moment is fully occupied organising the Rifle side. I do not have the interest in the Pistol side or the time to do any of the paper work involved respecting affiliation fees and all the other items that go with the job. I hope that we can sort something out very soon. This does not mean there is any bad feeling between the two sections as there is in some civilian clubs between the pistol side and the rifle side, on the contrary we work very well together mainly because we rarely come in contact with each other except for annual reports and the such like.

Force Long Distance Swim

WEDNESDAY, AUGUST 6, 1975

Start at Westcliff Jetty
at 11.15 a.m.

Finishing point at

"THE LADY SAVILLE"

by kind permission of the Essex Yacht Club

Refreshments available

Entries to P.c. Sid Sadler, Southend, by July 20.

Cricket

FOLLOWING their first league victory against Mistley the Force played Great Bromley in a friendly on May 24.

Bromley batted first and were soon in trouble at 27 for 4 against the three-pronged attack of Johnny Johnson, John Stonehouse and our senior professional, Nigel Grainger. Wickets fell steadily and Bromley were finally all out for 96 with Nigel returning figures of 7 for 26.

It looked an easy task for the Force team but they were soon in trouble losing the first wicket with only two runs on the board.

Laurie Austin, perhaps the find of the season retrieved the situation and, after his personal tally of 34 runs had been added to the score it seemed that the Force were reasonably safe but in the finish had to settle for a rather delicate draw with a total of 84 for 8.

The following week saw the Force batting first on a good wicket at Copdock in the Two Counties League. A reasonable start was made but then a quick mini collapse brought the score to 53 for 4. Taking advantage of the good wicket revival brought the final Force score to 162 for 8, with Rod Ellis leading the run scorers with 35.

Although the Force Captain performed strangely in the field by taking Greene off after he had captured two quick wickets his reputation was rescued by some spirited bowling by Johnson, Culham and Greene who dismissed the opposition for 143 runs.

With this success under their belts the Force team played the City of London in a P.A.A. match on June 3.

Batting first the Force were in serious trouble at 14 for 3 but were rescued, once again, this time by Errol Greene who scored a well hit 58, and Fred Nichols, playing a captain's innings for 29 runs, bringing the score to 177 for 8 a winning score.

Playing Branham at Colchester in a league match the Force again batted first and at 64 for 5 they found themselves up against it. But Nicholls ably supported by Gamman took the score onto 143 before the loss of any further wicket. Eventually the Force closed their innings at 173 for 7. When Branham opened their innings they were soon in difficulty losing one of their openers for 0 and the second for 3. At 57 for 6 it seemed all over but the opposition managed to stay at the crease to complete their 45 overs, finishing at 137 for 8.

Undefeated in the league the Force took on Felixstowe the following week and with exceptional bowling from Johnson dismissed them for 68 runs.

Although they only had to get, what appeared to be an easy target, the Force lost four wickets before they reached the winning total.

High scoring

The next match was played against Frinton when the Force got off to the best start of the season, reaching 61 before losing their first wicket. Again a mini collapse in their batting brought them to 104 for 5 and 143 for 7, before a partnership between Nicholls and Sanderson took the final score to 224 for 8 in 45 overs.

Although without their front line bowlers those that were called upon did magnificent service and quickly had Frinton in all sorts of trouble with their first wicket down for 5. From there on it was impossible for Frinton to ever reach the Force total despite a number of dropped catches, and they were finally all out for 88.

At this stage in the season the Force have played five matches in the Two Counties League which they entered for the first time this year, and have won all five, a particularly good performance and one, it is hoped, that can be maintained.

A.G.M.

The Force Cricket Section Annual General Meeting will be held on Tuesday, September 23, at 7 p.m., followed by a presentation Stag Dinner at The Green Man, Howe Street, Great Waltham.

Former Champ

Derek, who is stationed at Stanway Traffic is the former Essex County boxing champion. Nowadays however his interest in the sport is usually from the other side of the ropes inasmuch as he is, and has

CHRISTIAN POLICE ASSOCIATION ESSEX BRANCH

Our next branch meeting will be held at the home of Mr. and Mrs. John Perry, No. 22 London Road, Lexden, Colchester at 7.30 p.m. on Friday, 25th July, 1975. Anyone who would like to come along will be most welcome.

National Association of Retired Police Officers by Bert Brinkley

THE most important measure before Parliament, insofar as pensioners are concerned, is the Social Security Pensions Bill, 1975, which completed the Committee stage on 20 May and is expected to become an Act before the Summer recess but it will not become operative until 1977.

The Bill seeks to revoke the Public Service Pensions review provisions of the Pensions Act (Increase) 1971. After this Public Service pensions will be increased under the provisions of the Social Security Pensions Act.

The Bill is intended to provide a Scheme to replace the Existing Social Security Flat Rate Pension for Retirement, Widowhood or invalidity by a system of earnings related to pensions made up of two components (a) a basic component the equivalent of the present flat rate pension and (b) an additional component, the equivalent of an occupational pension for employees whose employment does not entitle them to a pension benefit of appropriate standard, e.g. the Police Pension Scheme.

Annual Review

These two pensions are to be reviewed at least annually to determine whether they have retained their value (a) in the case of the basic component — "in relation to the general level of earnings and prices obtaining in Great Britain" and (b) in the case of the additional component in relation to price levels only.

Derek Rulten still in Boxing

WHAT SOME might consider to be a rough, undignified and even dangerous sport, is for Ps Derek Rulten a most absorbing pastime — that of boxing.

been for several seasons chief trainer to the Colchester Boxing Club.

Derek told the Law, "With boxing as with so many other things there are always new tactics and techniques to be learnt." His words seemed to be borne out by the fact that he has recently taken part in special Eastern Counties' Coaches' Course for boxing instructors.

The four-day course conducted over two weekends was organised by

The Secretary of State is empowered to consider the desirability of providing more frequent reviews than annual if the rate of change in the general level of prices requires this. The provision of more frequent review other than annual under the Social Security Pensions Bill is considered satisfactory and the operation of this might, to a degree, offset the five months gap controversy. The five months gap is in any event not provided for under the Bill.

The Member for Chelmsford, Norman St. John-Stevias, was written to and a reply has been received fully supporting what we say, he is "making representations to the Government on the issue."

The Motions for the Annual Conference have been received and deal chiefly with pensions increases and the need for a six monthly review in view of the rapid increase in the cost of living. Branches will be meeting and instructing their Delegates on their behalf.

Association ties

Good news at last! The ties have been received and those which were ordered have been despatched. I still have seven left for disposal, cost £1.25, including postage.

We look forward to a good day, and weather, for the annual garden party for pensioners on 10 July. The numbers who had hoped to attend number nearly 600 and all those connected with the arrangements are to be congratulated for the hard work put in to make the Party a success.

AGM Chelmsford branch

This meeting was held on 31 May, 31 members attended and 19 sent apologies for absence. The Deputy Chief Constable (J. Duke Esq) gave an interesting talk on the Force and the Force Welfare Officer (Sgt. Easlea) also spoke on his work especially as regards pensioners. Both speakers were thanked by the chairman (G. H. Hodges) for their very interesting talks which were greatly

appreciated by the members.

The officers elected for the ensuing year were: Chairman, G. H. Hodges, 260 Springfield Road, Chelmsford; Vice-Chairman and Treasurer, H. S. Phillibrown, 7 Dalrymple Close, Chelmsford; Secretary, B. G. Brinkley, 93 Sandford Road, Chelmsford; delegates to conferences, W. S. Pope and W. Hindley.

The branch social will be held on 27 September, 1975, in Headquarters Staff Canteen, 12 noon for 12.30 p.m. The licensed bar will be available from 11.30 a.m.

Part-time security duties

The Firm "QUIDS IN" who have recently taken over the former premises of Marks & Spencer in High Street, Chelmsford, are interested in employing expolicemen on part-time basis as security at shop. The firm will pay market rates of pay and hours to suit by arrangement. Anyone interested should contact The Manageress at the shop or Mr. Wratten "Weathergore Ltd", Warwick Mill Middleton, Manchester. Tel. 061-643 9236.

Collector

A COLLECTOR of military medals, cap badges, uniform insignia, buttons, hats and all accoutrements, Melvyn J. Gravenor, of 9 Ashgrove Street, Rangiora, New Zealand, has recently branched into police badge collecting.

He is keen to hear from others with similar interests and will refund postage on any badges, helmets, etc., anyone sends him.

Pistol Competition

AT a meeting of the newly formed Force Pistol Section it was decided that Ch. Insp. John Sutton (Corringham) would be the Section Secretary with Graham Harvey (Southend East) as his assistant.

The Competition Secretary is Insp. John Page (Witham).

The new section has approximately twenty members and anyone interested in this type of shooting and wishes to join the section should contact either John Sutton or John Page.

IPA Weekend

THE CAMPING CLUB of Great Britain would like to welcome members of the I.P.A. to the East Essex Feast of Lanterns at White Bridge Farm, Margaretting, from 22nd to 25th August.

The theme this year is "The Oriental East." Torchlight procession, tent and caravan decoration and Fancy Dress — Oriental style. Cost: £1.50 per unit. Information from Mrs. Green at South Benfleet 57046 or P.c. Rod Daniels at Rayleigh 5037.

Finally for those readers who do take an interest in this sport whether it be from inside or outside the ring Derek's prediction for the forthcoming "big fight" is that Ali will stop Bugner in the fourth round. Who are we to argue!

Walking

A MONTH of extremes in the distances covered by police walkers has meant splitting the squad. Though the long distance men usually have a go at the short stuff, these gestures are not reciprocated by the juniors who carefully avoid the long races.

Thus the Essex Police championship, though it developed into a procession towards the end, had an interesting Spellman-Hedgethorpe struggle for 3rd place which the younger walker won in a personal best time. He repeated this two days later in the Essex Championship, also at Melbourne, again a few seconds separating the two.

In the Essex championship Mike Dunion really let rip, slipping through the 13 minutes barrier for the first time to clock 12m 58s, probably the fastest time by a junior in Great Britain this year.

Police walkers were among a party of 30 Essex competitors to race at Rotterdam on June 8th. A truly international meeting with competitors from Mexico, Italy, France, Belgium, Germany and Holland was organised well throughout with one lapse in the lap scoring for the junior race. Dunion won fairly easily from 3 Metro cadets and, indeed, this race was the usual Met v Essex struggle with 4 from each team in the race.

Mark Spellman here had the misfortune to be sent round again after indulging in a sprint finish with a German youth, but in fact was the only walker to cover the full distance, so technically, was probably the winner.

This trip was followed by the long journey to the Isle of Man for the National 20 miles championship. The day was hot and no-one was on particularly good form after the long journey. Hedgethorpe rolled past Sheppard in the closing stages by which time Daymond had been struck down by hay fever.

Essex Police 3000mts, Chelmsford 29-5-75

1st M. M. Dunion 13:37.6 2nd D. Sheppard 14:05.6; 3rd M. Spellman 14:36; 4th J. Hedgethorpe 14:38; 5th B. Schulz 15:10.8; 6th D. Murray 15:26.8; 7th J. Roche 15:35.2; 8th W. Stephen & A. Masson 15:36.8; 10th M. Faulkner 17:07.6.

Southern Track Competition, Hackney 31-5-75

2000mts: 3rd R. Sheppard 11:03; 3000mts: 5th D. Sheppard 14:17; 12th D. Murray 15:42; 15th J. Roche 16:21; 5000mts: 8th B. Schulz 25:55; 11th M. Spellman 26:27; 16th A. Masson 27:25; 10,000mts: 2nd M. Dunion 47:41; 7th J. Hedgethorpe 52:55; 17th W. Stephen 58:00.

Team placed 3rd, qualified for final in July.

Essex County 3,000 mts, Chelmsford, 6-6-75

2nd M. Dunion 12:58 (1st Junior-Force record); 7th D. Sheppard 14:06.8; 11th M. Spellman 14:41 (2nd Jun.); 14th J. Hedgethorpe 14:47; 15th B. Schulz 14:57 (3rd Jun.); 20th A. Masson 15:41; 21st D. Murray 15:50; League team race won.

Rotterdam International Meeting, 8-6-75

20kms: 40th D. Sheppard 109:03.4; 49th J. Hedgethorpe 113:30.4. 10kms Junior: 1st M. Dunion 46:11.6; 7th M. Spellman 54:42.6; 12th A. Masson 57:18.2; 14th J. Roche 60:21 (All walked 1 lap short except Spellman).

National 20 miles, Isle of Man, 14-6-75
64th J. Hedgethorpe 3h. 7m. 27s; 82nd D. Sheppard 3h 13m

Awards after rescue from blazing vehicle



A SMALL presentation was held at Stanway Traffic Garage at the beginning of the month to mark 'the initiative and courage' of two civilians and a Stanway Traffic Officer.

Whilst off duty in May P.c. Andy Williams was driving along Cymbeline Way, Colchester when he came across a road accident.

What could have been just a simple accident was beginning to build up into quite a serious situation because, with three vehicles involved, one was on fire with the driver locked inside, one was leaking petrol from a split fuel tank and the other was a petrol tanker.

Andy leaped out of his car to where the car was on fire and, whilst Mr Morris Cossey, the driver of the petrol tanker, and Mr Norman Upsher, another passer-by fought the fire, Andy released the dazed driver.

The accident received some publicity in the local papers as a result of which Mr John Elliston of Vigiles Fire Protection, Colchester, contacted the Chief and said that his company would like to show some form of recognition of the actions of the three men in rescuing the driver from the blazing vehicle.

With approval given a ceremony was arranged and Mr Elliston presented to each of the three men a fire extinguisher, saying, "It is not often that we get the chance to say thank you to members of the public and the police who are always having stones thrown at them and I felt that it was time that thanks were passed on.

"It is with pleasure that I present these fire extinguishers in recognition of your initiative and courage."

After the presentation Mr Elliston posed with Andy and the two civilians in Stanway yard, whilst, to quote another police officer at the presentation, "Andy's admiring colleagues looked on."

'Meditation'

cont. from page 1

claimed to be enjoyable.

Four consecutive days are normally used for the fourth to the seventh steps, the last three being in the form of group discussions and meditations.

Having completed the initiation course one is then capable of meditating alone. Teachers advise that meditation should be practised twice a day, in the morning and evening.

The only physical requirement is that the eyes should be closed. The meditator is not in a state of trance so it is not dangerous to interrupt meditation.

Remarkable claims are made for meditation and a fair number of them quote medical evidence as proof.

All the following are said

to have been proved, many by independent medical analysis: Breathing rate decreases during meditation; Heart-beat rate slows, indicating a reduction in the work load; Oxygen consumption decreases, and Brain wave patterns change.

It is also claimed that TM can affect the metabolic rate or the speed at which the body uses energy.

The Missenden brothers of this force are both firm believers in the system. Peter, a 34-year-old married man with two children said, "I feel healthier and more confident as a result of practising TM. My children don't irritate me as they did. I find that I can think more clearly and become aware of job situations more quickly."

He learned the subject from his mother and has been practising for two to three years.

He continued, "I practise something I don't really understand. It is such a wide and deep subject that I'm merely skimming the surface.

"It is of use to anyone who worries and is a non medical way to relieve tension."

His brother, Ron, a Detective Constable at Clacton said, "It's a form of relaxation. The only thing you do is sit in a chair, close your eyes and relax.

"There's more to it than that but it would take a teacher of the subject to explain it.

"I do it. My wife does it.

'Stirrer retires'



P.c. Charles Ernest Storrar alias "The Stirrer," is retiring after 28½ years service and is counting 1½ years war service to make up his total of 30.

Stationed at Communications Department since 1962, Charlie has served at Clacton, Harwich, Bromley, Black Notley, Braintree and South Benfleet. He has been a valued representative of constables on the Force Branch Board of the Police Federation for the last six years and has set his successor a hard task to keep to his standards.

Although Charlie finishes on Friday, June 27, at Headquarters, he will be returning on Monday, June 30, to take up his new appointment as a civilian clerk in Communications Administration Office.

And as a treat for all those members who know Charlie, we have obtained, at great expense, a photo of him actually wearing a cap as he receives his certificate of service from the Chief.

Police rivalry at Essex Show

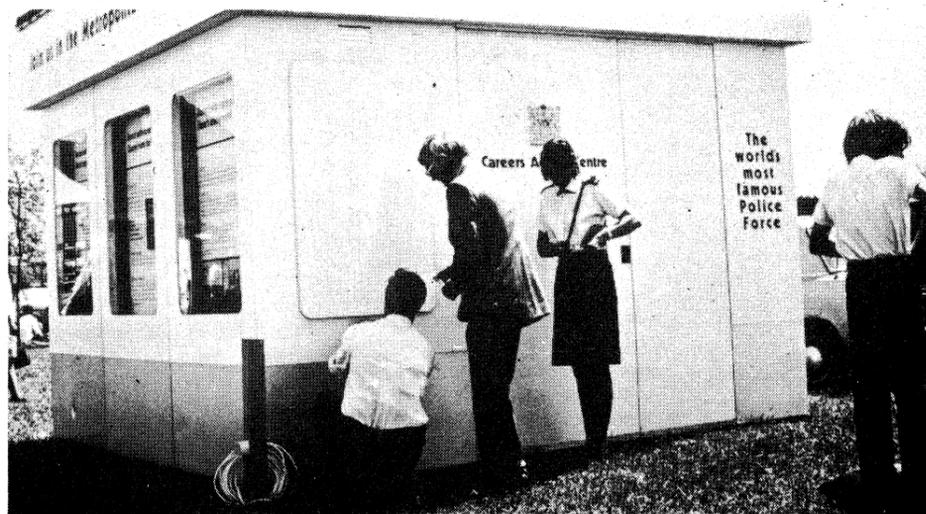


A PLANNERS' triumph at the Essex Show placed the Metropolitan Police recruiting exhibition right beside the Essex Police display. Attempting to recruit at an agricultural show is probably a waste of time in any case and Essex this year had no recruiting stand.

But Constable Alan Weatherley, representing Essex Police, served a summons on the Officer in Charge of the Metro stand, under Section 1 of the Poaching of Recruits Act 1975 — picture above.

Alas for the Metro they all came without their keys after lunch one day and had to get Essex crime prevention personnel to screw their hut for them — lower picture.

"Really grateful for their help," said the Met: "Always happy to help our big city colleagues," said Essex.



My kids do it, and, as you know my brother does it." A spokesman for the Essex Branch of the Police Federation said, "Personally, I don't believe in it. Perhaps that's what the Official Side of the Police Council were doing when they reached their decision on the last pay offer. I can't ever see it being practised in the service nor taught at training schools."

As I sit here writing this article my colleagues have been trying out TM and are now in their usual recumbent posture and are snoring.