

# OUTLOOK

MAGAZINE OF THE MARRAM COMMUNITY

SUMMER 2016

## STAY SAFE THIS SUMMER



### ALSO INSIDE

10 Activities for families  
with kids and for couples.

New things coming  
to Marram

Noticeboard

Pop Quiz

# 10 Activities FOR FAMILIES WITH KIDS

## 1 MAKE YOUR OWN PIZZA

Getting a bit sick of the BBQ? Need an activity to keep everyone occupied for an hour? We reckon a make your own pizza station is the perfect solution. Buy enough pizza bases for the whole family, plus whatever toppings take your fancy, and let everyone create their own pizza masterpiece. The kids can get stuck in and learn the responsibility of making their own dinner!

Topping ideas:

- Pineapple, tinned spaghetti and a cracked egg.
- Chicken, camembert cheese, cranberry sauce.
- Mushrooms, salami, BBQ sauce.
- Salami, eggplant, ricotta and chilli flakes.



## 2 GAMES NIGHT

Fingers crossed that you and your family have beautiful weather the entire holiday – but just in case, it's good to be prepared for a few rainy afternoons. Collect up a few board games and throw 'em in the boot so you can host an impromptu games night (or morning, or afternoon) should the weather turn. Don't own any board games or puzzles? Jump on TradeMe or visit your local op-shop to pick up a second-hand bargain.



## 3 WALKING TRACKS IN YOUR AREA

New Zealand is known for its beautiful and well-maintained walking tracks throughout the country.

A quick Google search will usually show you a nearby regional park or riverside track – ranging from a 10min stroll to a 5 day hike. Pick one you reckon the kids might be capable of and get them out enjoying nature; they'll thank you for it one day.



## 4 TREASURE HUNT

Here's one that'll keep both adults and kids occupied and engage your brain so it doesn't turn to mush over the hols. Pick a starting point and create a clue-to-clue treasure hunt for the kids. Write cryptic clues (making them as easy or as hard as you think the kids can cope with) and lead them from one clue to the next throughout the house, backyard or the local neighbourhood. The treasure at the end could be anything you like – a new spade from the \$2 shop, a promise to get an ice-cream from the dairy or what about a cool collection of sea glass or shells?



**5 MAKE YOUR OWN MOBILE**

Speaking of sea glass and shells – have you ever thought about making your own mobile? There are a few different ways you can do it. A simple cross made of driftwood with shells attached by string is super easy. Or you can get a bit more complicated by drilling small holes into the shells and arranging in beautiful ways. A quick Google search can give you a few options. Take it home and you'll be reminded of your awesome Marram holiday for years to come.



**8 LEARN A NEW SKILL ON YOUTUBE**

These days you can learn almost anything via video tutorials on YouTube. We reckon it'd be a laugh to get the family together and try to learn a dance, face painting or a couple of kids yoga moves (kids yoga is apparently a thing now – who knew!)



**9 DRAW EACH OTHER'S PORTRAITS**

Grab some paper and pencils and sit down together at the table or in a circle and have a go drawing each other's portraits. The results could either be absolutely hilarious or maybe even frame-worthy! Why not take our suggestion for number 8 and watch a YouTube tutorial on basic portraiture or drawing skills first?



**6 GO FOR A SAIL IN A SAND BOAT**

Need something to keep the kids busy (and safe) while you relax on the beach? Why not build a sand boat?! Get them to help you scoop out a shallow dinghy sized hole, build up the sides a bit and scoop out some 'seats'. See if you can find some pieces of driftwood to act as oars and they can safely sail the sands pretending to be pirates, while you work on your tan or catch up on some holiday reading.



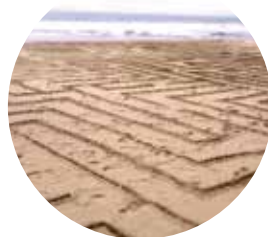
**10 MINI GOLF**

Have you ever noticed how almost every town in New Zealand has a mini golf course? They are everywhere! Taking the family out for a game is an awesome way to spend a half day and suits all abilities and ages. Just remember that often there isn't any shade at a mini golf course so make sure to wear hats and sunblock and pack a couple of drink bottles.



**7 DRAW A SAND MAZE**

Are they sick of the boat now but you still want to finish your chapter? Jump up for 5 minutes and draw the kids a sand maze. Using a stick or the end of your umbrella draw a life size 'maze' in the hard sand – making the 'corridors' wide enough for little feet. Throw in some confusing dead ends and some fun spirals and they'll be stuck in there for a while trying to find their way out.



*Tip: This idea works equally as well drawn with chalk on a large concrete area – such as at the local school or park.*



# 10 Activities FOR COUPLES

## 1 COOK SOMETHING KINDA COMPLICATED

With beautiful long summer days and (hopefully) nothing much on the to-do list, now's the time to pull out those longer, more complicated recipes that you've been wanting to try for a while now. You could marinate that lamb in rosemary, garlic and red wine overnight, or pickle some red onions for a roast chicken salad. Why not make a lemon meringue pie? You've plenty of time to let it chill and set. Borrow a recipe book from the library before you go away on your Marram holiday, and you can spend your days cooking up sumptuous summer snacks.



## 2 READ

While you're picking up your summer recipe book, you could also stock up on some summer reading material from your local library or bookstore. (Tip: Did you know TradeMe has a book section too?) Whether it's mystery novels, or a huge stack of classic car magazines – nothing beats reading on the beach side by side with your other half, smiling up at each other every now and then and taking a dip between chapters.



## 3 TRY OUT A NEW WATER SPORT

There are so many cool water sports to try your hand at these days. You could book a surf lesson and learn to hang ten, pick up a cheap body board from The Warehouse and spend the days riding the waves or hire a paddle board and glide around a calm harbour. A double kayak is the perfect couples water sport – pack a picnic and go exploring!



## 4 CHECK OUT THE LOCAL ART SCENE

We are so lucky to have such a vibrant local art scene in New Zealand. Ask around at local cafes or i-SITEs, or jump on the ol' Google, to find out about local artists. Some might host their art in proper galleries or others might have a small studio at the back of their bach – either way, go check them out and support our local art communities.



## 5 DISCOVER THE LOCAL HISTORY

While you are out and about soaking up the local culture, you may as well spend some time discovering the local history while you're at it. When you're at the i-SITE asking about art galleries, see if you can find out if there are any significant historical sites in the area. We have such a rich history in New Zealand and learning more about where you're holidaying will give you a deeper appreciation for the area.



**6 PICK YOUR OWN BERRIES**

You might have seen a sign for an orchard or farm as you were arriving to your holiday destination. Well, did you know that many of these places not only have a fruit and veg market stall out the front, but also offer a PYO (Pick Your Own) service? We reckon spending a sunny afternoon scouring bushes for juicy red raspberries sounds idyllic. Eat 'em fresh with a dusting of icing sugar or take our idea from number 1 and use your freshly picked berries in a delicious dessert.



**9 GO TO AN OUTDOOR CONCERT OR MOVIE**

Outdoor movies shown on big projector screens are on the rise and are an awesome way to spend a relaxing summer evening. Pack up that cheese board we recommended in number 7 and head off for a night lying back watching an old classic. Similarly, outdoor concerts are everywhere throughout New Zealand during the summer months – pack a couple of cold beers and go boogie in the evening sun.



**7 MAKE THE ULTIMATE CHEESEBOARD**

Nothing says 'holiday' like munching through an entire cheeseboard with a cold beverage in your hand, reclining on a sun lounger or on a blanket under a nice shady tree. Take this opportunity to create your ultimate cheeseboard – it doesn't even have to contain cheese if you're not that into it. Choose yourself a picnic spot and pack a chilli bin with cherry tomatoes, camembert, grapes, salami, hummus, tzatziki, gouda, olives, crackers, preserved lemons, pears, bagels, cashews, double cream brie, blue vein, fresh basil leaves, crusty bread, chutney, avocado, dark chocolate, feta, pesto, macadamia nuts, fresh rosemary, buffalo mozzarella... Wait, what were we talking about?



**10 TRY OUT SOME OF THE ACTIVITIES WE SUGGESTED FOR FAMILIES**

Have a read of the suggestions we put together for families – there might be something in there that takes your fancy! Drawing each other's portrait over a glass of red, taking a yoga 'class' together on YouTube, going for a bush walk, making your own mobile or heading out for a game of mini golf could all be awesome activities for a twosome.



**8 LISTEN TO SOME NEW MUSIC ON A CRUISEY DRIVE**

The latest technology means it's so easy to discover and play new music. Apps like Spotify are great for recommending new artists or albums that you might have never heard of. Why not go for a cruisy drive to check out the scenery in your area and broaden your mind by listening to some new music while you're at it? You might discover a new artist or song that'll forever remind you of a sunny Sunday drive with your loved one by your side.



# STAY SAFE THIS SUMMER

Having heaps of fun this summer should top your to-do list – but staying safe while having fun should be a priority too! We've got some Maram Healthcare reminders to help you arrive home in one piece at the end of summer.



## SWIM SAFELY

Did you know that drowning is NZ's third highest cause of accidental death, with 120 drownings every year? Don't let you or your family member become another drowning statistic.

- Always supervise children near water.
- Always swim between the flags.
- Lifeguards are there to help you, not ruin your fun. Always listen to their advice.
- If you're in trouble, keep calm and raise your hand in the air. This is the signal to the lifeguards to say 'I need help'.
- Never swim alone.

Learn more about what you can do to be safe around water at [www.watersafety.org.nz](http://www.watersafety.org.nz).



## DRIVE SAFELY

Follow these tips to arrive safely at your summer destination – and home again too.

- Take regular breaks to avoid fatigue and if you're feeling really tired, stop for a quick nap or for the night!
- Take note of the conditions – and drive to them.
- You know this one – don't drink and drive. Duh.
- Stay alert – other drivers can make mistakes too.
- Keep to the speed limit and you'll avoid both tickets and potential accidents.





## ENJOY THE SUN SAFELY

We know you know the Slip Slop, Slap and Wrap anthem but let's just have a quick refresher.

- Slip into a shirt or into some shade.
- Slop on some sunscreen, every day. Use SPF30+ and reapply every two hours, as well as after physical activity, swimming or towel drying.
- Slap on a hat with a brim or a cap with flaps.
- Wrap on a pair of sunglasses – you'll look cool too.

Learn more about how to enjoy the sun safely at [www.sunsmart.org.nz](http://www.sunsmart.org.nz).

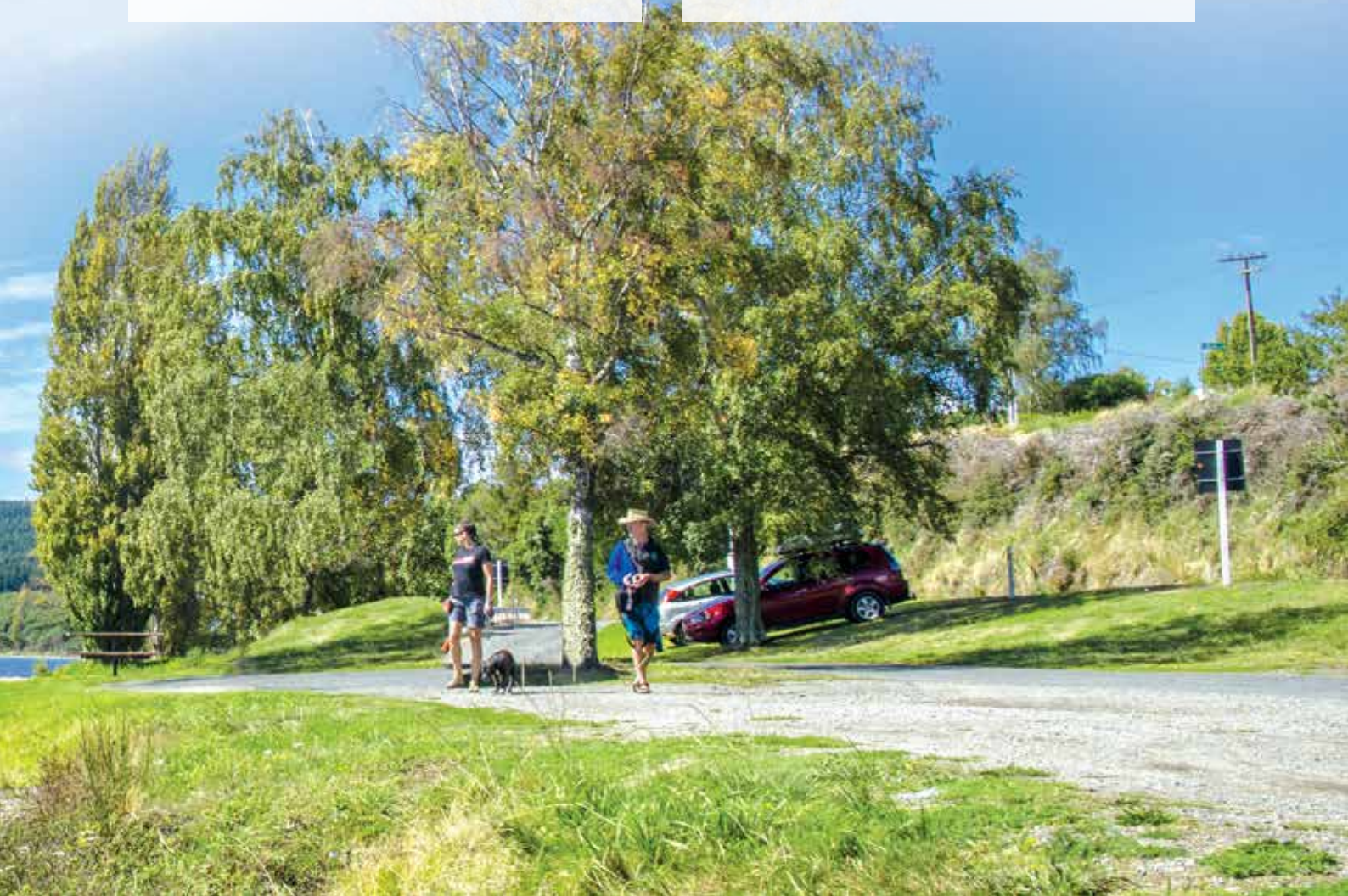


## COOK SAFELY

Follow the four C's and you won't end up sick and missing out on summer fun.

- **Clean** – this means washing and drying hands thoroughly before preparing food.
- **Cook** – ensure meats are thoroughly cooked (especially on the BBQ). Don't use the same plates or chopping boards for raw and cooked meat.
- **Cover** – make sure you cover food with glad-wrap or a tea towel if you need to take a break from cooking to help the kids find their togs.
- **Chill** – keep your food in cool storage.

*Continued next page*



# WHAT MARRAM CAN DO TO HELP YOU STAY SAFE THIS SUMMER:

## CONTRACEPTION REIMBURSEMENT

Did you know that we offer a 60% reimbursement on contraception (under the prescription benefit)? Make the most of this reimbursement and get your contraception sorted before you head away on holiday. You'll be safely protected all summer long and you know what they say – you only want to leave your holiday destination with memories.

## MOLE MAPPING

Did you know that 2 out of 3 Kiwis will get skin cancer in their lifetime? That's a shocking statistic – but the good news is, if it's detected early, it's easily treatable. Luckily we can help – both by giving you recommendations for enjoying the sun safely and helping you to afford regular mole maps.

We've teamed up with MoleMap for the summer and are really excited to be able to offer the Marram community \$20 off MoleMap appointments.\* Don't forget that you also get a 60% reimbursement on mole maps (under the specialist/surgical benefit) – so this makes mole mapping super affordable.

Book your map online at [molemap.co.nz](http://molemap.co.nz), or give them a call on 0800 665 362 and mention the promo code 'MARRAM' to receive your \$20 discount, then send your receipt in to us for your 60% reimbursement.

**Book today and it will save you money – and possibly even your life.**

### More info:

MoleMap is the most thorough and trusted melanoma skin cancer detection programme in the world. MoleMap combines world-class technology with the skills of New Zealand's best melanoma dermatologists and have a far higher chance of diagnosing melanoma at an early stage, when it is most treatable.

Try the skin cancer risk assessment tool to find out how at risk you are of developing skin cancer at [molemap.co.nz/melanoma-skin-cancer/risk-assessment-tool](http://molemap.co.nz/melanoma-skin-cancer/risk-assessment-tool)

Learn how to identify melanoma at [molemap.co.nz/melanoma-skin-cancer/how-to-identify-melanoma](http://molemap.co.nz/melanoma-skin-cancer/how-to-identify-melanoma)

### \*Terms and conditions

- You must contact MoleMap before 31 December 2016 to take advantage of this offer. Bookings available until 1 June 2017.
- Reimbursements subject to the maximum available under the Marram specialist/surgical benefit.
- Healthcare reimbursements and \$20 discount only applicable to Marram Contributors (not Lifetimers).
- To receive the discount, you must mention "MARRAM" when booking.
- Discounted appointments are only applicable to the Full Body MoleMap service for new patients and follow-up patients; not applicable to the Spot Check and Skin Check service.
- Discount cannot be used retrospectively.
- Appointments are limited and subject to availability at time of booking.
- Not in conjunction with any other offer.
- Discount at the discretion of MoleMap.



# New THINGS COMING TO MARRAM

## QUEENSTOWN REDEVELOPMENT

If you've stayed at Marram's homes on Man St in Queenstown, you'll know what an exceptional location we have there. Only a short walk to the centre of town, Lake Wakatipu and the Gondola. Or to catch a



bus to the ski fields from the Snow Centre in Duke St...or dine at Fergburger. What a great holiday site! And now the Queenstown Lakes District Council has rezoned Marram's site as CBD which presents a unique re-development opportunity to put many more Marram homes right into the centre of Queenstown!

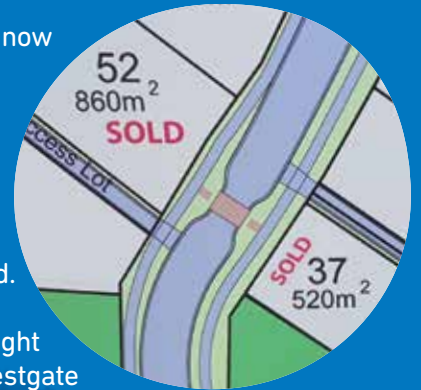
It'll mean that at some time we'll have to demolish the two homes we've got there now and rebuild but the result will be so worth it.

Imagine lovely new Marram apartments in downtown Queenstown. If you're a fan of Marram Queenstown East (you snowboard the Remarkables, right?), don't panic, they'll still be there.

## NEW HOMES IN DUNEDIN

All the main cities are now very popular holiday destinations. Dunedin is no exception and with only two Marram homes available, you've demonstrated that more are required.

The Board of Trustees is pleased to have bought two sections in the Westgate subdivision above St Clair. The plan is to build three bedroom homes to complement the two bedroom homes available in St Kilda, eventually doubling your Marram Dunedin holiday options.



## MOBILE FRIENDLY WEBSITE

The Marram website went live in August 2008. It's been renovated and repainted at least three times since then as so much has changed on the interwebthingie. And now most of you want

to use your mobile devices when booking homes and to do that on the current site, to use the correct technical term, frankly it sucks. February next year we expect to launch the new mobile friendly "m" version of the site with a brand new holiday home search engine. Whether you're an Android or Apple user, we're sure you'll love the new site.



# NOTICE BOARD



Remember the Cliff Richard song? *We're all going on a summer holiday, No more working for a week or two, Fun and laughter on our summer holiday, No more worries for me or you!* Well, let's make that come true – especially the part about no more worries for me or you. We can do that by making sure we all respect each other as a community and are extra considerate during the break. The following notices will help us get there!

## YOU (OR YOUR PARTNER) MUST BE STAYING IN THE HOME

We're a bit disappointed with the amount of subletting going on at the moment. We do check to make sure that you (or your partner) are staying in the home – and if not then you can be fined or even banned from Marram homes entirely. So just remember that your friends and family can only holiday with you there – which is actually awesome if you think about it!

## TAKING HOME ITEMS THAT AREN'T YOURS

As with the subletting, we get so disappointed when we enter a home to discover that items have gone walk-about. Coffee plungers gone missing could mean a VERY grumpy mum or dad on the first morning of their family holiday. Missing cheese graters could ruin make-your-own-pizza night for the kids. It's a very sad occurrence and we'd hate to have to do an inspection after every guest leaves – let's all team together and make sure we're respecting the items supplied in the homes.

## IT'S CONSIDERATE TO BE CLEAN

Remember to do a thorough clean please – pay it forward and make sure the person after you has an equally peaceful and relaxing break.

## CHRISTMAS OFFICE HOURS

We love talking to you guys on the phone but over the Christmas period we'll be taking our own Marram holidays and won't be available to assist with your enquiries. The Marram office will be closing at 12 noon on Friday 23 December and we'll be re-opening at 8am on Wednesday 4 January. Which leads us to our next notice...

## MARRAM ONLINE

While we're all away on holiday, you can still use Marram Online to book and cancel your holidays. That's why it's important that you make sure you've created a login so you can access the information you need 24/7 during the holiday period.

## CONFIRMATION PAPERS

Again, you'll be able to access your confirmation papers on Marram Online over the holidays. But do remember to print them out and take them with you. Double check your arrival and departure dates as well as check in and check out times. Because the homes are fully booked over this period, it's really important that you adhere to the check in/out times, we don't want to encroach on someone else's holiday time!

## AFTER HOUR CHARGES

We're so grateful to our house volunteers who go above and beyond to make the Marram community's holidays amazing. But just remember that any after-hours call outs are a big hassle to them and will cost you at least \$50. Think carefully about whether something could wait until the morning.

## PARKING

Each Marram unit is assigned one car park – so that means only one car per home. Remember this as you're making your travel arrangements and parking will be sweet as!

**PARTIES ARE A NO-GO**

Trust us, we don't like to be the fun police – and many of the Marram team love a good summer party – but we all need to be really considerate when we're staying in the Marram homes. A few beers in the late evening sun with some quiet Jack Johnson playing? Cool! Thumping bass, yelling, smashed bottles and keeping your neighbours up way past midnight? Not so cool. Be cool, and respect the Marram community.

**THE MOST IMPORTANT NOTICE OF ALL**

Have a wonderful, wonderful time, a very Merry Christmas and a Happy New Year! Over and out from the Marram team – see you in the New Year!

# MARRAM POP QUIZ!

**IS THE WEEKLY CONTRIBUTION OF \$7.30 FOR...**

- a. 1 person – yourself
- b. 2 people – you and your partner
- c. Your entire family, including all children up to the age of 18

**Answer:** C! That's right, the weekly contribution of \$7.30 per week is for your whole family, including all children up to the age of 18, not per person (and if your employer offers a subsidy, it's even less)!

**WHAT IS THE RATE OF \$7.30 DETERMINED BY?**

- a. Nothing – everyone contributes the same amount
- b. Your age
- c. Your health, including any existing medical conditions

**Answer:** A! Yep, you read that right. The rate of \$7.30 isn't determined by your age or health and nor does it increase as you get older. (In case you're wondering – this is the amount the Board of Trustees considers appropriate to help fund the activities of the Trust).

**THE BENEFITS OF MARRAM INCLUDE...**

- a. Financial assistance for healthcare
- b. Affordable holiday homes throughout New Zealand
- c. Being a part of an exclusive and supportive community of like-minded people
- d. All of the above!

**Answer:** D! Why wouldn't you sign-up with all of those benefits?



# FUEL UP YOUR TANK and YOUR TUMMY!

Have a look around your office. Who looks like they need a holiday? Probably everyone huh? Well here's your chance to do a good deed and in return we'll fuel up your tummy and your tank.

## ON OFFER WE'VE GOT:



**\$40 Z Gift Card** – which can be used for anything at Z, from fuel to mince pies for the whole family.

**\$40 New World Gift Card** – which you could be putting towards your Christmas grocery shop.

**\$50 Marram voucher** – which you can use to make your next Marram holiday even more affordable.

**The boring stuff:** Make sure you tell your workmates to choose "Referred by Marram Contributor" when the application asks how they heard about Marram.

- The competition only runs until 25 December 2016 so get recruiting now!
- The competition is only available to current Contributors.
- Marram T&C's apply.

Want to get more of your team sharing in the benefits of Marram, while jazzing up your tea room or office at the same time?

We've got all sorts of new promotional material (shown right) which we'd love to send to you! Just let us know what you'd like sent out by emailing [marketing@marram.co.nz](mailto:marketing@marram.co.nz) and your tea room could be looking brighter and happier before you know it.

