



**INTERNATIONAL
POLICE ASSOCIATION**
INTERNATIONAL EXECUTIVE BOARD

IPA Newsletter

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The powerful majesty of nature



An atmospheric photo of Slieve League, County Donegal
taken by Stephen Crockard on a recent IPA Ireland tour

WORD OF INTRODUCTION

Dear friends,

As President, I am often asked what the official position of the IPA is regarding all different kinds of issues. These questions can come from members of the public, IPA members, associations, human rights' organisations, political leaders, to name but a few, and can be related to security issues, major events, political themes, or any other topic where a statement of an organisation such as ours could be of interest or serve the purpose of those who contacted me.



It is a very sensitive issue, and most of the time, I cannot commit our association by issuing an official statement on behalf of the IPA. There are numerous aspects to consider which may result in me being unable to fulfil such requests:

- for statutory reasons, when the question asked would endanger the image and perception of the IPA, and would lead us away from what the IPA, with its values and aims, stands for.
- for the obvious reason that on some matters, the agreement of our supreme body, the International Executive Council (IEC), would be necessary, in order to find a common acceptable denominator.
- for simple cultural or social reasons, in cases where it would be difficult to find such a common acceptable denominator, due to major differences of how a specific topic is viewed or approached by all sections of our association.

I could probably name further reasons, but I hope you see the point I am making.

This topic does not only concern my position, though, as I am sure many of you in the IPA are contacted regularly with requests of a similar nature. I therefore ask all of you to consider requests you might receive about our association with prudence, keeping in mind who we are, what the aims of our association are, and what kind of statements we can or cannot commit ourselves to.

On a separate note, as this period of the year is very rich in regional gatherings, assemblies and other events, I wish you all productive meetings, and a very enjoyable time together, in the true spirit of our motto "Servo per Amikeco".

Pierre-Martin Moulin, IPA President

AROUND THE WORLD

NEW NATIONAL PRESIDENT

IPA NORWAY



IPA Section Norway arranged its national meeting from 4-7 April 2019 in the beautiful city of Ålesund, located in region 3, which celebrates its 50th anniversary in 2019. Many delegates, observers and guests attended, and the meeting was opened by the Chief of Police and the local mayor. Following this, the President of IPA Norway, Jan Tore Hagnes, wished all participants a warm welcome.

In Section Norway, the national meeting (NEC) is held every third year, and all the positions on the national board are up for election at this point. There were several candidates for some of the positions, and we think that this is good. The 10 members of the new national board were well-distributed as far as gender, geography and age are concerned.

The new board agrees to work closely together and has a clear media strategy both internally and externally. Furthermore, it shall focus on recruiting and retaining younger members and further developing IPA as an organisation in step with the rest of the police and society. IPA Norway will also be a visible and active contributor to developing a sustainable IPA internationally.

We are looking forward to good and close cooperation with the International Executive Board, the International Administration Centre and all IPA sections.



SERVO PER AMIKECO

Jan Tore Hagnes, President IPA Norway

IPA Bosnia & Herzegovina's Bijeljina Region organises 4th International IPA Meeting of 'Auto Slalom'

By now a regular event in our calendar, the '4th International IPA Meeting Bijeljina 2019', featuring car slalom races, was held from 3-5 May 2019 in Bijeljina. This event has become a main attraction and activity of our IPA region for the past three years.



The 600m slalom race track includes many obstacles and bends that make it hard for the drivers to finish the track in as fast a time as possible. 32 competitors in 3 categories took part in both women's and men's competitions. A summary of the classification can be seen in the table below. In addition to the 'Auto Slalom', guests were able to enjoy the charming surroundings of the restaurant and hotel 'Semberski Salaš', with its traditional cuisine and a beautiful atmosphere.

This year's event brought together about 230 guests from the IPA Sections of the region, amongst them Slovenia, Bulgaria, Romania, Croatia, North Macedonia, Montenegro, Serbia and Bosnia and Herzegovina. In addition, Region Bijeljina signed a charter on fraternisation and co-operation with Bulgaria's Burgas region.

The following day, all guests were able to visit the 'Ethno Village Stanišić', the largest ethno village in the Balkans, and the Orthodox monastery of St. Petka, where there were plenty of opportunities to take photos and to get to know the local culture and tradition.

In addition to numerous Sections and colleagues, the event was attended by officials and business managers, as well as by many friends of the Bijeljina region who contributed to the organisation in numerous ways.

IPA Bijeljina is grateful to all guests and friends, who helped ensure that the event was magnificent. We are ready to welcome and accommodate even more guests in the years to come!

Boško Kojić, President IPA RC Bijeljina, Bosnia & Herzegovina

AUTO SLALOM BIJE LJINA 2019				
RESULTS				
Overall				
Pos.	Name	Club	Car	Time
1	Marius Giuriscici	IPA-VIP Alba Iulia Romania	Honda Civic	00:50,62
2	Branimir Simić	Bijeljina	Citroën Saxo	00:51,11
3	Mladen Rebrinović	Bijeljina	Citroën C2	00:54,09
Category 1				
Pos.	Name	Club	Car	Time
1	Savo Milovanović	IPA Bijeljina	Fiat Cinquecento	00:54,78
2	Nenad Pušica	IPA Podunavlje	Yugo	01:05,08
3	Zdravko Dačić	IPA Bijeljina	Yugo	01:12,76
Category 2				
Pos.	Name	Club	Car	Time
1	Marius Giuriscici	IPA-VIP Alba Iulia Romania	Honda Civic	00:50,62
2	Branimir Simić	Bijeljina	Citroën Saxo	00:51,11
3	Mladen Rebrinović	Bijeljina	Citroën C2	00:54,09
Category 3				
Pos.	Name	Club	Car	Time
1	Dragomir Pejović	IPA Montenegro	BMW	01:04,45
2	David Prvulović	IPA Braničevo	BMW	01:16,14
Classification Women				
Category 2				
Pos.	Name	Club	Car	Time
1	Kerstin Wolf	IPA-VIP Alba Iulia Romania	Honda Civic	00:56,14
2	Maja Babić	Srebrenik	VW Polo	00:59,53
3	Azra Babić	Srebrenik	VW Polo	01:03,24
Category 3				
Pos.	Name	Club	Car	Time
1	Gordana Mitrović	IPA Bijeljina	BMW	01:27,05

L'IPA Nord à la découverte de la Colombie

La Colombie est pour l'instant une section affiliée à l'IPA, qu'elle devrait bientôt l'intégrer officiellement. Notre objectif était donc de découvrir ce beau pays.



La délégation française de l'IPA Nord/Pas de Calais a donc proposé à ces adhérents d'effectuer ce magnifique voyage afin de mieux connaître ce pays d'Amérique du Sud plus connu du grand public pour son célèbre café et pour ses coureurs cyclistes qui firent merveille sur le tour de France. Et c'est 2 groupes qui furent constitués pour effectuer ce voyage en mars/avril 2019.

Le premier groupe avec Rose, Présidente d'honneur de l'IPA France, a été reçu avec tous les honneurs, Rose connaissait le Président de l'IPA Colombie Pedro Nel Delgado Acosta, l'ayant déjà rencontré lors de congrès internationaux de l'IPA.

Le second groupe emmené par Christine et Jean Philippe a également rencontré de façon moins formelle des collègues policiers Colombiens tout au long de leur séjour.

Le voyage commence à Bogota, capitale de la Colombie située à plus de 2600 mètres d'altitude. Nous avons eu le plaisir d'être accueilli à l'aéroport par notre ami Pedro Nel Président de la section IPA Colombie accompagné de son épouse et de plusieurs collègues Policiers.

Nous avons rencontré plusieurs membres du bureau national Colombien ainsi que leurs compagnes et le responsable de l'association des retraités de la Police, qui contribuent à la construction de l'IPA en Colombie.

Un jeune collègue parlant français a accompagné le premier groupe pendant la première partie de notre voyage.



Tout au long de notre séjour nous aurons la chance de rencontrer de nombreux collègues policiers colombiens qui nous ont aidés à découvrir les traditions et les coutumes de leur pays.

Notre programme de visites est intense et très riche culturellement.

Bogota capitale de la république de Colombie est la ville la plus peuplée du pays avec plus de 8,8 millions d'habitants. La population de la Colombie est de 44 millions d'habitants.



Nous avons découvert un pays riche à tous les niveaux, économique, historique et traditions, musée de l'Or, les œuvres Botero, la magnifique vallée de Cocora avec ses palmiers (60m), architecture coloniale, cathédrale de sel, monastères, plantations de café.

La Colombie est très imprégnée de la civilisation pré colombienne qui marque les pays d'Amérique du sud avant la découverte de Christophe Colomb, mais également d'une forte culture hispanique issue de la colonisation qui s'en suit.

A chaque fois l'accueil est chaleureux et enthousiaste.

A Medellin nous avons eu l'opportunité de rencontrer la responsable d'un centre de développement culturel qui apporte un soutien à 50 enfants issus des quartiers difficiles, les membres du groupe ont pu leur remettre des cahiers, des crayons, feutres, etc.

Nous avons terminé le voyage à Carthagene, ville jeune et moderne sous un magnifique soleil.

Nous ne pouvons énumérer tous les magnifiques sites visités, chargés d'histoire et de culture, nous avons été en contact avec une population enthousiaste et confiante en son avenir. Nous garderons un souvenir INOUBLIABLE de la visite de ce beau pays et de l'excellent accueil, chaleureux, que nous y avons reçu par les membres IPA et tous les collègues.



Merci à tous les participants à ce voyage, proposé par l'IPA Nord, qui une nouvelle fois nous ont fait confiance et ont dignement représenté l'IPA France à l'étranger.

Paul Lourme, Président de l'IPA Nord, France

Hands of Friendship across the Channel



Time for a selfie whilst patrolling the streets of Newquay

There have always been close ties between Brittany in the northwest of France and Cornwall in the southwest of Great Britain.

Both known as Celtic regions, with shared history, culture, heritage, Brythonic language, religious beliefs and trading relationships, people have travelled freely from one to the other for well over a thousand years, working and living in each place. Many places and indeed Saints' names are common in each, and to this very day there is barely a town or village in Cornwall which is not twinned with one in Brittany.

Newquay is one of these, and is twinned with Dinard. Both are seaside towns where the seasonal populations increase enormously. Dinard hosts an international film festival, and Newquay has been the setting for a surprising number of films and TV productions.

Those ties exist between the police services as well, and May 2019 saw three officers from the Police Municipale de Dinard, France, spent time in Newquay, Cornwall with the police there.

What can only be described as an action-packed programme of events was drawn up for the three guest officers by Superintendent Ian Drummond-Smith, Police Commander for East Cornwall, and a member of the Cornwall Branch of the International Police Association.

Dinard Officers Alan Alstres, David Hamoniaux and Jacky Ruault commenced their visit with a briefing and tour of Cornwall Police Headquarters in Bodmin (twinned with Le Relecq-Kerhuon in Brittany), and the following day joined front line officers in Newquay for patrol duties in town. They witnessed arrests for criminal damage and drunkenness together with subsequent custody procedures.

A break from police duties on the Sunday allowed for the three guests to be collected from Newquay and taken to Geevor Mine in Pendeen, set in the far west of Cornwall, where they were joined by serving and retired police officers of the Cornwall IPA Branch for a guided tour of the tin mine heritage centre, including a trip underground and a pasty lunch. Colin Gameson, Chair of the Cornwall IPA Branch, presented Cornwall IPA Badges, IPA Challenge Coins and miniature miners' hard hats to the three visitors.



A visit to Geevor Mine, Pendeen

Monday saw the visitors fact finding with fellow emergency services in the shape of the Newquay lifeboat, then travel to the nearby RAF St. Mawgan to find out more of the work of the HMCG helicopter air sea rescue service and the Cornwall air ambulance.

The following day, Alan, David and Jacky travelled to Devon & Cornwall Police Headquarters in Exeter, where they met the Police and Crime Commissioner, Alison Hernandez, then took in the firearms training facility and range. All officers in Dinard are routinely armed and also equipped with stab vests and CS spray, but 'tasers' have not yet been introduced. The guests learnt about the Spit & Bite Guards (SBG) recently introduced by Devon & Cornwall Police, to safely cover the faces of prisoners who spit or bite at officers, a significant problem in the UK. The French officers were very interested in the equipment and took a sample SBG back to France to consider. A visit to the Force Control Room concluded a busy day.

Before returning home across 'La Manche', a visit to Truro Crown Court allowed the guest officers to see something of an ongoing robbery trial and to meet with Resident Judge, His Honour Judge Simon Carr.



The 3 Dinard officers, Alan, David and Jacky, at Fistral Beach with PC Sheri Williams

With spare time in the programme filled with meals and other social events, the visit was a huge success, and it was inspiring to see serving and retired police officers come together as members of the police family and to give the three visitors such a varied and packed programme of activities.

Speaking of the exchange, Assistant Chief of Police Muncipale de Dinard, Alan Alstres, whose partner is a Newquay lady and former Special Constable, whom he met as part of this annual exchange some years ago, and with good command of English, said

'We thank everyone who has worked hard to make this a great visit, serving and retired police officers. We all face the same problems in our work, and although there are many differences in our judicial systems, the tasks are identical. There are strong connections between us, and may these long continue'.

Thanks must go to Superintendent Ian Drummond-Smith for organising the programme, and to all those who played a role in making the visit a resounding success.

Mike Chappell, IPA Cornwall, UK

40-jährige Jubiläumsfeier der IPA Innsbruck

Die IPA Vbst. Innsbruck Stadt & Innsbruck Land feierten ihr 40-jähriges Jubiläum gemeinsam vom 21.03. – 24.03.2019 im ‚Rumer Hof‘.

Am Donnerstag reisten die Jubiläumsgäste aus ganz Österreich und aller Welt an, und erhielten im Hotel bei unserer IPA-Rezeption unter anderem die Festschrift und natürlich Gastgeschenke. Um die Jubiläumstage würdevoll zu beginnen, luden die Verbindungsstellen bereits am Anreisetag zum Sektempfang. Nach den Grußworten der Obmänner, einem anschließenden gemeinsamen Abendessen im Festsaal und unzähligen Gesprächen an der Bar, ging der erste Abend zur vollsten Zufriedenheit aller Anwesenden zu Ende.

Am darauffolgenden und ersten Programmtag begaben sich die Jubiläumsgäste in das Zentrum von Innsbruck, wo vormittags im Innsbrucker Dom in der Altstadt durch den Dompfarrer Probst Florian Huber die heilige Messe zum Gedenken an verstorbene IPA-Mitglieder abgehalten wurde. Besonderer Dank gilt an dieser Stelle vor allem auch dem IPA-Chor der Landesgruppe Tirol für die gesangliche Begleitung des Gedenkgottesdienstes.



Nachfolgend wurden die Jubiläumsgäste in mehrere Gruppen aufgeteilt und von Vorstandsmitgliedern der Verbindungsstelle Innsbruck Stadt durch die Innsbrucker Innenstadt vorbei an den unzähligen Sehenswürdigkeiten und Denkmälern geführt. Im Anschluss folgten die Gäste der Einladung in das Tiroler Landhaus zum offiziellen Empfang beim Herrn Tiroler Landeshauptmann Günther Platter. Ebenso vertreten war ein ranghohes Mitglied der Tiroler Polizei (LPD). Der IPA-Chor der Landesgruppe Tirol begleitete den Empfang mit musikalischen Stücken wie ‚Tirol isch lai oans‘ oder ‚La Montanara‘.

Währenddessen wurden im ‚Rumer Hof‘ mehrere Vorstandssitzungen abgehalten: es tagten die Bundesvorstände der Österreichischen und der Deutschen Sektion in ihren jeweiligen Vorstandssitzungen. Bei einer ebenfalls stattgefundenen gemeinsamen Sitzung zwischen den beiden Sektionen wurden die bereits ausgezeichneten Beziehungen intensiviert. Ebenfalls fand die erweiterte Vorstandssitzung der Landesgruppe Tirol statt.

Nach dem Empfang im Tiroler Landhaus wurden die Gäste im Tiroler Bauernkeller zu Mittag verköstigt und während dem Essen mit Gesang und Klängen der steirischen Harmonika und der Gitarre musikalisch verwöhnt. Eine anschließende Besichtigung der Polizeiinspektion am Innsbrucker Hauptbahnhof vollendete das Nachmittagsprogramm sehr zum Wohlgefallen aller Teilnehmer, und es ging wieder retour Hotel, wo der ‚Tiroler Abend‘ anstand. Die Tiroler Brauchtumsgruppe unter der Leitung und musikalischer Begleitung unseres Funktionärs Markus mit seiner Ziachorgel leistete großartige Arbeit und heizte unseren Jubiläumsgästen so richtig ein - ein großes DANKE an dieser Stelle für die tolle und unvergessliche Show!!

Bei strahlend blauem Himmel stand am Samstagvormittag eine Stadtführung mit den Vorstandsmitgliedern der Verbindungsstelle Innsbruck Land in der Salzstadt Hall in Tirol mit Besichtigung des berühmten Münzturms, sowie des Haller Bauernmarktes und der Altstadt an. Zu Mittag wurden die Gäste in unserem IPA-Partnergasthaus ‚Goldener Engl‘ verköstigt. Der Nachmittag stand zur freien Verfügung, einige unserer Gäste nahmen aber auch das Alternativprogramm - Besuch der SWAROVSKI Kristallwelten in Wattens - gerne in Anspruch.

Mit dem Galaabend als Höhepunkt des Jubiläums ging unsere, mit der IPA - Verbindungsstelle Innsbruck Stadt gemeinsam abgehaltene 40-jährige Jubiläumsfeier, zu Ende. Über 200 Gäste nahmen am Galaabend teil und freuten sich über ein ausgezeichnetes Galamenu.



Die Polizeimusic Tirol umrahmte anschließend die Jubiläums-Ehrungen unserer treuen Mitglieder beider Verbindungsstellen. Sie wurden persönlich vom Präsidenten der Sektion Österreich, Martin Hoffmann, und vom Obmann der Landesgruppe Tirol, Peter Kern, sowie den Obmännern der jubilierenden Verbindungsstellen, Gottfried Niedrist, (Innsbruck Stadt) und Marco Gallop (Innsbruck Land) geehrt.

Ranghohe Polizeibeamte aus verschiedenen Nationen erschienen in ihren jeweiligen Polizeiuniformen und verschafften dadurch der Veranstaltung einen polizeilichen Charakter – die International Police Association stand dabei absolut im Mittelpunkt, und auch unsere zahlreichen Gäste aus Deutschland, der Schweiz, Italien, Frankreich, USA, England und den Niederlanden überraschten die Jubilare mit vielen Gastgeschenken und kameradschaftlichen Worten aus tiefstem Herzen. Zum Abschluss wurde musiziert, getanzt und es fanden unzählige Unterhaltungen (auch an der Bar) statt.

Am Sonntagmorgen ging unsere Jubiläumsfeier mit einem gemeinsamen Frühstück zu Ende, und mit ‚IPA-Freundschaft‘ gefüllten Herzen verabschiedeten wir unsere Gäste. Wir sind schon gespannt auf unser nächstes Jubiläum 😊.

Wir bedanken uns auf diesem Wege bei unseren tollen und stets gut gelaunten Jubiläumsgästen und allen, die an der gelungenen Veranstaltung mitgewirkt haben!

SERVO PER AMIKECO

Walter Schlauer, Sekretär der Landesgruppe Tirol, IPA Österreich

COPS 2019 - SWEDEN

May-Britt Ronnebro, PC Chairperson, shares a success story



Group photo of COPS 2019 - Sweden

IPA Sweden and IPA Sweden's Defensive Tactics Group (DTG) arranged COPS 2019 in Uddevalla, Sweden, from 25th to 28th April 2019. The manager for this event was Slavo Godzik, who is the coordinator and trainer of Police Tactics in the Swedish Police. Robert Stenhouse (DTG IPA UK), and Martin Dean were the invited lecturers and trainers from the UK. In addition, they were supported by

Swedish Police Tactic trainers. All participants were hosted at a camping area in small red cottages by the Byfjorden close to the water. A few participants took the opportunity to swim in the clean and cold water to refresh after training.

The opening ceremony was held at the Police HQ in Uddevalla, where in my capacity as National President and Chairperson of Professional Commission (CPC), I welcomed 50 participants from 17 IPA Sections and gave a brief background on my support for the DTG training.

Slavo Godzik presented the history of DTG in Sweden, which started in 1996. This was followed by a lecture on the school attack in Trollhättan, which was the main reason why IPA Sweden brought 2019 COPS to the Uddevalla region:

"On 22 October 2015, a 21-year-old attacked Kronan School in Trollhättan, Sweden, with a sword. He killed a teaching assistant and a male student, stabbed another male student and a teacher, and died later of the gunshot wounds he received during his apprehension. The second teacher who was wounded, died in hospital six weeks after the attack. Police classified the attack as a hate crime, after CCTV footage showed that the 21-year-old with far-right anti-immigrant sympathies, who was shot by officers arriving at the scene, had selected his victims on the basis of their skin colour". <https://www.youtube.com/watch?v=fNCapJaw6Gc>

With this background the participants then listened to Richard Dean with immense interest on his lecture on human behaviour.

Day one included lectures on:

- **ESDS & Basics of Explosive Self Defense System**
- **Realistic Ground Tactics**
- **Point shooting / The principles of using firearms in close distance without the use of sight**
- **First Aid / What can be done with the knowledge and equipment**

Day two involved:

- **Arresting & Control Tactics**
- **Combat Drills**
- **Spontaneous Knife Defense**
- **Human Behaviour, Switch the violence on and off**

During the final evening at the Ski Club Center Bjursjöstugan, all participants received diplomas for completion of the training.

This event would not have taken place without the large financial support, as well as assistance with regard to premises and equipment from the Municipality of Uddevalla, Uddevalla Tourist Council, Uddevalla Fire Brigade and many local businesses.

The Defensive Tactics Groups are recognised by the Chairperson of the Professional Commission and are now known as professional interest groups within the IPA. DTGs are established in Sections Sweden, Belgium and the UK, supported by their national boards. IPA members from several other sections have shown their interest, and I invite them to contact temporary PC members Robert Stenhouse and Sven Maertens.



Some of the female participants of COPS 2019

Thank you to Sections Austria, Belgium, Denmark, Estonia, Finland, France, North Macedonia, Germany, Ireland, Italy, Norway, Poland, Romania, Spain, Switzerland and the United Kingdom, who made it possible for IPA members of their sections to participate. A wonderful mix of genders and ages enabled all of them to receive excellent training, exchange national practices, and network.

May-Britt V.R. Ronnebro, President IPA Sweden & PC Chairperson

An insight from IPA UK's Chris Duncome on COPS 2019

From Wednesday 24th to Sunday 28th April 2019 I was in Uddevalla, Sweden with nearly 50 officers from 17 countries for COPS 2019, a Defensive Tactics Group course.



Covering a mixture of unarmed skills, knife defence, point shooting, marauding terror attacks, groundwork and a whole host of other aspects, it was one of the best courses I've been on. I am hugely grateful to the UK Section of the IPA who provided me with a bursary to attend, covering the course cost and flights.

Day 1 – Upon arriving in Sweden we took a bus ride north to Uddevalla, a small town where the Defensive Tactics Group was born back in the 1990's. In the morning we had a few hours to spare before the course started, so we went for a wander down to the lakeside and into the nearby forest. At 20° C with blue skies it was a gorgeous day, and the stress of living and working in London melted away, bliss!

Later we went to the local police station to meet the trainers and the legend himself Slavo Gozdzik, founder of the DTG and the Explosive Self Defence System (ESDS). After a couple of lectures, including one on a marauding terror attack in a town nearby a few years prior, there was a short tour of the town, with some rather confused locals watching officers in uniforms of a dozen countries walking around.

Day 2 – The first full day of training. I started with trauma first aid for stopping catastrophic bleeding and dealing with trauma – it was an excellent refresher. After that it was point shooting and active shooter drills in the local nuclear bunker (yes, you read that right). I had picked up some basic tactics on the Police Street Survival Skills seminar in Gimborn and had a chance to see what I remembered – I was only shot once, so I would say that isn't bad for my few hours' practice 10 months ago.

In the afternoon it was onto ESDS. This is the signature move of the DTG, easy to pick up and not dependent on strength or constant training. It involves focused aggression and open hand strikes and slaps - the hand prints I still have across my body are a testament to its effect. After that it was onto ground work, defending oneself after being knocked to the ground, and how to escape when a person has you pinned to the floor. The Swedish police have a very similar attitude to use of force as us in the UK (maybe with a few less forms though), and it shows in their techniques.



Day 3 – We started with arrest techniques. The Swedes have developed a method to handcuff someone who turtles up and keeps their arm close to the body. I've been in this situation professionally on many occasions, and really rate their technique. The similarities in use of force in Sweden and the UK were evident, and there is a real use for it for me. The next session was the psychology of aggression, engaging in practical techniques to condition officers to switch aggression on and off. Controlled aggression is a very important concept, and something that is usually only picked up through experience.

After lunch, it was onto spontaneous knife defence. The technique is simple and consists of taking the fight back to the attacker. Part of the training involves a fake ambush attack, where your partner comes up and engages in an everyday conversation before launching an attack. It's a very real risk for officers at present, and in the danger-close confined spaces of the railway network where I work, it is often impossible to retreat from an attack. The last session of the day combined everything into a series of shooting and rescue drills, culminating in a drill where you are attacked (with closed eyes) with pads, fend off the attackers, then run to rescue an injured colleague, whilst shooting a third assailant. Great fun.

That evening, there was a formal dinner with presentations. We had come from different countries and forces, but over just a few days had bonded together as true friends. That is fundamentally what the IPA is all about, and I take off my hat to Sergeant Arthur Troop for his big idea all those years ago.

COPS was an amazing course, and one I will remember for a long time.

Chris Duncombe, IPA UK

7th International Shooting Competition organised by IPA Croatia's Regional Club Split-Dalmatia



The traditional 7th International Shooting Competition IPA SD was held on 4th May 2019 on the shooting ground in Stobreč, Croatia. A total of 85 participants including 24 teams and 12 individual competitors from the following sections and clubs took part: IPA Trnava - Slovakia, IPA Stuttgart - Germany, IPA Section Montenegro, IPA Bijeljina - Bosnia & Herzegovina, IPA County Herzeg-Bosnia, Livno - Bosnia & Herzegovina, IPA County Western

Herzegovina, Grude - Bosnia & Herzegovina, Border Police Bosnia & Herzegovina, Ministry of Interior, County Herzeg-Bosnia, Mostar - Bosnia & Herzegovina - and for the first time teams from IPA Banja Luka, IPA Tuzl, and IPA Zenica (all Bosnia & Herzegovina). Besides these, there were further competitors, such as the cadets of the Police Academy of Montenegro, and the Police Academy Zagreb. From the host's side, the teams from IPA Zagreb, IPA Medjimurje, IPA Brodsko-Posavska and IPA Ličko-senjsk, plus the team of the Special Police Unit Split-Dalmatia actively participated in the competition.

The celebration of the traditional friendship continued with our old friends in the Hotel Fanat in Split, where the representatives of the mayor of Split, Mr Ivica Grljušić and of the Head of Split-Dalmatia County, Mr Tomislav Đonlić, joined the festivities. Furthermore, the celebrations were enriched by the presence of the President of IPA Montenegro, Mr Vojislav Dragović, the acting President of IPA Bosnia & Herzegovina, Mr Zoran Smital, as well as the representative of the Border Police of Bosnia & Herzegovina, Mr Ivan Mišetić. IPA Croatia was represented by the Secretary-General of the section, Željko Turk, who attended on behalf of the President.



The dinner, which lasted all evening, was enjoyed by all participants and allowed for the exchange of past experiences and future plans. We are happy to say that the event was successful, and we hope to see an even greater number of participants in the future.

SERVO PER AMIKECO

Željko Turk, Secretary General IPA Croatia

IPA Sri Lanka's Secretary General appointed to top position



It is with great pride, that we, the IPA of Sri Lanka, announce the appointment of our National Secretary General Mr. Asoka Wijetilleka to the National Police Commission of Sri Lanka as a Commissioner/Member by the Parliamentary Constitutional Council, the apex constitutional body vested with the appointment to the high posts in Sri Lanka.

His appointment to the National Police Commission came to be effective in February 2019, for an uninterrupted period of three years.

The National Police Commission of Sri Lanka is the constitutionally empowered highest Police administrative body, with powers in the appointment, promotion, transfer, disciplinary control and dismissal of police officers of all ranks, except that of the Head of the Police Force, and tasked in the formulation of schemes of recruitment, promotions and transfers, training and improvement of efficiencies and independence of the Sri Lankan Police Force.

Mr Wijetilleka has served in the Sri Lankan Police Force with distinction and was the Head of the CID, the highest investigative arm of the Sri Lankan Police, and Head of Interpol, Sri Lanka, and lastly held the rank of Senior Deputy Inspector General of Police, which is the second highest senior post in the hierarchical command structure of the Sri Lanka Police.

He has wide international exposure, experience and training: apart from being a member of the Sri Lankan delegation to the UN Human Rights Council sessions, an Observer Participant at the International Parliamentary Union Annual Assemblies in the past, he has also served in many governmental high positions in National Authorities/Boards and National Agencies of repute in Sri Lanka.

Mr Wijetilleka is currently the President of the Association of Chiefs of Police, Sri Lanka, serves as Senior Adviser of the IPA Asian Affairs Bureau (AAB), based in Macau, and is also a member of the National Security Law and Order Committee of the Organisation of Professional Associations of Sri Lanka.

Sunethra Senevirathne, Assistant Secretary General IPA Sri Lanka

IPA Greece hold their 35th National Congress

The annual congress of the IPA is an innovative event within the Greek Section, where police officers are given the opportunity to meet, give their views on issues of social and cultural interest, and establish friendly relations that can lead to wider international cooperation.

We are pleased to inform you that our 35th National Congress, which was hosted from 17-21 April 2019 in beautiful Parga, Preveza, in the 'Parga Beach Resort' was a full success.

The goal of our Association is to build volunteerism, cooperation and solidarity, connecting the police activities with citizens.

During their stay, delegates and visitors had the opportunity to visit some of the beautiful sights of the prefecture of Preveza: Ancient Nikopolis, the historical Zalogo, the springs and Necromancy of Acheron, and Preveza.

We were honored by the presence of representatives from the Police, as well as political and religious authorities. The congress was attended by delegations from Cyprus, Serbia, Romania, Bulgaria, Germany and Albania.



April 18th has been designated by UNESCO as 'World Heritage Day'. Therefore, and to mark this important event, one of the evenings of the congress was arranged on the theme of 'Tourism - Culture - Security'.

Prior to the opening of the congress, a minute's silence was observed for our fellow members who died in the line of duty, as well as for two prominent members of our Association that are no longer with us, Giorgos Katsaropoulos and Michalis Papadakis.

The congress was attended by 110 delegates and observers from 52 regions of IPA Greece, and important actions were presented.

The National President, Mr. Ioannis Karapatakis, expressed his appreciation to the fellow members of the regions and to the active and retired police staff for their efforts and the work they continuously produce every day, implementing the principles of Servo per Amikeco.

In addition, he thanked the Preveza Region for the excellent organisation of our congress.

For all of us in the IPA, 'relationship of responsibility' means creation and cultivation of long-term relationships based on friendship! Our conference was conducted in a climate of consensus and unanimity, demonstrating in practice that our Association can and wants to move forward, with great and steady steps. We also thank all those who responded to our invitation and honored us with their presence.

Servo per Amikeco,

Ioannis Karapatakis, President IPA Greece

Vasilios Papas, Secretary General IPA Greece

National Day Celebration The March of Glory – IPA Mauritius

The National Day of the Republic of Mauritius was celebrated with great splendour on 12th of March 2019.

This year, members of IPA Mauritius Section brought special prestige to the event by taking part for the first time in an official parade at state level. The participation in the parade was one in a series of events planned by our association to commemorate its golden jubilee.

The spectators were able to witness a great sense of pride and honour when a 26-man platoon proudly paraded the IPA flag in an event of such grandeur. Filled with exhilaration, the participants showcased a lively parade in front of the whole nation.

The march began with Inspector Ramgolam leading the IPA platoon and Police Sergeant Nothoo (IPA Mauritius Treasurer) as the flag bearer.

It was a spectacular display, with the IPA motto 'Servo per Amikeco' prominently displayed to the entire country.



I wish to mention that all things are possible to a person who stands on the foundations of honour and, as it is often said, there is no passion more universal than pride.

The presence of the IPA platoon among other units marching on the occasion of the National Day is a testimony of our commitment and dedication to our association, and it has certainly led us to a great feeling of accomplishment and self-satisfaction.

The 'March for Glory' has instilled in us a building block of a healthy self-esteem.

IPA Mauritius is grateful to the Commissioner of Police who once again stood by our side and showed his unflinching support to showcase the IPA during the National Day parade.

Outam Kumar Guness, President IPA Mauritius

IPA Kenya conduct Mental Wellness Seminar for Police Officers

IPA Kenya organised a three-day seminar on mental wellness for 30 officers of all cadres from the Coast Region of Kenya. The seminar, which ran from 12th-15th May 2019 at the ACK Guest House, Likoni, was a response to an increase in stress-related cases of misconduct noted among police officers. In his opening address, the local police chief, Mr Tom Odero, acknowledged that mental illness was a major challenge and greatly hindered the realisation and maintenance of professional standards within the Service. He mentioned increased reports on alcoholism, absenteeism, broken families, domestic violence, poor discipline and in extreme cases, suicide among officers.



Seminar participants' group photo

Ms. Rebecca Gitau, a psychosocial support expert from the Nairobi Women's Hospital, described mentally well people as 'positive, self-assured and happy. They are in control of their thoughts, emotions and behaviour.' This enables them to handle challenges, build strong relationships and enjoy life. She further stated that realisation of good mental health was essential for one to: realise their own abilities, cope with the stress and challenges of life, engage in productive work and contribute to community.

She stressed that sustaining mental health requires time and effort, and that the more one invests in mental health, the stronger it will become. 'Mental wellness is about being mentally fit just like you would be physically fit. Together with our physical health, our mental health makes up a significant part of our wellbeing as a person'.



Seminar in session

Rebecca pointed out that mental wellness is the foundation for emotions, thinking, communication, learning, resilience and self-esteem. It is also key to relationships, personal and emotional well-being and contributing to the community or society. Mental wellness means that we are in an overall state of well-being where we utilise our talents and abilities, cope well with the stresses and problems of everyday life, and live productively as members of our communities.

Unfortunately, police officers are by the nature of their job expected to operate in extremely stressful conditions. This, in most cases takes toll on their ability to cope. Mental health problems begin to occur, affecting mood, thinking and behaviour. Among the most common external causes of mental illnesses identified by the participants were: work related pressures, social or cultural expectations, major

changes in life, work pressures, relationship difficulties, financial problems, and being too busy. The common internal sources of stress were identified as: inability to accept uncertainty, pessimism, negative self-talk, unrealistic expectations, perfectionism, and lack of assertiveness.

There is already huge investment in training on work related skills and academic pursuit among police officers in Kenya. But this may not directly improve efficiency and effectiveness in service delivery, until the mental wellness is equally and effectively addressed. The officers were thereafter taken through the simple but effective therapy of four As: **Avoid, Alter, Adapt and Accept**. Additionally, developing positive beliefs around our self-worth and expectations for what makes a good life is essential. Prioritising real life social networks of colleagues, friends and family to spend time with people and to share life's moments, is useful. Proactively managing our environment for safety, satisfaction and personal growth, getting enough sleep and waking up fresh. Being open and honest enough to be able to seek help from friends, family or medical professionals when problems are escalating or we feel we are out of balance. Down-time – switching off from technology occasionally and spending time reflecting.

Stress is a part of life: We can all learn to manage our stress levels: We can all use psychosocial support.

Jared Ojuok, Secretary General IPA Kenya

ON THE TABLE OF THE IEB



IPA World Congress 2020
Preparation is the key to success



An IPA World Congress needs thorough preparation from both the organising section as well as the International Executive Board in the years leading up to this major event in the IPA calendar.

Therefore, at the start of May, Romain Miny, Treasurer Finances, and I travelled to Barcelona in Spain to look at two possible hotels for the World Congress 2020. Both hotels are in the city itself and offer excellent facilities, suitable for our needs.



We met with the hotel management in each hotel and a representative of the IT firm offering to supply the technical equipment.

We also met with the IPA organising committee and a director of the event management firm that will look after the running of the Congress. Initial financial offers were handed over to us and discussed thoroughly. Revised offers, based on our comments, were then promised.

The next day we had a planning session with the IPA organising committee in the IPA Catalonia offices, and we agreed to appoint an IPA liaison member to facilitate the planning between the IPA, the hotels, and the event firm. In addition, we were shown different locations in the city, where the opening ceremony may be staged. We were given a tour of the beautiful Barcelona town hall, with its fine halls. Sadly, they were not quite large enough for our purposes.

At the time of writing we are awaiting revised offers on the venues and the technical support. Once received, these will be assessed, and any further demands made. Romain will be back in Barcelona for the auditors' meeting in late spring and can then speak with the event management company again. A final recommendation will then be presented to the IEB at the meeting in late June.



Romain and I were shown excellent hospitality during our stay, getting to enjoy the superb local cuisine. All the restaurants were very supportive of the IPA and in one, our waiter was wearing an IPA badge!

It is evident that the organising committee are a professional and cohesive team, who will create a superb World Congress.

Thanks to Manel Castellví and all our IPA friends in Barcelona!

Stephen Crockard, Head of Administration

LAST WORD

In May, we were happy to receive the visit of IPA member H.R.P. Senanayake from Sri Lanka, with his friend, Arasakone Ravinranth. Both showed great interest in the IAC, Section UK, and the IPA memorabilia displayed around the Arthur Troop House. Over the years, our offices have accumulated a wealth of artefacts - gifts gratefully received from IPA sections around the World. We were also able to show our visitors IPA items belonging to Arthur Troop.



After a quick cup of tea, our visitors crossed the road to have a look at Trent Bridge Cricket Ground, one of several grounds hosting the Cricket World Cup 2019. Over the next few weeks, the streets around our offices will turn into a festival, as Nottingham welcomes cricket teams from Australia, Bangladesh, India, New Zealand, Pakistan, the West Indies and of course England, giving us an international flavour right outside of our window.

A little bit like the IPA infact 😊

Elke

CALENDAR OF EVENTS

Please find below a list of IPA events for the next 12 months:

Section	Date	Event
Spain	1 Jun 2019	5 th Intern. Mtg of Police Collectors, Valencia
Belgium	3-7 Jun 2019	DTG Liège, Scott Reitz Adv. Pistol Training
France	6-11 Jun 2019	2 nd International Friendship Week, Nîmes
Bulgaria	6-9 Jun 2019	25 th Anniversary Celebrations
Poland	8-9 Jun 2019	IPA Triathlon, Mietków
Italy	13-16 Jun 2019	9 th IPA Motorcycle Rally, Predazzo – fully booked!
Netherlands	14-16 Jun 2019	Limburg-Zuid 60 th Anniversary
Italy	15-19 Jun 2019	4 th European Motorbike Reunion, Friuli Venezia Giulia
Netherlands	20-23 Jun 2019	26 th Int. Campervan Meeting, Valkenburg
Spain	20-23 Jun 2019	IV Int'l Champ. Football Tourn., Galicia
Romania	20-23 Jun 2019	Porto-Franco Cup (mini-football), Galati
Austria	22-29 Jun 2019	Hiking Week, Nassfeld
Slovakia	21-23 Jun 2019	25 th Anniversary Celebrations
UK	24-28 Jun 2019	YPOS 2019, Stirling, Scotland
UK	27-30 Jun 2019	UK Motorbike Rally, Huddersfield
Germany	29 Jun 2019	3 rd International IPA March, Stuttgart
Estonia	19-21 Jul 2019	23 rd Summer Days, Harju County
Poland	20 Jul;3 Aug;31 Aug	3 Cycle races 'The Crown of Karkonosze Mountains'
Germany	22-26 Jul 2019	IPA Bike Tour, Mannheim
Germany	26-28 Jul 2019	Int'l Motorbike Meeting, Uslar
Slovakia	28 Jul-4 Aug 2019	Int. Friendship Week 2019, Rimavska Sobota
Croatia	3-17 Aug 2019	International Youth Gathering
Spain	5-11 Aug 2019	Superfun Family Week, Barcelona
Canada	11-17 Aug 2019	IPA Training Conference, Vancouver
Canada	18-21 Aug 2019	22 nd ICADTS, T2019, Edmonton; <i>announced via the IPA Professional Commission</i>
Spain	25 Aug-1 Sep 2019	IPA Navarra 30 th Anniv. Friendship Week
Russia	26 Aug-2 Sep 2019	Spasskaya Week, Moscow
IBZ Gimborn	30 Aug-1 Sep 2019	50 th Anniversary Celebrations, Gimborn
Canada	2-11 Sep 2019	Shades of Ireland Tour, organised by Atlantic Region of IPA Canada
Bulgaria	4-8 Sep 2019	First Folklore Festival, Chepelare
Montenegro	5-8 Sep 2019	5 th Balkan-Adriatic Meeting, Podgorica
Italy	11-15 Sep 2019	6 th Troph. Riviera delle Palme 5-a-side football tournament, Ascoli Piceno
Spain	11-15 Sep 2019	XI Int'l Champ. Indoor Football, Galicia
Switzerland	13-15 Sep 2019	50 th Anniversary Zentralschweiz, Lucerne
Spain	2-6 Oct 2019	III Trans-Pyrenean Motorcycle Tour
USA	5-12 Oct 2019	National Delegate Conference Cruise, Miami

Section	Date	Event
Croatia	8-13 Oct 2019 12-19 Oct 2019	64 th IPA World Congress, Cavtat Friendship Week
Ireland	13-18 Oct 2019	International Police Training Seminar, Dublin
UK	15/16 Oct 2019	Las Vegas Mass Shooting Seminar, Northallerton
Spain	30 Nov-8 Dec 2019	Cycle Tour of Gambia, supported by IPA Spain Vallés Oriental
Spain	30 Nov 2019	19 th International Trader Show, Barcelona
Spain	12-15 Dec 2019	1 st Intern. 7-a-side Football Tournament for Police, Tenerife
UK	30 Jan-2 Feb 2020	Ceilidh Weekend, Kingussie, Scotland
UK	14-17 Feb 2020	Devon Branch Spring Friendship Weekend, Exmouth
Japan	7-14 Apr 2020	Japan Friendship Week

FORTHCOMING GIMBORN SEMINARS

Please see below a 4-month summary of seminars, offered by our international education centre IBZ Gimborn in Germany.

If you are interested in taking part in any of these seminars, please follow the link:

www.ibz-gimborn.de



Date	Seminar	Language
03-07 Jun 2019	Motorradbanden – Gesichter org. Kriminalität	G
10-14 Jun 2019	Demokratie, Freiheit, Menschenrechte und Diversität in Europa	G/F
17-21 Jun 2019	Demographischer Wandel und Fragen der Sicherheit// Cambiamenti demografici e questioni della sicurezza	G/Ita
26-28 Jun 2019	'Circle'-Training Social Media	G
01-05 Jul 2019	Hablamos Español	G/S
01-05 Jul 2019	Wenn die Stressverarbeitung nicht mehr funktioniert – Hilfe durch Stressmanagement	G
08-12 Jul 2019	Police Street Survival Training	E
19-23 Aug 2019	Wir Europäer?	G/E
26-30 Aug 2019	Aktiv in den Ruhestand	G
30 Aug-01 Sep 2019	Qualifizierung 'Mut tut gut'	G
02-06 Sep 2019	Environmental Crimes – Illegal Profits and Cross Border Crime – Sample Cases and Best Practice Studies in fighting such crimes	E
06-08 Sep 2019	Motorradkultur und Sicherheit - Training	G
07-08 Sep 2019	Qualifizierung Anti-Gewalt Training für Schüler und Schülerinnen	G

Date	Seminar	Language
09-13 Sep 2019	Jugendkriminalität – Möglichkeiten und Methoden im Umgang mit schwierigen Kindern und Jugendlichen/ Delincventa Juvenila	G/Rom
18-20 Sep 2019	Excellent Leadership – Führungspotenziale weiterentwickeln	G
23-27 Sep 2019	Häusliche Gewalt und Gewalt in Beziehungen – Herausforderungen und Aufgaben für Polizei und gesellschaftliche Organisationen in Spanien und Deutschland/ Violencia de género – Desafios y cometidos	G/Sp
30 Sep-01 Oct 2019	Social Media und Recht	G

