

The Law

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Matthew Comrie ACC 'A'

MATT COMRIE RETIRES

WHEN MATT COMRIE the present ACC(A) retires in May, he will be leaving a Force very different from the one he joined from the Mets 12 years ago. Many of these changes he himself has helped bring about. Interviewed for "The Law" he said the thing he was most proud to have been associated with since joining Essex was the setting up of the Community Services Branch (CSB). However, whilst he was ACC(P) he also created the present Police Personnel structure, and instituted the present Personal Appraisal Scheme.

As ACC (Ops) he oversaw the creation of the Operations Division (now part of Support Division) and the current structure for the handling of Major Incidents.

During the Tanzanian Hi-Jack incident at Stansted Airport in 1982

one of us, to think out why we find a situation or type of working distressing, makes much more sense than glibly saying 'It is distressful'.

A simple practical way of helping yourself lies in key questions which you should ask yourself, when you feel under stress. These questions are 'What am I telling myself about this situation?' 'What am I telling myself about the demands that I think are being made upon me?' 'What am I telling myself about my ability and skill to do the task?' Objective and honest answers to these questions will help to reduce distress.

In future articles information will be given about what the Force Working Group on Health Education, (as it now calls itself!) has been up to, what are generally accepted as the signs and symptoms of those suffering from bad stress and how you can help yourself and others to alleviate the type of stress. The Working Group will be delighted to hear from any reader who would like to make a contribution on the subject. The Chairman is Mr Dickinson, ACC(O), and the Secretary Chief Superintendent Robin Blackmore stationed at headquarters. The Federation representative on the Group is Sergeant Bob Needham.

he was able to put this system to the test as night duty Chief Officer at the scene. He says that he feels that one of his strong points is organisation and he further demonstrated that whilst ACC (Admin). Although not without excellent support he emphasised. He saw through the setting up of the new Management and Technical Services Division, the Computerisation of the Force (with all its financial implications), the House Discount Scheme (with Federation and Supts Association help) and the development of taped interviews.

So what does he think of this Force that he has helped to shape over the last decade? — "I am continually impressed by the enthusiasm of Essex

Officers" he said. "It was a good Force when I came, I think it is even better now" he continued, "I am proud to have been associated with its progress and that of its members. For without people, any Force is just a collection of buildings!£"

Mr Comrie was never totally absorbed in his work however much he enjoyed it. He found time to be Chairman of the Force football team, President of the Headquarters Musical Society, and a Trustee of the Force Band. Throughout he played golf — "badly, although I'm not going to admit that!" He says that through these activities, of which he says he has always been extremely proud (even his golf) he intends to remain in contact with Force.

He is not moving away, settled as he is out at East Hanningfield.

Of his service he says "I cannot remember the day I haven't wanted to come to work." He added that he will be sorry to leave, particularly as the new Chief and he were Chief Superintendents together in the Met. "I'm sure the Force will gather momentum and even greater respect under his leadership," he said. And what of the future? — Enjoying his grandchildren, playing his electric organ, "trying to keep the wolf from the door" and perhaps a little golf.

To Matt Comrie, part-time golfer, full-time Scotsman, and whole-hearted policeman the Essex Police offers its thanks and wishes for a long and happy retirement.

Essex tackle stress problem

IT'S NOT ALL about stress, and stress is not all bad

When looking at the subject of stress, the Essex Working Group soon realised that not only was there a disadvantage in the use of the word, but it also didn't accurately describe the area they were about to enquire into. What they soon found themselves talking about is the whole question of health education. Concentrating on the specific phenomena of stress turned out to be only one small part of the work that was necessary. This was because identification of bad forms of stress and looking at ways of trying to alleviate it, inevitably takes you into a much wider question of how you keep yourself healthy, physically and mentally.

Why do people play a lot of sport, jog, run, walk, etc? For man this is their way of making them feel good, relax yet concentrate on a variety of different activities.

Non-physical pastimes and hobbies too help in an identical way.

So why should the Essex Police concentrate on the subject? The answer to this question lies in an accurate definition of what stress is.

Bad stress is caused when an individual assesses that the demands being placed upon him are greater in either quantity or complexity than he can meet. It also occurs when the individual assesses that his personal ability to carry out the type of task being asked of him is such that he hasn't sufficient skill for the work. These two forms of assessment combine together to make the individual think that he can't do the work required of him.

For this description of stress it will therefore be seen that bad stress is

caused as much by what a person thinks and feels about a situation as the actual demands being placed upon him in the form of workload and type. This is therefore of critical importance to employers and supervisors because employees are not able to be helped with regard to bad stress solely by varying their workload. They also need to work through with their supervisor how they assess the demand made upon them or the skills they have to do the job in the way that they do it. This is where the counselling conversation of the supervisor comes in, for it is through this type of conversation that one person can help another with the real cause of bad

THE ESSEX POLICE Working Party on Stress, having now worked for some while on the subject, has asked The Law to publish a series of articles on the subject. The first of these sets out what, in layman's terms, STRESS is.

stress.

The term bad stress is used intentionally because sight must not be lost of the fact that everybody needs a degree of stress to work properly. This is good stress. There is a technical name for it. Which is Eustress, the opposite of which is bad stress, which of course is Distress.

This is what the working group discovered when they set out on their journey into health education. Initially it all seemed a bit complicated but after a while, after thinking about it in this way, the issue becomes quite simple. This is because by getting the person himself, that is each and every

Long service medal ceremony

AT A ceremony held at Police Headquarters on 18 February a total of twenty-four Essex Police Officers were presented with the Police Long Service and Good Conduct medals by Her Majesty's Lord Lieutenant of Essex, Admiral Sir Andrew Lewis, KCS JP.

After the ceremony the recipients and their families were invited to a buffet tea at Headquarters where they were given the opportunity to talk to the Chief Constable and other Senior Police Officers.

Photographs were taken during and after the ceremony to mark the occasion. If any Officer wishes to purchase a copy of his photograph would they please contact the Press Office.



PHOTO COURTESY OF HARLOW STAR

Royal Humane Society Certificate

ON THURSDAY, 10 March, Pc 6061 Terry Rackley of Harlow Dog Section was presented with a Royal Humane Society Certificate by Mrs Joan Martin, Chairwoman of the Harlow Police Divisional Liaison Committee.

On February 2 Pc Rackley was off duty in Parrington Road, Harlow when heard a screech of tyres. He rushed out and saw Mandy lying on the ground having been involved in an accident. He gave her mouth-to-mouth resuscitation and external cardiac massage.

As a result of Pc Rackley's swift action and that of an unknown passer-by Mandy was brought back to life. After weeks of surgery and physiotherapy Mandy has made a full recovery.

MONEY MATTERS



by
Tony Warren

"WHICH way will it go from here?" I hear you cry, "Are the markets headed up or are they headed down?" (Answers on a postcard...)

After the big crash in October, I advised investors to hang on, because it was too late to move. How right we were! The markets have climbed quite steeply since then, although not without some very severe setbacks on the way.

At that time, it looked as if all the recovery was going to be British and all the recession was going to be American. Japan was a non-starter and Europe was continuing to be dead. How things have changed. British markets have

struggled, America didn't recess, Japan is going like the clappers and Europe is coming to life.

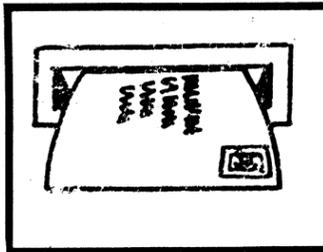
So, as I asked before, which way now. With apologies to the guild of fortune tellers, spiritualists and ball-gazers, the answer is (as you might have guessed) a qualified "up," and here's why.

The UK economy is growing faster than anyone thought it would despite the crash, and forecasts have been revised upwards. On the darker side, we have too many people borrowing too much to buy goods from too many other countries,

but it seems as if the economy can handle it so far — power to its elbow!

In America despite the prospect of a non-effective Presidency, the economy is surprisingly buoyant. The prospects of a depression seem to have vanished, the deficit is coming down and that famous "recession," if it comes, should be less than people thought.

In Japan, the move from exported trade to a more domestic economy over the last year or two has led to very high rates of economic growth and not the anticipated slow-down. **Tony Warren**



Law Letters

Appreciation

Dear Sir,
I would like to thank the Essex Police for their help after the recent death of my husband, after a long illness.

Perhaps you would be kind enough to express my thanks through The Law for all the messages of sympathy sent to my son and myself, also to thank the many Police Officers both serving and retired for attending the funeral.

I know Ken enjoyed his 30 years as a Police Officer and made many friends in the Force.

I do appreciate the support the Police have given me and am assured they will continue in the future.
Joyce and Clive Lingwood

Many thanks

Dear Sir,
How pleased I was to see the photograph "Down Memory Lane" which included a photograph of my husband Chief Inspector Kemp.

He was born October 7 1899, retired December 1959. He died suddenly September 14 1973 from a heart attack.

He served 36 years, was 23 years when he joined the Essex Constabulary stationed at Clacton on Sea and his Police Number was 221.

He is seen the group sitting in the front row, left hand side.

Thank you for a nice photograph but a sad reminder.
Yours sincerely
Mrs A. F. Kemp

Thank you

Dear Sir,
In the next edition of The Law could you please insert a big thank you to all who responded for the request of knitting wool bands.

As the response was greater than expected some wool bands are being given to the Cancer Research as well as the White Chapel Hospital London. So I am hoping people will keep sending them to me.
Thank you
Angela Biggart

Essex Police Private Medical Scheme

CONTRACT RENEWAL 1st May 1988 — A number of increases in the benefits will apply to our existing contract. They include a widening of the limits on some procedures, for instance:

Surgeons and Anaesthetists Services — for an Extra Major Operation have been increased to £675.

N.H.S. Overnight Inpatient Benefit — has been increased to £20.

Physicians Services — for each day attending a private Inpatient, increased to £25, and for attending an Intensive Care Patient, increased to £60.

Also an alteration to the method of allocating benefits for Out Patient Consultations and Diagnostic Procedures

and Physiotherapy.

Our current contract has all three services included in section 5 and jointly, the limit on these is £200. However, the renewal will provide us with a new section 6 consisting of Consultations and Diagnostic Procedures only. The limit here will be £150. A new section 7 has been created for Physiotherapy where the limit will be £150. The effect of these changes is to increase the combined benefits to £300 instead of the current level of £200.

In addition to these advances, a significant new benefit has now been included. In partnership with International SOS Assistance, Private Patients Plan will now provide International

Emergency Cover. This benefit provides comprehensive and immediate advice to a sick or injured member who needs hospitalisation whilst abroad, and the facilities to repatriate the member as necessary.

New Premium Rate — We have been advised that new premiums for the next period include a standstill on premiums for the main Police Group. Those Police members who selected the moratorium will now have that restriction lifted from them this year and as a form of 'buying back' into the main Police Group will be expected to sustain an increase in their premiums of approximately 6 per cent.

Full details of these

increases will be circulated in a Force Order.

Essex Police Help Line — Private Patients Plan are now operating a special Help Line exclusively for members of the Essex Police Scheme. The unit is staffed by Karen Bailey and Josephine Burden.

Both ladies will be able to answer specific enquiries about your health insurance. The number is Tunbridge Wells (0892) 40111 and you should ask for Karen or Jo on the Essex Police Helpline.

Claim Forms — The Medisure help desk will close at the end of April. Requests for claims forms will be dealt with by the PPP help line receptionist on the telephone number shown above.



Karen Bailey



Jo Barden

National
Association of
Retired
Police
Officers by
Doug Rampling

CHELMSFORD Branch will be holding their Annual General Meeting at Police Headquarters,

HQ Sports and Social Club presents
JAZZ NIGHT AT HQ BAR

With live band The Tailgates, 7 May, 8pm till late. £1.00 a ticket. In aid of the Lincolnshire Police Sponsored Appeal for Great Ormond Street Hospital. Contact Jo Gregory, HQ ext 2633, or Fiona Munro, HQ ext 2636 for further details.

Chelmsford, Saturday 7 May 1988, commencing at 10.30am. Refreshments will be available from 10.00am.

The Chief Constable, J. Burrow, Esq, OBE, LL.B, has kindly consented to attend together with the Assistant Chief Constable (A) M. Comrie Esq, QPM, F. Shoobridge Esq, NARPO E.E.C. member, Ps J. Rodgers BEM, Federation Joint Branch Secretary, and a member of the Force Welfare staff. It is hoped that as many members as possible will come along.

All present serving members of the Committee are willing to continue in office. If any members have items they wish to have included on the agenda, please drop me a line.

On the National side, the N.E.C. have decided to ask if the monies due to occupational pensioners through the Government's computer error (estimated to be in the region of £560,000 as far as Police Pensioners were concerned) could be used to implement the Police

Negotiating Board Agreement in respect of Preserved Rate Widows Pensions instead of being donated to charity. It was felt that the Official Side would be supportive of this course of action. The matter has been referred to all Branches of NARPO and in general has received support. Let us hope that this time we can get a satisfactory result from the Home Office.

You will recall that I said in previous issues that I was hoping to arrange a coach trip during the summer, well, here it is:— Saturday 16 July, 1988, coach to Kew Gardens for the day. Depart Police Headquarters 9am for Kew. Depart from Kew for return trip to Chelmsford 6.30pm. Cost £3 per seat on the coach. Pay your own entrance to Kew on arrival — 50p.

I will be circulating all members of Chelmsford Branch in due course, so if you would like to come along for a day out please return your booking forms to me. There are only 51 seats so first come first served.

The Comrades Association Buffet Lunch has been arranged for the 14 May, at Headquarters and everyone should have received their notification by now. The new Secretary of the Association is Sgt Bob Needham who has taken over following the retirement of Charles Howlett.

Our Treasurer reports a good response to the request for Annual Subscriptions and has asked me to pass on his thanks to all who have paid to date. Receipts will be on their way in due course.

That just about winds up another episode so until next time I will sign off. Hope to see some of you at the Buffet Luncheon.

Doug Rampling

OBITUARIES

25 March 1988, ex Pc R. E. Leece, aged 59 years, who retired from the force 1978.
13 February 1988, ex DS K. Lingwood, aged 57, who retired from the force 1986.
9 February 1988, ex Pc E. B. Earll, aged 83 years, who retired from the force 1959.
25 February 1988, Mr H. F. Houghton, aged 64 years, who retired from the force 1985.

RETIREMENTS

We wish you all the very best for a long and happy retirement.

Wpc S. J. Bonnamy, Southend/Rayleigh, 3 April, after 3 years 353 days service.

Ps D. J. Ashworth, Southend DPU, 29 March, after 34 years 244 days service.

Pc A. Ward, Chelmsford/Halstead, 19 February, after 30 years service.

Pc B. E. Reynolds, HQ P & I/Hadleigh CSB, 21 March, after 29 years 95 days service.

Pc W. McClure, HQ Personnel/FTS, 30 March, after 30 years service.

Ch/Supt C. R. Harper, Southend Divisional Commander, 29

February, after 35 years 119 days service.

Pc J. Goldie, Harlow, 28 February, after 20 years 231 days service.

Ps L. J. Street, Southend, 29 February, after 30 years 10 days service.

Pc C. G. Howlett, Personnel/Welfare Officer, 23 March, after 27 years 147 days service.

Ps D. Summerfield, Chelmsford Prosecutions, 29 February, after 31 years 9 days service.

Ps D. C. F. Robinson, Colchester/Clacton, 31 March, after 29 years 286 days service.

Insp S. Tuck, personnel/Chelmsford CSB, 3 April, after 28 years 136 days service.

Wpc D. A. Hagger, Chelmsford/Braintree, 3 April, after 14 years 266 days service.

Essex Police Comrades Association

HAVE you more than ten years service? Do you like to chat over old times? Do you know about the Essex Police Comrades Association?

Essex Police Comrades Association is open to all Police Officers of the Force who have over ten

years service.

Annual subscription is £1. The Association holds an annual buffet and an annual luncheon.

Further details can be obtained from the Honorary Secretary, Sgt Bob Needham at Police Headquarters ext 2799.

Federation Notes



by
Jim Rodgers

FEDERATION NEWS...FEDERATION NEWS...FEDERAT

LATEST PAY REVIEW DEFIES ALL LOGIC!

THOSE of you who have followed this column over the past few years will recall that I have been reporting that the Official Side of the Police Negotiating Board have been trying to find ways of reducing the automatic pay rises produced by the "Edmund Davies Formula". They put the Staff Side on notice, as far back as 1984, that as soon as the "1987 Pay Award has been resolved", they would commence a review of Police Emoluments, taking Pay and Allowances as their prime targets.

The 1987 Pay Review came and went, and it was not until the February Meeting of The PNB this year, that they tabled some suggestions as to their initial thoughts on the subject.

The Official Side have indicated that they consider the underlying index used in the past several pay awards, to be a suitable criterion for determining Police Pay. They then went on to say, however, that they considered there was a need to look at the starting pay for constables through as far as "middle service".

This last phrase has not been explained, mid point in the constables incremental scale would be seven or eight years service, however, 15 years service would be a true 'mid point' of total service. If the latter is their target, then it would mean a considerable effect on the total Constable pay scale, and would also affect higher rank scales of pay to some extent.

In addition to these two bomb shells, the Official Side believe that the review date should be moved to April from September. No explanation has apparently been given for this, but it would appear it merely gives them more time to explore the "pay review" they intend, and make up for the lost time since September 1987.

The Official Side have apparently reported their satisfaction with the Underlying Index to the Home Office, but have been asked to go away and look at Public Service increases over the past few months.

This smacks of a direct attack by Home Office on the viability of the Police Negotiating Board. It indicates that they are exercising some control, or rather are giving some direction to the Official Side with regard to its participation in the deliberations at a bona fide negotiating machine.

Does it sound as though we have heard that somewhere before???

Didn't we walk out of a similar set up back in 1976??

Not being content with dropping this bad news, the Official Side then went on to set out their thoughts on Rent Allowance.

RENT ALLOWANCE

There have been suggestions that this would either be consolidated into Pay, or that existing officers would be paid a lump sum to "buy out" their interest in future Rent Allowance entitlements.

The Official Side have rejected both these alternatives as too costly, and too damaging from an administrative point of view.

They are looking at ways to reduce the amount of Rent Allowance, and their first thoughts are that they will remove the Rates element from it altogether. This would mean that the officer would not be reimbursed that part of what he currently pays in rates or water rates. It would also mean that some new criteria would have to be set up as the present Multiplier System is based upon Gross Rateable Value anyway!

The move to Poll Tax was not designed to eliminate our Rent Allowance, and without the Official Side's comments on removing the rates element, it would still have been possible for the District Valuers to utilise their formula to provide a facsimile "Rateable Value" upon which to calculate rent allowance in the old fashioned way. It now seems likely that the Police Service will have a fight to retain the value of the provided house or rent allowance in lieu, which is a significant part of our conditions of service. Not just Federated Ranks but the higher ranks of the Service as well.

It is important therefore, that ALL the Staff Associations unite to combat this attack on our remuneration standards.

POLL TAX This applies to any person who is 18 years of age or more. It was originally abolished in 1381! It applied then to all able bodied adults and did not take account of their accommodation.

The new proposals are similar in that respect, in so far as Police House Occupants will also be required to pay Poll Tax, whereas at the moment they do not pay Rates. The Official Side have said that they will not be introducing an allowance to compensate for the requirement for Poll Tax, and as you have already read, they do not intend to compensate those who own their own homes either.

It seems that they believe that they can win the reduction of Rent Allowance,

whereas they lost heavily when they tried to eliminate it altogether back in 1984. The need for provided houses and a Rent Allowance in lieu thereof, is still as necessary as it has always been. The original reason was that a Chief Officer had control over the standard of, and the location of an officer's home, whether it was a Police House provided by the Force, or whether the officer was occupying his own house and being paid a Rent Allowance.

The Chief Constable still has the same controls. The Force Housing Policy STILL prevents officers from purchasing houses in cheaper parts of the country, with the exception of the small strip of Hertfordshire around Bishop Stortford and Sawbridgeworth. Before an officer can occupy his own home, it still has to be of an approved standard and in an "acceptable area" within an "acceptable distance" of his place of duty.

The Official Side's aim is supposedly to save money. To save money from our pockets. The end result of their proposals may well initially save them money from their Rent Allowance budget, BUT, in the long term the effect will be to force more and more officers to abandon house ownership and seek the allocation of a Police House, purely on the basis that they budgeted to purchase their houses on the knowledge that they had a Rent Allowance entitlement. By reducing that entitlement, many will be unable to afford their high mortgages.

The increasing demand for Police Provided Accommodation will surely mean that Police Authorities will be required to increase their stock of houses. The cost of this will always be higher by far, than the provision of Rent Allowances.

I wonder if they really do think these things out before they engage their vocal chords?

ALLOWANCES GENERALLY

The Official Side continued their money saving efforts, by indicating that it is their intention to abolish Detective Duty and Expenses Allowances. No explanation was given for this at all.

They also intend to abolish the reimbursement of National Health and Dental Charges, unless the cost arises from an injury sustained on duty.

In the same vein, they intend to introduce a cut date of six months for full sick pay, unless the absence resulted from an injury on duty. Otherwise, pay at half rate to continue on beyond six months of sickness.

Indications are that the new Regulation on Subsistence and Refreshment Allowances will be out by 1st April, 1988. That should finally resolve our "Place of Duty Definition", once and for all!!!

It would also introduce the payment of the allowance as set out in the Regulations, rather than the actual expenditure which currently is the case.

It will remove the Chief Officer's ability to reduce the amount claimed, but will introduce a reduction in the cases where a Chief Officer will pay more than the allowance, making that facility a rarity of "exceptional application".

Not allowances, but still within the Official Side's Declaration of Intent with regard to the Police Force, is that they intend to bring the Maternity Leave into line with other Public Sector employments, in that where an officer takes advantage of the Paid Maternity Leave facility, then at the end of the Maternity Period, she either comes back to work for three months, or reimburses the Police Authority the Payment she received for those three months.

Still not allowances, but related to it in a way, The Official Side said: "They thought the Police Service was undercompensated by way of Annual Leave", and they intend to have a look at the possibility of an increase.

Isn't that strange, when not too long ago they were arguing about Annual Leave for some 18 months or more. Now they say we should have more!

They suggest we have more time off, but at a time when they have just announced ways that they intend taking money out of our pockets! What sort of logical support is that??

Even sillier, they have declined to fulfill their promise of a further 50 officers this year, falling short of the target by a full 30. This means that we will continue to police the county with a lower than average establishment, have to find umpteen officers to provide adequate cover as Stansted Airport gradually gets into full swing, and then provide more time off for Annual Leave. Do they really put any thought into their policies???

MANPOWER

The ratio of Police to Public in Essex is too low. It has been too low since "time immemorial" — (that's a phrase from the reaches of antiquity). It was too low when Police Strengths were being upgraded after the Second World War, as servicemen came back seeking employment after the traumas of War. It was too

low, but was attainable because of the enlarging pool of manpower becoming available.

As Police Pay deteriorated against that offered by industry, the actual strength of the Service began to diminish, as staff left to better their take home pay. It was low, and the Home Office refused to increase establishments to a realistic level because they decreed that the recruiting board should reach those establishments before more could be made available.

Edmund Davies came along and gave the Police Service a pay formula, which immediately raised salary levels, immediately attracted recruits, and within a short space of time filled forces up to their agreed establishments.

The Home Office conveniently forgot their original promises, and now their stance was, "if you put your share of the money up, we will meet our share, and give you the increase in establishment".

The Essex Police Authority rose to this promise. After discussion with the experts they decided to ask for 150 more police officers for Essex Police. Not all at once, they were realistic enough to spread their demand over three years — 1986 to 1988. The Home Office accepted this proposition. A victory for reasonableness you might conceive! 1986 saw 50 more on our establishment, true they came in two batches, but at least they arrived, and were promptly recruited.

1987 saw only 20 added to the establishment, and in spite of petitions and personal approaches, no more have yet been forthcoming, (and the year ends on 6th

April, 1988!!)

So he we have another Home Office money saving scheme! They saved 50 per cent of the cost of another 30 police officers! They forced the county to do the same, against its will.

It also bodes ill for the expectation of 50 more officers in 1989, doesn't it? But then that would provide them with an even bigger saving wouldn't it?

Well, perhaps not, because we still have a quart of commitments to fulfill with a pint of manpower!!

So how can these commitments be fulfilled? By cancelling Rest Days and by officers performing Overtime. But, I hear you say, both cost money — well that's true, but then you applied some logic to the problem, didn't you?

So apply it again. Is it more cost effective to pay overtime, when it is needed, rather than employ extra officers all the time?

Is it more cost effective to cancel rest days, than pay overtime or have extra officers?

Is it possible to predict when you will not need the extra officers?

Is it possible to predict when you need officers to perform overtime?

Is it possible to predict — long enough in advance to save money — when officers may be needed to work on rest days?

Is it possible to predict how soon you can wear out a Police Officer, who doesn't get a respite from the rigours of duty? A duty which becomes more and more arduous as the years go by!!

Answers on a postcard to

Federation Open Meeting

The Federation Open Meeting will be held once again at the Marconi Athletic and Social Club, Beehive Lane, Chelmsford at 6.45pm on Monday, June 20, 1988.

The format will be slightly different to previous years. There will be the usual addresses in the Open part of the meeting by: — Bob Needham — The Joint Branch Board Chairman; John Burrow OBE LLB — The Chief Constable; Geoffrey Waterer — The Chairman Police Authority; Les Curtis BEM — Chairman Police Federation, England and Wales.

The buffet will be served right after the end of the Open part and then followed by the closed session, where the meeting will be addressed by Peter Tanner — The Secretary of the Police Federation for

England and Wales.

This will be the last meeting of the Joint Branch Board Secretary Jim Rodgers BEM, who retires at the end of June 1988. Also Les Curtis will be attending his last open meeting prior to his retirement in July. Members will also get the opportunity of hearing the new Chief Constable John Burrow, who will be attending his first Federation Open Meeting.

Representatives of our Medical Insurers Private Patients Plan and our Federation Solicitors Russell Jones and Walker, will be present throughout the evening to answer any of your queries.

Details will be published shortly on Federation noticeboards, transport can be provided if the demand is sufficient by your Divisional Representatives.

NO QUESTIONS ASKED

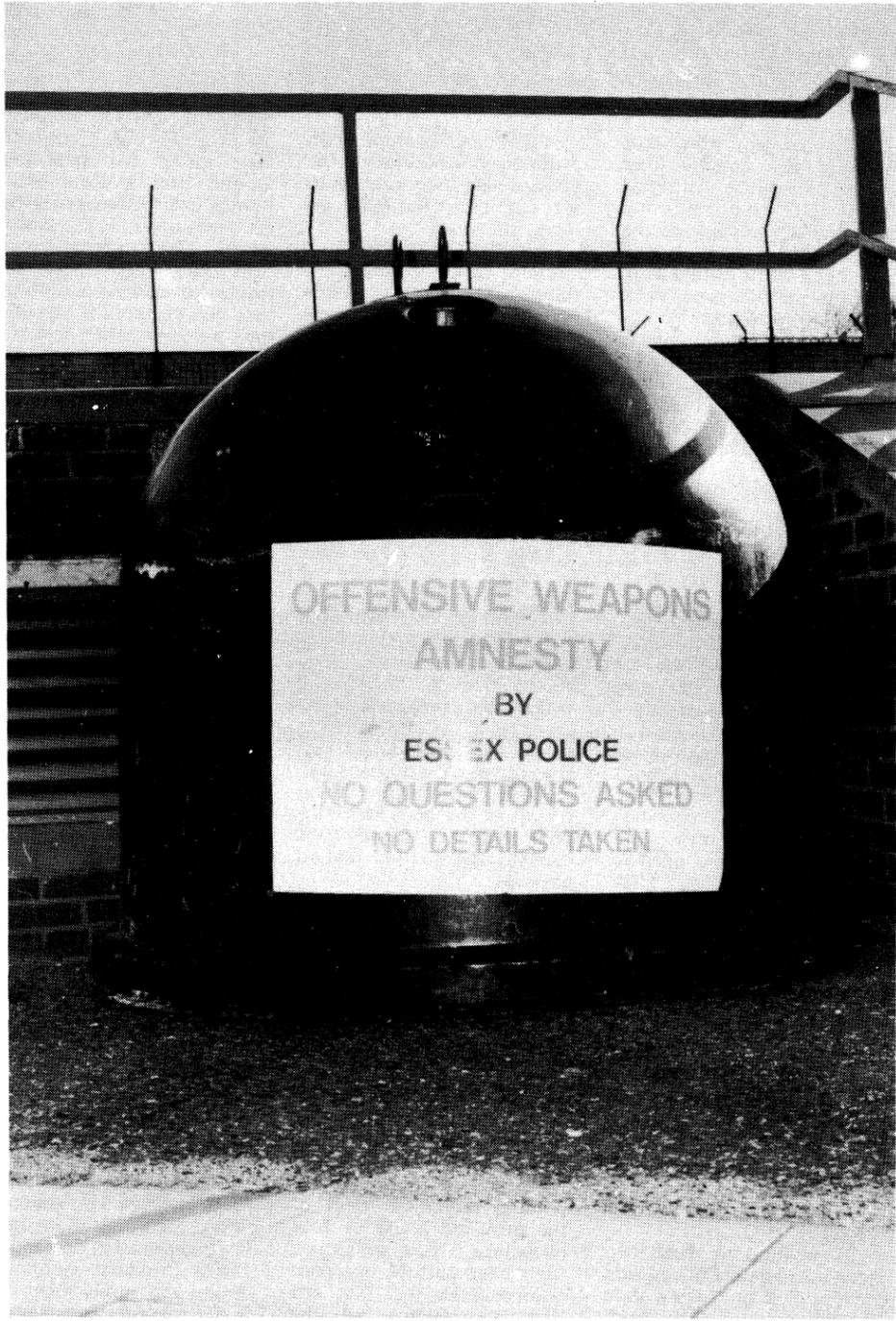
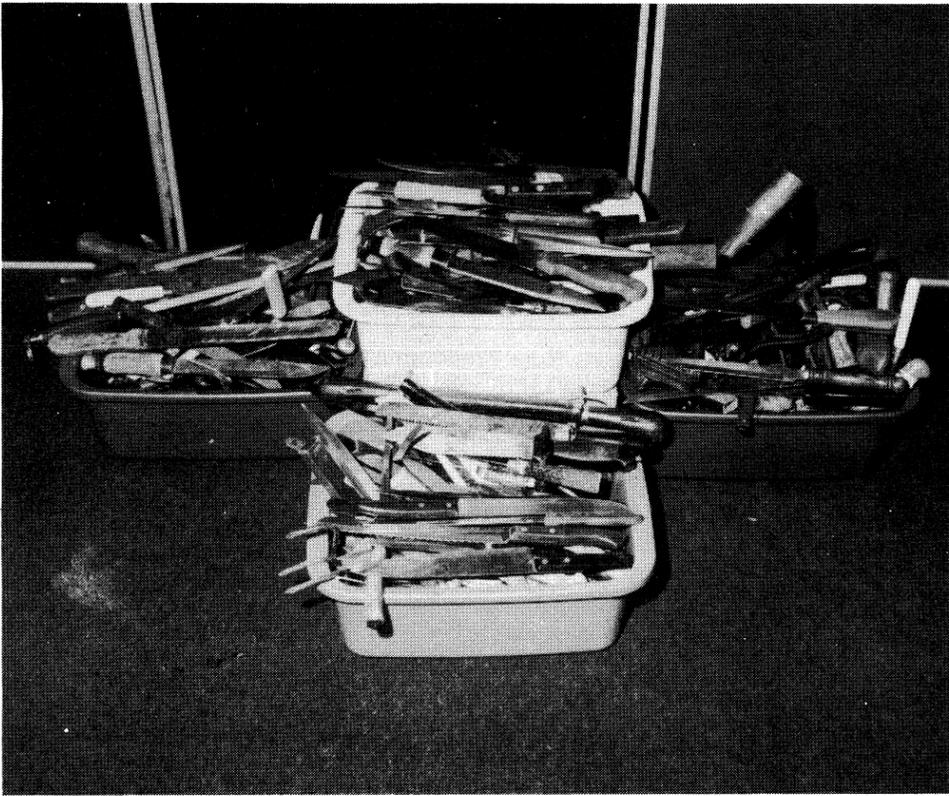
Essex Police declare an Am

BETWEEN Saturday, 13 February and Friday, 11 March the public were invited to surrender any offensive weapon and in particular knives, at any

Police Station in the Essex Police District. To assist those who may have been concerned at entering a Police Station, receptacles in the form of bottle

banks which were clearly marked were placed outside some of the main police Stations.

In launching the Amnesty, Jim Dickinson,



NO DETAILS TAKEN

Amnesty on Offensive Weapons

Assistant Chief Constable (Operations) said:

"During 1987 there was an unacceptable increase in offences of assault and wounding in the Essex Police District. There was also an increase in the number of offences where knives were used during the commission of crime."

The purpose of the amnesty was —

a) With the help of the media to draw to the attention of the public the unacceptable increase in crimes of violence during the past year and to make them aware of how a relatively minor argument can escalate into serious injury through the availability of weapons carried.

b) Hopefully to encourage a greater level of responsibility, particularly amongst the young people of Essex, and to discourage them from carrying weapons.

(c) To make parents aware of the serious consequences that can result when seemingly innocent weapons are carried.

(d) To remove from the streets of Essex some articles which could otherwise be used to cause injury.

At the conclusion of the Amnesty the receptacles were opened and the surrendered weapons itemised. The results showed an excellent response from the public. Mr Dickinson said:

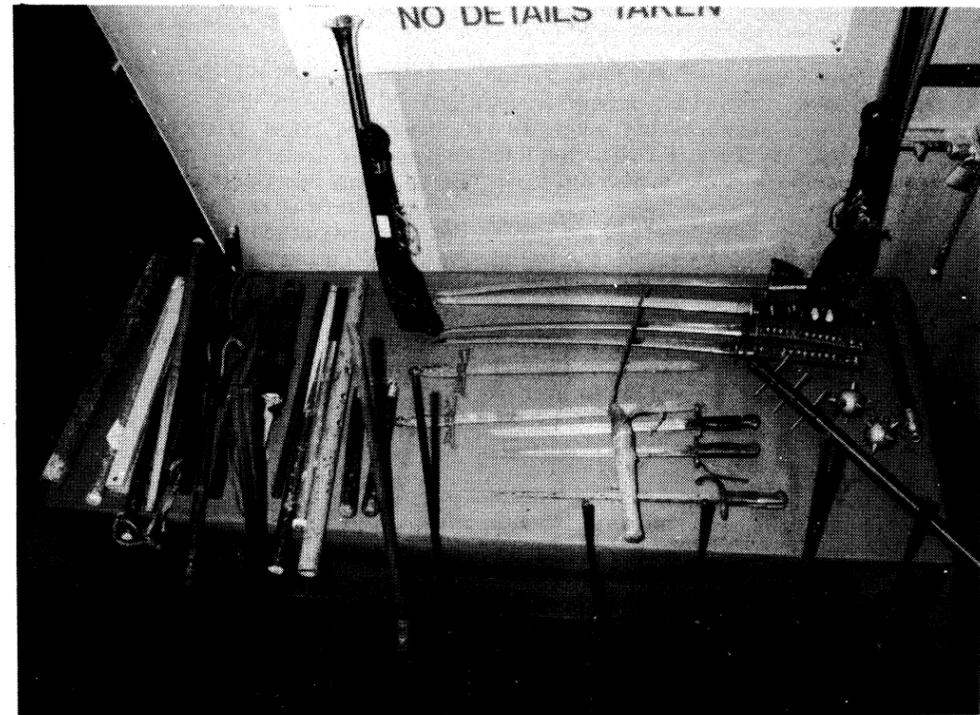
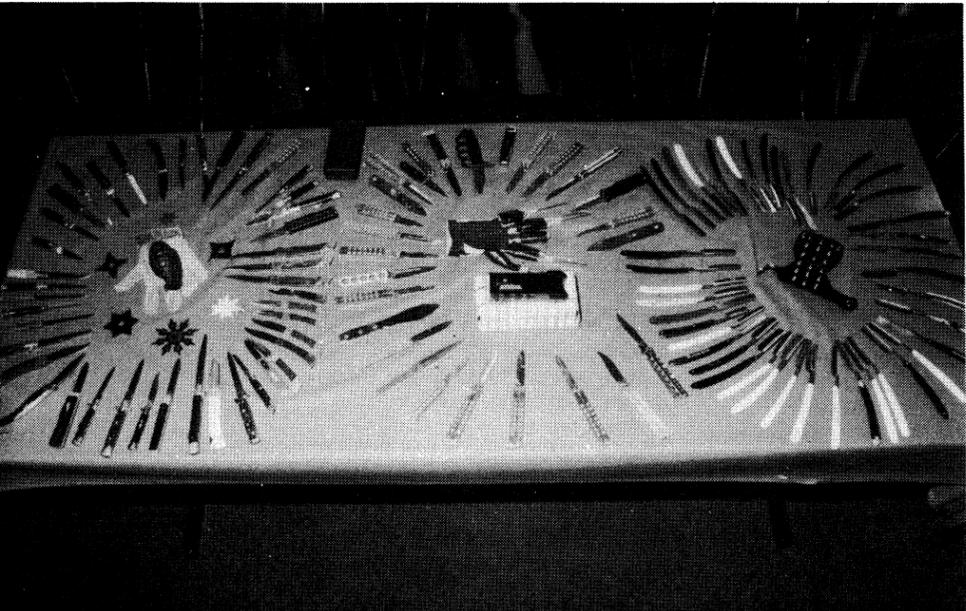
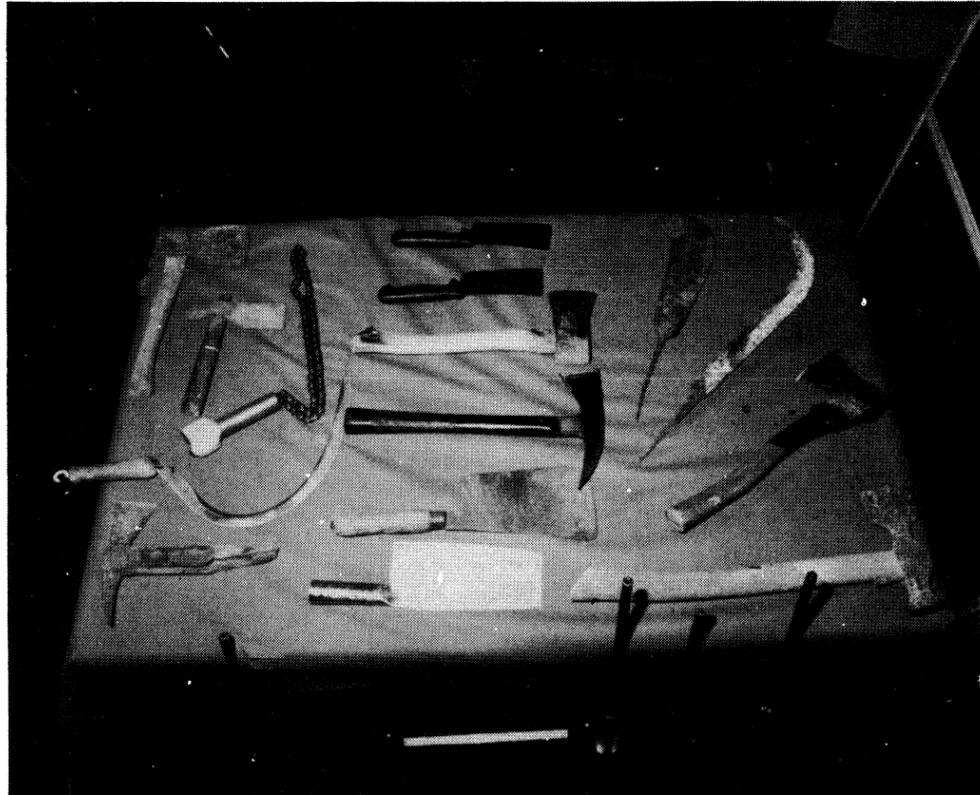
"The surrendered weapons exceeded expectations and the variation in the assortment has been a considerable surprise."

The Amnesty originally for offensive weapons was extended to cover firearms. Over eight hundred weapons were surrendered. Included amongst these, all of which are capable of inflicting injury and many of which were

designed purely for that purpose were over one hundred firearms, amongst which were four rifles, thirty-one handguns, thirty-one shotguns and forty-eight air weapons.

There were over five hundred knives of various types and sizes including flick knives, gravity knives, butterfly knives and Stanley knives. Other items included crossbows, machetes, martial arts weapons, coshes, catapults and bayonets. Also surrendered was a large amount of ammunition. The surrounding photographs show the amount and varying types of items surrendered.

This Amnesty has shown that with the co-operation of the public it has resulted in a reduction in the availability of weapons that can be used to cause serious injury and thereby making the streets of Essex safer for the public.



Winston Churchill Fellowship

ANGORA GOATS, LEATHERWORK — Techniques, a typing method for Corynebacterium Jeikeium and Crime Prevention at Airports — four more diverse subjects would be hard to conjure up!

What do they have in common? The answer is that they are subjects that will be studied by people who have been awarded a fellowship by The Winston Churchill Memorial Trust.

There were ten categories for fellowships this year, including Distance Learning, Sea and Airport Security and an open Category for projects in Australia.

The Churchill Trust is a living tribute to Sir Winston, whose example is its inspiration.

In 1965, thousands of people, grateful for his leadership, subscribed £3,000,000 to provide Travelling Fellowships. These enable men and women from all walks of life to gain a better understanding of the lives and work of people in other countries overseas, and to acquire knowledge and experience which will make them more effective in their work and in the community when they return.

About 100 awards are made annually — (105 in 1988). All UK citizens are eligible. A Churchill Fellow can be any age, and in any occupation. No educational or professional qualifications are needed, but candidates must be able to

show that they can make effective use on their return to this Country of the knowledge and experience they have obtained abroad.

Applicants propose a study project related to their trade, profession or interests.

There were nearly 2,200 applicants for the 1988 awards, including 45 from Essex people. Sergeant Peter Hesketh stationed at Stansted Airport was successful in his application to study airport security. As a member of the Essex Police Stansted Development Team, he is dealing with security matters at the airport that affect policing now and also those that are still at the planning stages. It is because of Stansted will develop to become one of Britain's four busiest airports that Sergeant Hesketh felt that it would be beneficial to look to airports in Europe and Israel to see how they have coped with rising crime and the ever present terrorist threat.

The Trust ask for a written report on completion of the travels but more importantly, the experience and knowledge gained abroad, should be used for the benefit of the community, his work colleagues and the individual.

The categories for 1989 have not yet been decided but if you have a study project that could benefit by a period of study abroad, watch out for information in Force Orders.

High Commendation for Ongar officers

ON MONDAY, 14 March Ps 82 Geoff Lee and Pc Mick Page both stationed at Ongar were presented with the Chief Constable's "High Commendation" by Mr Waterer, the Chairman of the Police Committee.

Both officers were highly commended for outstanding initiative and courage they displayed whilst questioning, disarming and arresting 2 heavily armed men for conspiracy to rob, conspiracy to kidnap and possessing prohibited weapons.

Their astute observation, combined with the swift response and positive action taken undoubtedly prevented these men from carrying out a plan of action which would have had extremely serious consequences.



Left to right: Mr Waterer, Pc Page, Sgt Lee, Chief Constable.

St Luke's Hospice

IN JUNE a team of Basildon Police Officers and Colchester based Royal Military Police make history when they march from New York to Philadelphia to raise money for St Luke's Hospice.

With flights sponsored by Jetways Travel, and Hogg Robinson providing travel arrangements free, the team hope to raise over £5,000.

Douglas Domin, United States Legal Attache Office, has taken a personal interest in the venture, and whilst over in the States the team will be hosted by the Federal Bureau of Investigation in Virginia, and New York City Chief of Police Personnel. It promises to be quite spectacular with the officers in full uniform marching 30 miles a day escorted by American Police in an emergency vehicle supplied by the Police on Long Island.

The 130 miles in the blistering heat finishes with their arrival in Philadelphia on Independence Day, ready to take part in the celebrations on 4 July.

Tilbury Police Station have also done their bit for St Lukes.

Prisoners asked if they could do a "sponsored walk" — perhaps they'd heard about the American Marathon? A compromise was reached and the three detainees embarked on a "Cycle Ride to Nowhere" using an exercise bike, and sponsored by officers at Tilbury and Corringham.

Whilst "resting" the 3 came up with the following:-

At times we do get lonely,
there's nothing much to do,
Just watch TV or play a game,
an exercise or two

Even though we are prisoners,
we also have a heart,
For St Luke's Hospice Charity
we decided to take part

In a sponsored run to Southend,
We promised to come back,
The Sergeant wouldn't let us go,
he would have got the sack,
So instead we got on an exercise bike,
Two hundred miles to ride . . .

Steven Greet Trophy



MUSICAL SOCIETY

NOW the society has returned from its visit to Japan (courtesy of G and S) rehearsals have begun for the Charity Show to be staged from 30 June — 2 July 1988 inclusive. This will take the usual form ie, waitress service and a ploughmans supper, and will consist of a programme of songs from shows that so far the Society has not staged.

The show is being presented in memory of Johnny Johnson and Norma Richardson, two founder members who passed away recently. All profits from the Show will be donated to the British Heart Foundation and the Colchester Cancer Unit.

In order to ensure speedy and efficient service, waiters and waitresses are re-

quired on the above dates, so if you feel you are able to help, please get in touch with any member of the Society who will be pleased to pass on your offer to the appropriate source.

Also any donations in the way of raffle prizes will be greatly appreciated.

Help us to make this Show the best yet, financially, a thank you for the years of pleasure given to audiences by Norma and Johnny.

CID charity cheque

DET CHIEF Inspector Tim Scotchmer together with other members of Chelmsford CID presented a cheque for £2,376 to Mrs Maureen Caton from Hargrave House, the Great Baddow home for severely handicapped children. The money which was raised during two events has been used to buy video recorders, cassette players for the home's mini-bus, cameras and picnic equipment.

THE tragic death of Police Constable Steven Greet whilst on motorway attachment in 1984 has resulted in a road safety quiz being named after him. The Steve Greet Memorial Trophy is the brainwave of North Weald's Detached Beat Officer, Chris Caten, and this year's final, the fourth, was recorded by Forest Radio for use over St Margaret's and Princess Alexandra's Hospitals at Epping and Harlow. The quiz enables four, fourth year students from 18 primary schools to take part and answer questions on the Highway Code.

This year's final saw Roydon (last year's winners) and Ivy Chimneys (1986 winners) fight out a very competitive final. The trophies and £100 prize were presented to Ivy Chimneys by Chief Superintendent Pirie at the Council Chambers in Epping. Ivy Chimneys local policeman, Ivor Harvey, who has been laid up in hospital for the last month will listen to the whole quiz from his bedside. The quiz has been sponsored by local man Charlie Wilson who owns Kiln Road Coachworks at Ongar and to date has paid over £800 towards trophies, prize money and Highway Codes during the four years of the quiz.

Market Place

SAILING CRUISER, Invader 22 GRP, 5 berths. Cooker, toilet, Mercury outboard, bilge, keels, well equipped. Built 1979. Ds D. Conner, Port of Harwich. Home telephone 0255 880396.

GOOD HOMES wanted for cats and kittens. Miss S. Parsonson 0206 211237.

WESTON-SUPER-MARE bed/breakfast optional evening dinner, good centre all attractions. Four Seasons Guest House, 103 Locking Road, Weston, John Barcham Ex Ps 116 0934 31124.

HI-FI EQUIPMENT, Sony amplifier/receiver, Sony tape deck, Pioneer record deck. Quality system equipment, £100 to clear, worth much more. H. A. Norman, Chelmsford ext 3604 or 0245 251024.

SET OF FOUR BOWLS, Vitalite 4¾ bias 3. As new, £50. Insp C. Snow, HQ Driving School ext 2773.

HI-FI UNIT, black. Glass doors. Perfect condition, £25. Sgt N. Seymour, HQ Cpsu ext 2736 or 0268 693255.

HITACHI VIDEO camera, recorder, tuner, extra power supply, batteries, carrying case, remote control. Mint condition, £630 ono. Pc J. Mertyl, Information Room or 0245 358603.

VERTICAL SLAT window blind, oatmeal colour. Suit window 5ft 10in wide x 3ft 11in drop, £25 ono. Insp L. Bramhill, Grays 'A' or 0268 750474.

TRINIDAD SIX, large 6 berth frame tent. Hardly used. VGC, £350 ono. Mrs Gibbons HQ ext 2411 or 0245 351740.

CARAVAN SPRITE Alpine, 5 berth, cooker, fridge, auto pump tap, large awning, toilet compartment, new seat covers, £750. I. H. Merfield, retired T.W., Clacton 0255 426287.

XR3i 2400, red. One owner, ABS sunroof, radio cassette, heated front screen, alloys, RS skirts, colour coded, 1986 'D'. £7,650 ono. D. J. Henshall, Colchester, or 0206 41494.

FORD SIERRA 2.0 GL Hatchback, 'B' reg, May '85, 21,000 miles, one owner, taxed April '88, transfer warrenty May '88. VGC inside and out. £4,590 ono. Denys Flint, retired Southend 0702 65640.

HALF SIZE guitar with case, perfect condition, £25. Sgt N. Seymour, HQ Cpsu ext 2736 or 0268 693255.

CABONON FOUR berth frame tent. Very good condition, not smoked in etc and other camping equipment. All for £175. Pc B. H. Mason, Southend or 0702 528 262.

WANTED, CALOR Gas 7kg butane bottle, empty or partly used. Mr D. Newbury, Hq FTS or 0245 352079.

HOLIDAY COTTAGE, Cornwall, 2 miles from Port Isaac. 18th century. Well equipped Cornish stone cottage. Sleeps six. Dc Ward, Harlow (SOC) or 0277 364838.

23 FOOT Sailing Sloop, inboard engine, three plus one berths. Full inventory trailer and winter cover. £6,000. Ring 01-300 6618 for full details. (Mrs Benjamin Domestic Supervisor Rayleigh).

BLOCK LETTERS PLEASE — ONE WORD PER BOX

Name and Rank

Station

Home telephone

Signed

Charity Page

SUCH is the success and enthusiasm of Essex Police Staff in raising money for charity, that the Force often gets requests from Charities for fund-raising on their behalf. We thought it might be a good idea to set out the various good causes in a sort of "shopping list," so that anyone who wishes can offer their fund-raising skills or their donations to the Charity of their choice.

Essex Physically Handicapped Association

Sponsored Walk — 13 to 21 July

DURING the nine days of this sponsored walk, the Cadets and Vocational Students will hike the 168 miles of the Offa's Dyke Long Distance footpath. All proceeds will be donated to the Essex Physically Handicapped Association.

Perhaps at this stage we should say something about the walk and the association.

WHAT AND WHERE IS OFFA'S DYKE?

The fourth British Long Distance Footpath to be opened, Offa's Dyke runs the entire length of the Wales/England border from the Severn Estuary near Chepstow in the South to the sea at Prestatyn in the North, as stated earlier a distance of 168 miles. Throughout its length, history is brought to life, not just by King Offa's frontier earthworks, but by ancient hill forts, prehistoric trackways, old drove roads; by medieval castles set up to guard the English plain against decents by Welsh hill men; and by the small market towns and villages which the path links.

WHAT IS THE ESSEX PHYSICALLY HANDICAPPED ASSOCIATION (EPHA)?

Formed in 1949, the EPHA had the following objectives:

1. To assist the physically handicapped to live as full and satisfying a life as possible by helping them to enjoy normal pursuits, social life and recreation. To help those needing assistance in any way, indicating the provision of those facilities which cannot be provided by the Statutory bodies.
2. To act as a co-ordinating body for voluntary organisations interested in welfare of the physically handicapped in Essex.
3. To co-operate with the appropriate bodies in working for the welfare of the physically handicapped.
4. To establish local associations and clubs as required.
5. To undertake anything else which could assist the attainment of the objectives set out above.

From May to October the EPHA organises holidays for physically handicapped people resident in Essex. This is an opportunity for unaccompanied disabled people to enjoy a relaxing holiday and for their caring relatives to take a well-earned break. The Cadets are able to attend some of these holidays to give assistance with the day to day tasks. Many valuable lessons are learned for their future career as Police Officers.

WHY DO WE WANT THIS SPONSORED WALK?

We are a fit, able-bodied group of young people who wish to bring a degree of comfort to others not so fortunate. You can help us to do this by either sending a donation or sponsoring us at a sum per mile. We guarantee to complete the walk and plan to camp at sites shown on the map.

If you are willing to make a donation or to sponsor us, please contact Inspector Peter Knight, Force Training School, Police Headquarters, Chelmsford.

The Baby Faye Watling Appeal

FAY WAS BORN in March 1987; a couple of weeks later a bright red spot appeared on the left-hand side of her face and this spot has now developed into a large, hideous growth that now covers the entire side of her face.

The medical term for this type of growth is "A CAVERNOUS HAEMANGIOMIA," caused by a large mass of clotted veins.

The nature of the growth means it is extremely difficult to remove, in Faye's case its unusual position means it is affecting both her eyesight and breathing.

A Mr David Apselberg, of the Palo Alto Medical Foundation in California, has said he will be able to treat the affliction, however it will necessitate at least three or four trips to California for laser treatment to reduce the growth and a final lengthy visit for the final operation.

Because of the difficulties in the removal, a large amount of blood will be lost, because of the size of Faye, this will make the operation that much more dangerous.

To help raise money towards Faye's operations Kevin Bartlett will attempt to run 26.2 miles in the Wolverhampton Marathon on May 22nd '88.

Please help Faye by sponsoring Kevin generously; to Colin Prest, HQ C15, extension 2556. Thank You.

British Kidney Patient Association

AS WE enter 1988, please, please would you help me to offer hope to more of our young kidney patients whose lives depend on dialysis treatment and whose inspiration for the future lies in kidney transplants.

We are committed to raising £250,000 over the next three years to meet the cost of providing a desperately needed new Children's Renal Unit at Guy's Hospital because the National Health Service is unable to help with this project. This urgently needed Unit will provide life saving treatment for more of our young kidney patients than ever before in the UK.

I write to ask whether the BKPA might be considered as a target charity for the Essex Constabulary for the forthcoming year. Should you be able to raise the sum of £8,000, this would pay for a bed in the new Children's Unit, and your generosity and hard work would be commemorated by a plaque placed in the ward. I do appreciate that this is a huge sum of money and that the reputation of police as fund-raising means that you must receive a continual stream of requests from charities such as ours, but I do hope that you will have time in your very busy life to give real consideration to my letter. Please help us to bring to give real consideration to my letter. Please help us to bring to give real consideration to my letter.



The officers who will undertake the 1988 charity drive. Pictured (from left to right) are Brian Targrass, Mich Ashman, Mick Walker and Paul Fincham.

Guy's Research and Cycling Expedition

TWO THIRD YEAR medical students from Guy's Hospital, London, Neil Davies from Fleet in Hampshire and Jamie Barwell from Truro, Cornwall, will in the New Year be undertaking a cycling expedition across South America in aid of the charity "Intermediate Technology" and a cancer research project at Guy's Hospital.

The intention is to travel by mountain bicycle into remote parts of South America where the incidence of malaria is high and examine and codify natural plant remedies of this disease known to the indigenous population. Plants used for their anti-cancer properties will also be investigated.

The rapid deforestation of the tropical rain forests, now being destroyed at a rate of 60,000 acres a year is destroying for ever the natural habitats of plants with great medicinal properties. The need for such a survey as that proposed is therefore a critical one.

On-going research is currently being conducted at Guy's into the prophylactic treatment of malaria and it is hoped that the herbal remedies encountered in South America will assist further research.

The venture will undoubtedly be an arduous one, and all expenses will be covered by the students themselves. We hope that both the public and commercial sectors will help us in our efforts to raise money to help medicine both in our own hospital and in the areas of the world which we will be visiting.

We eagerly await your response to our appeal.

THE BENEFICIARIES

1. A new act of Parliament passed this year has meant that the Guy's Oncology Department is in need of a lead-shielded Unit in order to continue its work with radioactive materials. This treatment unit would be used for research into the targeting of radioactive isotopes. Instead of irradiating whole areas of the body, lower doses of radiotherapy could be directly targeted to the tissue or organ in which the tumour lies; popularly called "Magic Bullets."

The Unit would also be used in the treatment of breast cancer where extensive trials have proved that a lumpectomy followed by an implant of iridium wire is at least as successful as performing a radical mastectomy.

The enormous weight of lead required for this Unit is too great for any existing building at Guy's to bear. Therefore the proposal is to build this new Unit underground, on a site adjacent to the main ward block.

2. The charity INTERMEDIATE TECHNOLOGY (Tel. 01-836 9434), whose patron is Prince Charles, has as its motto "Help us to help the poor help themselves." Its Third World projects aim to use appropriate technology that can be constructed, repaired and replaced locally to help the population improve their own water supplies, agricultural techniques and living conditions. Advances in these fields in 17th century Europe did more to improve the general health of the population than any other single factor.

THE RESEARCH

Only 1% of plant species have as yet been tested for their medicinal properties — strange when you consider how many modern drugs are based on natural products.

The freedom we gain from the mountain bicycles will enable us to reach the most isolated people whose medicine is still based on the plants that surround them. This is an area of particular interest to our patron, David Bellamy.

Research into the effectiveness of these traditional medicines will be co-ordinated with Dr. Dorothy Bray at the London School of Tropical Medicine.

SPONSORSHIP

If anyone (either privately or through a company) would like to sponsor us in our efforts by making a donation to one or both of the above charities; or by helping us fund the expedition itself they can contact:

EVERY FEW POUNDS WILL HELP!

Donations please to: G.R.A.C.E.
c/o Boland House,
Guy's Hospital,
London SE1 9RT.

*Charity drive
deserves your
support*

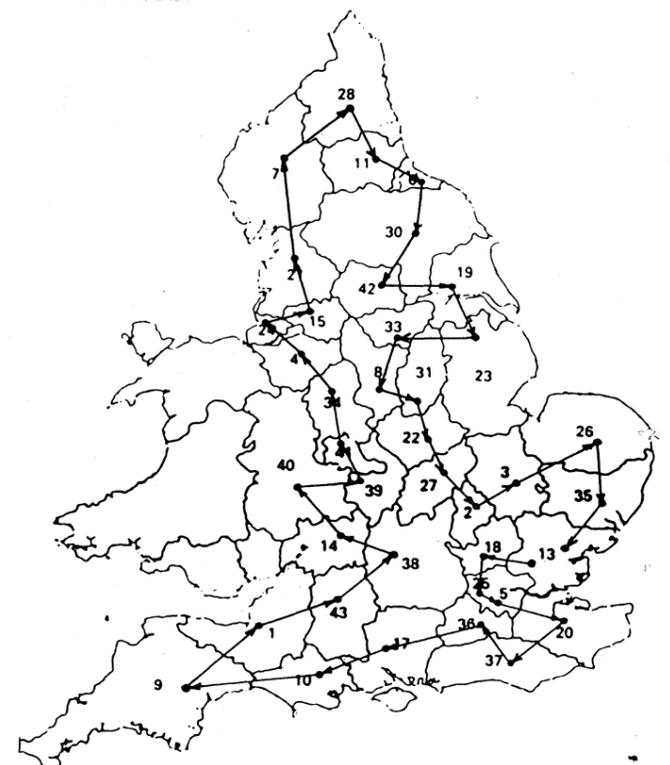
DURING the weekend of Friday/Saturday/Sunday the 13th/14th/15th May 1988, four Harlow Police Officers will leave Harlow in a Renault Espace saloon car on a non stop drive to visit all the Police Headquarters in England, a distance of approximately 1,600 miles.

Our aim is to collect money which will be distributed equally between two major charities:—

1. The Royal Ulster Constabulary Injured Officers Fund.
2. Harlow 'Young Concern' (Patron — The Lord Lieutenant of Essex) — a community project to assist the young people of Harlow and in which the Police are playing an important role.

The drive has been sponsored by Darlington's Garage, Old Harlow (vehicle); BP (petrol and clothing); Autosurance (drivers and vehicle insurance); Automobile Association (route); Essex Police Federation (cell phone for use on drive); Masps; British Telecom (Cellnet phone plaque to be presented to Forces visited on the drive).

Any donations or cheques made out to 'Essex Police Charity Drive 1988' will be gratefully received by either Inspector Walker or Inspector Targrass at Harlow Police Station, or Pc's Fincham or Ashman at Harlow Traffic Garage.



The map above charts the route of the Essex Police Charity Drive 1988.

Force rugby successes

THE ESSEX POLICE RFC have gone from strength to strength this

season. The move to Witham RFC has paid great dividends both on

the playing and social side. The team, now playing

regular Saturday fixtures against Essex clubs, has enjoyed great success so far this season with a record to date of: Played 23, Won 16, Drawn 1, Lost 6, For 456 points, Against 217 points.

The side pictured beat Southend RFC by 12 points to 11 points, so extending an unbeaten run to eleven games.

The team leaves soon for a three-day tour of Holland, where games will be played against the Royal Dutch Marines and a Dutch club side.

New players are always welcome to come and try out for the side, and it is hoped that with sufficient interest a second team will be put out for next season. Members of the Special Constabulary and Civilian employees are also welcome.

Training will be throughout the summer every Tuesday at 7.30pm at Witham RFC.

Please contact Pc Doug Bedford or Pc Mick Hall at the Force Support Unit office if you are interested.

Jacob drives 'em crackers!

THE FORCE Table Tennis Championships were held recently at Southend Police Station and a day of competitive table tennis was enjoyed by everyone who played.

Dave Birkett (South Woodham CID) who would have figured prominently in most finals has been out all season with a leg injury so he was not able to defend his titles. This allowed Chris Jacob (recently posted to Colchester NBO's to get valuable Croker Cup points for table tennis!) the opportunity to take all the men's titles, and this he did quite easily winning the men's singles against Tony Bull (Chelmsford CID) and combining with Peter Layzell (Southminster) to win the men's doubles against Mick Grout (Southend) and Clive Harding (Southminster).

Mo Chaplin (Southend NBO's) had even less difficulty in taking both ladies' events, beating Hazel Harley (Southend) in the singles and combining with Hazel to win the ladies' doubles; she then combined with Chris Jacob to win the mixed

doubles against Mick Grout and Hazel Harley.

The Veterans was won by Lee Spong against Ted Stanley (both Harlow Traffic). The most popular and evenly-matched event was the consolation singles, for all first round losers. This was won by Kevin Crosby against John Anderson (both Harlow Traffic).

By the time it came to the presentations (after 6pm!) most senior officers had gone home, so we were grateful that Acting Acting Deputy Divisional Commander Dennis Hicks was still around to do the honours.

On a final note, there are a lot of players in the County who play table tennis but do not attend the Force Championships, so if Ted Stanley can bring a large contingent from Harlow Traffic and Robin Rush can come from Clacton, I'm sure a lot more players can make the effort from Southend, Rayleigh, Basildon and Grays, who were conspicuous by their absence.

Remember it's not the winning that matters, but the taking part.



The Essex Police Rugby Team.

Force swimmers show class

THE ESSEX POLICE Swimming Team were out again in the No 5 Region, PAA Swimming Championships held by the City of London, Saturday, February 27, 1988.

The small team of five consisting of Nicky Coote, Paul Eveleigh, Chris Mathlin, Michael Bute and team captain Philip Whitehead, proved to be the only real opposition to a well-established City of London team. In fact, the men came close to taking all the events away from the City.

Chris Mathlin swam with the team for the first time and surprised everyone with his excellent freestyle, just missing the final. He was so much better than Phil Whitehead thought he was going to be, that his swim actually shut Phil up for a

while, and for Phil to stop talking was almost unheard of.

Nicky Coote once again showed her class by winning the 50 metres freestyle in a very good time and by coming third in the 50 metres backstroke. She went out so fast in her freestyle event that the other girls couldn't get anywhere near her.

Michael Bute excelled himself by winning the 4x25 metres individual medley and coming second in the 50 metres backstroke. I think he was so disappointed about misjudging the heats of his favourite event, the 50 metres freestyle, and not making the final, that he went like a rocket in the medley from start to finish showing the rest his heels.

Paul Eveleigh put one-hundred per cent effort into his events. He came second in the 50 metres butterfly, third in the 50 metres freestyle in a very fast time. Paul is more used to coaching than swimming nowadays but if he was to get in the water rather than looking at it, he would win these two events every time.

Phil Whitehead managed to stop talking long enough to win the 50 metres breaststroke in convincing fashion. This resulted in his selection to swim for the BG Police Team on March 11 against

the Germans. You can gather that by these results the men had a very strong relay team.

In the 4x50 metres freestyle relay, the order was Chris, Phil, Paul and Michael. Michael had to make up some four metres on the City of London Team by the time it was his turn but it was no problem. We won face, touching out the City team.

In the 4 x 50 metres medley relay, Michael did the backstroke, Phil the breaststroke, Paul the butterfly, and Chris freestyle. The City were lucky. They beat us into second place by fractions of a second. Still, next time they won't stand a chance.

Well, there it is, a really successful outing. Putting the icing on the cake though, is that Nicky, Paul, Michael and Phil may be selected for the BG National Police Team in April as a result of their performances.

The team needs more good swimmers, especially the girls. If you're interested, contact Phil Whitehead at Laidon Traffic. If you feel that individual events are too much, then how about making up relay teams. Give him a ring — can't anyone north of the County swim?

Speedy Sid

CROKER CUP — IT'S COLCHESTER!

WITH so much inclement weather last year Sgt Dick Soward and his team were unable to run the Croker Cup Pistol Competition as normal.

They have in the past run both an enjoyable and demanding competition on their outdoor range at Hadleigh. Unfortunately this range was waterlogged for most of the year and I'm sure to the disappointment of a lot of officers they were unable to go ahead with the competition last year.

However in an effort to maintain an interest in both the Croker Cup and Competition Pistol Shooting alive within the Force I ran the competition last year. As I could not match the facilities and effort of Dick Soward and his team, I chose to run the competition as a target shoot along the lines of the NSRA rules.

This did not draw the same following and only four divisions entered a team, one of which for one reason or another did not even return their shot targets to me. However for those that did enter, well done, and it was pleasing to see such high scores.

I hope to see some of you competing for a place in the Essex Police pistol team in the near future.

Croker Cup Pistol Scores: 1st, Colchester — P. A. Webb, 94.96.98, total 288; R. Coleman, 79.80.88, total 247; J. Potter, 72.82.88, total 242; D. Martin, 40.41.41. Team total 777.

2nd Grays — R. Carpenter, 93.95.96, total 284; I. Parker, 81.84.86, total 251; D. Worsfold, 67.80.86 total 233; P. D. Merriman, 75.71.68. Team total 768.

3rd Basildon — S. Edwards, 79.65.65, total 199; S. Tyrell, 67.54.53, total 174; N. Pettit, 70.43.42, total 155; L. Hull, 66.46.42. Team total 538.

The highest three scores in each team count for the team score.

Essex Police Pistol Team

We are again through to the finals of the National Short Range Pistol Championships.

The Essex Police team won this competition last year and currently hold the trophy.

This competition commences at the end of September each year, and after preliminary elimination rounds, one team and one individual representing each police region goes through to the finals. These are held in April of each year, the venue this year being Surrey.

The current team comprises Ps D. Perry from Force Training School, Pc R. Carpenter from Brentwood, and myself. This is purely target pistol shooting with .22 inch calibre weapons.

If anybody would like to be considered for next year's team please let me know. I can be contacted at HQ CID, extension 2511.

Phil Webb

ESSEX POLICE FOOTBALL CLUB

Require a

SECRETARY

For the 1988/89 Season

Details of responsibilities may be obtained from Mrs Sue Bishop HQ Extn 2602.

The AGM will be held in HQ Canteen at 8pm on Wednesday, 18th May.

The Law

H.Q. phone extension
2450

NEXT ISSUE

JUNE '88
COPY BY 16th MAY