



# Marley's Mail – February 2021

50 YEARS

ANNIVERSARY  
EST. 1969

## Funny Share!!!



## Marley's Notification

Welcome new member's to the Marley's team

Sean Dickson - Truck Driver

Nathan Scinto - Truck Driver

Ernie Tyler - Truck Driver

Jordan Garces De Agrela - IT Assistant

Tom Murphy - Workshop Apprentice



Special Thanks To:

**Peter Lander** January 17<sup>th</sup> - 10 years of service.

**Ray Tylipksi** – November 2020 – 19 years of service



Fantastic Achievement to you both

## Did you know?

Australia has three time more sheep than people?

Australia is the only continent in the world without an active volcano?

If you visit one new beach in Australia every day, it will take over 27 year to see them all!



## Key to healthy eating for adults:

Eating for health and wellbeing is about selecting foods from the 5 food groups every day.

Plan ahead- stock up on basic nutritious foods like wholegrain cereals, try adding some lentils or legume into your diet, eat eggs and if using canned or frozen foods review the salt and added sugar content.

Choose a variety of types and colours of fresh vegetables and fruits that are in season. Use fruit or vegetables for snacks.

Lean red meat are important, maximum of 455g a week is recommended. Consider having 1-2 meat free meals in your weekly meal plan.

Choose reduced-fat varieties of milk, yogurt and cheeses, include small amounts of unsaturated fats such as oils, spreads, nut spread and avocados.

Drink plenty of water, consider adding some fruits to zing it up, and reduce the drinks with added sugar or alcohol.

If planning and access to good foods and shops is difficult, consider using a service that will provide you with nutritious and healthy foods delivered to your door.



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



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**Site Changes** - Over the coming month or two you will start to see some changes occurring on site as we prepare for the handover of our new yard.

### What to expect:

1. The current fencing as you come into Gate 1 on the vacant land side will be removed from about halfway down in the coming weeks.
2. Ground works will be commencing in the vacant block next to the fuel bund in preparation for pouring of the concrete pad. This is a construction site, and No Entry is permitted.
2. An amended Traffic Management Plan will be released to the team confirming entry and exit requirements for all vehicles.
3. Storage – you will see that at present we are stockpiling goods out of shed 1 around the perimeter of the yard in preparation to transfer into the new warehouse.

Please ensure that you exercise caution around site during this

## Happy Birthday

Paul Gibbons – 3<sup>rd</sup>

Mark Bradshaw – 5<sup>th</sup>

Shane Gatti – 6<sup>th</sup>

Ray Tyllipski – 12<sup>th</sup>

Liam Ward – 21<sup>st</sup>

Grant Mannington – 21<sup>st</sup>

Warren Shewan – 24<sup>th</sup>

Wishing you all a day full of laughter and happiness and a year that brings you much success

were nearly there!!

#taking shape#

#exciting#

#Marley's growth spurt#

IF YOU CAN'T FIGURE OUT YOUR PURPOSE, FIGURE OUT YOUR PASSION. FOR YOUR PASSION WILL LEAD YOU RIGHT INTO YOUR PURPOSE



Stay home if you are sick don't go to work or school if you have symptoms



Avoid shaking hands or making other unnecessary physical contact with others



Avoid close contact with others keep 1.5 metres away



Wash hands regularly for at least 20s, using soap and water or alcohol-based gel



Cover mouth and nose when coughing or sneezing using a tissue or flexed elbow

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