



Marley's Mail – March 2022

50
YEARS
TRADING

ANNIVERSARY
EST. 1969

Marley's Notifications:

Distraction: With all the features of modern vehicles, technology, and life in general our drivers are presented with more distractions than ever. The most common distractions according to a report in Australia in 2021 for drivers are:

Texting/mobile messaging, eating, and drinking, smoking/vaping, applying makeup, hair styling, changing music or audio, reading a map or navigation app and changing clothes.

Any of these can take a driver's eyes off the road for several seconds, which is more than enough for hazards or accidents to become avoidable.

The "Blind travel" calculator:

If I was distracted for **3** seconds at **100** km/h, I would drive blind for **83 metres.**



Ricky in MBL 50 backed into the sheep cube alley at Milnes

Greg (Winginit) Johnstone's Journey

11 years ago, I was diagnosed with prostate cancer. I was operated on in NZ and was given the all clear by the doctors.

I started work at Marley's in February 2020 driving a blower truck.

In August 2021 I twinged my shoulder while washing my truck at the yard and was undergoing treatment with Marley's health care provider.

I continued to drive during my recovery and in November 2021 some fatigue events were picked up by Marley's in cab monitoring system. I had been having trouble sleeping but in no way thought I was fatigued or at risk and was surprised by these events.

During a follow up medical review for my shoulder I mentioned to the doctor about my troubles sleeping, subsequent fatigue events as well as having trouble taking a deep breath. I was advised to present to my regular GP as soon as possible which I did. In November I was starting to struggle with my breathing, and which later required my wife to take me to the hospital early in December.

Early in January I got the results from the PSA test, and it was discovered that my prostate cancer had returned.

During my hospital stay it was diagnosed that the cancer had spread to the lungs, bones, chest cavity and sternum. I was booked in late the following week to commence chemotherapy treatment. This was postponed due to further cancer cells being discovered in my face and skull.

This was devastating for myself, and my wife and we had to make the decision to call a family meeting to break the news of my diagnosis.

A normal PSA count for a male should be no higher than 3.5, my count on discovering the first cancer back in 2011 was 27. The number on discovering this second cancer was **4800**. If only one cell was missed, prostate is the slowest cancer and over the next 11 years a single cell has been cruising around my body and growing to the numbers above. **Devastating.**

I started chemo on the 19th of January, the 11th of Feb and scheduled to have more on the 4th and 25th of March. I was focused on returning to work for Marley's following the treatment, however have now been advised that the cancer is Terminal.

I will continue to fight this disease for as long as I can to spend as much time with my wife and family as I can. I encourage everyone to look after themselves, look for the early warning signs and don't be afraid to seek treatment and advice.

Greg is a fighter and is in the fight for his life.

We thank Greg and Shirley-Anne for sharing their story and we hope that this brings awareness around the important things in life; **If you don't have your health – you have nothing.**

Greg would love to have a chat with his colleagues and is happy for anyone to give him a call.

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



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HAPPY BIRTHDAY
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Happy Birthday

Robert Howell – 11th

Dale Hickey – 12th

Matt DeJong – 16th

Michael Hughes – 21st

Peter Lander – 26th

Wishing you all a day full of laughter, & cheer.

Fun Facts about March:

- March's full moon is called the Worm Moon and reaches peak illumination on 18th of March.
- Each year, March, and June finish on the same day – this year it is Thursday.
- On March 10, 1876, Alexander Graham Bell made the first-ever phone call.
- The Eiffel Tower was ascended for the first time. The elevators were not in operation yet, so the journey was made on foot and took over an hour.

"WHEN YOU CAN'T CHANGE THE DIRECTION OF
THE WIND – ADJUST YOUR SAILS."

H. JACKSON BROWN JR.



Jason Reid in MBL 34 at Baladeen Farm

Incident events:

1. A driver had positioned his truck to perform loading of canola meal on the off side of the loading ramp due to the wind on that day. The driver sighted that the tarp had not rolled off evenly and was positioned inwards of the lead trailer. He made the decision to place one foot on the cap of the blower pipe to reach up and pull the tarp back in place. As he did this his foot slipped off the cam lock cap and as he fell his shin contacted the fitting of the cam lock sustaining a severe laceration requiring transfer to hospital and receiving over 30 stitches to the leg. *Please use the provided sub-door for any access requirements of this nature, always consider the consequences of this action – a personal risk review could save you from experiencing pain and suffering.*

2. A workshop team member was working on rebuilding a trailer hub. As he hit the ram on an angle with the hammer, it bounced back and contact with the hand was sustained. The worker had a few seconds of pain and continued working until day's following the hand and finger were bruised and he reported the event after seeking medical attention. *Reporting of an accident or injury at the time of the occurrence will enable Marley's to arrange for medical attention to be undertaken. Applying a set of locking multi grips will provide a separation between hand and hammer.*

Special Thanks

Mark Bradshaw - Celebrating 2 years with Marley's on the 24th of March. Mark, we thank you for your commitment to delivering our livestock to their destinations as you do and looking forward to the coming years.

Darren Ward - Celebrating 4 years at Marley's Transport on the 26th of March. We thank you for your dedication to Marley's and look forward to many more years.

Damien Bryden - Celebrating 5 years at Marley's on the 6th of March. Marley's thank you for your devotion and commitment over these years Damo – looking forward to the future years ahead.

Shane Gatti - Celebrating an amazing 9 years with Marley's on 5th of March. We thank you for everything you have done over the past 9 years and acknowledgement of an integral team member.

Bill Kealley - Celebrating an incredible 16 years of service to Marley's Transport on the 3rd of March. We thank you for your commitment to Marley's over the past 16 years Bill and we are extremely grateful that you have been a part of our team.

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