



# MARLEY'S MAIL – JANUARY 2020

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## Happy Birthday to You

Lesley – Jan 4th

Mark Gray – Jan 5th

Josh Dunn – Jan 8th

Colin Halden – Jan 12th

Dave Page – Jan 13th

Ty Jackson – Jan 16th

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

## Sunday 26<sup>th</sup> January – Australia Day

### Take the Quiz

**What does: "Hard Yakka" refer to?** a. Hard work, b. Hard helmet, c. Hard day or d. Hard life?

**What time of the day is it at "sparrows fart"?** a. Very late at night, b. Midday, c. Very early in the morning or d. In the afternoon?

**What are 'mate's rates'?** a. special discounted price for close friends or family, b. A rating scaler of who you like most out of friends or family c. How much money you often spend with particular friends and Family or d. How much time you spend with friends or family?

**What does it mean to be 'knackered'?** a. Hungry, b. Tired, c. Angry or d. Excited?

**In Australia, what is McDonald's informally known as?** a. Mickey D's b. Maccas, c. Macca Dac's or d. Old Macs?

**What does it mean to "have a crack"?** a. Start a fight, b. Visit the chiropractor, c. Try to attempt something or d. Get a paper cut?

**What is a "sanger"?** a. Someone who used to sing, b. A toolbox, c. A shower or d. A sandwich?

**To be "a stubby short of a six pack" is to be:** a. Someone who does silly things, b. Someone who is missing a drink, c. Someone who is a bit crazy or d. Someone who has had only five children?

**What was the late Steve Irwin's famous catch phrase?** A. Far Out! B. What a beaut! C. Crikey! Or d. Cool!

**What does "she'll be apples" mean?** A. Everything will be alright, b. The girls gone crazy, c. Silly idea or d. A cool new nickname?



## Marley's Notification

Marley's have engaged OccuMed as their new medical provider.

All future medicals will now include a fitness for work assessment to ensure you are all in the best medical shape to perform your job related tasks.

Marley's goal is to have healthy, fit employees.

If you have any concerns with this change please contact us to discuss.

### Flip it and slip it in the bin -

Drivers please, when on any external sites ensure that we pick, slip, stub and drop any rubbish in the correct bins.

If you use it remove it, dispose it, & remember don't lose it.



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



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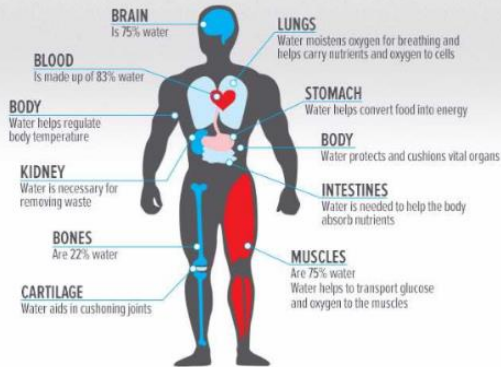
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## How Hydrated Are You?

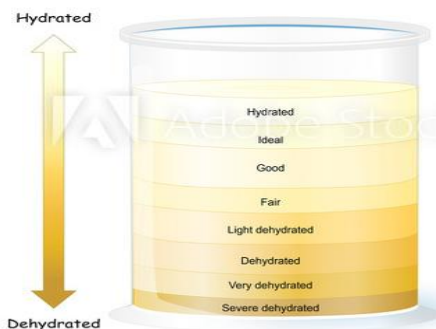
We've all heard the advice to drink eight glasses of water a day. How much we actually need to drink is very individualized and depends on many factors, including gender, age, health issues, environment, and of course, activity levels.

If the human body is a machine, then water is the oil that keeps it running. Just look at how vital water is to our body!

### WATER IN THE BODY



### Urine color



## ARE YOU HYDRATED

What colour is your pee?

A glass of water every half an hour can be a life saver



MBL 43 Grant



MBL 38 Colin & Jason - Harvest Nov 2019

## Did you know?

1788 - Jan 3<sup>rd</sup> Captain Arthur Phillips of the first fleet – first sighted the coast of Van Diemens Land?

1788- Jan 18<sup>th</sup> at 2.15pm, the brig *HMS Supply* anchored on the norther side of Botany Bay – He began exploring the countryside and made contact with Aboriginal Australians.

1788 - Jan 19<sup>th</sup> Indigenous Australians gathered on Point Solander and watched the arrival of vessels *Alexander*, *Friendship* and *Scarborough* arrive at Botany Bay.

1788 - Jan 20 the remaining seven ships of the First Fleet, led by *HMS Sirius*, anchored in Botany Bay.

1788 - Jan 21 Capt Arthur Phillip decided that Botany Bay was unsuitable for settlement – he departed with a party of three in open boats to seek another site – He reported to Lord Sydney, British Secretary of State that he had found the finest harbour in the world, he selected a cove with a stream and named it Sydney Cove.

1788 – Jan 24 French ships *Boussole* and *Astrolabe* appeared off the coast of Botany Bay

1788 – 26 Jan Captain Phillip took a party ashore at Sydney Cove, raised the British colours and formally proclaimed British Sovereignty over NSW. This day is now celebrated as Australia Day

1788 – 27 Jan Convicts disembarked at Sydney Cove and helped clear the ground

1788 – 28 Jan 17 Wives of marines and 14 children disembarked from Prince of Wales, they were the first women and children to land. The first of the livestock was also brought ashore

1788 – 3<sup>rd</sup> Feb – The first colony's first religious service was held on the grass

1788 - 6 Feb the first women convicts came ashore. There followed a 'scene of debauchery and riot', accompanied by a violent thunderstorm

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