

Shavings

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Laurieton Men's Shed

Shed Phone 5519 8019

Vision Statement: The Laurieton Men's Shed aims to be the venue of choice for men of all ages in the local community; to share their interests, skills and ideals in a spirit of mateship and a place to benefit their health through participation in a variety of activities with a sense of belonging.

Laurieton Men's Shed is OPEN – but not the way it was.

Opening hours are: Monday, Tuesday & Thursday: 9:00 am - 3:30 pm.

Wednesday & Friday 9.00 am - 12 noon.

Your compliance with the new rules is essential to keep us all safe from COVID-19.

- Read the signs and follow directions.
- Frequently clean/disinfect your hands and tools.
- Sign in and out on each visit.
- Stay at least 1.5m away from others.

IF YOU ARE UNWELL DO NOT COME TO THE SHED.

LMS Fitness Centre.

Men have been busy setting up exercise equipment for use of members.

No more than 4 people are allowed in the room at any time.

Clean/disinfect your hands and the equipment before and after use.

Ask for help if you are not familiar with the machines.

If reduced physical activity over the last few months has added a few unwanted Kg to your physique, this could be just what you need. There is even a mirror to watch your progress.

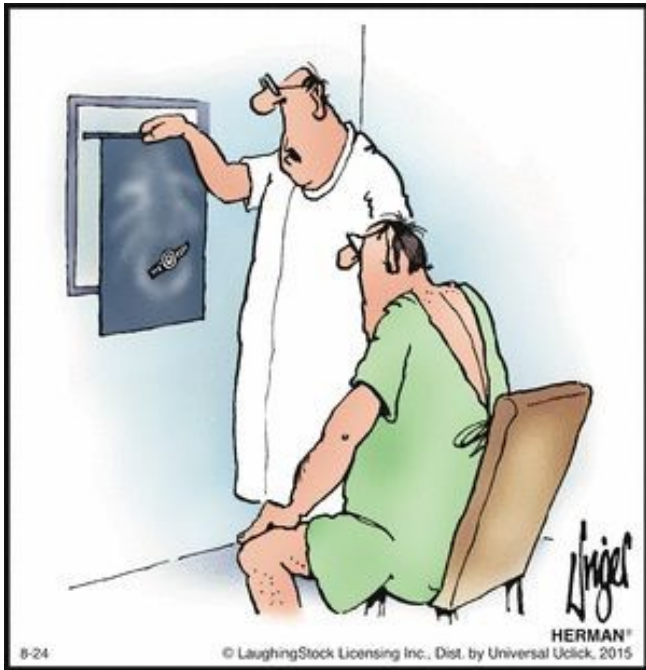
If in doubt, check with a health professional before commencing a new exercise routine.



Port Macquarie Ironman 2020.

This event was scheduled for 3rd May 2020 but was cancelled due to the COVID-19 pandemic. The next Ironman event is scheduled for 2nd May 2021. If you were eager to get out and do some marshalling, you'll have to wait a while.

For a Laugh.



"I'll have to open you up again;
that watch has great sentimental value."



Charity begins at home?

The staff at a local charity office realised that it had never received a donation from the town's most successful lawyer. The person in charge of contributions called him to persuade him to contribute and said "Our research shows that out of a yearly income of at least \$500,000, you give not a cent to charity. Wouldn't you like to give back to the community in some way?"

The lawyer mulled this over for a moment and replied, "Did your research also show that my mother is dying after a long illness, and has medical bills that are several times her annual income?"

Embarrassed, the charity representative mumbled, "Um... No."

"Or," the lawyer continued, "that my brother, a disabled veteran, is blind and confined to a wheelchair?"

The stricken charity representative began to stammer out an apology but was interrupted when the lawyer added, "Or that my sister's husband died in a traffic accident?" the lawyer's voice rising in indignation, "Leaving her penniless with three children?"

The humiliated charity representative, completely beaten, said simply, "I had no idea..."

On a roll, the lawyer cut him off again, "So if I don't give any money to them, why should I give any to you?"