



MARLEY'S MAIL – November 2018

Email: admin@marleys.com.au, website: www.marleystransport.com.au



Jeremy & Peter (53 & 59) at Wunderwy Farm in Serpentine

MARLEY'S REMINDERS

Hydration and sun protection/prevention – As summer is approaching and the weather is beginning to warm up, we would like to raise the awareness of hydration and sun protection for our drivers especially and our team in general.

Hydration – Recognising the signs of dehydration – Most obviously, the body's first response to dehydration is to become thirsty, this is the body sending signals that more water is needed. The next most important factor is drinking liquids that support hydrating the body. If the body is not hydrated enough your urine output will decrease which in turn will cause the body to stop sweating and increase the likelihood of muscle cramping. Driving a heavy vehicle and suffering from dehydration can be extremely dangerous not only for the driver but also for other road users. Refuel the body with good food and water – consider sparkling water with a splash of lemon/lime to change it up.

Sun Protection – Long drives through the hot sun seems like an unavoidable sentence to a drivers arm or face – The best solution can be quite simple, slap on sunscreen – no matter how tinted the window of the cab are, the sun will and does penetrate through them and can cause serious and irreversible damage to skin. Remember that re application is the key throughout the day, once is not enough. Other forms of protection is wearing of a sun sleeve and or an open palm glove and of course a hat or cap. Make sure that your sunscreen is in date, check out the cancer council for sleeves and glove protection, and consider application of a chap stick.

Snap shot of works being undertaken by James and his team at Customvac, building some new Walinga trailers at Hope Valley



We pride ourselves on providing a reliable and efficient transport service to our customers

Sending Birthday Wishes To:

Mo Milburn - 7th

Robert Jacob-Peters - 8th

Byron Rodd - 19th

Marcus Watson - 20th

Jeremy Christison - 22nd

Simone Tornago - 22nd

Josh Meyer - 23rd

Sue Vulich - 30th

Many Happy Returns to all on your birthday

Please welcome new members to the Marley's Team

Noah Criddle-white,
Tyler Jacob &
Mark Austin

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Armistice Day/Remembrance Day 2018 – 100 year anniversary WW1

11th hour, 11th day of the 11th month

11/11/1918 the guns on the Western Front fell silent after more than four years of continuous warfare. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement.

It is noted that over 70 million people were mobilised during this time and estimated between 9-13 million dead, and one third of them with no known grave. This 11th day, 11th month at the 11th hour is the day that we commemorate our war dead.

This year RSL have enlisted the services of RSLWA Ladies groups around Australia to handcraft 62,000 red poppies, these will be placed on the lawns of Kings Parks state war memorial.

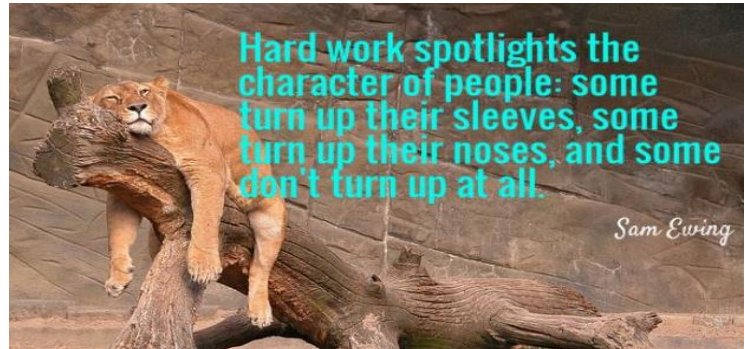
This visual tribute is to acknowledge the 61,513 lives that were lost in battle.

Why do we celebrate with red poppies – the poppies were amongst the first flowers to grow along the battlefields of northern France and Belgium for WW1, were our troops fought. In soldier's folklore, the vivid red of the poppy came from the blood of their comrades that had soaked into the ground.

This year to also celebrate 100 years – 100 buglers will be playing "The Last Post" throughout the streets of Perth and Northbridge



Figure 1 Sydney 11/11/1919 celebrating Armistice Day



NOVEMBER 2018



Your moustache makes a difference,

Men's mental health - show us your style

1st October began **Bush Fire Action Month** – DFES are urging all of WA to start preparing. DFES state that "The biggest killer in the event of a fire is indecision – knowing when you will leave, where you will go and which way you will go if you're threatened by bushfire could save your life." Bushfire are unpredictable, if you're travelling during a bushfire and you become trapped by fire, what should you do?

- * Park the vehicle off the roadway where there is little vegetation, with the vehicle facing towards the oncoming front.
- * Turn the engine off, close the vehicle doors, window and outside vents.
- * Call 000, stay as close to the floor as possible and cover your mouth with a damp cloth to avoid inhalation of smoke.
- * Stay covered in woollen blankets if you have them, continue to drink water and wait for assistance.
- * STAY in the car until the front has passed and do not open the windows or doors. Once the temperature has dropped, cautiously exit the vehicle. Remember internal parts may still be extremely hot.



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