



## Hello Members,

Welcome to the 4<sup>th</sup> issue of the Menai Men's Shed newsletter for 2019.

### Member Profile Corner:-

In this and future newsletters a willing Shed member will be profiled, providing the opportunity of getting to know our MMS colleagues a little better.

Our victim, sorry, I mean participating member for the profile corner is Me.

I was born in Warners Bay, Newcastle, 1950 and the eldest of 6 brothers, Grahame, John, Mark, Paul, James and a still born sister (Donna). Attended a local catholic primary school, then Marist Brothers high school, Hamilton. After school become an apprentice boilermaker and specialist welder (1965 to 1969). Then became a foreman at the State Dock yard, Newcastle. In 1971, followed a childhood ambition and joined the NSW Police Force and attended the Police Academy at Redfern. After 5 weeks initial training was attached to Waverley Police Station and following a further 8 weeks training was attested as a probationary constable and let loose on the unsuspecting public, along with my brother Grahame, who was attached to Darlinghurst. Following a number transfers, I worked at Newcastle and Wallsend. Whilst at Wallsend (1977) on night shift, my college and I were driving to Kilaben Bay to assist two police from Toronto with a person on premises alert. On arrival, I found Senior Constable Doug Eaton dead, shot twice in the chest and stomach with a shotgun and his partner, Eddie Gill, shot in the head with a 357 calibre handgun. Eddie sustained severe head wounds, he survived but with lasting complications.

On 19 September, 1979, I was involved in Star Hotel riot in Newcastle and sustain a number of severe injuries. In 1980, I attended a call from a local linesman about shots fired. Upon arrival, I found Sergeant Keith Hayden dead, shot in the back of the head on Mt. Sugarloaf, near West Wallsend. Later that year, I was transferred to a one man police station at Burren Junction, between Wee Waa and Walgett and after few years was transferred back to Sydney for promotion to the rank of Sergeant at North Sydney Police Station, where I met my workmate and bride, Sue. We been married for 35 years and our daughter Sarah was also in the force for 11 years.

I was transferred to a number of units, Tactical Response Group, Highway Patrol Response Group, senior law instructor to the Redfern Police Academy, then in 1987 became the first full time secretary of NSW Police Legacy which at that stage, provided care and support to 387 police widows and widowers and 1207 children. The numbers are far greater in 2019.

Over my 20 years of policing I was involved in a number of investigations and high profile arrests. The Granny Killer – Mosman, Crump and Baker who kidnapped and killed Virginia Morse at Collarenebri.

During these years, I worked with some wonderful police, and was awarded four Police Commendation Awards. Witnessed a lot of tragedy. Have had many people die in my arms, from violent attracts and road crashes. I retired in 1991, medically unfit due to injuries sustained during my policing career.

If I could have my time over, I would join the police force again tomorrow and perhaps change only a few things. Like any organisation that art of communication is paramount in co-existing with individuals and creating lasting friendships. I have found this the case with my 20 years in Toastmasters International and similarly with the Menai Men's Shed.

This is my last newsletter and I am sure there are other members who are keen to take on the Newsletter role. In passing, I have enjoyed preparing the newsletters and extremely grateful for the participation of the (victims) members who provided a snap shot into their lives in the Profile Corner.

### MEN'S HEALTH

The Menai Men's Shed Committee, through Gerry Flannery, Dr Anthony Hutton attended an organised shed meeting in which the Doctor spoke on men's health dealing with the Prostate and delving into the purpose, the associated complications when not checked regularly and that prostate cancer in one of the biggest killers in men.

Dr. Hutton provided an easy to listen too presentation with slides. He also took time to answer several questions and reinforced the need for regular check-ups, digital examinations and blood tests.

Following the informative presentation, Dr. Hutton was presented with a number of gifts which were made in the shed. It is important to note that none of the gifts were suited to assisting the doctor with examinations.

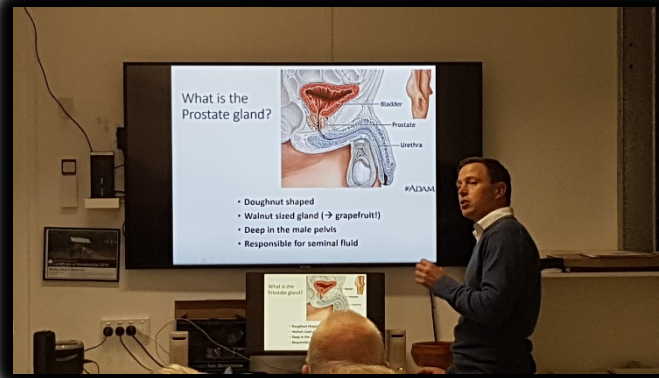


## Recent Shed Projects;

There has been a lot of doing on various projects in the shed for Community Clients.



Shed member, Phil Gant has been busy with constructing 27 book stands for a visually impaired school. Phil seemed very happy plodding along at a steady pace.



Recently, H and Colin went on a tidy up spree and most of you will have noticed that under the table saw, shelving had been constructed to house the many jigs and templates that are used in conjunction with the table saw. When using these templates and jigs, please return them to whence they came.

Also the sand paper sheets now have a home. Please make sure that the shelving is also kept tidy.

## SAFETY FIRST – BAD PRACTICES

There back. Bad practices.

Men, please take some care as the following have recently been observed.

- Chuck keys left in chucks on drill presses
- Small bandsaw left running after person using it had left the shed,
- Small bandsaw blade broken and machine left plugged in and no **Out of Service Tags** attached,
- Fences left off both bandsaws after use, drill bits left in drill presses.

Kind regards,

*Ron Alexander*  
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