



# Marley's Mail - March 2020

50  
MARLEY'S TRANSPORT  
YEAR

ANNIVERSARY  
EST. 1969

## Marley's Notification

**Changes to the law - July 1 - Using Mobile Phones -** As reported new changes regarding penalties for using a mobile phone whilst driving will come into effect as at the 1st July 2020. **These are the toughest laws in Australia - \$1000.00 fine and a loss of 4 demerit points.**

**Moral of the story; don't use your mobile whilst driving unless it is in an approved restraint and is used in hands-free mode.**

Lives can be lost by your actions - including your own

**Uniform Requirements - Hope Valley Depot -** Any person/s accessing external areas of Hope Valley Depot are required to have Hi-Vis vest or shirt applied. Exemption - walking to and from your personal vehicle at the beginning or end of shift. If this is required access is only approved via the designated paths within the attached notice.



## St Patricks Day Word Search

A Z V	O H P
T Q Q N A S	F B C R D M
R H J R K H R M C	V N V R L L I V A
Q E Z M C M T Q A	J A A O U W O H Y
E O I A I G V N H F	J A M B J C D L O G
W M E D R D J L E I	U O V C K K F C F Y
N S S T T S W H Y E N	U S V I D I L T T K Y
V D N A L E R I W T P B J	T L P A D H C P U
C U P W Q P X R T N Q L	N O C L N J F P
G Y E R S R U A E P I A D K	
H A U A C O V G R	
S A D V R Z T N A E H T C	
Q M I D A Q A Y M M Z S N J C	
T Z R T N I Z T G R E E N I I J E D I	
C B O I G N T O O G A L F X R A J L E K S	
L C O G B W F T C U H S W T I S V E Y J D	
J K N I O P P M L E P R E C H A U N B Y S P M	
O P C W K E N O M K F Y I E J R S N H C	
P Y Y N U U V E M O M N B Z S T A P I I T	
Q C T E R E E O U G A Q E B T O O I S	
B A R O R R K J X K T F E F C J Y	
Q B M S I Z J B V I J I W	
U X U U Z O V X A	
X Q H	
U Y P	

CELEBRATE  
CELTIC  
CLOVER  
COINS  
EMERALD  
GOLD  
GREEN  
IRELAND  
IRISH  
LEPRECHAUN  
LUCK  
MAGICAL  
MARCH  
PATRICK  
POTATO  
RAINBOW  
SAINT  
SEVENTEENTH  
SHAMROCK  
TRADITION

## MARCH 2020

*Sending Many Happy Returns to our team celebrating birthday's*

Glenn Philcox - 15<sup>th</sup>  
Matt De Jong - 16<sup>th</sup>  
Scott Anderson - 17<sup>th</sup>  
Dianne Mercer - 18<sup>th</sup>  
Martelle Baker - 20<sup>th</sup>  
Liam Ward - 26<sup>th</sup>  
Peter Lander - 26<sup>th</sup>  
Sean Bullen - 29<sup>th</sup>

*May your birthday be the start of a year filled with good luck, good health and much happiness?*

Welcome new members to the Marley's Team

- ❖ Paul Saunders - Driver
- ❖ Brandon Poole - Workshop
- ❖ Greg Johnstone - Driver
- ❖ Garth Wilson - Driver
- ❖ Eleonora Massola - Administration

**L.U.C.K.Y.**  
to have you

luck is when opportunity knocks and you answer

A Pot of Gold A KISS FOR LUCK!

I'm Looking Over A Four-Leaf Clover

Happy St. Paddy's Day

It's The Luck of the Irish!

MY END OF THE RAINBOW

TODAY EVERYONE IS IRISH!

top of the morning to you!



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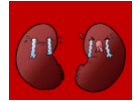
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## Monday 2<sup>nd</sup> March Labour Day

This day is a reminder that we must respect, honour and celebrate the hard work of all those who work day and night for the development of our country



## Did you know?



Your kidney is about 4 or 5 inches long (about the size of your fist), and is located deep in the abdomen, beneath the rib cage

Your kidneys make urine, remove waste and extra fluid from your blood.

Every day your kidneys carefully control the salt and water in your body so that your blood pressure remains the same

The kidneys help keep your bones healthy & help make red blood cells

The entire blood in the body gets filtered around 400 times a day through your kidneys

The most common factor for chronic kidney disease (CKD) is diabetes

Individuals affected by obesity have an 83% higher risk of developing CKD

Those who have only one kidney or suffer some form of kidney disease – should avoid a high protein diet



MBL 18 showing her two sides

Thanks Damo



## Kidneys for Life



## 8 Golden Rules #MyGr8Rule

1. Keep fit, be active
2. Eat a healthy diet,
3. Check and control your blood sugar
4. Check and control your blood pressure
5. Take appropriate fluid intake
6. Don't Smoke,
7. Don't take over the counter anti-inflammatory/pain killer pills regularly
8. Get your kidney function checked if you have "high Risk" factors (\*diabetes, hypertension, obese or a family history?)



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