

THE BOBBY

THE OFFICIAL MAGAZINE OF THE ROYAL GIBRALTAR POLICE

In this issue:

District Offices

Social Network

Why I Should Never Drink and Drive

New Tricks - BBC Series

**7TH EDITION
FREE ISSUE**



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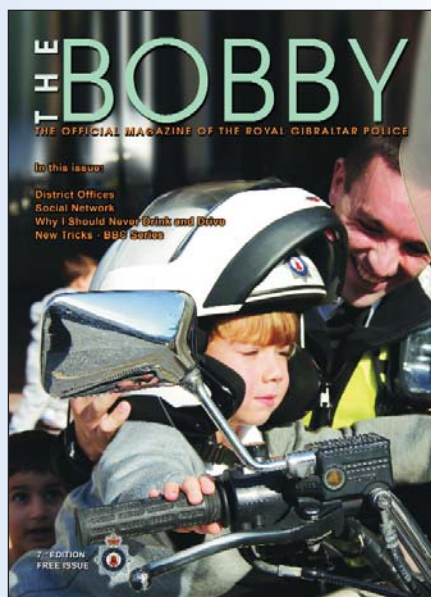
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Commissioner's Foreword



On taking over the office of Commissioner it was clear to see that my predecessor Commissioner Louis Wink was leaving me an efficient and professional service with firm foundations on which to build on, moreover, the Neighbourhood Policing concept and policing towards the National Intelligence Model was already defined.

With these foundations the new Senior Management Team was able to sit down and set the direction of the Royal Gibraltar for the next 3 years taking into consideration the requirements of our community and our policing style. The new Strategic Plan will focus on our primary aim, and that it to ensure that Gibraltar becomes an even safer place which to live, work and visit.

The organisation is made of its people and from the beginning; our people have embraced the change. We have already seen a lot of hard work and positive transformations within our organisation. Everything that we have so far achieved has been after consultation, both internally and externally. It is our goal as we move forward to expand on the multi-agency approach ensuring that we involve and communicate with others with us to effectively reduce crime and issues of anti-social behaviour.

The new legislation on the Criminal Police & Evidence Act together with its Codes of Practice and additionally the introduction of the Sex Offenders Management have brought their own challenges but as always, the service has surpassed itself and we have been able to have everyone trained to receive it.

Commissioner Wink prior to his retirement also commissioned a further inspection of Investors in People. I must say that I am extremely proud that once again our people have come up to the mark and we have achieved the Bronze Award which sees us progressing efficiently looking forward to achieving the Silver Award in 3 years time.

I strongly believe that we are heading in the right direction with short, medium and long term objectives and I hope that my successors will take the long-term objectives forward without the need for further change, so their views were considered whilst setting our forward planning.

This magazine is a further tool to inform our community on, not only what we are currently doing, but what we have planned for the immediate future. I hope you enjoy the material contained within and with this, I wish to extend my sincere thanks to the members of staff that contribute to the contents and publication of this magazine but more importantly to those who actually are involved in the production of the Bobby, over and above their daily workloads and without whom, this magazine would not exist.

We are now approaching a very important time of the year, a time where we should be spending quality time with our families. It is at such times where we need to show our appreciation and demonstrate how grateful we are and more importantly, in today's economic climate, how fortunate we are as a service, as a community, to be able to enjoy the Christmas spirit, at a time when others are unable to do so.

Although it usually a busy period for the Police Service, I am very conscious that we are part of the community and I must make every effort to make the time available for our people to enjoy the festivities.

Although our main focus is 'Making Gibraltar Safer', which includes all of us, the welfare and well being of our people in our organisation is very important to us, a matter which we take very seriously, moreover it is one of our main strengths, because without a healthy and happy workforce, we cannot deliver an efficient and effective service.

I would specifically extend my gratitude to the Association of Retired Officers (ARPO) and all other retired officers who are not members of the association for their continued support within our community. They are and will ever continue to be members of our family and I wish that together with their experience and knowledge which is invaluable, we can move forward for the benefit of the RGP and our community.

On behalf of the senior management team, my wife and I, we wish you and your families a happy Christmas and a prosperous new year.

Edward Yome CPM

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Edited and produced by the Royal Gibraltar Police

Editor: RGP Corporate Communications
 Printers: Gibraltar Chronicle Printing Ltd.
 Advertising: Sound Advertising

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Defining Neighbourhood Policing



What is it?

Neighbourhood Policing in Gibraltar is all about local policing; police, partners and the community dedicated to working together to identify and tackle issues of concern. This is our approach to tackling crime and reassuring people.

Who is involved?

The Royal Gibraltar Police is determined to work in partnership as part of the Neighbourhood Policing concept. These partnerships are designed to develop solutions to problems and increase trust and public satisfaction in the police and other agencies. Government Agencies, Tenants' Associations, Community Groups, Private Businesses and the Media are examples of our partners.

How does it work?

Neighbourhood Policing is designed to improve the community's quality of life by tackling the key issues that are affecting local areas. We aim to make the police service more accessible and to improve victim and user satisfaction. The Royal Gibraltar Police has a strong commitment towards the success of Neighbourhood Policing and this is evident in the recent Force restructure, which was designed to significantly enhance the level of resources available to provide a consistently visible presence on our streets. Neighbourhood Policing Teams (NPTs) are an integrated team that interact with tenants and residents to find out what their local priorities are in order to identify and implement solutions to the community's issues.

These issues include:

- " Anti-Social behaviour
- " Supply and use of controlled drugs
- " Illicit tobacco activity
- " Litter and dog fouling
- " Vandalism and graffiti

What can you do?

You too can be involved in Neighbourhood Policing by getting to know your local Neighbourhood Policing Team members. You could provide us with information or share your concerns about issues affecting your area. By doing this you could be part of the working in partnerships principle to resolve key issues. If you want to find out what we are doing in your area you could follow us on Twitter or join us on Facebook. Alternatively visit our website where you will also be able to access information on your Neighbourhood Policing Team.

Contact Details:

By Telephone: (350) 200 72500

By email:

North District: NPU Team 4 - npu4@royalgib.police.gi

Westside: NPU Team 2 - npu2@royalgib.police.gi

Town: NPU Team 1 - npu1@royalgib.police.gi

South District: NPU Team 3 - npu3@royalgib.police.gi

School Liaison Officers: slo@royalgib.police.gi



DISTRICT OFFICE



NEIGHBOURHOOD
POLICING
working together to make our community safer

In October 2007 the Royal Gibraltar Police's former Community Safety Unit launched Operation Outreach in a bid to improve community relations with the police by providing high visibility policing. It was done on a pilot scheme basis and resulted in positive feedback from the general public. Police officers operated from a Roving Unit visiting different estates during the week. However, it was felt that a more permanent and consistent presence was required and that other agencies such as the Ministry for Housing and the Care Agency should also have a presence within neighbourhoods to support the initiative in order to deliver joint services to the community.

The concept of Neighbourhood Policing is a relatively new initiative in Gibraltar which has evolved progressively through the years under Community Policing. The main difference is that as opposed to Community Policing, Neighbourhood

Policing has a more dedicated and sustained multi agency approach providing problem solving to deal with long term issues that have an effect on people's quality of life.

To achieve this sustainability and a more direct approach to tackle everyday problems the Commissioner of Police has with the support of Government established four Multi-Agency District offices which will play a major role in the Neighbourhood Policing strategy by being easily accessible and a place where community engagement can take place to identify priorities. They will provide bases from which the officers can work within the estates.

The offices are situated at 25 Goole House, Glacis Estate serving the North District, 13

Sandpits House, Witham's Road in the South District, Flat 5 8/12 Lower Castle Road for the Town area and the Edinburgh Estate Management Office serving the Westside Area.



The establishment of these offices has now seen officers deploying from them but precise opening times will differ from Office to Office depending on how the Neighbourhood Policing Teams are rostered. The long term impact of the establishment of these offices is yet to be measured but the presence of police officers in the neighbourhoods is a welcome move and already proving to be a success in its early days with positive comments from shop owners, residents and the tenants' associations representing them.

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Social Network



Advances in the field of computing, the internet, digital communication and mobile technology have made social media the preferred access channel for the new generation. The Royal Gibraltar Police is a dynamic and forward thinking organisation that has embraced this change and on the 25th June 2012 we launched our Website, Facebook and Twitter accounts, exactly 182 years after we first became operational.

Public reception of this new initiative has been very positive. Our Twitter page has over 2000 followers and posts the latest frontier queuing times, advice on crime prevention, traffic diversions and other such information. These posts are instantly available to the public and have proven very useful when used to seek public assistance (i.e. missing persons, keeping crowds away from suspected IED or traffic accidents, etc). All our tweets are also replicated instantly onto our Facebook TimeLine.

Facebook provides police oriented photographs, videos and press releases to the public and invites comments. It has also been a forum for discussion through which the Neighbourhood Policing

Unit has held 'clinics' designed to bring to the fore pressing neighbourhood concerns.

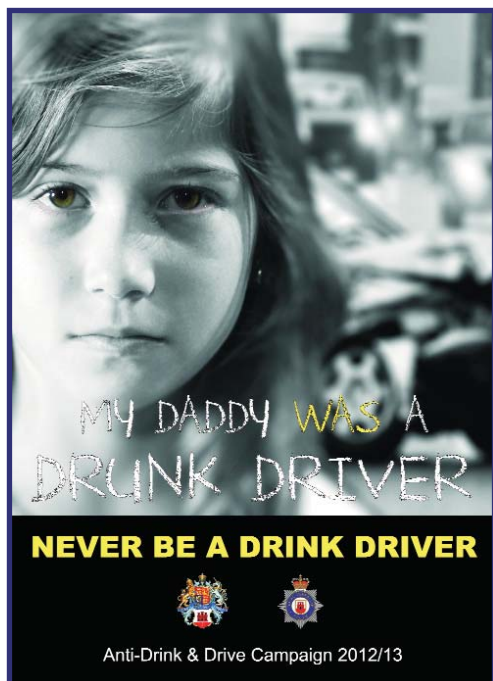
Finally, our website provides a wealth of information on neighbourhood policing, crime prevention, recruitment and police media releases whilst providing a forum for the public to assist us with missing persons, witness appeals and neighbourhood concerns.

Social media is not a passing fad. It is here to stay and is growing in popularity as the preferred medium for professional interaction with the public. Acquaint yourself with our social media accounts by visiting them at;

Twitter:**@rgpolice****Facebook:****<http://www.facebook.com/royalgibpolice>****Website:****www.police.gi**



Why I should never drink and drive



What is the law on drink driving?

In Gibraltar, the alcohol limit for drivers is 80mg of alcohol per 100ml of blood, 35mg per 100ml of breath or 107mg per 100ml of urine. In most other European countries, the limit is less, usually 50mg per 100ml of blood.

How much can I drink and stay under the limit?

There is no foolproof way of drinking and staying under the limit. The amount of alcohol you would need to drink to be considered drink driving varies from person to person. It depends on:

- Your weight
- Your gender (men tend to process alcohol faster than women)
- Your metabolism
- Your current stress levels
- Whether you have eaten recently
- Age (younger people tend to process alcohol more slowly)

Even small amounts of alcohol can affect your ability to drive so the only safe advice is not to drink any alcohol if you are going to drive.

How alcohol affects driving

Many of the functions that we depend on to drive safely are affected when we drink alcohol: the brain takes longer to receive messages from the eye; processing information becomes more difficult; and instructions to the body's muscles are delayed resulting in slower reaction times.

Blurred and double vision can also occur, which means the ability to see things correctly whilst driving is reduced. People are also more likely to take potentially dangerous risks behind the wheel if they have been drinking alcohol.

How would I be tested for drink driving?

Even small amounts of alcohol affect your ability to drive and the only safe advice is not to drink any alcohol if you are driving.

If the police stop you and suspect that you have been drinking and you may be over the prescribed alcohol limit, you will be arrested and taken to New Mole House Police Station. The police will then carry out a screening breath test using breath screening instrument, referred to as a breathalyser. At the station you will be required to provide two breath specimens into the breathalyser. The lower of the two readings will be used to decide whether you are above the limit. If your evidential samples show that you are over the limit, you will be charged.

The police are allowed to stop any vehicle at their discretion, and will often set up road calming check points throughout Gibraltar during the Christmas and New Year periods.

What is the punishment if I get caught drink driving?

Anyone caught drink driving will be banned from the road for at least 12 months and fined up to £5,000. You can also be sent to prison for up to six months imprisonment. The period of disqualification and size of fine depend on the seriousness of the offence.

If you are caught drink driving more than once in a 10 year period, you will be banned for at least three years.

How to ensure you don't drink and drive

Arrange within your group of friends who is going to be the designated driver. A designated driver is the person who abstains from alcohol on a night out so they can drive the rest of their group of friends home safely.

If you live further than a reasonable walking distance from the bar/restaurant then take the public transport or a taxi.

Be safe and ensure to get home without driving after a drink rather than the dangerous option.

NEVER DRINK AND DRIVE!

The Royal Gibraltar Police is Awarded the Bronze Level in Investors In People

In August 2008 the Royal Gibraltar Police was awarded the Investor in People accreditation.

In 2011 a strategic review was conducted which allowed us to retain the accreditation and in 2012 a full review was undertaken to assess the organisation's position against the Investors in People Standard. The objectives were to identify areas of continuous improvement and development, related to:

- **Implementation of the new Policing Plan**
- **Learning related to the values of the new strategy**
- **Improving the diversity of the organisation**
- **Management capabilities delivered in line with the values**
- **Empowerment**

In their findings IIP identified significant change in the management 'style' within the Royal Gibraltar Police, with improved working conditions and more importantly empowerment amongst all ranks. It confirmed the focus the organisation has placed on Neighbourhood Policing and that our operational activity supports this strategy. Interviews also

confirmed the increased focus on diversity, so that the organisation is more representative of the community it serves and the high level of internal and informal learning achieved, with well structured formal courses.

Having achieved these objectives the Royal Gibraltar was awarded the Bronze level in Investors in People. This can only be achieved by meeting the obligatory 39 assessment criteria plus a minimum of 26 additional criteria. We actually met a total of 62 additional criteria and are therefore extremely well placed to achieve the next level [Silver], which requires us to meet 76 criteria over and above the basic 39. The Commissioner of Police is extremely pleased with the results, attributing this success to the officers and support staff of the organisation and praising them for their commitment to the Royal Gibraltar Police and the community they serve.



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Commendations

On the 26 October 2012, the Commissioner awarded commendations to the following officers in recognition of their contribution in the exemplary organisation and execution of Class II 2012 Passing Out Parade.

- Chief Inspector (Designate) John Caruana
- Inspector William Gomez
- Police Sergeant Mark Wyan
- Police Sergeant Jonathan Lutkin
- Police Constable John Olivera



On the 26 November 2012, the Commissioner awarded commendations to the following officers in recognition of their involvement in relation to the arrest in the case of R v Angel Serra Padilla and Mateo Ruiz Fajardo on the 9th April 2012, leading to charges relating to the importation and possession of 1200kg of Cannabis Resin. The defendants having been convicted before the Court.

- Inspector Frank Barton
- Police Constable Glen Ballantine
- Police Constable Vincent Cruz
- Police Constable Donavan Galia
- Police Constable Mark Peñalver



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Leadership Development Training Programme



The RGP Leadership Development Training Programme 2012 has been designed to get the best from those who will lead others and to ensure that those who are involved in leading others are doing so in a consistent manner which is in line with service policy, adheres to necessary guidelines and gets the best from those they are leading, helping them to develop to the best of their ability.

The programme covers the fundamental leadership skills and knowledge needed by every leader and has been devised in a

modular format which covers a wide range of subjects in approximately twenty modules. All of which fall into 4 key areas:

- Essential Leadership Skills
- Operational Leadership
- Workload Management
- Problem solving & Decision making


The Programme is delivered via a three day seminar and is suitable for both sergeants and Inspectors. Some of the modules within the seminar were also delivered to Tutor Constables as they encompass key leadership skills and techniques which are essential at all stages of leadership whether at PC, PS or Inspector level.

The three-day seminars in 2012 were delivered on three occasions this November (13th-15th, 20th-22nd, 27th-29th) to groups of between eight and ten Sergeants and Inspectors at a time.

A total of 26 officers received the training (9 Inspectors and 17 Sergeants).

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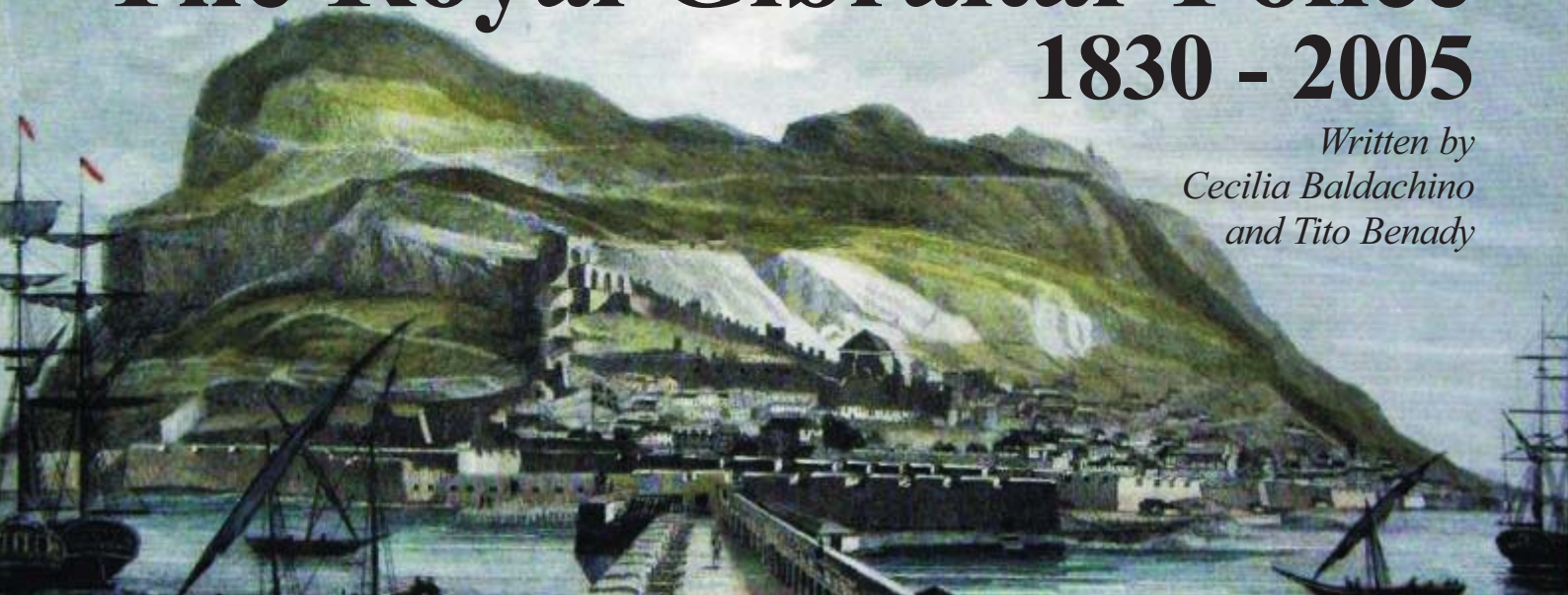


An extract from the book

The Royal Gibraltar Police

1830 - 2005

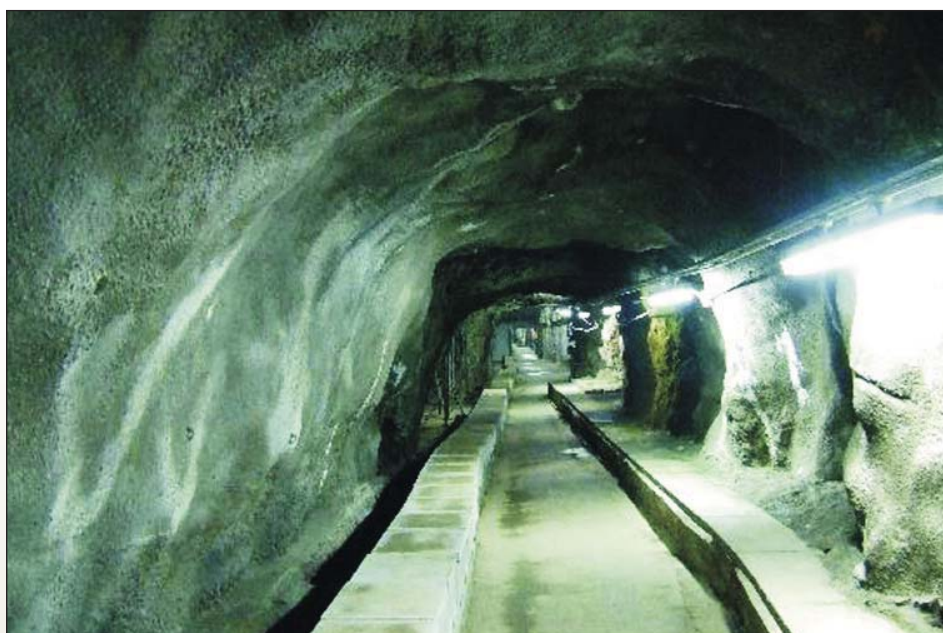
*Written by
Cecilia Baldachino
and Tito Benady*



Chapter 4

The First World War

The Great War interrupted the placid life of Gibraltar. Declaration of war brought out a big wave of patriotism on the Rock, and many rallies were held to collect funds to the war effort. Because of fears of a financial crisis, local bank notes were issued for the first time. For the police it was the beginning of a busy time. The gates of the fortress leading to Spain were closed earlier than in peacetime and special care had to be taken to check the thousands of people who came in every day for spies and saboteurs. For, although Gibraltar was not directly involved in the conflict - except with the occasional submarine in the Strait- it became a focal point for Allied shipping, and it was here that convoys were formed which went eastwards to the Mediterranean or westwards to Britain. With the natural tightening of security arrangements, officers of foreign ships were only allowed ashore on business and then only under police escort. The demand for escorts became so disproportionate to the size of the force that the police had to initiate a 'convoy system' on land, with police acting as escorts.



Because of the situation there were shortages and the prices of foodstuffs were controlled, and the police had to supervise that these set prices were adhered to. In 1915 a twelve-year-old Spanish fish vendor was arrested for selling sardines at more than the controlled price of 2d per pound and fined a shilling. The German submarine campaign and the sinking of much Allied and neutral shipping were to make some foodstuffs scarce. In May 1918, towards the end of the war, Cochrane was asked to report on a shortage of bread in the town. In his

official reply he wrote "That this was caused principally by the want of Spanish bread, as none has been produced in bulk for the past few days. The bakers (in Gibraltar) are doing their best to make a fair distribution. I have just received a message from the Comandante of La Linea to the effect that they have been obliged to prohibit the exportation of bread from La Linea, owing to the scarcity of flour. Anyone bringing over one or two loaves can do so. The Comandante states he is doing everything he can to get flour and that the bread will come in as usual."



Even after the war, shortage of shipping was to produce interruption of supplies and on 30 September 1919, there was an appeal for people to economise in the use of bread as flour was in short supply. Fortunately a substantial consignment arrived a week later.

An unusual duty that appeared to have devolved on Cochrane and his deputies during those years was supervising the supply of food in bulk to the ships that called at Gibraltar. When there was a large conglomeration of ships waiting for convoys, supplies were sometimes insufficient. The police even controlled the supplies that were allowed to the ships of the United States Navy that operated from the harbour.

The scarcity and high price of food was acknowledged when in April 1918, the government issued tickets for certain foods to be sold to working people at reduced prices. At this time the burden of police work was lightened in one respect. The Markets Ordinance of

1918, removed the responsibility of supervising the public markets and invested it in a Markets Committee of four civilians, the Colonial Treasurer, and four representatives of the military supply departments. A C Tipping was appointed Supervisor of Markets. The previous year the number of police duties had been added to in a matter completely unrelated to the war. On 1 June 1917 education was made compulsory for the first time, until school inspectors were appointed some years later it was the police who had to make sure that parents sent their young children to school in accordance with the law. Many of the poorer parents resisted sending their children to school as they depended on the money they earned to balance the family budget.

The high cost of living brought about a strike of Spanish coal heavers in August 1918, but it was soon over because the Gibraltarians kept on working, as they felt it would be unpatriotic to strike while the war was still on. But the increases in the price

of food had repercussions on the police, whose salaries had not gone up much since the previous century, and had not risen at all during the war.

There was another serious outbreak of strikes among the coal heavers in 1928 when the merchants wanted to reduce the men's wages as the cost of living had gone down in the intervening years, from its 1919 peak. The men went on a strike called by the Workers' Union on 15 January, but went back to work after a week because talks were resumed, but when these broke down on 1 February, they reduced their industrial action. Agustin Huart, the Organiser of the Gibraltar Branch went to London to consult the Workers' Union, and while he was away the employers brought in several hundred Moroccans and more men were hired in Algeciras. This led to riots and 23 men were remanded on bail and subsequently bound over to keep the peace. Sir Charles Monro eventually acted as arbitrator between the men and the employers and brought the strike to an end on 9 April.





Police Recruitment

Why did I want to join the RGP? - Police Constable 78 James Rodriguez



To be honest, being a police officer, is something which I have always wanted to be. The fact that I have grown up in a police environment, as my father is a serving officer, gave me an insight into what life and a career in the Royal Gibraltar Police would be like. In my teens and together with my father, I represented the RGP basketball team. I also attended various police youth consultation forum meetings and helped out in a number of police youth sporting events.

I also like the idea of policing and having a career which is varied and where every day is different and challenging. I also wanted to be part of an organisation which aims to help, serve and protect the community and Gibraltar, and work for a body which allows and encourages its members to work in a wide variety of fields and disciplines and have the possibility of advancement through promotion.

My experience in the RGP so far, has been varied, satisfying and exciting, and ranges from recruit training to dealing with various policing duties, such as arrests, interviewing, person and vehicle searches.

The first stage in becoming a police constable was the selection process. This consisted of an application form and a physically and mentally demanding selection weekend, designed to test and challenge the applicant's will and determination to become a police constable. The next phase in the selection process was the formal interview, which was nerve-racking as you are questioned by a selection board. Once I was successful in the selection process I commenced a 17 week recruit training programme. This training course was intense and required total commitment and focus by the recruits and has been the most demanding course I have undertaken.

Achieving the Best Academic Recruit award is something which was totally unexpected by me. I am very proud of this and it could not have been achieved without the help of my loved ones, training staff and especially without the help and support from my fellow recruits.

Speaking not just for myself but for the rest of the recruit class, I would like to take this opportunity to thank the instructors and all those persons who in anyway contributed to the training programme, my sincere thanks. I would also like to congratulate my fellow classmates on their hard work and success and wish them all the best in their police career.





The transition - Police Constable 212 Kyle Golledge



I moved to Gibraltar five years previous to my decision to apply to the RGP, after coming to see my Grandparents on holiday the year before and preferring Gibraltar to the UK. After long talks with my family I finished my studies and we moved over.

Once we had settled down in Gibraltar I found myself a job in the construction industry where I worked in for five years working my way up from storeman in the company's stores to a semi skilled labourer on building sites, learning different trades and doing different jobs. Wanting a new challenge and a different walk of life, I was watching GBC news when an article came up about the Royal Gibraltar Police holding a recruitment process for Police Constable and to get an application form from New Mole House Police Station.

That was it! I was going to give it 110% to try and get into the RGP. It is a career where no two days are the same, and eventually offers the chance of promotion, The following Monday I went to New Mole House Police Station and picked up an application form, this was part of a three stage recruitment process, I carefully filled in the application form and handed it back in as soon as I could, and then waited to receive a letter to see if I had been successful in entering the recruitment process. I had to sit an entrance exam because I didn't have the academic grades required to directly enter the second phase of the process. After completing the exams I waited to see if I had been successful in entering the selection weekend, thankfully I had.

The selection weekend consisted of an exhaustive physical

test and group tasks. Thankfully for me I had got into the final phase of the selection process and had been given an appointment for the formal interviews.

Finally the day of the interview arrived, I remember sitting outside the interview room waiting patiently keeping the nerves held back, and then it was my turn. In the interview room you are asked a series of questions by a selection panel and then it's over. I remember thinking that my interview went really quickly and I hoped that I had done well enough to get in.

The training course was what the training staff had told us it would be, hard, but if you wanted to become a Police Officer then you would give 110% and they would give you 110% in support if you needed it, that was true. The course required total focus and commitment, from learning definitions of offences overnight word perfect to physical tests nearly every week. We had various lectures from serving officers and outside agencies on a whole range of subjects and I found their input and experiences very interesting and their advice very knowledgeable.

I am very glad to have made the friendships I have in our training class and the bond you make as a class, by helping each other when required and the amount of time we spent with each other. On behalf of the Recruit Class of 2012 I would like to thank everyone who had an input into our training programme, thank you.

“Receiving the Best All Round Recruit Award was a very surprising and proud moment”

The passing out parade was an event which everyone in the class had invested a lot of time and effort to prepare the location and to iron out any mistakes in our footdrill procedure.

Receiving the Best All Round Recruit Award was a very surprising and proud moment because no one except the training staff knew who had won the awards and I found out when they called out my name.

We now move on to our respective policing units and put into practice all we have learnt, and I think we will carry on learning every day in our policing careers.



Talk on “People Who Help Us” given to

Photos: Courtesy of Gerry Fagan



children at Governor's Meadow Nursery





Visit by Beaver Scouts



New tricks detective series



Over the past few weeks the Royal Gibraltar Police has been very privileged to be the police force in the background of the New Tricks detective series, which is usually filmed in London with the Metropolitan Police. The first episode of New Tricks was aired on the 27th of March 2003, attracting sufficient viewers for the BBC to commission a series of six episodes. The ratings for the last series averaged 8.3 million and the series is now being broadcast in at least twenty-five countries.

New Tricks enters its first decade of filming with the crew and cast filming a two hour special which will start the tenth series at the end of next summer. Some police officers have been working very closely with Amanda Redman, Alun Armstrong, Dennis Waterman and Denis Lawson as part of the cast, but behind the scenes there has been a lot of policing to ensure that the crew were facilitated easy access to locations around Gibraltar. NMH police Station has been a hive of activity, with scenes that are not the norm of the day, but it has been a learning curve for many of us to see the work behind the making of such a series.

During the final days of filming the Commissioner of Police was presented with a cheque of £500 by Charlie Woodhouse donated by the cast for the Royal Gibraltar Police Charity Committee. This was in recognition of all the hard work officers had undertaken in order to facilitate filming.

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Our Aim and Values

It is the aim of the Royal Gibraltar Police to ensure that all our officers and staff are:

'Working together to make Our Community Safer'

But this does not only involve us as an organisation, it also has an impact on other organisations and agencies that need to work side by side with us, to ensure that the community we serve receives the quality of service that it deserves.

Our Values

Our values are shared by all officers and staff of the Royal Gibraltar Police and are the foundations upon which we build the delivery of our aim and objectives.

In order to meet the challenges we face, we need to ensure that our community will trust us and have confidence in the way we police Gibraltar. To achieve this we need to:

- Treat everyone fairly and with respect
- Act with courage and integrity
- Deliver a high quality of service and meet the demands by offering solutions
- Create new and improve existing effective lines of communications
- Learn from experience and always seek to improve.



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Anti Social Behaviour

The Broken Window Theory



Neighbourhoods or estates that appear to be broken down and generally unwelcoming will generally attract anti social behaviour and acts of criminality. Neighbourhoods lacking a sense of community, or pride in their environment can be susceptible to higher levels of criminal activity.

"Broken Windows" was explained in an article which was first published by James Q. Wilson and George L. Kelling in the March 1982 edition of The Atlantic Monthly. It is based on the following idea:

'Consider a building with a few broken windows. If the windows are not repaired, the tendency is for vandals to break a few more windows. Eventually, they may even break into the building, and if it's unoccupied, perhaps become squatters or light fires inside. Or consider a sidewalk. Some litter accumulates. Soon, more litter

accumulates. Eventually, people even start leaving bags of trash from take-out restaurants there or breaking into cars."

In other words, the broken windows theory suggests that careless attitudes serve to lower inhibitions against further destructive action among average citizens who would not ordinarily act in such a manner.

Anti social behaviour such as littering, abandoned vehicles, graffiti, loitering in stairwells and patios, drug consumption and illicit tobacco activity can all potentially contribute.

Neighbourhoods or estates affected could have demoralised residents leading to detachment and reduced social contact with neighbours leading to weaker social cohesion. So remember: make sure that if there is a broken window, report it so someone can get it fixed!



Mini Olympiad



The Annual Mini Olympiad was held on Saturday the 15th of September 2012, at the Victoria Stadium. The theme of the Olympiad is 'Live Life, Love Sport', under the umbrella of Drug Awareness and the dangers of abuse of alcohol and tobacco.

It all started at the Piazza, at 1000hrs where the Mayor introduced the games followed by a blessing by the Police Chaplain. Participants then marched down Main Street to the Stadium, where the GPA Chairman, Mr Richard Garcia opened the games. On Friday the 14th September we also saw the beginning of the 24 hour diving marathon commencing at the Marine Section and concluding at the Victoria Stadium at 1600hrs on the Saturday.

Various charity stalls and activity displays were set up in the common areas by the tennis and padel courts where children and parents enjoyed themselves. The area also catered for other sport activities. Food and beverages were available.

The Olympiad came to an end with a closing ceremony, which included an inter-school relay, which gave the middle schools an opportunity to compete against each other.

Boat rides, which were quite popular last year, were also available to the general public.



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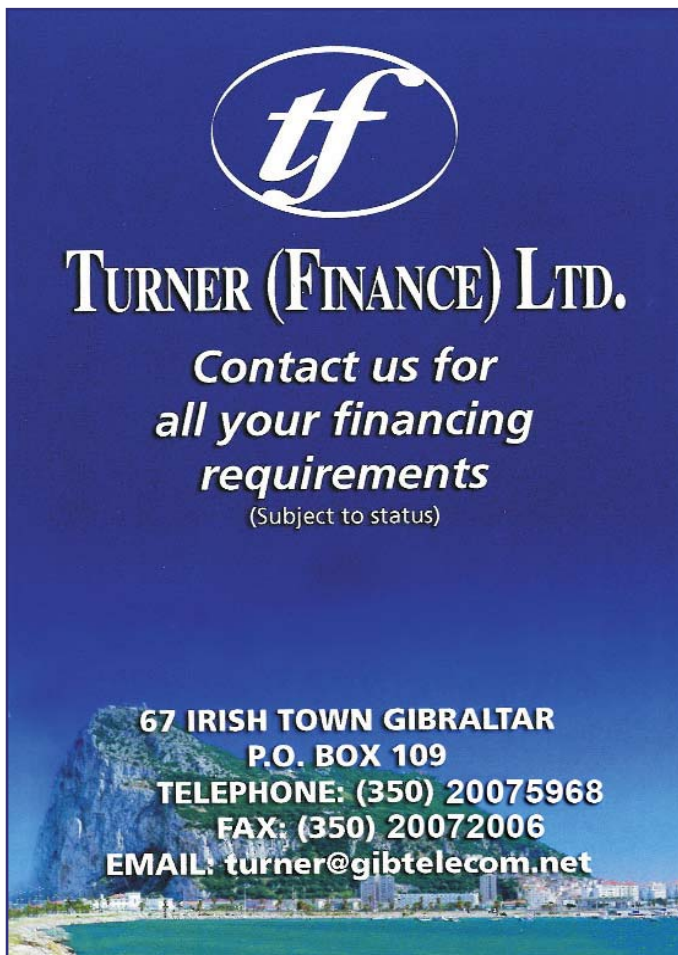
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WELFARE NATIONAL ASSOCIATION OF POLICE WELL-BEING ADVISORS

On the 23 October 2012, PC 55 Henry Sacramento attended his first official function since being elected chairman of the National Association of Police Well-Being Advisors in Oxford. One of the tasks which he proposed on being elected was the organisation of a training day between conferences. The workshop was delivered by Jonathan Bockelmann-Evans from Stress to Success, one of the UK's leading providers of training on corporate and individual Emotional Health, Well being, Stress and Resilience.

With the workshop packs included were brochures from Gibraltar and a copy of The Bobby magazine. In his opening address PC Sacramento invited everyone to come and visit the rock of Gibraltar and experience the wealth of history and the hospitality of the Gibraltarians, the RGP boasting of being the oldest British Police service in the Commonwealth and the second oldest after the Metropolitan Police.



Police service attending were from Hampshire, South Wales, Met, Cambridge, South Yorkshire, Dorset, Greater Manchester Police and of course Gibraltar. Also attending from Gibraltar were Mr Alfred Rovegno, City Fire Brigade Welfare officer, Mrs Maria Elena Macias, HR Welfare officer and PC Joanne Bennett who is doing a degree in Psychology and Counselling.

The day proved to be very useful in learning techniques to identify stress and dealing with it not just

for clients but for the welfare advisors themselves, how to prevent it and how to get a good night's sleep were among the issues touched upon. Two brilliant practical techniques for controlling the most common physical signs of stress headaches and muscle tension in the upper back and shoulders were learnt.

Attendance certificates were given at the close of what proved to be a very interesting and informative day. National Association of Police Well-Being Advisors now look forward to planning their AGM and workshop in May 2013.

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RGP CID initiative this Christmas



The Royal Gibraltar Police CID team made a huge difference to the less fortunate amongst our local communities this Christmas 2012 by launching a campaign called "Make a difference this Christmas by helping those in need". Working in partnership with a number of local businesses and with the help of members of the local public a whole range of toiletry bathroom products and Christmas related

items were collected and distributed via Sta. Theresa's church. DC Robert Dickson the campaign coordinator said "we were simply delighted to be able to make a huge difference to the financially disadvantaged this coming Christmas. Our ultimate aim was to ensure that we all hold a smile during the festivities and that nobody in our community was left out of the local enjoyment. We all contributed in Gibraltar to making that difference".

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On Tuesday 4th December 2012, at our Marine Base, COP Mr Yome hosted approximately 20 retired Police Officers who had some past service connection within the Marine Unit.

On a bright, but chilly morning, the officers were shown around the two new FAST Interceptor vessels, The Sir Francis RICHARDS and SIR John CHAPPLE, and then treated to a quick spin around the bay, to show how they performed.

They all appeared to thoroughly enjoy the experience and afterwards over a coffee, The Commissioner extended an invitation to come and visit the new Sir William Jackson once it arrives next year.



Binge Drinking



What is binge drinking?

Binge drinking is the term applied to drinking alcohol with the primary intention of becoming intoxicated in the shortest period of time.

The amount of alcohol someone needs to drink in a single session for it to be classed as 'bingeing' is not clearly defined but can be considered as drinking more than double the daily unit guidelines for alcohol in one session.

Medical advice recommends that people should not regularly drink more than the daily unit guidelines of 3-4 units of alcohol for men (equivalent to a pint and a half of 4% beer) and 2-3 units of alcohol for women (equivalent to a 175 ml glass of wine). 'Regularly' means drinking every day or most days of the week.

Binge drinking for men, therefore, is drinking more than 8 units of alcohol - or about three pints of strong beer. For women, it is drinking more than 6 units of alcohol, equivalent to two large glasses of wine.

How is binge drinking different to drinking normally?

Two large glasses of wine may not seem like very much. But drinking six units of alcohol in a short space of time - an hour, say - will raise your Blood Alcohol Concentration (BAC) and could make you drunk very quickly. Drinking the same amount over several hours, and accompanied by food for example, will not have the same effect on your BAC.

What are the effects of binge drinking?

Some studies show that drinking a large amount of alcohol over a short period of time may be significantly worse for your health than frequently drinking small quantities.

Getting very drunk can affect **your physical and mental health**:

Accidents and falls are common because being drunk affects your balance and co-ordination. You are also more likely to suffer head, hand and facial injuries. Binge drinking has also been linked to self-harm.

In extreme cases, you could die. Overdosing on alcohol can stop you breathing or stop your heart, or you could choke on your vomit.

Binge drinking can affect your mood and your memory and in the longer term can lead to serious mental health problems.

More commonly, binge drinking can lead to anti-social, aggressive and violent behaviour.

Binge drinking is most common among 16-24-year-olds, and is more common among men than women. Binge drinking when you are young can become a habit.

Studies have shown that those who drink a lot in their teens and early 20s are up to twice as likely as light drinkers to be binge drinking 25 years later.

How can you tell if you are a binge drinker?

Even if you don't drink alcohol every day, you could be a binge drinker if you regularly drink:

- to get drunk
- more than the daily unit guidelines in a single session
- quickly

If you find it hard to stop drinking once you have started, you could also have a problem with binge drinking and possibly alcohol dependence.

Where can you get help with binge drinking?

If you are worried about your drinking habits, contact your GP at the Primary Care Centre, where they will be able to suggest ways to help you cut down on your drinking.

For counselling or **Drug Rehabilitation Services** contact the Care Agency on **20050947** or email: **john.montegriffo@careagency.gov.gi/rehab@gibtelecom.net**.

Alcoholics Anonymous is a support group for people who are dependent on alcohol. You can also call **the alcoholic anonymous** help line, on **20073774**.

All enquiries to the above services will be dealt with in **complete confidentiality**



Partying!!!



Liándola



Oh ohhh



.....!

Don't Turn A Nightout Into A Nightmare



Draw The Line, Know When To Stop

THINK BEFORE YOU DRINK



O young and pensive mind

By Joe Ochello

O young and pensive mind
O flowing heart be still
Think not the malice of your thoughts
But ask the gift to understand
The grace of getting old

In vain we ask for your good will
For those who have short time to live
We pray serene will be your days
With no reproach with no distress

Think of tomorrow when you'll be there
For no one stay so young and fair
And when you suffer too
You'll see how hard it is for you
Our youth has gone and sorrow labours to prevail

Yet freedom will repair our grief and pain
When death reveals our peaceful rest
For when we die a library burns
That wisdom lost will not return

Superfluous days which gave you gifts
When old you are told
Not yours to keep

But what you need
I'll give you now to take and keep internally
And that is love
My Godly gift

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Your Guide to Pickpockets

Although Gibraltar is a very safe place to live, work and visit, pickpockets do not consider our community to be any different to anywhere else in the world. Unfortunately whilst it is infrequent you run the risk of falling foul of petty thefts carried out by pickpockets.

Who are pickpockets?

It is very difficult to stereotype a pickpocket. There is no noticeable common factor that can set a pickpocket aside from any other person you may see in the street. Generally, there are two types of pickpocket, the opportunist and the intentional.

Opportunistic pickpockets are often the least experienced thief who takes the opportunity when it arises, such as in a bar, party or restaurant. The intentional pickpocket pre-plans and targets individuals and can operate on their own or in a small group.

The majority of pickpockets prefer to operate during busy times and in crowded places. These areas can attract pickpockets because they are able to steal property without the victim even knowing about it.

The majority of people shopping in town carry amounts of cash on them for purchasing gifts, eating out etc. As Gibraltar is a safe place, many of us shop and carry on our business in confidence; pickpockets are aware of this and as a result prey on the complacent.

Pickpockets will often do their homework before stealing a person's property. They will identify what property is easiest to steal, and will most likely be following the person before carrying out the theft. They generally target wallets kept in back pockets, cameras, purses and mobile phones left in unzipped or unclipped bags or even purses left on prams.

Do not worry though, as all is not lost in the fight against pickpockets. Prevention methods in this article can be used to protect your property whilst you are out and about.

The best way to combat pickpocketing is not to give them the opportunity and remain aware that you could be a target so 'be pickpocket conscious'.

Pickpockets' top four tactics

- **Single "dip" operating under cover of clothing, newspaper or bag**

- **Group - up to four thieves, using someone as a 'distracter', a 'lookout' 'dipper' and a 'handler'**

- **Distraction - Spill drink, apologise and steal property**

- **Bag slasher - in crowded areas. (not so common)**

How to beat pickpockets

Most thefts can be easily prevented by following a few simple precautions.

- **Keep purses secure, use a handbag that can be closed properly - zipped up preferably - so that it is more difficult for someone to open it and reach in. If you use a handbag with a strap, wear it across your body and not just over one shoulder so it is more secure.**

- **Carry bags in front of you with flaps against your body and keep straps short and bags tucked under your arm**

- **If you do keep your purse in a shopping bag, put your purse at the bottom and not near the top, and use a shopping bag that can be closed if possible.**



Men should keep their wallet in a front pocket rather than in their back pocket, making it harder for a thief to slip their hand in unnoticed.

Don't display jewellery

Don't show your money, keep it safely in your pocket

You can use a purse lanyard which attaches your phone or purse/wallet to your bag or clothes.

Be as secure with your mobile phone or I-pod as you would your purse or wallet and ensure it is put away safely if you use it in the street.

Report incidents straight away - in an emergency, always dial 199

If you are unfortunate enough to become a victim of a pickpocket, Report it to the Police.

You can go to any of the two Royal Gibraltar Police's stations to report the theft.

Central Police Station - Irish Town
New Mole House - Rosia Road

Report the theft to police straight away, time is of the essence, as it is possible that the pickpocket(s) are still operating in the area. Any information on people acting suspiciously around you at the time will assist police in finding the culprit. Remember the sooner we find the better chance we have of catching them and retrieving your property

Report your missing credit cards to your bank

The most important thing is that you report your missing credit/debit cards straight away, do not wait a day or even a minute. Most credit cards have insurance that protect you from any withdrawals made on your card since it got stolen. However, you need a police report to support this.

Call the bank or organisation that issued your card. They will cancel your card and arrange to send you a new one.

Report your credit cards - phone numbers:

- NatWest Card Loss Centre:	+44 1268 500 813
- Barclay Card:	+44 1928 584 421
- American Express:	+44 1273 696 933

For further information visit your bank's website or alternatively you can contact the RGP's Crime Prevention & Reduction Unit

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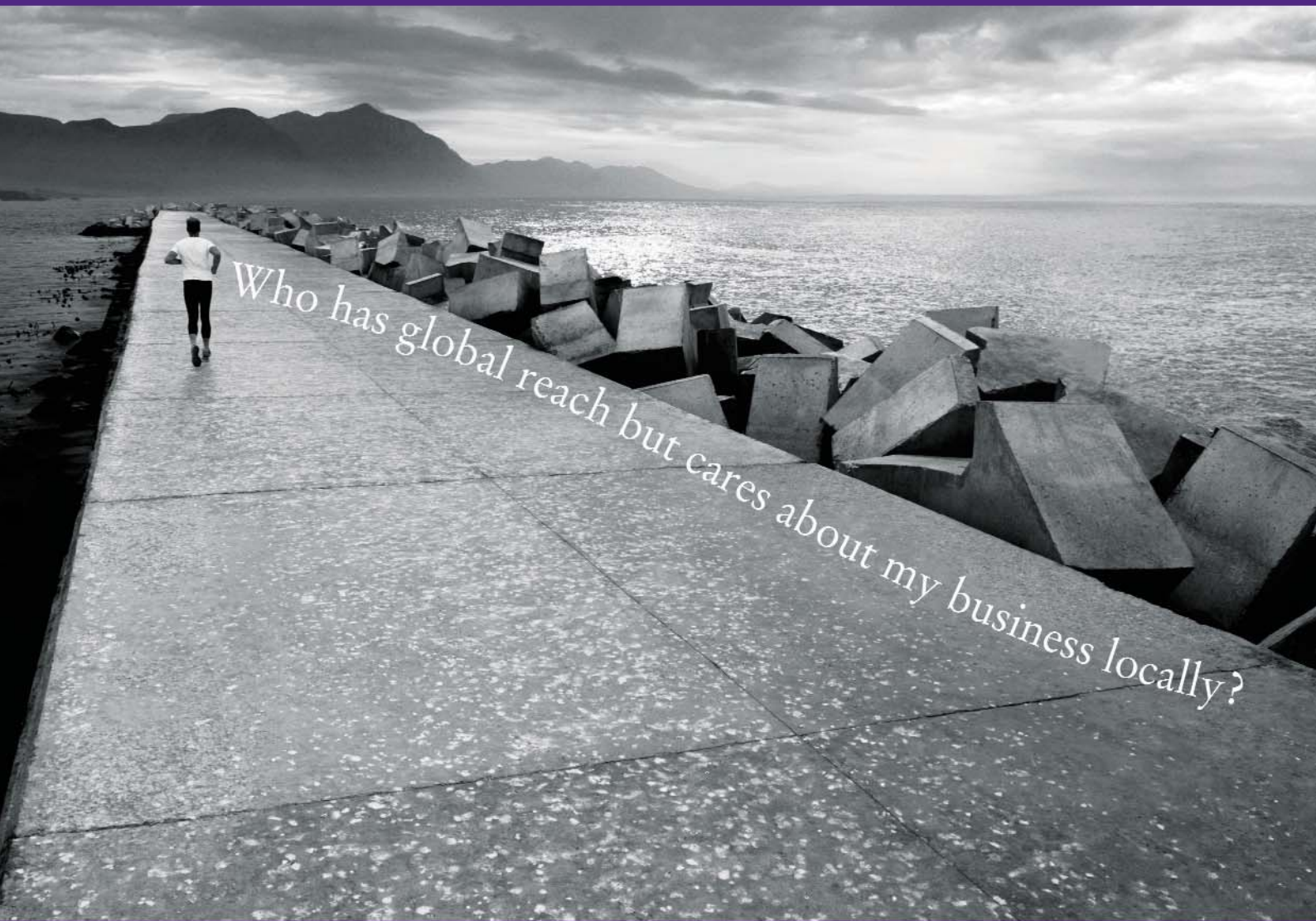


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