



# MARLEY'S MAIL – October 2018

Email: [admin@marleys.com.au](mailto:admin@marleys.com.au), website: [www.marleystransport.com.au](http://www.marleystransport.com.au)

Marley's Transport

Staff Party

Saturday 20<sup>th</sup> October

Hope Valley

Time: 12-6pm

Food, Drinks and Entertainment

## Sending Birthday Wishes

To:

Alan Diak 1<sup>st</sup>

Colin Hughes – 1<sup>st</sup>

Will Stevens 2<sup>nd</sup>

Jim Fitzgerald – 5<sup>th</sup>

Jane Sawyer – 6<sup>th</sup>

Darren Ward – 20<sup>th</sup>

Many Happy Returns to all on your birthday celebrations

*Mbl 39 working EXTRA hard at Mt Walker*

*Thanks Peter*



## MARLEY'S REMINDERS

### Milnes Drivers – Radio

**Communications** – It is suggested by a fellow Marley's driver if you could swap to Channel 18 once arrival at the gate is undertaken, this will allow effective radio communications to be undertaken between each other.

### REFRESH INFORMATION:

**Tarpping and load levelling requirements** – As part of our loading requirements for Wesfeeds You are required to ensure that all loads are to be tarped **before** departing bulk out loading, even for split load feeds. Please ensure if load levelling is required to use platform at bulk out loading.

**Working at Heights** – As a safety reminder to ensure you go home the same way you came to work – **PLEASE** do not do any work at height where you can fall. **One slip and your world can change in an instant!!** Use platforms, access portable rails on trailers or drive to workshop – seek assistance with the scissor lift

Daylights Savings Time (DST) begins in ACT, NSW, SA & Tasmania as of 7<sup>th</sup> October 2018



**WA, NT & Queensland, remain on standard time**

Australia has observed DST for 57 years in at least one of our states between 1916 until this year 2018

In October 2, 1916, during WW1, Tasmania became the first state in Australia to use daylight savings time (DST). The measure was applied in all states and territories in 1917, and was removed in the whole country in 1918. It was re applied during WW2 from 1942-1944. After the war ended, DST was not observed until Oct 1<sup>st</sup> 1967, when Tasmania reintroduced it during a drought, the state has continued changing its clocks ever since and in 1971, ACT, NSW, SA, VIC and QLD followed. Queensland abandoned DST in 1972 and NT has not used it since 1944.

## MOVEMBER 2018 is coming



Who's up for the challenge?

Workshop vs, Truck Drivers vs Management

Your moustache makes a difference, you can grow a Mo in any shape or size, or even add a little colour



*New additions to the fleet – Mobile 10 – Tipper 52 & 53 at Dowerin Field Day 2018. Thanks Liam*

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

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Welcome new members to the  
Marley's Team

David Messenger – Driver

Brent Hasson – Driver

## HALLOWEEN

Spot the twelve differences



### Halloween – 31<sup>st</sup> October

What is Halloween? It is the evening before the Christian holy days of All Hallows' Day

It is believed it is the time when ghosts and spirits came out to haunt, and the Celts would appease the spirits by giving them treats



As for the **trick or treating**, or "guising" (from "disguising"), traditions, beginning in the Middle-Ages, children and sometimes poor adults would dress up in the aforementioned costumes and go around door to door during Hallowmas begging for food or money in exchange for songs and prayers.

## FLASHBACK



### Health & Wellness Tip's

1. Drink Water. *Many health issues arise from dehydration. The body doesn't give signals to drink until it's already in a dehydrated state, only when you start to feel thirsty. A good method to ensure you are hydrated, is to try to sip your water all day long, rather than just drinking when you are thirsty. Try adding a splash of lemon or lime to spice your water up.*

2. Set yourself some goals for your health. Don't try to do everything you should do all at once. You'll become frustrated and set yourself up for failure... Try mastering one thing at a time, like increase your water intake by a  $\frac{1}{4}$  cup a day.

3. Your mind; the job can at times get boring. Mile after Mile after mile of monotonous roads, trees and signs. It's a time when you can become easily distracted or you can think too much. Did you know that sometimes thinking too much is a bad thing? Dwelling on a matter too long can distort your thinking and even cause emotional reactions. Varying up the driving routines can help you stay alert and fresh.

**Audiobooks** – Try them - there are some great authors out there that can give you something to listen to while you drive. Try the library as a free resource. **If you like a great Australian laugh try Robert G Barrett – The Les Norton novels – he will crack you up with his adventure in and around Australia – real aussie larrikin**

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