



MARLEY'S MAIL - JUNE 2018

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

Sending Birthday Wishes to:

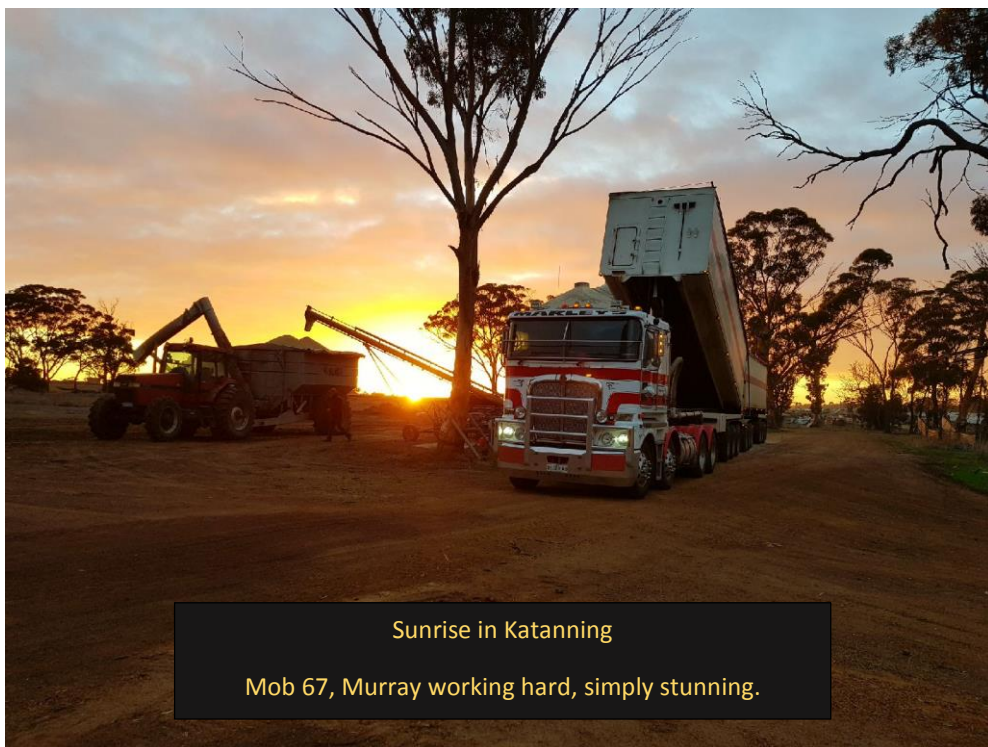
Mark Kenny - 8 June

Ian Soffe - 14 June

Colin Jackson - 15 June

Peter Cahill - 21 June

Many Happy Returns to all on your birthday



Sunrise in Katanning

Mob 67, Murray working hard, simply stunning.

MECHANIC
HOURLY RATE
 \$ 100 / HR MINIMUM
 \$ 150 / HR IF YOU WATCH
 \$ 175 / HR IF YOU HELP
 \$ 200 / HR IF YOU WORKED ON IT FIRST
 \$ 250 / HR IF YOU TELL ME HOW TO DO MY JOB

weIcome

New members of the Marley's Team

Robbie Death - Truck Driver

Guy Prior - Truck Driver

Nathan Maisey - Truck Driver

MARLEY'S REMINDERS

CBH Sites - After a recent near miss incident, CBH have performed a review over their sites and have informed that they are making amendments to their Traffic Management Plans (TMP) to include a designated clean out area. Please follow site requirements and local TMP's.

Parking - Hope Valley - It has been requested to remind all staff to please park in the internal parking bays at Hope Valley Depot. The designated "Visitors Parking" is specifically for visitors who attend site.

TEAM WORK !



Hmmm, when we don't work together, things sometimes just don't line up!!!!

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

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Rick celebrated turning 70th with the Marley's crew

Congratulations Rick,

You're only old once – play hard, rest often



IT DOESN'T MATTER HOW

BIG

YOUR HAMMER IS,
YOU CAN'T POUND
COMMON SENSE INTO
STUPID PEOPLE



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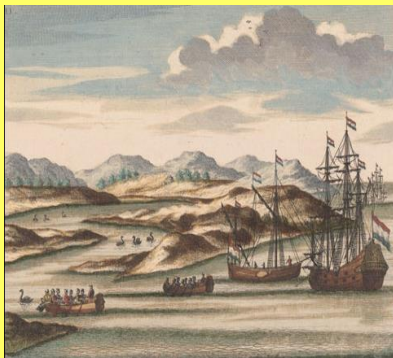
aunty acid [facebook.com/auntyacid](https://www.facebook.com/auntyacid)

Western Australia Day - Formally Foundation Day

Public Holiday - Monday, June 4th

This is the day that commemorates the founding of the Swan River Colony in 1829 by Captain Fremantle.

In 1826, the first British settlement - an army outpost was established, following this a merchant ship *Barque Parmelia* landed on our shores in 1829 with civilians settlers and Perth was officially founded and named "The Swan River Colony". A change was made in 1932 when it became known as Western Australia, Captain Stirling decided to hold an annual celebration to unite, masters, servants, and indigenous Australians within and around the colony. June 1st was the nominated date to reflect the anniversary of the first sighting of WA and marked an important victory for the British navy over the French in 1794.



Enjoy the day fellow Sandgropers, celebrate our beautiful state

Healthy Trucker – 3 Tips for Healthy Eating on the Road



Tip 1 – The best way to make lasting changes to your diet and health is by starting small, you'll find it easier to achieve your goals in small increments, like downsizing your next meal, add a bottle of water instead of soft drink add an apple or orange to the diet instead of a choc bar.

Tip 2 – Prepare – The biggest obstacle to eating healthy on the road is your work schedules, accessibility & location. Starting with simply things – Yoghurt comes in portion size tubs-chuck one in your esky/crib box and add a piece of fruit. Make easy things to eat on the run, add a wrap or sandwich or make or buy a tub of salad, throw in a tin of tuna or some cold meat, these are items that you can pick at easily or eat when you are waiting for a load or unloading.

Tip 3 – Beating boredom and unhealthy snacking whilst on the road – Don't reach for the chips and gravy, even though they would taste amazing – try throwing into your lunch bag some celery and carrot sticks with a small tub of dip or flavoured Philly cheese or add in some nuts or trail mix. Having a healthy snack every 3 hours can help keep your hunger at bay and keep your metabolism working.

Put the right fuel into your body, just like your truck

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