

SUMMER 2023

TIROHANGA OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



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- The CEO thanks you for your support in 2023
- A nostalgic roadie for Marram Mini enthusiasts
- This 15-minute health check could save your life
- The winterless Far North is ready to welcome you back
- Baxter's magnificent fundraising effort recognised
- Introducing Marram's newest and youngest trustee

Editor's Letter

What a relief to get to December with its promise of time off work, getting together with family and friends and ditching the alarm clock for a few days.

There's a real sense of crossing the finish line as the summer edition of Outlook magazine goes to the printers and we start to look ahead to a summer break.

Many of you will be heading to the beautiful subtropical Far North which just happens to be the subject of the holiday destination feature in this issue.

After a rough year, the region's tourism operators are ready and very keen to see you all back holidaying in the region again.

In health news, a reminder about the role of mammograms in reducing the risk of breast cancer. It's never been more important to take responsibility for our own health.

What a great year it's been for Baxter, Marram's office fluffball. He's made it onto the cover of the 2024 SPCA calendar. After raising thousands of dollars for the SPCA, he's about to take a well-earned summer break.

So to you, your family and the fluffballs in your life, I wish you all the best of the festive season. And if you or someone you know won't be celebrating or taking time off because you're working, please know we appreciate your mahi.

Meri Kirihimete everyone.

Sue Burgin

Content Editor - Etita Kōrero



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Christmas message from **CEO Glenn Clark**

Summer is here and may we please have summer weather to match. I wouldn't wish a drought on anybody, especially after this year's horrendous storm damage, but we'll all appreciate some calm, dry days.

Despite the rain and wind, Marram people made the most of the holiday homes in 2023 with outstanding levels of occupancy. It's a year since completing the new Wanaka homes, perhaps Marram's most painful build ever, but your enthusiastic use of the homes made it all worthwhile. After an intense period of design and engineering, Marram has applied for resource consent to re-develop the site at Man St, Queenstown. There's still a lot to do to make the numbers work but it's been a year of good progress.

The healthcare benefit has also gone from strength to strength, with the COVID disruption well behind us and beneficiaries back to more normal relationships with their healthcare providers.

Marram's trustees kept their strategic focus on attracting more people into the Marram Community from within the affiliated employers. Marram welcomed many new people to the community this year, especially from the Downer Group of companies. The Board also concentrated on optimising the holiday benefit, its sustainability and best mix of trustee skills and experience to serve their community.

The Marram team welcomed Aleisha Penny to replace long-serving support team manager, Paula Mackay who took a well-deserved early retirement. We also welcomed Iverson Roache to the support team.

I wish you, your family and friends good health and happiness this holiday season and for 2024. Please ensure you get the most from your participation in the Marram Community and invite colleagues to join. This year was tough for many households, next year could be just as tough so please share how Marram can help keep pressure off the household budget.

Thank you for your support of the Marram Community and its wonderful legacy since 1944. All the best for the holiday season.

Glenn Clark
Marram CEO

It's time to prioritise getting a mammogram

Making time for a 15-minute health check is a no-brainer when that 15 minutes could save your life, and make sure you're around for your loved ones, according to the Chief Executive of the Breast Cancer Foundation of New Zealand.

Ah-Leen Rayner acknowledges women lead busy lives and the cost of a mammogram if you don't qualify for the free screening programme can be tough, but she says nine women a day are diagnosed with breast cancer in this country and early detection saves lives.

"Mammograms are the best tool for diagnosing early. We only talk about our health when something goes wrong, we're not being proactive and that has to change. We're losing far too many women," she says.

Stats paint a grim picture

Breast cancer is the most common cancer affecting New Zealand women and the third most common cancer in this country.

Nine women a day receive the diagnosis, and one of them will be under 45.

Of the 3,500 women diagnosed per year, 650 will lose their lives.

Perhaps a lesser-known fact is 25 men are diagnosed with breast cancer every year.

The Breast Screening Aotearoa programme currently only offers free screening to women aged 45 to 69, despite statistics showing the disease is more aggressive in younger women and at 70, women are at higher risk than at 50.



Breast Cancer Foundation of New Zealand, Chief Executive, Ah-Leen Rayner

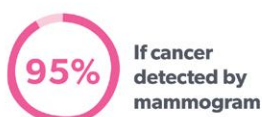
New Zealand BREAST CANCER FACTS



Māori and Pacific women at greater risk of dying from breast cancer



THE 10 YEAR SURVIVAL RATE



Ah-Leen says the best practice internationally is to screen to within 10 years of average life expectancy. For a 70 year old woman in New Zealand that is 89.

Calls for screening to be extended

In the face of this data, Ah-Leen is calling on our politicians to show leadership.

"We want the screening programme extended, offering free screening to women aged 40 to 74, drugs need to be funded and pathways to treatment need to be fast-tracked."

She says Google searches related to breast cancer in the last year have not correlated with an increase of mammogram participation.

268,000 women did not have their free mammogram in the last two years.

Despite huge efforts made to clear the backlog caused by COVID lockdowns, screening participation still falls short of the 70% target.

This has prompted the Breast Cancer Foundation's call for women to start being proactive about their health.

Mammogram best tool for early detection

A mammogram is a safe, low-dose x-ray of the breast which can pick up very small cancers well before a lump can be felt.

BCFNZ says women have a 95% chance of surviving breast cancer to 10 years or longer if it's detected by a mammogram, and they're recommending women consider regular screening from age 40.

TLC – Touch Look Check

When asked about what being proactive looks like beyond the mammogram, Ah-Leen stressed the importance of 'Know your Normal'.

"Check every month in the mirror so you are familiar with your breasts and can notice any small changes. Lumps are not the only sign. Swelling and thickened tissue not only in the breast but also in the armpit and upper chest should also be noted. Unusual breast pain, discharge and itchy reddening of the skin are all things to look out for."

If you notice any of these things or other changes you must report them to your GP.

Healthy lifestyle choices

The Breast Cancer Foundation says there's no way to definitely prevent breast cancer which is why catching it early with mammograms and self-examination is so important.

We can however reduce our chances by living a healthy lifestyle, watching our weight, eating healthily, avoiding alcohol and exercising regularly.

Risk is also reduced by having children and breastfeeding according to global evidence.

Marram has your back

And as always, through its Healthcare Benefits, Marram has your back.

Mammograms, prostate checks, mole mapping, colonoscopies, endoscopies, and laposcopies – are all included in Marram's Specialist/Surgical Benefit which can be reimbursed at 60% up to \$2,500 per family, per calendar year.

The cost of prosthetics, wigs, long-distance treatment may also be reimbursed at 60% up to \$250 per annum.

And of course, you can apply for reimbursement for GP visits and X-rays.

For more information visit the Breast Cancer Foundation's website:

www.breastcancerfoundation.org.nz

Or Breast Screen Aotearoa:

www.timetoscreen.nz/breast-screening



Te Tai Tokerau - New Zealand's stunning sub-tropical Far North

by Sue Burgin

The Far North District stretches from North Cape and Cape Reinga in the north to the Bay of Islands in the south, with thousands of kilometres of sandy beaches, historically significant towns and some of the best fishing and aquatic playgrounds in New Zealand.

For the ultimate Northland holiday experience, consider an 800 km circular road trip that takes in the best of what Northland has to offer.

The Twin Coast Highway starts and finishes in Tāmaki Makaurau Auckland.

Marram has holiday homes in three beautiful locations in the region as well as several homes in multiple locations in Auckland.

A story of two vastly different coastlines

Te Ara, the 88 km pathway leading from the Pacific Ocean in the east to the Tasman Sea in the west, joins two very different coastlines, one wild and soulful with its laid-back beach communities and the other more urban and sophisticated.

The scenically beautiful Bay of Islands on the eastern coast is one of the country's most popular holiday destinations.



The area's 144 islands make it an aquatic playground which is a popular place to visit.

It's an area of great cultural and historical significance.

According to Northland iwi Kupe made landfall at the Hokianga, although others claim it was at Taipa in the northwest.

Don't stop before you get to the top

At the northernmost tip of Northland, where the seas of the Tasman and Pacific collide, is where Māori believe the spirits of the dead begin their voyage back to the ancestral home of Hawaiki.

Cape Reinga with its huge sand dunes and 90-mile Beach is described as the ultimate northern New Zealand experience, and they say when you stand in front of the Cape's picturesque lighthouse you've seen it all.

New motorway a gamechanger

Whangārei is the regional capital of Northland.

Originally the landing point for many of the migrating waka, today it's a vibrant service city for Northland.

Travelling to Whangārei these days is more likely to be by road, however.

Excited locals say the new Puhoi to Warkworth motorway has shaved at least 20 minutes off the journey and made the ride a lot more pleasant.

For more information on what's happening in Whangārei, you can read the Outlook feature on the northern city at

[https://www.marram.co.nz/holidays/holiday-attractions-nz#/_](https://www.marram.co.nz/holidays/holiday-attractions-nz#/)

Come on up and stay longer

After COVID lockdowns and more recent devastating floods and cyclone damage, Northland has put up the 'open for business' signs and they want you to know you're very welcome.

Not only do they want to see you, they want you to stay longer.

Northland Inc's Tania Burt says in the past, the province has been a place where people just pop in, visit the hotspots and leave, but she's encouraging them to travel deeper into the region.

"There's so much more to Northland than you think," she says.

The area is hugely popular as a holiday destination, especially in school holidays, long weekends and over summer, but Tania says they'd love to see you anytime, and encourage you to visit outside of those times as well.

"The shoulder season is just as beautiful, our summers are very long and our climate mild all year round."



Te Pito Whenua - it's time to return to Waitangi

There's a lot happening at Waitangi, the birthplace of our nation, and a lot has changed since you may have last visited.

If you've never been, then there are plenty of reasons to go.

No trip to the beautiful Bay of Islands would be complete without a visit to Northland's number one tourist attraction, the Waitangi Treaty Grounds.

Waitangi Treaty Ground CE Ralph Johnson, says the most nationally significant place in New Zealand has changed a lot in the last five to 10 years.

"It's a vastly different place now with two state-of-the-art new museums opening on the treaty grounds."

Documenting our history

Te Kōngahu, the first of the new museums opened in 2016 and tells the story of Te Tiriti o Waitangi from the first encounters with Māori through to modern-day treaty settlements.

It houses a key set of documents and understandings between Māori, the 1935 Declaration of Independence and a copy of the original Treaty of Waitangi. The original is housed in the National Library in Wellington.

The conflict and land loss that followed is well documented and you'll also find the flag Dame Whina Cooper used in the Land March of 1975 in Te Kōngahu.

"A safe place to engage with the Treaty"

Ralph Johnson says many visitors tell him a visit to the museum is a very powerful experience.

"I've seen hard-bitten southern men shaking their heads, saying - I just didn't know all this."

He says the museum is a safe and welcoming place to engage with the treaty.

"It's wonderful to see New Zealanders coming to understand. There's a real desire to connect. We all want a place to stand."

The price of citizenship

The second museum, Te Rau Aroha opened in 2020 and covers the history of conflict in New Zealand prior to WW2.

"A visit to Te Rau Aroha is a very moving experience. The Hall of Memories and its wall of remembrance really adds to the visitor experience," Ralph says.

The immersive and interactive Museum of the Price of Citizenship acknowledges Māori and their contribution to several wars involving New Zealand since 1840.

"More than the political dimensions of the place"

The CE is keen to assure visitors they are very welcome at Waitangi, acknowledging some may be unsure of their welcome.

"It has been a place of protest in the past but it's more than the political dimensions of the place. It's a space to raise issues and have debate but not exclude anyone. Everyone is welcome."

Ngātokimatawhaorua

The whare housing the largest ceremonial waka in the world is another must-see on any visit to Waitangi Treaty Grounds.

The huge waka was gifted by Princess Te Puia and is an iteration of the waka that brought Kupe to New Zealand.

Ngāokimatawhaorua was built to mark the centenary of the treaty signing in 1940 and is launched every year on Waitangi Day.



Photos this page: From left: Te Kōngahu Museum; learning opportunities are inclusive in a Treaty of Waitangi visit. Next page from top: Treaty House; the ceremonial waka Ngāokimatawhaorua. Photo credits: waitangi.org.nz

Treaty House

New Zealand's first flag was chosen here in 1834. The original house was shipped from Australia and became the home of the official representative of the British Government, James Busby.

He drafted the Declaration of Independence in this house in 1835 before taking it to the northern chiefs.

The Treaty was also given its final touches here in 1840. Ralph Johnson says there's a lot to see and learn in the Treaty House.



The infamous flagstaff

Waitangi's symbolic flagstaff which marks the spot where the treaty was signed, was gifted to James Busby by the Ngāpuhi Chief Hōne Heke.

However when the United Tribes flag of the time was later removed in favour of a Union Jack by the newly appointed Governor William Hobson, and the pole shifted across the bay to Russell, the flagstaff became the focus of protest against British control and Hōne Heke cut it down.

Today the flagstaff flies three flags, Te Kara, the original New Zealand flag, the Union Jack flag and the current New Zealand flag.

Take your time – there's plenty to see and do

Visitors to Waitangi are urged to put aside two days to visit the Treaty grounds.

Ralph Johnson says there's so much to see and do and stunning views and beautiful grounds to enjoy.

"Bring a picnic, or visit the Whare Waka Café, take a guided tour, attend a cultural performance or enjoy a hāngī," he suggests.

There is an entrance fee to enter the grounds. "We are self-funded. There's no government funding so we rely on admission fees to keep us going."

All prices and details about visiting the Treaty Grounds can be found on the website.

<https://www.waitangi.org.nz/visit/flagstaff>



Cruising Ipiripiri - the beautiful Bay of Islands

Pristine waters and an abundance of marine wildlife make the Bay of Islands a popular destination for those who enjoy recreational boating, fishing or just taking in the scenery and history of the region by cruising around the bay's 144 islands.

In fact Chris Kurien from Explore Group, one of the biggest cruise operators in Northland, says there's no better spot to go cruising in New Zealand.

"We're very lucky here in Ipiripiri, Bay of Islands. The islands and the shelter they provide mean we don't have to venture far into the open sea, risking weather and sea conditions curtailing our operation."

A cruise for everyone

Explore Cruises operates out of Paihia and offer a variety of cruise options to various places of interest around the Bay of Islands.

The half-day Hole in the Rock Tour departing from Paihia and Russell is one of the most popular Explorer cruises according to Chris.

This tour operates 365 days a year and twice a day from September to May.

Those onboard enjoy a detailed commentary on the way to Motukokako Island, detailing the geographic features, wildlife and history of the area.

A pod of bottle-nosed dolphins live in the Bay and they're sometimes joined by whales and seals treating those onboard to playful displays.



The hole in the rock has been carved out over millions of years and when the conditions are right, you may get to cruise through it.

For those with a need for speed, there's a much faster one-and-a-half-hour open-topped fast boat option on what Chris Kurien calls a thrill craft.

For an all-day cruise take the Cream Trip

This seven-hour trip option is only available during the summer months.





It follows the path taken by the original cream boat which delivered post and supplies to remote farms on the islands.

These days the boat is taking guests along with the supplies.

“Still delivering the post, but not the cream,” Chris says.

The Cream Trip meanders around the western side of the Bay of Islands with the usual historical commentary and includes a one-and-a-half hour stop at beautiful Otehei Bay.

Meeting the locals on the Dolphin Eco Cruise

Explore Group have been granted a concession by the Department of Conservation to interact with the dolphins during the five-and-a-half-hour Dolphin Eco Tour, on their approved purpose-built catamaran.

The DOC permit allows them to interact with the dolphins between midday and 4 pm.

If they encounter dolphins outside of those hours, they must stop and wait for them to move on, but during the permitted hours, they can divert from their course and go to look at them.

“They know the sound of the boats and usually make a bee-line for us when they hear it,” Chris says.

“The local dolphins are larger and more playful and put on quite a show.”

He says those experiencing their first dolphin encounter experience pure joy.

A day out on Otehai Island

Those wanting to mix time on the ground with their time on the water can take the Otehei Bay Ferry for a day on Urupukapuka Island.

Explore offers 44 sailings a day to the island, which offers safe, white-sand swimming beaches, a café and bar, the best views of the entire Bay of Islands and friendly fish.

Chris says a huge shoal of snapper are living their best life at the end of the wharf.

“Everyone knows there’s an unwritten rule that fishing is not allowed.”

He says stingrays cruise around the bay which is shallow and keeps them safe from orca cruising by.

For details on all the cruises offered, and the coach trip to Cape Reinga and Ninety Mile Beach, visit the Explore Cruises website:

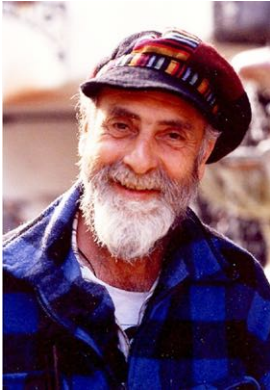
<https://www.exploregroup.co.nz/bay-of-islands/>

Photos previous page: Explore Group Sales Manager, Chris Kurien; the Ocean Adventure is the fastest boat to the Hole in the Rock; relax on island time at Otehei Bay; dolphin watching; aerial view of Otehei Bay. Photo credits: Exploregroup.co.nz



Artist's legacy a gift to the Bay of Islands

Friedensreich Hundertwasser's legacy has been described as a lasting and beautiful gift to New Zealand but to truly appreciate the work of this Austrian visionary you need to head to Northland.



A comfort stop at the most photographed toilets in the world in Kawakawa and a visit to Whāngarei's brand-new Hundertwasser Art Centre with Wairau Māori Art Gallery should not be missed.

Joost de Bruin, Director of the Hundertwasser Art Centre says the internationally famous architect, artist and conservationist was inspiring and relevant long before his time.

"He's been compared to modern-day activist Greta Thunberg, holding people to account and delivering deep messages through his inspiring artwork."

Expect the unexpected

Hundertwasser didn't do straight lines or grid structures. He loved organic patterns and bright colourful tiles.

His was a more organic approach, in harmony with nature and his message was, that we should all sign a peace treaty with nature.

His approach is very evident in Kawakawa's public toilets and Whangārei's new art centre.

"For a start, the floors are uneven and even a little bit hilly. It's a very unusual feeling for people but in nature, the ground is not often even," Joost de Bruin says. Hundertwasser believed it was good for us to walk on uneven floors as it helped regain our human balance.

There's a forest on the living roof in line with Hundertwasser's belief that if you build a house, you destroy nature and it must be replaced.

A love affair with New Zealand

Hundertwasser fell in love with the natural beauty and friendly people of New Zealand while visiting with an exhibition of his art in 1973.

He came back often and eventually bought a farm near Kawakawa which he converted back to nature.

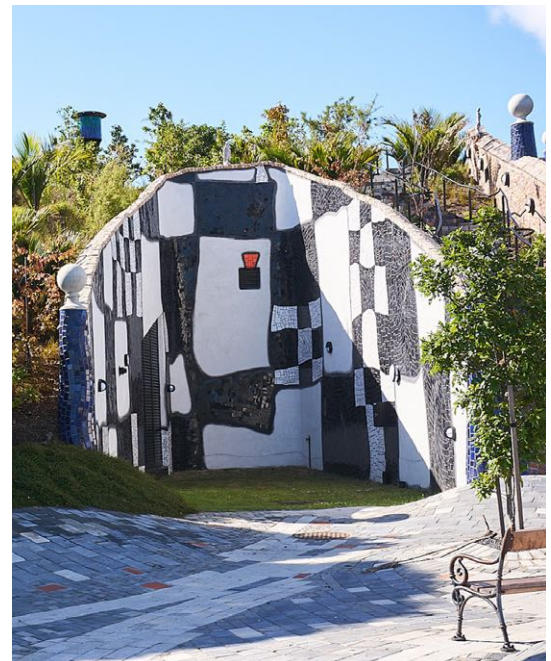
Joost de Bruin says it's a story about a migrant coming here from Europe, feeling at home with the environment and people and contributing by producing magnificent art and sharing his ideas.

Along the way, Hundertwasser designed the green Koru flag that many will be familiar with, new postage stamps and the well-known 1974 Conservation Week poster.

Perhaps his greatest gift was the sketches he drew when asked to design an art centre in 1993.

Unfortunately, he died in 2000 and never got to see the end product, the stunning Hundertwasser Art Centre in Whangarei which opened just 18 months ago.

The end product was designed and built by architects here and in Europe, true to his sketches and values. It's one of only 40 authentic Hundertwasser buildings in the world.



This page from top left: Friedensreich Hundertwasser, photo: arthive.com. Director of the Hundertwasser Art Centre, Joost de Bruin, Photo: Ruby Kawhiti. Hundertwasser Art Centre, photo Barac Underwood. Next page from top: Artwork - Friedensreich Hundertwasser, 953 Strange Encounters 1994. Namida AG Glarus ©. Hundertwasser Art Centre, photo: Murray Brock.

Hundertwasser is buried in the 'Garden of the Happy Dead' he created at his property near Kawakawa.

"He's left such a legacy behind for us. Not just art, but writing, architecture and his philosophy about living with nature. He was ahead of his time, doing things in the 70's and 80's that are examples of what we need now," Joost de Bruin says.

Iconic toilets given historic status

Hundertwasser was still alive however for the official opening of the toilets he designed in Kawakawa, the only public building in New Zealand he was directly involved with.

The uniquely Hundertwasser conveniences were recently awarded category one historic place status, making them one of New Zealand's most significant buildings.

An estimated 250,000 people visit the colourful toilets every year.

A multi-faceted experience

Whangarei's Hundertwasser Art Centre with Wairau Māori Art Gallery, is also proving a very popular visitor attraction.

Director Joost de Bruin says it's a multi-faceted experience for people of all ages and recommends you put aside at least two hours for a visit. He also suggests taking the guided tour which he says, adds lots of interesting information and stories about Hundertwasser and his work.

As well as an exhibition of his work curated by the Hundertwasser Foundation in Austria you can see his writings, sketches and design work.

The exhibitions change three times a year in the contemporary Wairau Māori Art Gallery.

Details about what's on at the centre, opening hours and admission prices can be found on the website:

<https://www.hundertwasserartcentre.co.nz>



Take your aching bones to Ngawha for a holiday treat

Māori have known about the healing benefits of soaking in the geothermal pools at Ngawha for about 300 years.

But today, everyone's welcome to come to the newly redeveloped Springs for some traditional healing therapy.

Ngawha Operations Manager, Moana Cross says the 16 pools were basically mud holes prior to the 2019 redevelopment.

"They're now fully enclosed with wooden floors and walls but the layout of the pools remains unchanged. We have a new changing area with hot showers, a café and meeting rooms. It's a real taonga for all of us up in the north.

Moana grew up in Paihia and says a visit to the Ngawha Springs after church on a Sunday was a regular occurrence in her whānau.

"They were totally different to how they look today," she laughs

Good for your wairua

Moana is keen to stress when they talk about healing at Ngawha they're talking about traditional healing.

She says the pools are thought to be beneficial for bone health and skin afflictions.

"The Bulldog Pool is good for the bones. It's the hottest pool and permeates deep into the bones," she says.



“Sitting in the pools is a very spiritual experience. The ambience, quietness and soft breezes are good for your mental, physical and wairua (spiritual health).”

Pool monitors help you have the best experience

The pools are all different temperatures and Moana warns they can fluctuate during the day.

“We can’t control the temperatures so we monitor them continually and at times may have to close a pool which is getting too hot.”

The pools range in colour from a beautiful aqua green to black depending on the minerals in the pool at the time.

Once a week water in the pools is pumped out, walls water blasted and they’re naturally filled again by the regenerating spring.

It’s recommended visitors to Ngawha begin in one of the cooler pools (mid-30s) and work their way up

to the 40-degree pools. The warm water can make you very sleepy and dehydration can be a problem Moana says.

“We have pool monitors who walk around making sure everyone is ok, and we recommend you only stay for a maximum of 10 minutes in pools hotter than 40 degrees.”

Book ahead to avoid delays

Children are welcome at the pools but Moana reminds visitors these are geothermal not recreational pools and really just for sitting in. Heads should be kept above water.

Booking ahead is recommended if you’re planning a visit as there’s a limit of 70 people per two-hour session. There are five sessions a day.

For more details on pricing and hours visit the website: www.ngawha.nz

Photo credit: Ngawha.nz



People and numbers – the mix that drives Marram’s newest Trustee

Hannah Love says she joined the Board because Marram’s values resonate with her.

“It’s my way of giving back,” she says.

Having been in the Marram community for the past four years, she’s well aware of the value of the healthcare benefits and holiday homes that beneficiaries enjoy.

“I’ve been an appreciative user of the healthcare benefits but haven’t been as good as I could be with the timing and planning of holidays in the past.”

Having just completed a South Island road trip that involved staying in Marram’s brand-new Wanaka homes, she says that’s going to change.

Marram’s new Wanaka home a welcome escape

Hannah and her friend drove from Picton, down the West Coast of the Island to Wanaka . The trip began with the best toastie ever from Toastie in Picton and ended with a few days in what Hannah describes as the best accommodation of the entire trip, at Marram’s brand-new Wanaka home.

“I can tell you, after a few nights in a hotel room in Queenstown we were excited to arrive at the Marram home. It’s a beautiful property and was kitted out with everything we needed.”

Not to mention the fabulous wood-fired pizza from Francesca’s in Wanaka and the morning coffee runs to the Coffee Shack just a few minutes up the road.



A proud Valley girl

Hannah, the oldest of the five children in her family, was born in Lower Hutt and still proudly calls the city home.

A love of numbers led her to pursue a career in accounting. After completing an accounting degree at Otago University, she left for Australia and spent the next six years working in a media company and then Datacom. "I wanted to experience working in another county, and I had friends there," she says.

Becoming an auntie, and missing family lured her back to New Zealand in 2018.

Problem-solving and people

After starting an MBA at Victoria University in 2019, she joined NZ Post, where she works as Group Accounting Manager, leading a group of ten people.

She says her job offers a good mix of people numbers, and problem-solving which she loves.

She's also on the Board of Women's Refuge Hutt Valley.

Hannah initially joined the group three and a half years ago as a crisis line volunteer but now serves as treasurer.

Accountancy suffers from a bad rep

Hannah thinks there still seems to be a misconception around the role of accountants, and the classic stereotype that depicts accountants as

boring men in suits with calculators. She says times have changed.

"We have technology to do the number crunching, and these days it's more about analysis and how we can add value to the business."

Is she worried about the robots taking over?

"No. AI can do the number crunching and routine scenarios but it's the grey areas where humans will be needed. We will still need people on the ground to understand the business, draw insights from data and provide leadership.

The robots will reduce the work effort but humans will add the value," she says.

So what makes Marram's newest board member tick?

Success, improvement and learning it seems.

"I get a real kick when goals are achieved, and I like to always be moving forward making the most of opportunities along the way."

Hannah says family and friends are very important and describes herself as very social.

She rates Mission Impossible as the best movie ever and admits to being underwhelmed by Barbie.

When asked about the best advice she's ever been given, she quotes from a recent Women in Leadership course she attended.

"Confidence is not a pre-requisite for action. Do it and learn as you go. I like that," she says.



Photo previous page clockwise from top: Hannah Love, photo: Destina Munro. Hannah starts her journey on the Interislander; Hannah and friend Caitlin King at the Church of the Good Shepherd, Lake Tekapo. Photos this page: Hannah relaxing in Marram's Wanaka holiday home. Photo's supplied.



Nostalgic roadie to remember

By Sue Burgin

A convoy of iconic Minis turned heads and caused quite a stir on a recent 15 hundred kilometre roadie from Te Awamutu to Nelson and back.

The pilgrimage to the New Zealand Mini Nationals in Nelson saw a group of devotees from the Minis Waikato car club in Hamilton, dust off their beloved baby cars and head south, staying at Marram holiday homes along the way.

Kelvin Kewish and his wife Theresa, behind the wheels of their minis Gary and Sandy (they wouldn't dream of driving together), were joined in the convoy by Bruce, Gomez and Uma, driven by the two Mikes and Fe.

An impeccable performance from Sandy

Was there a standout performer? Yes, Kelvin reluctantly admits it was Sandy, wife Theresa's car. "She didn't miss a beat. She was definitely the standout," Kelvin says.

There was the odd drama along the way with one losing its brakes on the Whangamoia Range coming into Nelson and Mike's Gomez suffering a catastrophic failure on Transmission Gully.

"Gomez had to hitch a ride on a tow wagon all the way home," Kelvin says.

The lure of the Mini

So what is it about these plain little cars?

They're iconic and fun and everyone has a Mini story Kelvin says, as I recount the story of my own little orange mini with its old Axminster-carpeted interior.

"They just put a smile on people's faces. Maybe it's their size or maybe it's because they're so cute.



When there's three or four of them together people stop to take photos and laugh and reminisce," he says.

Marram all the way

The Waikato Club Captain says the roadie was planned 12 months ago so they were able to book Marram homes at every stop along the way.

They stayed at Tūrangi and Lyall Bay on the way down and then the Nelson Tahunanui Beach home made the perfect base while they were at the Nationals. On the way home they spent a night at Raumati, New Plymouth and Hamilton.

Kelvin's been with Marram for over 30 years.

"I joined back in 1987 when it was still the Post Office Welfare Trust," he says.

“We raised our kids with Marram, using the holiday homes. It was a great way to see the country.”

It's not all about Gary

Finally, I had to ask Kelvin how far his loyalty and commitment to Gary went.

Had there ever been another?

Somewhat reluctantly he admitted he and Theresa do have a modern car they use, but it's an older 64 Mini, dragged out of the garage for special occasions that he admits, is his real favourite.

Photos: Previous page from top: Convoy on route to Nelson. Kelvin and his mini named Gary.

This page right: Parked outside Marram homes in New Plymouth and Lyall Bay.

Below, mini enthusiasts from left: Kelvin Kewish, Theresa Kewish, Mike van Meirlo, Mike Bennyworth, Fe Rooney with minis named Gary, Sandy, Bruce Banner, Gomez, Uma Thurman. Photos: supplied.



Do you have a good story about a memorable holiday you've had, using Marram homes?

I'd love to hear from you:
sue.burgin@marram.co.nz





Look who's on the cover of the 2024 SPCA Calendar

Marram's poster boy Baxter has pride of place on the cover of the popular SPCA 2024 Calendar after raising nearly \$3000 for the animal charity.

Thanks to the generosity of the Marram community supporting his fundraising effort, he topped the dog leader board in the annual SPCA Pet of the Year competition, winning the cover shot and an impressive bundle of Oppo tech.

Blown away by your support

SPCA Digital Fundraising and Events Manager, Anahera Foley-Paama says they were blown away by the level of support for the animals and the work they do, shown by supporters of the pets who took part in the fundraiser this year.

The competition in its current form has only been running for two years, and in that time the number of entries has grown from 445 to 2000 plus, Anahera says.

"We set a fundraising target of \$75,000 and raised \$40,000 more than that. We are over the moon."

Anahera says the number of sad animal stories they see can be overwhelming.

"We have around 30,000 animals who are unwanted, hurt and sick come through the doors of our 29 SPCA centres every year, and it's a nice positive change for staff to see the love others have for their pets during the competition."



Where does the money go?

Anahera says the money raised is going to a great place.

It will be used to reduce the number of unwanted animals by educating the community, de-sexing programmes, life-saving surgery for sick animals and rehabilitating and training animals ready for their new forever homes.

"I guess in a way we're trying to work ourselves out of a job," she laughs.

Ninety percent of the costs must be met by fundraising with the government meeting 10% of the costs.

One last request from Baxter

Please buy the calendar.

Anahera says they are a popular Christmas present and can be ordered right now online at <https://fundraising-store.sPCA.nz/>

They will also be available at SPCA op shops and centres.

What could be better than having a picture of Marram's office fluffball gracing your wall in 2024.

Photos previous page and top this page: Baxter, SPCA cover photo by Destina Munro.



YOUR SUMMER HOLIDAY WATCH LIST

Reviews by Glenn Clark

THE TOWER, SEASONS 1 & 2 - TVNZ+

My favourite genre of TV series is murder mysteries and I've been spoilt for choice lately. Two I've particularly enjoyed are The Tower, Seasons 1 & 2 on TVNZ+ and Bodies, an 8 part series on Netflix.

The Tower is excellent British crime fiction in the un-glossed style of Line of Duty and Shetland. There's no pretention, just grit, great plot and acting as Gemma Whelan playing Detective Sergeant Sarah Collins investigates the deaths of two people who've fallen from a tower block of apartments. The lead up to their fall is anything but straight forward. There's so many plot twists to keep you moving to the next episode. There are outcomes and resolutions but also a neat set up to Season 3 due soon.



BODIES, 8 PART SERIES - NETFLIX

Bodies is a fusion of British Crime drama and science fiction. It's a murder mystery set over four time periods from 1890 to 2050, with one victim, four detectives, too many plot twists to count. Is the victim really a victim, is the villain played by Stephen Graham really a villain, a lot can change over 160 years? This series isn't for everyone – it's violent and you may not like time travel with your police drama, but I enjoyed it.



BOSCH LEGACY, SEASON 2 - AMAZON PRIME VIDEO

Attention fans of author Michael Connelly's Detective Harry Bosch, I've just spotted series 2 of Bosch Legacy on Amazon Prime. Set in Los Angeles, the Bosch series of novels and TV shows are very different to British crime drama but I enjoy them just as much. I've read all Connelly's novels and love the way he makes the TV scripts sufficiently different to the novels so you can enjoy the TV series. Actor Titus Welliver owns the part of Harry Bosch. If you're already a fan, you'll know what I'm talking about. If not, jump into the first series of Bosch and if you like it as much as I have, you can look forward to viewing all the way to this latest season.



LIVE TO 100: SECRETS OF THE BLUE ZONES - NETFLIX

This fascinating documentary explores the lifestyle choices that may contribute to healthy living well into extra time. Explorer, endurance cyclist and author of a series of “Blue Zone” books, Dan Buettner travels to communities around the world with a special feature

in common: an extraordinary number of healthy elderly people, 90 years plus. You may not be surprised by his findings on diet and exercise but the importance of friends, family, purpose and motivation may surprise you. My mother, Ngaire is going strong at 98 so this series had a personal fascination for me.



KIN, 2 SEASONS - TVNZ+

Kin isn't a British police crime drama, it's an Irish crime family drama. The Kinsella family sell drugs. I warn you, it's violent. It's full of love, family and violence that makes a mess, as violence does. But it's hard to stop watching and feeling something for the Kinsellas as they rescue defeat from the jaws of victory. There's an especially good performance from actor, Aidan Gillen, perhaps known to you for playing the deceitful Petyr "Littlefinger" Baelish on Game of Thrones.



THE QUEEN OF OZ, 6 PART SERIES - TVNZ+

Let's end on a lighter note with some comedy – unless you're not a fan of British comedian, Katherine Tate in which case you should stop reading now. Tate plays Princess Georgiana, an unwanted and highly embarrassing spare of the British royal family exiled to Australia. If you know Tate's work, you can imagine the rest and if you don't, give this series a try. You'll know within 5 minutes if it's for you. I can usually only take her humour in short bursts but I loved this show.



From the Marram kitchen

Standby Holiday Sausage Pie

by Sue Burgin

Now this is an oldie but a goodie, encompassing everything you need from a holiday bake.

It's easy to prepare, uses basic everyday ingredients and can be on the table in a flash.

This basic little gem came into my life when I was flatting, living on the smell of an oily rag in Christchurch many years ago.

Back then a tube of sausage meat was the cheapest thing you could buy from the meat department at the supermarket. You always had an onion on hand, a bottle of tomato sauce in the cupboard and cheese and eggs in the fridge.

And I promise you, everyone who tasted it loved it. I'm betting many of you will recognise this pie in some form or other, making a regular appearance on your table back in the day.

For all these reasons it's time to bring it back as a staple of the holiday home repertoire.

In this case, quantities are up to you. How many are you feeding? How big is the dish you're making it in?

One tube of sausage meat easily lined a medium-sized shallow Pyrex dish back in the old flat, and for a base that size,

I'd be whipping up four to six eggs depending on how the kitty was holding out at the time.

Don't forget to grease the dish before using your wet hands to push the sausage meat into the dish lining the bottom and pushing it up the sides.

Now sprinkle the chopped onion over the base and add a few squirts of tomato sauce over the onions.

Beat the eggs with salt and pepper to taste, add grated cheese and parsley if you have it, and pour over the top of the onions. On a good day, with extras on hand, layer a few strips of bacon over the top, or a sliced tomato for that extra *je ne sais quoi*.

You're in charge here!

Bake until the sausage has browned up and the eggs set, and voila! Dinner's served.

In the true spirit of the old flatting days, you'd serve this with peas and chips.

But go on – we're all adults now and mashed potatoes and salad would go down a treat.

Now, back to the beach for a game of twilight cricket.





With pressure on the household budget increasing, Marram can help financially with day to day healthcare expenses and affordable holiday accommodation in over 145 holiday homes throughout New Zealand. Many are pet friendly.

You know how well this works for you, so Marram asks you to share the opportunity with as many of your colleagues as possible. You'll both be rewarded in the process.

SPREAD THE WORD WITH YOUR MATES:

If they sign up mentioning your name, you'll both receive a gift voucher of your choice. How about \$100 to spend on the next family shop or fuel; or \$120 to put towards your next family holiday.

Note: vouchers are not issued until the refereee has completed the sign up process and their contributions have started.

You'll be contacted approximately 3-4 weeks after promotion closes to choose your voucher.

***Terms and Conditions**

Please make sure to tell your workmate that they will need to choose "Referred by Marram Contributor" when asked how they heard about Marram during sign-up.
Standard Marram T's & C's apply

Referral

LOOK AFTER YOUR MATES!

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Go to marram.co.nz and sign up today!

HOT OFF THE PRESS

Office Christmas Hours

Marram will close for the Christmas holiday break at Midday Friday 23 December and re-open on Wednesday 3 January.

Meet the newest member of the Marram Support Team

Iverson Roache joined Marram in October and says he's really looking forward to meeting you on the phones in the not-too-distant future.

After three years in retail, Iverson says he was looking for more corporate experience and found what he was looking for in Marram.

"I love what it stands for, helping families and love it's history and backstory."

Iverson has another passion, basketball, and spent some time playing college basketball in the United States.

These days though, Iverson says his priorities are work and family time.

Welcome to the Marram whanau Iverson.



Dental care

Just a friendly reminder to check Marram's Healthcare Benefits chart on the website before submitting a reimbursement request.

When it comes to dental care for instance, Marram will consider reimbursement for oral surgery and orthodontic treatment @ 60% to a maximum \$600 per person for the overall treatment.

Dentist visits or general dentistry however, cannot be considered for reimbursement.

Prize winner!

Congratulations to Marram Lifer Robyn Osbourne from Hamilton who won the Oppo Tech bundle after correctly answering several questions about Baxter, the office fluffball.

Robyn says she and husband Russell will share the spoils which included a smartphone, smartwatch, tablet, earpods and key tracker.



Baxter's blog

You can read more about Baxter's firm opinions from a dog's view in Baxter's Blog on

<https://www.marram.co.nz/blog#/>

MOLEMAP DISCOUNT

The Molemap discount has been extended again. You simply use the code **MCHECK23** when you make your booking.

This lets MoleMap know to apply the discount at time of payment. You can then use your receipt to request reimbursement of 60% through Marram.

MoleMap's offering full body mapping and less expensive skin checks at the discounted price.

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The fantastic **10% discount** offer with Interislander will be available from **1 February to 15 December 2024**.

- Reservations must be made via www.interislander.co.nz
- You must be over 18 to claim this discount
- Marram ID must be shown at check-in
- Use code **XMCT1** when asked to apply your discount
- Normal booking conditions apply - eg, Easy Change is 100% refundable if cancelled
- Regular rates apply to bookings made through call centre/groups desk



interislander





MARRAM
COMMUNITY TRUST



Ā TĀTOU KŌRERO - OUR STORY

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