## SHANNON BULK HAULAGE

Newsletter



### **Ploughing into Spring**

Spring has arrived, along with longer days and some sunshine. As we start to get out into our backyards preparing for summer, get in touch if you need a hand with your driveway or backyard project. Keep a look out for our new Kenworth K220 due to be on the road this October. Christmas is fast approaching, just 85 days!

October - December

4<sup>th</sup> Quarter

2024



## Celebration of long-standing staff

We celebrated our long-standing staff with a BBQ and beers, we look forward to ongoing recognition in the future.

From left, Jackson (10 years), Darren (21 years), Shane (37 years), and Mike (10 years).



#### Picture of the month



## Check out our new quarry gate

After the many break ins, we have installed a new gate at the quarry



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#### From then to now

From 'then' pictured on left, is Mike Farrington who worked at Phoenix Park with Brian. Below is Jason Farrington at 7 years old next to his dad's 'Spudliner'. To 'now' Jason next to his own SBH Kenworth truck.

"The struggle you are in today is developing the strength you need for tomorrow. Don't give up"

Robert Tew

#### **Mental Health Awareness**

On the back of mental health awareness week, we want to highlight the 'five ways to wellbeing'.

- 1. Take Notice of the things around you
- 2. Give your time, words and presence
- 3. Be Active
- 4 Connect
- 5. Keep Learning and embrace new experiences

Where to get help?

Rural Support Trust 0800 787 254 | Lifeline 0800 543 354

# What's on in our local community?

- Pop Up Eats - Shannon

Thurs 3<sup>rd</sup> Oct, Thurs 7<sup>th</sup> Nov, Thurs 5<sup>th</sup> Dec. 5pm -8pm - Te Maire Park.

Moutoa Hall Quiz Night Fundraiser

Friday18th October - Moutoa Hall, 7pm, text Anna 0274522834 to enter.

- Foxton Spring Fling

Sunday 27th October, 9am-3pm. \$2 Adults, Kids Free

- Women's V8 Car Cruise

Sunday 20th October, 9am-1pm - Shannon Rugby Football club

- Shannon Christmas Celebrations

Saturday 14<sup>th</sup> December, 9am - Shannon Domain

