

AUTUMN 2020

OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



FALL INTO AUTUMN *with Marram*

INSIDE...

- It's time to celebrate Marram's 75th Birthday!
- Enjoy the lake life in beautiful Taupo
- Getting prepared for NZ's seasonal changes
- Congratulations Murray! 40 years with Marram!



Autumn health tips ...

- **Allergies, coughs and sneezes!** – Just because the weather cools doesn't mean that pollen isn't present along with those dreaded seasonal colds, seemingly so active at this time of year.

Visit your GP or Health Practitioner for allergy testing and ensure you and your family get the yearly flu shot when it's available. Marram can reimburse GP visits so you can be fully prepared for the changing seasons.



- **Boost your immunity naturally** – Get your body ready for the upcoming cold and flu season by building natural defenses and make a couple of changes to your usual diet.

Adding more fresh fruit and vegetables to your meals is always a good idea, also ensuring you include a little more vitamin C and energy boosting foods as Autumn rolls around, has proven health benefits and helps to combat the viruses and bugs so easily picked up in the milder weather.



- **Sun? What sun?** – Despite the weaker sunshine and fewer daylight hours, it can be all too easy to forget you're still prone to the damaging effects of the strong NZ sun!

It doesn't take much to harm your skin, especially for children, and expecting cold weather can often catch us going out unprepared. Try to keep a hat and some sunblock handy, you never know!. Ensure you've avoided any harm and arrange a Mole Map, reimbursed under Marram's Specialist/Surgical Benefit.



DON'T FALL FOUL OF SEASONAL CHANGES

There has been a lot of talk recently about the proven health benefits of meditation.

Autumn can be a tricky one! As the days begin to shorten again it's hard to guess the weather. All too easy to be caught without a warm coat or even sunblock for those last few sunny days before winter hits...

From the long, sunny days of summer (if we're lucky) we enter Autumn again. Often NZ gets to enjoy fairly balmy periods as the summer winds into the coming season, but weather can be unpredictable, especially these days and it's always wise to be prepared...

The tips above can certainly help avoid some of the issues it's so easy to fall foul of, whenever there's a

change in seasons. But don't forget all the healthcare benefits included when you're part of the fantastic Marram community!

From alternative therapy visits, such as acupuncture to regular optician check-ups and immunisations, Marram can help keep you and your family stay in tip-top health and prepared for any season!

HOLIDAYS

TAUPO - The best of life on the lake!



Located almost smack-bang in the middle of the North Island, Taupo has long been known as one of New Zealand's top holiday spots. And with good reason, with a host of fun, family activities, surrounded by some breathtaking scenery it's gained a reputation for being amongst the best spots in the country to take a family holiday.

You'll find a fab selection of Maram holiday homes, not only in central Taupo but in beautiful neighbouring locations; Turangi, located in the Southern part of the Lake, or even the peaceful Acacia Bay. If you were thinking of just taking a day trip to the lake, why not travel down from Rotorua? It's just over an hour drive up the road, with some stunning views along the way!

"Lake Taupo will always be the focus for most visitors in the area but don't miss out on the nearby walks through unique thermal spots nearby, a trip to the lavaglass gallery, or even the famous Prawn Farm!"

ACTIVITIES

You don't have to enjoy water based activities to have fun in Taupo but it certainly helps! For those who have their sea-legs, there's options to go kayaking and heaps of boat hire options. There are also relaxed mini cruises of the local scenery and surrounds, so a little something for everyone. On land, there are also plenty of nearby treks and walks to visit.

NATURE

It goes without saying that Lake Taupo is the main attraction for those visiting the area. From the incredible Maori rock carvings to the neighbouring Huka Falls there are plenty of ideas to keep any holiday itinerary jam-packed. While the lake may be the focus, don't forget that the awesome Tongariro National Park is also just a short drive away.

CUISINE

As you might expect Taupo is awash with great restaurants and eateries. But one way to sneak a little activity into your dinner is to take advantage of the many fishing spots and tours that can be found locally. For those not wanting to brave the waters, why not take the family on a trip to the nearby Prawn Farm? You can even eat what you catch, if you're lucky!

MARRAM HOLIDAY HOMES

Maram has holiday homes in Taupo, Acacia Bay and Turangi, so you'll only be a short hop away from all the amazing sights and activities the region has to offer!.



Taupo

- Five holiday homes
- Central location
- Next to plenty of great restaurants and cafes
- Just minutes from the lake shore!
- Short drive from Huka falls and trails



Acacia Bay

- Two holiday homes
- One pet friendly home!
- Lake facing balconies
- Boat parking
- Short distance to town
- Beautifully secluded location, overlooking the Lake



Turangi

- Two holiday homes
- Boat parking
- Great spot for a fishing holiday
- Just off Tongariro river, superb for fly fishing trips!
- Fully fenced off section

NOTICES



Remember the Ballot dates for 2020

July School Holidays closes
4th May 2020
Ballot period 4th July - 18th July

October School Holidays closes
6th July 2020
Ballot period 26th September - 10th October

Christmas School Holidays closes
12th July 2020
Ballot period 19th December - 30th January 2021

Healthcare Requests

Don't forget! You can still send in your healthcare requests for most of 2019!

As long as they're not 12 months old at the time of processing, you can be considered for reimbursement!

Marram hates to see anyone miss out, so dig up those receipts and get them to us...

If you have any questions or want to know more, give the team a bell on; 04 801 2920 or email support@marram.co.nz



Congratulations Murray!

There are a lot of big dates to look forward to in 2020! Not only does this year mark the 75th birthday for Marram but it's also celebration time for Marram's very own Murray Crombie, who enjoyed his 40th anniversary being part of the Marram Community in January.

Big cheers to Murray (and Baxter...) Heres to the next 40!

Best of luck Robin and Tracy!

While there's been a lot to celebrate, it's always hard to say goodbye to those that are moving on. Robin and his lovely wife Tracy came into the office, marking his retirement after 25 years of service with Marram in many roles, most recently as the Wellington South volunteer!.

All the years of hard work have been greatly appreciated and the team wishes you all the very best!



HAPPY 75th MARRAM!



Marram Community Trust was set up in 1945, providing help and assistance to Post Office employees and their families in the aftermath of World War 2.

- 1944** A Post Office Welfare money fund was established, using the sale of Government War Bonds
- 1945** The Post Office Welfare Trust was officially signed into being on 12th December 1945
- 1950** The 50's saw the Trust continue to grow, making more and more homes available
- 1960** Heathcare assistance was added to assist working families
- 1980** In 1987 the Post Office splits into; NZ Post, Telecom and Postbank. The Trust expanded to include these organisations
- 2002** The Trust was rebranded to Sevenaway/Trustaide Ltd.
- 2007** The Trust rebrands to Marram Community Trust
- 2008** Marram goes online! Website becomes live, allowing online bookings
- 2016** A new brand redesign for Marram
- 2020** 75 years after the original Trust was formed, Marram is still going strong and enjoys the long lasting support of NZ Post



For **75 years** the Trust has continued to offer provision to Post Office staff, and since the division of the NZPO, this included any personnel belonging to what it would then become; **NZ Post, Postbank and Telecom**, along with later subsidiary and successor companies.

Despite seeing many changes over the years as the Trust grew from its original roots as the **Post Office Welfare Trust**, eventually becoming Marram of today, the focus has always been to offer **support and care** to the people that make up the Marram community.

REWARDS

HOW WOULD YOU SPEND \$50? Who says no good deed goes unrewarded!



This promotion only runs **1 -16 March** so get recruiting now.

* T's & C's - 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.

You already know how amazing it is to be part of the Marram Community Trust, but if you spread the word with a workmate, both of you can enjoy a gift voucher of your choice! From **\$40 to spend on your next family shop, or fuel up, to a fantastic \$50 to put towards your next Marram holiday**, once your colleagues sign up (and they mention your name, of course!)

Marram Interislander deal now extended!



Not only can Marram help reduce the costs of your next family holiday but we can help you to get there cheaper too!

Our fantastic **10% discount** offer with Interislander has been extended from **1 February - 15 December 2020**, meaning you have even more opportunity to get a deal on your next trip.

- Reservations must be made via www.greatjourneysofnz.co.nz
- Applies to over 18's only
- Marram Contributor ID must be shown at check-in
- Use code **XMAR1** when asked to apply your discount
- Normal booking conditions apply - e.g. Easy Change is 100% refundable if cancelled
- Bookings made through call centre/groups desk at regular rates

