



# Marley's Mail – May 2022

50  
ANNIVERSARY  
YEAR

ANNIVERSARY

EST. 1969

May 8th:

H A P P Y  
**Mother's Day**

## Happy Birthday To

Brandon Doherty – 4<sup>th</sup> of May

John Lord – 12<sup>th</sup> of May

Ricky Holland – 31<sup>st</sup> of May

Wishing you all a day full of laughter & cheer.

### Marley's Notifications:

**Personal Details Changes:** If you have changed your phone number, address, or any other details, please ensure you notify HR.

### Special Thanks

**Paul Gibbons** - Celebrating 3 years at Marley's on the 27<sup>th</sup> of May. We thank you for your commitment over the past 3 years Paul.

**Warren Shewan** - Celebrating 6 years with the Marley's team on the 23<sup>rd</sup> of May. We say thanks for your dedication and devotion to Marley's over the past 6 years Warren.

**Matt DeJong** – On the 1<sup>st</sup> of May, Matt has worked an outstanding 16 years with the Marley's doing a variety of tasks. We cannot thank you enough for your commitment over the past 16 years and we look forward to many more years to come Matt.



Ricky's blast from the past at Milnes Katanning

### Did You Know?

1. A rat can last longer without water than a camel.
2. The smallest bones in the human body are found in your ear.
3. Putting salt on a pineapple slice will make it taste sweeter. Why ... The salt reduces the pineapple acidity decreasing any soreness.
4. Ants never sleep, they don't have lungs and oxygen enters their body through tiny holes and carbon dioxide leaves their body through the same holes.
5. Did you know that Australia is the only continent on earth that has no volcanoes?



Damo in MBL 29 at Martin's

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



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Marley's Transport – The new build – Ground works have commenced across the road and are coming along nicely.

Welcome new members to team Marley

Geoffrey Duck – Driver

Steve Hidden – Driver



Do not be embarrassed by your failures, learn from them and start again.  
Richard Branson

**HEALTH IN GEAR**

**LISTEN NOW!**

Real conversations about staying well on the road.

Episode 1 & 2 Live!

[www.healthingear.com.au](http://www.healthingear.com.au)

## Health in Gear – Transport and Logistics Wellbeing Program

OzHelp along with the HVNR have put together a program to assist truck drivers in Australia with information about a wide range of areas including, irregular work hours, diet, exercise, fatigue, relationship pressures, isolation from family and friends along with the added pressure of Covid-19.

There are an estimated 209,300 truck drivers in Australia and 97% are men.

OzHelp have undertaken a review into the health of HV drivers, to provide them with an evidence based programs relevant to Australia. It is identified that truck drivers are the second highest occupational group at risk behind the medical profession.

Check out the TTU – 10 Tune Up Tips – driver's can start anywhere and slowly add more as they become confident, each health topic has links to books, websites, videos and podcasts that can be listened to during your work day travels.

Move well, Sleep well, Eat well, Well mind, Hydrate well, Breathe well, relax well, Connect well, Choose well and Financially well. <https://healthingear.com.au/health-tips/>

Share the load – podcasts

<https://healthingear.com.au/podcasts/>



Due to an intense mind fog, all of my thoughts have been grounded until further notice.

Move Well	Sleep Well	Eat Well
Well Mind	Hydrate Well	Breathe Well
Relax Well	Connect Well	Choose Well
Financially Well		

THINGS I HATE ABOUT WORK:

1. WAKING UP
2. HUMANS
3. WORKING

<https://healthingear.com.au/health-tips/> I dare you to click on the link !!

1800 464 327

Free counselling and 24/7 phone support for transport and logistics workers and their families.

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