



FUELLED

NEWSLETTER

JANUARY 2021

NEW YEARS RESOLUTIONS

Welcoming in the New Year felt a little different this year. The resolutions of the past in general have focussed on creating the ideal self in the long term, but for 2021 it appears that with the return to normal being unpredictable any resolutions are about those short term goals to deal with more immediate challenges. Just as for individuals, businesses are considering how to prepare for the expected and the unexpected. There is no question that some of our customers expectations have evolved and adapted. Just as we have to reinvent some of our processes to meet the changed demand patterns for products and services across the sectors. Strengthening our regional focus is important and so the next yard and office development will be in New Plymouth with other regions to follow. Our approach to Training and Safety will continue to build individual and Team knowledge and capability not only for the business but to help customers achieve the compliance and safety levels required to operate efficiently and effectively. We are seeing both the regional approach and the sharing of safety guidelines along with the use of new technologies as a positive way to work with our customers, partners, and suppliers.



And while we acknowledge that New Zealand's dollar is being called the comeback currency and is being forecast to extend its recovery in 2021, we realize that it is still dependent on the global recovery. However, this does not prevent us from setting key directions for the here and now.

LOOKING TOWARDS OLYMPICS 2021

Rebecca Petch has not lost sight of being at the now 2021 Olympics. Like many athletes the extended timeframe has allowed for more training. "A massive off season training block focussing on the strength, the technical, and the psychological aspects of an elite athlete could finally be put into racing in early December. It was great to finally be able to do this. Leading up to North Island titles the focus wasn't to taper or peak for this event but more to focus on the bigger picture being Olympics in 2021. This was hard to do. I wanted to perform because its been a long time since I was able to line up against the other NZ Elite Women. I was really stoked with my racing and managed to come away with 7 out of 7 convincing wins. It was really nice to see all my off season work start to pay off and makes me even more excited for what 2021 will bring," said Rebecca.

FORESTRY SAFE START BREAKFASTS 2021

January 5, 2021 saw the beginning of the Forestry Safe Start Breakfasts. First up was the Hancock Forestry Management Breakfast which saw 300 people seated and standing in the Tokoroa Events Centre. Dr Tom Mullholland (The Attitude Doctor) who has spent the last three years touring New Zealand in his retro V8 ambulance was the guest speaker. Having had more than 25 years clinical experience and worked in the Emergency Department for over 30 years with a background in forestry. His passion for healthy thinking and how to diagnose and treat attitude illness. Dr Tom asked the audience what age did they aim to live to and what were the three things preventing them from meeting their targets.

"The answers were very interesting," said Tony Davies, Manager Forestry & Marine Services. "Dr Tom then asked everyone to stand up and then to sit down if you snore. Half of those in attendance sat. He then said one third of you will have sleep apnea." The message conveyed was that most people have preventable illnesses and need to re-evaluate their life choices and get on track to improving their health. The ambulance needs to be at the top of the cliff and not at the bottom and so his mission is to look for ways to help people prioritize their health and live longer.



Along with all things BMX Rebecca is currently living a pretty busy life. She is working 25-28 hour weeks making coffee at Homebrew along with fitting in some study. "It's not easy but I'm sure it will all be worth it and feel twice as good at the other end!" said Rebecca.

What's Happening @ McFall Fuel

WORKING ON OUR MENTAL FITNESS

MENTAL FITNESS



For health and safety practice in the workplace to be successful it requires the skill of paying extraordinary attention to ordinary things. This means becoming much more attentive and conscious of what is happening in any given moment around yourself and others. Society has a very strong focus on being physically fit to look after

your health but we also need the same attention to mental fitness. It can be incorporated into every aspect of our living just as walking, running or going to the gym are.

Mindful awareness is a skill that can be trained with three components. The first is concentration which is all about focussing your attention on what you are doing and tuning out the distractions. The second is clarity which is all about being clear about what is around you and what you are doing, in other words transparent to the eye. Finally, comes equanimity which provides us with that calmness and composure especially in difficult situations. Each of these skills can be trained and therefore learned. Becoming mentally fit is important for us all.

THE COMPLETE PACKAGE EXPANDS

The Complete Package offered by McFall Fuel was designed to provide one easy solution for customers. The move from bulk fuel and storage supplied to lubricants and then fuel card enabled customers to purchase their needs from the one source and receive one invoice. The appeal of this is further backed up with the support of having a Sales Representative available to discuss the range of needs with.

There has been increasing demand for Ad Blue from customers and this has now been added to The Complete Package so that different product sizes can be made available along with a wide variety of dispensing systems. McFall Fuel have ensured that the AdBlue supplied is guaranteed to meet the ISO 22241 DIN 70070 standard and is manufactured using the hot melt Virgin Urea method.

Supplied with the 10 litres, 200 litres, and 1000 litre IBC's are the dispensing systems to suit the volume used. Nozzles and fittings, gravity feed systems, as well as manual and electric pumps can be discussed with your Sales Representative. It can also be purchased on your Fuelcard when you fill up at the pump.

The increasing demand for AdBlue has been driven by new machinery as part of the global effort to reduce harmful emissions from modern diesel engines.



TARANKI DRIVER PASSES AWAY ON THE JOB FAREWELLED



Sadly, on the morning of Christmas Eve, Taranaki Fuel Delivery Driver Colin Lister passed away while loading his vehicle in preparation for his days work which lay ahead. "Our thoughts have been with Colin's family, friends and team mates over the holiday period as they have come to terms with the shock of the loss," said Allan McFall. "Colin began with Rural Fuel in May 2016 just as the merge with McFall Fuel was beginning to take shape. His dedication and commitment to meeting customer needs, often saw him offer to help out beyond what was assigned," said Allan McFall. "Always willing to help new drivers with how to best approach their work was no better demonstrated than his notes provided recently, for a new driver picking up a different run. The Taranaki Driving Team have lost a first class team mate."

McFALL
LOYAL

The Complete Package



BULK FUEL



FUEL CARD



FUEL TANKS



LUBRICANTS



SERVICE



TANK REPAIRS & MAINTENANCE