



MARLEY'S MAIL – OCTOBER 2019

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

From **W**inter to **S**pring to **S**ummer

Winters can be challenging for our bodies, it goes through a tough phase, trying to adapt to the cold climate and the shorter daylight.

Spring is sprung and summer will be here soon enough! It's time to drop the winter blues and prepare ourselves for the warmer weather.

1. Hydrate – Your body needs more fluids than you think – This is a no brainer, but important to mention. The warmer days can give your body a beating and can leave you dry and exhausted. Simply – drink more fluids. How can I achieve this you ask – try having 2 glasses of water when you get out of bed. Generally you should always be sipping on water every 15-20 minutes,.

2. Eat well, and stay well – Your diet is equally important as exercise, especially when prepping the body for spring & summer. Eat plenty of fresh fruits and vegetables that are currently in season – you cannot beat that. Chuck a carrot in the crib box, snack on some snow peas, throw some berries in your Greek yogurt. Fuel the body.

Find 30 minutes of exercise – get some Vitamin D into the body.

3. Protect the body from the sun – One of the best barriers between skin and the sun is clothing. Slip on a hat, Roll down the sleeves of your shirt, wear fabrics that allow the body to breathe. (a) Shade is also one of the most effective forms of sun protection as it blocks the majority of incidental radiation. (b) Sunglasses – Protection all year round is recommended. (c) Window Tinting – Did you know that Laminated glass (windscreen glass) offers better UVA protection than tempered glass, which is used in car rear and side windows? (d) Sunscreen – this is considered the most common method of sun protection. Ensure that it's in date and stored below 30C – drop it in your esky or keep it in the fridge in the hotter months. Re- apply and use it in conjunction with other forms of protection.

Marley's Staff Party

Saturday 19th October

Hope Valley Depot

Time: 12-6pm

Food, Drinks and Entertainment provided

Looking forward to celebrating with you



"Those who say it can not be done, should not interrupt those doing it."

-- Chinese Proverb



Happy Birthday To:

Allan Diack – 1st

Colin Hughes – 1st

Will Stevens – 2nd

Jim Fitzgerald - 5th

Phil Waikari – 5th

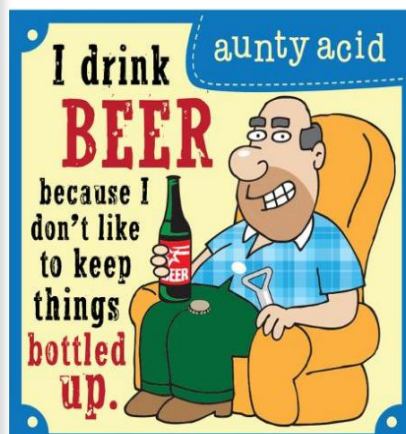
Darren Ward – 20th

Josh Austin – 29th

It's not the years in your life that count, it's the life in your years,

New Members to the Marleys team – Welcome Aboard

Mark Bandy – Driver
Richard Oliver – Driver
Ben Keeling - Driver



Goodbye and Farewell

Rick Kelly

18 years of loyal service
From Wesfarmers to Marley's
From Forrestfield >Kewdale>Hope Valley, and the rest as they say is history.

01/11/2001 – 15/10/2019



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

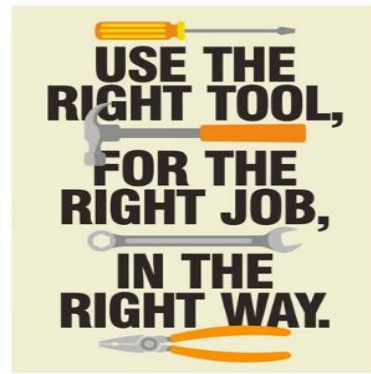
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Payden at Northcliff MBL 62

Picture Find – Transport – How many icons can you locate?



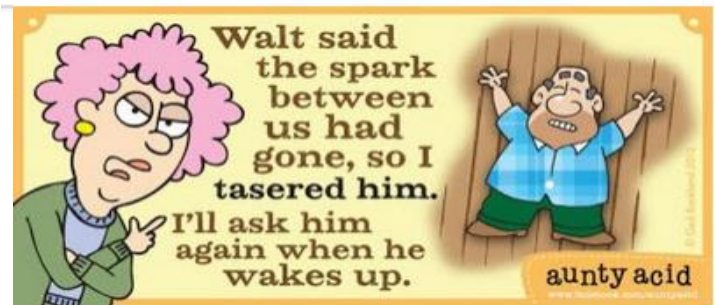
WORKSAFE

MONTH

October

2019

It's in your hands



OCT 10
WORLD MENTAL HEALTH DAY

DO YOU SEE WHAT I SEE?

Mental Health Australia

<https://1010.org.au/about/> Click on the link, I dare you!



Marley's Riddles – Can you solve them without looking at the answers?

*What can travel around the world while staying in the corner?

*You can drop me from the tallest building and I'll be fine, but if you drop me in the water I die. What am I?

*If you have me, you want to share me. If you share me, you haven't got me. What am I?

*Which weighs more, a pound of feathers or a pound of bricks?

A pound
A Stamp, B Paper, C Secret, D neither, they both weigh one

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