

SUMMER 2019

OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE

Wishing you...
**A VERY MARRAM
SUMMER!**



INSIDE...

 **Marram**
Holidays & healthcare

- How healthy minds can promote healthy bodies
- Holiday ideas in the stunning Bay of Plenty
- Our Auckland refurbishments!
- Make the most of our Summer referral scheme



HEALTHY MINDS, HEALTHY BODIES...

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

There are many reasons to use meditative techniques to help de-stress and take a moment to unwind, but you may already be doing some without knowing!...

Taking a moment ...

- **Listening to music** – From the radio playing in the background at work, to our personal playlists for the commute home or gym session, music plays a significant role for many of us and can help relaxation.

Taking time to actually listen to the lyrics or just trying to spot the part a specific instrument within a tune, can offer high levels of focus and offers a whole new take on some of your favourite songs.

- **Daily tasks** – We've all put off doing the dishes or sorting the washing now and again, but taking a moment to focus and think about the job in hand can really help.

Give yourself 5 or 10 minutes and really concentrate on the task during that time. It may surprise you how quickly you complete the routine and how well you achieved it while staying focused.

- **Eating** – Meal breaks can be one of the most important parts of our day but all too often we rush through our food and don't take the time to enjoy the moment.

Take a little time to think about your food properly. Savour the tastes and allow your mind to consider elements you enjoy the most, or the way that the flavours affect your palate. It helps you to appreciate the meal more and has positive effects on digestion.

If you've ever let your mind wander during the bus journey to work, or just closed your eyes for a couple of minutes to gain some focus, you've been employing a form of meditation. This can be practiced to provide calm moments when you need them most. Even better, it's free and can be used nearly any time.

Multiple studies have shown that meditation provides

positive results in reducing feelings of depression and the underlying causes of anxiety. Regular meditation has even shown evidence to assist in boosting your immune system, and helping to combat illness.

You don't have to master the patience of a Yogi or have access to a monastery to practice a few simple techniques that can offer some great health benefits.

BAY OF PLENTY: From Volcanoes to Vino



It can be hard not to fall in love with everything that The Bay of Plenty has to offer. From incredible beaches and breathtaking scenery, to the “once-in-a-lifetime” chance to set foot upon an active marine volcano. Marram’s holiday homes are only a stone’s throw from some of the most popular locations in the region.

From taking a short break to relax and get away from it all, to a much deserved family holiday with the whole clan, it’s hard to top the Bay of Plenty. Surrounded by some jaw-dropping scenery there’s something here for everyone, be it walking, trekking or even horse riding through some of the trails, to learning more about the neighbouring wildlife sanctuaries and local, cultural history.

“The South Island’s often the first port of call for visitors wanting to experience NZ’s dazzling nature, but the North Island can also boast some of the nation’s most spectacular sights that shouldn’t be missed!”

MARRAM HOLIDAY HOMES

Marram has holiday homes in Mount Maunganui, Whangamata, and Ohope Beach, so you’ll only be a short hop away from everything The Bay of Plenty has to offer.



Mt Maunganui

- 14 homes in 2 locations
- Amazing views
- Close to beach & shops
- Near Shopping mall
- Many sea and beach activities in the area to pick from!
- Climb/walk The Mount





ACTIVITIES

For visitors that head to the Bay of Plenty wanting to check out some of the country's most beautiful scenery, there are few places that can compare. Whether taking a trip by air or sea to the magnificent White Island volcano, to kayaking, scuba diving or snorkelling from a nearby beach, take your time and make sure to soak in the raw beauty of the region.

NATURE

A short boat ride will take guests to Moutohorā (also known as Whale Island), which has become one of the most carefully maintained wildlife sanctuaries in the country. Home to rare and endangered species, such as the Little Brown Kiwi and the legendary Tuatara, visitors can also learn about the island's cultural history to local the Māori iwi.

CUISINE

The region isn't as famed as some parts of NZ for its wine making, but the region's gained a great reputation as one of NZ's top growing spots for Chardonnay grapes. And the art-deco stylings of the multi-award winning Mills Reef Winery are a must for any wine-lover. Keeping it boozy, The Cider Factorie, near Te Puna also offer tastings of award-winning cider.



Whangamata

- Two holiday homes
- Minutes from beach
- Next to the Wentworth Falls
- Near Forest parks
- Boating, mountain biking & trails all close by



Ohope Beach

- 6 homes in 2 locations
- Fenced section
- Close to local beach
- Near sandpit reserve
- Many local sea and water activities
- Amazing views of nearby White Island



NOTICES

MERRY CHRISTMAS

Wishing you all a wonderful Christmas, from everyone at Marram

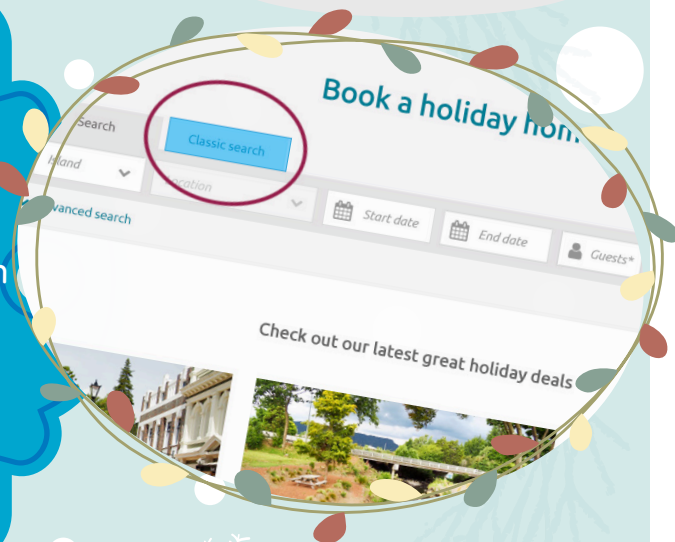
It's that time of year again and we'd just like to wish the very best to the whole Marram community and offer a special thanks to our volunteers. They all do such a fantastic job helping us to keep the Marram homes in fine form. Merry Christmas and here's to 2020!

**Christmas Closing...
11.00am 24th Dec -
Re-opening
Mon 6th Jan**



Classic Search available now!

Many of you are already aware that the return of Marram's classic search function happened in early October. For those that missed the news, this means you'll be able to search across the whole North or South Islands using a wider range of dates again. Perfect for finding a fab holiday for yourself and your loved ones! Please note it's been designed for desktop users due to the wider results it returns, but feel free to jump onto the Marram site and give it a spin!



Using Classic Search...

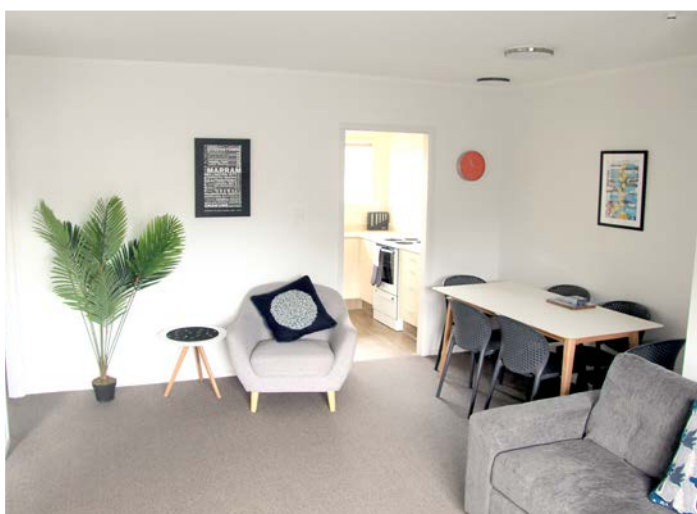
For most, using the Classic search feature's as simple as clicking on the new tab now found next to the usual search button. But if you're having trouble finding it, you may need to clear your browser's cache first. It's a simple process but can be different depending on your preferred browser, so feel free to get in touch with your Marram team on 04 801 2920 if you need a helping hand.



Marram's latest refurbbs

Spring was a busy time for the Marram team! From adding the Classic Search feature to the website, to preparing the Annual Report there was plenty to keep us on our toes!

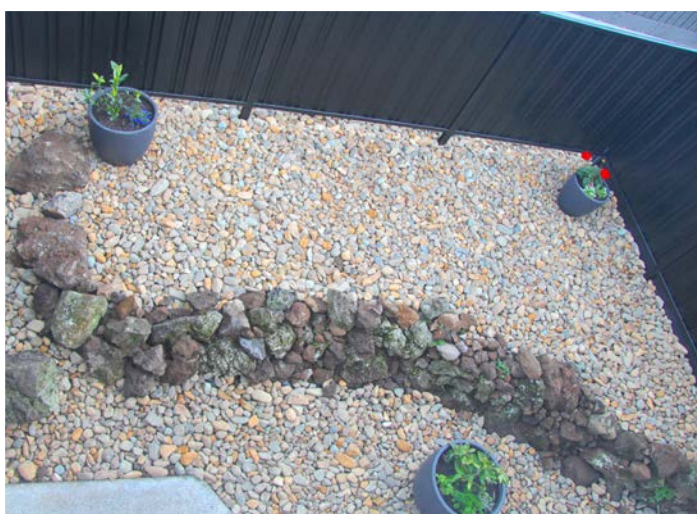
However, we did still find time for the whole team to visit the Auckland, Central Suburbs holiday homes in Sandringham to treat them all to a nice new refurbishment!



Auckland, Sandringham - Unit 6



Auckland, Sandringham - Unit 3



Auckland, Sandringham - Unit 2 Garden



Auckland - Murray busy recycling

We think that they look pretty spiffing so why not book one for your next visit to Auckland and let us know what you think!

REWARDS



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



This promotion only runs **1 -16 Dec** 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 signs 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

