

SUMMER 2022

TIROHANGA OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



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Editor's Letter

Christmas is just around the corner and with it, the iconic Kiwi summer holiday.

The time between Boxing Day and the end of January is considered by many a birthright, or cornerstone of Kiwi life. At the very least those summer holidays are a marker of passing time.

In our home, the countdown started the day the school gates closed for Christmas. Every year we'd pick up the kids, bags bursting with a year's worth of paintings and dog-eared exercise books and pile in the car to sing Cliff Richard's 'Summer Holiday' all the way home.

We eagerly anticipated Christmas Day and all it brings. But the minute the lunch dishes were cleared preparations began for the annual summer holiday.

There was never any time to waste. The sound of waves crashing endlessly on the beach, the smell of BBQ smoke, the long days and exhausting nights were calling.

We hit the road early on Boxing Day, car loaded with camping gear, a huge tin of Christmas cake, excited kids and four glorious weeks at the beach ahead of us.

Time and the changing pace of modern life have reshaped the summer holiday in many ways unfortunately. Cost, time away from work, and changing family dynamics mean that month at the beach is just a precious memory nowadays. Summer holidays still happen, they just look a little different.

In fact this year I'm sacrificing the great Kiwi summer holiday altogether for a holiday with family in Europe.

As soon as the Christmas dishes are cleared I'll start packing - but it won't be togs, jandals and sunscreen. Rather thermals, boots and a puffer jacket. I'm still going to sneak some Christmas Cake in there though, because, well I just can't imagine January without it!

Stay safe over summer whanau. Have the best summer holiday and make great holiday memories.

Sue Burgin

Content Editor - Etita Kōrero

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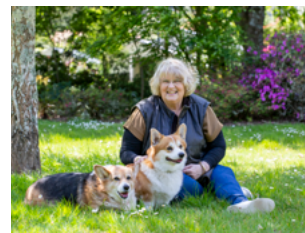
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Christmas message from CEO Glenn Clark

Well done, you've almost made it to Xmas 2022. What a year of challenges with the outlook next year likely to be equally challenging. Now can you feel a pre-Xmas rush coming on?

Hopefully you've saved some stamina for the final push. Then you'd better grab a holiday break if you can.

Inflation pressing on household budgets makes the Marram benefits more attractive than ever so well done for being part of the Marram Community. Use of the healthcare and holiday benefits has recovered from the lockdown lows to the point where Marram will need more holiday homes.

The five new Wanaka homes are almost finished. What a project. If you read of problems in the building industry, the Wanaka build collected the full set. The industry has changed for the worse but we've made it to the end. Mercifully, Marram wasn't trying to build in Queenstown over the last two years. It will be early 2024 by the time Queenstown consents are issued and contractors are ready to move on site. It's a pity Marram had to sell the homes in Ranolf Street, Rotorua but they had to go.

The refresh of the healthcare benefit, especially the introduction of the mental health benefit, was well received. Marram is a not-for-profit, the money Marram receives must be re-distributed to its beneficiaries in ways that suit the times.

The Marram Board had a full agenda including strategy meetings. The team welcomed two new members this year, Victoria Battyanyi and Hamish Weir. Hamish replaced Roshni Kishore, Marram's very competent, long-serving Finance Manager. We wish them all well.

I wish you well with your health, family and friends this festive season and throughout 2023. Be sure to get the most from your participation in the Marram Community. And please invite colleagues to join, especially if you see them struggling. Don't keep Marram a secret, show them there's no catch. The homes are cheap but they're good. The healthcare benefit comes in very handy, especially if you've a mortgage and family. Maybe 2023 will be a tough year but we'll get through.

All the best for the festive season.

Glenn Clark
Marram CEO



Marram's flagship holiday homes revealed

Here they are whanau, the brand-new Wanaka units fitted out and almost ready to book.

It's been a long wait in the post-Covid environment but I think you'll agree, it's all been worth it.

Don't you just love the way they sit, melding so perfectly between the snow-capped mountains and stunning Lake Wanaka?

There are three two-bedroom units and two studio units, all equipped to the usual high Marram standard,

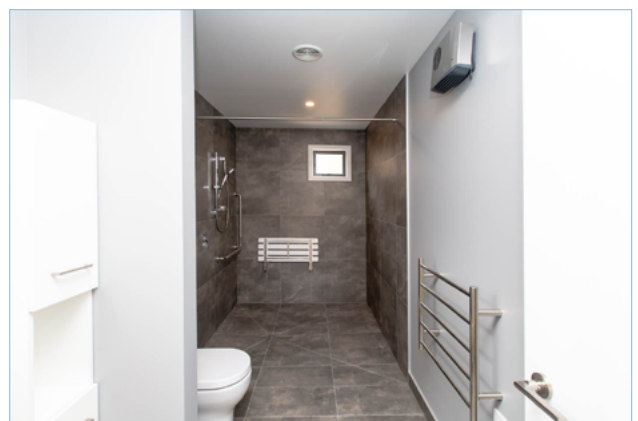
and decorated throughout in colours and artwork reflecting the local landscape.

The studio units can be booked as stand-alone or in conjunction with a two-bedroom unit.

Marram acknowledges the hard work that has gone into this project.

So standby everyone, all that stands between you and an open-for-booking date, is to finish the landscaping and driveway. Will you be the first guest in one of these long-awaited holiday homes?





Time to get serious about a silent killer

Eight New Zealanders a day are diagnosed with bowel cancer and three New Zealanders a day will die from it. These are statistics that are pretty hard to take.

According to Bowel Cancer NZ, it's the second-highest cause of cancer death in New Zealand.

- 1,200 of us die of bowel cancer every year – that's as many deaths as breast and prostate cancer combined.
- One in 10 diagnosed with bowel cancer are under 50.

On a brighter note :

- 90% of bowel cancers are curable if caught early.

'If you feel something's not right – get it checked.'

That's advice from someone who should know.

Not only is GP Anne Mathieson (below) a Medical Advisor to Bowel Cancer New Zealand, she's also a bowel cancer survivor.



The 38-year-old mother of two young children who navigated her way through the medical system as a cancer patient, offers a unique perspective.

Keep pushing

Anne was finally diagnosed at 34 after experiencing intermittent colorectal bleeding for about six years.

"It always settled within a couple of days and I was told it was likely haemorrhoids and left it at that. A year after the birth of my second child, the bleeding became more persistent and thankfully I asked my doctor to refer me to a specialist."

After an examination, the specialist referred her for an urgent colonoscopy.

Several polyps including one with cancer were found and removed, but Anne went on to have her whole bowel removed shortly after.

Histology results saw her cancer upgraded to Stage 3 and she then began three months of chemotherapy.

'My age and symptoms surprised colleagues'

Dr Mathieson says there's a low threshold to refer people, and her age, symptoms and the infrequency with which they occurred surprised her colleagues. As a result, she's urging people to go with their gut feelings and get checked if they're anxious.



Marram Healthcare Benefit

Specialist consultations and diagnostic tests initiated by a Specialist will be considered under Specialist/surgical, 60% maximum reimbursement, up to \$2500 per family per calendar year.



The nationwide screening programme currently available to those aged 60 to 74 years is about to be extended to Maori and Pacific people over 50.

She says in New Zealand particularly, there's an increasing rate of young people being diagnosed and they often have later-stage disease. It's not known why and she would like to see a broader and even younger age group targeted.

Shortfalls in the system

According to Anne Mathieson, bowel cancer doesn't get the resources and funding needed to get on top of the problem.

"There's not enough specialists, space or funds and the health system is under so much pressure. It's good but should and could be a whole lot better." She says in some areas of the country it's difficult to even get a colonoscopy.

"My own experience certainly opened my eyes to the reality of how imperfect it is," she says.

The dreaded colonoscopy

She agrees people are apprehensive about having a colonoscopy but assures them it's not as bad as you imagine.

If you're having problems accessing a colonoscopy she recommends talking further with your GP, going privately or discussing a private FIT test or CT colonography.

She points out however the FIT test is not a diagnostic test and there may be either false positive or false negative results.

"If symptomatic, it's important to push for a diagnostic test with your doctor. The best test is really a colonoscopy."

'You're in charge'

Three years on from her own diagnosis, this bowel cancer crusader couldn't be more emphatic, saying the ball's in your court.

"If you have symptoms that aren't settling, go and get checked. Trust your instincts.

I had a bad feeling. It's tough, but if you think something's not right, get it checked. Just keep pushing. Don't give up."

Reducing the risk

Eat a high-fibre diet. Aim for a range of different fibres - at least 35g a day.

A Mediterranean diet rich in grains, legumes, fruit, vegetables, nuts and seeds reduces the risk further.

Avoid processed meat and limit red meat to 300g a week.

Reduce refined sugars. Added sugar increases bowel cancer risk.

Reduce alcohol intake. Even one standard drink a day increases risk.

Exercise for at least 30 minutes a day and avoid sitting for long periods.

Get enough sleep. Aim for 7-9 hours a night.

Summer in the Bay of Plenty could be the tonic you need

The Bay of Plenty on the North Island's east coast, with its stunning surf beaches and dramatic geothermal landscapes, is the perfect summer escape.

One hundred and fifty thousand people call the western Bay of Plenty home, and that number swells by almost half again in the summer months, as holidaymakers and cruise ships descend on the area to enjoy its coastal topography and famous surfing beaches.

But according to the CEO of Tourism Bay of Plenty, Oscar Nathan (pictured right), that's not all there is to the region.



A slower pace of life

He's very clear about what attracts all the holidaymakers year after year.

"It's about finding your rhythm. Things are three times slower here and the weather's better. We're not flash. We're not a white linen silver service town."

And then there's this thing called Blue Wellness.

"Blue Wellness"

It's that thing that happens when you throw off your shoes and dip your toes in the sand for the first time after a hard year, he explains.

It's called Blue Wellness and the Bay of Plenty has it in truckloads.



In fact, the region boasts 260kms of almost continuous coastline with beautiful white sandy beaches.

It's the fastest-growing region in the country, particularly Tauranga which is New Zealand's 5th largest city. There are three main centres in the region, all within an hour's drive of each other.

You'll find New Zealand's only active marine volcano, Whakaari White Island here and the country's most popular walking track on Mauao Mount Maunganui offering stunning views of the Pacific Ocean. Summiting Mauao is not only healthy, it's free.

Food bowl of New Zealand

It's also to do with an abundance of good healthy food Oscar says.

"The region's famous for its iconic fruits of land and sea.

"We have seafood, avocados, kiwifruit and the best truffles."

And then there's a bunch of award-winning beaches.

Mt Maunganui's Main Beach was voted fourth best beach in the South Pacific for the sixth consecutive time by Tripadvisor, just before the Covid lockdown.

Ōhope beach has been voted New Zealand's Most Loved Beach, Papamoa the fourth best beach and Whakatane New Zealand's Sunshine Capital.

22 Marram homes in the vicinity

The Bay of Plenty takes in the towns of Rotorua in the south, Waihi, Whakatane, Katikati, Tauranga, Mt Maunganui, Whakatane, the Bay's 'Sunshine Capital' and Ōhope.

Marram has 14-holiday homes in Mt Maunganui, six in Ōhope and two in Whangamata.



To garden or swim with fish

When Norwegian Cille Fabert came to a career crossroads in London in 2002, she was putting her business and marketing degree to good use working in the British television media.

But it was time for a change and Cille says after much deliberation it came down to two things, gardening or swimming with fish.

It took a few more years of travelling the globe however before that dream, the one about swimming with fish was realised here in New Zealand.

A keen scuba diver since the age of 10, she went to Spain to get her scuba diving instructors licence and then spent the next few years travelling the world teaching the skill in exotic places like the Maldives and the Caribbean, before discovering the clear blue waters of the Bay of Plenty.

Here in the Bay of Plenty with its plentiful wild marine life, she finally started swimming with fish.

Living the dream

Today Cilla Fabert's the owner, skipper, crew, boat fixer and marketer of the Guardian, a 40ft catamaran built as a viewing boat for The Americas Cup in the late 1980's.

Guardian is now a surveyed dolphin boat and has been plying the Bay of Plenty waters for the last 20 years.

Cille started working on the Guardian for Dolphin Seafaris in Tauranga in 2018 and loved it so much she bought the business and the boat a year later.

During lockdown, she got her skipper's licence and started living the dream.

Swimming with Dolphins

In the busy summer months, Cille takes Dolphin Seafaris ecotours out daily.



"We go 30 to 40k out towards Mayor Island and into the open sea where there's an 85 to 95% chance we'll find dolphins at around 50 metres. The bay is large, and water texture, light and white caps all play a part in finding the dolphins," she says.

An abundance of marine wildlife means you might also see Blue Penguins around the base of Mauao (the Mount) and New Zealand fur seals.

If you're really lucky in September through to early December you may be lucky enough to see migrating whales including Orcas, Pilot, Humpback, Minke, Pygmy and Blue whales.

The Dolphins are always in charge

Dolphin Seafaris was the first tourism operator in the North Island to get Department of Conservation SMART accreditation. (Sustainable Marine Mammal Action in Recreation and Tourism)

Cille says they take sustainability seriously and have great respect for mammals when interacting with them. "If the dolphins are sleeping we don't disturb them. If they have babies we don't put people in the water, and if they're feeding we stay away.

If they're travelling we don't follow. We couldn't," she laughs, "they just take off, breaching the water at huge speeds."

"But when they're just milling around being playful and socialising, we get close, lower our two swim bars off the back of the boat and allow a maximum of 10 people to get in the water. They hold on to the bars and are dragged along swimming with the dolphins who think it's a game and love it."

Restrictions mean an encounter cannot last longer than 90 minutes and only 60 minutes can be spent in the water.

Magic happens out there

"People laugh, cry and are often left speechless when an encounter happens," Cille says, "And the emotions are often the same for the crew."

On the question of why these mammals spark such deep emotions, Cille thinks it could be the way they turn



and look directly at you, or maybe because they appear to have a permanent smile on their face.

"Maybe it's jealousy about the freedom they enjoy. They just hang out, mate and sleep, and they're so playful and inquisitive. It's wonderful watching them playing with jellyfish and seaweed."

Details and prices for the Eco Dolphin Encounters and private charters offered by Dolphin Seafaris can be found on their website www.nzdolphin.com

*Top: Owner and skipper of the Guardian, Cilla Fabert
Photos previous page and below: nzdolphin.com*



Chugging along on the Kewpie

Nearby at a little wharf at the bottom of Mauoa (Mt Maunganui), you'll find another woman in charge of an historic old Kauri boat which is a regular feature on Tauranga's harbour.

Kewpie's been cruising the harbour since 2012, taking locals and holidaymakers out on the briny for a very different perspective of the Bay of Plenty city, or to picnic and enjoy beautiful Matakana Island.

Skipper and owner, Amy Neale, bought Kewpie in July 2020 after working on it for a couple of years.

"I fell in love with the old girl," she explains.

She had her skipper's ticket and had been intending to buy a smaller boat for a snorkelling business she planned to set up, but instead Kewpie came on the market and those plans went out the window.

From cream boat to harbour cruiser

Built in 1953, Kewpie started life as a Fullers Ferry becoming a famous tourist attraction doing the mail and cream run-up in the Bay of Islands.

She came to Tauranga as a houseboat complete with palm trees and sun loungers on the deck before morphing into a party boat and harbour cruiser.

Today with Amy at the helm, she's still cruising the harbour, doing charters and still the odd party cruise.

A great day out

A scenic cruise on Kewpie starts at the small wharf at the bottom of the Mount and heads out to the Tangaroa Statue at the harbour mouth, where if you're lucky you'll see fur seals and nesting black gulls.

She then chugs across the harbour entrance and up the side of Matakana Island.



Weather permitting you can jump off there and stay to swim and picnic on the island, before catching a later cruise back to the mainland.

"We then head back up the shipping channel where we can get up close and personal with huge container ships and cruise liners," Amy says, "That can be pretty exciting."

Kewpie Cruises run once an hour between 11 am and 2 pm.

Amy says the 11 am cruise can be very busy on a good day as families head out for a day on Matakana Island.

Cruise information and costs can be found on kewpiecruises.co.nz

Photos: top: Skipper and owner Amy Neale.

Full page: Kewpie. Photos credit: Kewpiecruises.co.nz



Riding into the past on an e-bike

If an intimate cultural experience mixed with history, fresh air and the thrill of exploring the Western Bay of Plenty on an E-bike is what you're after, then a Te Ara Tourism cycle tour is what you need.

Paula Beilby and husband Rob launched Te Ara Tourism after returning to New Zealand in 2018, having spent years working and living overseas.

Paula (Ngāti Ranginui and Ngai Te Rangi) who was born and raised in the western Bay of Plenty, says her drive to tell the stories and history of her people is strong, and cycling on e-bikes through her Turangawaewae is the perfect way to do it.

Te ao Maori

The cycle tour, a bespoke intimate tour for no more than five people, starts at Plummers Point across the harbour.

"Guests meet at the old restored Pa site and we talk about the pre-colonial history of the area, the land wars, confiscations and how we see the world now.

I talk about what's important to me as Maori," Paula says, "I believe we can't define ourselves by trauma, we can share it, but it doesn't define us."

The tour then continues for a mostly flat 19km ride through stunning scenery with lots of korero and stories about the myths and legends of Tauranga along the way.

It ends at the Ciderie, an award-winning restaurant making its own cider and with some of the best views in the Bay.

An experience with wide appeal

You don't have to be extremely fit to do the cycle tour, but Paula says you need to have ridden a bike before and love the outdoors and nature.

"It's very easy, I promise you won't work up a sweat," she laughs.

The tour has wide appeal, particularly with people wanting to make ethical choices as tourists and holidaymakers, and who care about their eco-footprint.

She says many find riding the e-bikes a very liberating experience.

"It's exhilarating. Some find a renewed vigour for life."

For health and safety reasons there is an age restriction - you must be over 12 years of age.

Tauranga was always going to be the place

Paula loves the opportunity her business affords her to tell the stories of her people and the area she calls her Turangawaewae.

"Tauranga was always going to be the place, and this is us. I wouldn't want to be anywhere else," she says.

For more details on the Cycle tour and other touring options see the website: tearatourism.nz



Below: Paula Beilby at the Ongarahu Pa site located at the end of Plummers Point Road in Tauranga. Photo credits: Te Ara Tourism.



Riverbugging

Like me, you may not have even known it was a thing.

It's been 20 years since Don Allardice, Ngāti Kahungunu, discovered the Riverbug but he's never looked back.

He's always been a river rat, learning to kayak in his teens.

After getting into rafting he became a guide and set up his first company on the Buller river. Two years managing a Venezuelan adventure company and many adventures later, Don says he was over rafting.

In 2009 while in Europe with his German wife Sabine, they decided to set up a Riverbug business of their own in Austria.

Then five years ago while in New Zealand on what was meant to be a one-year break from Europe they fell in love with Tauranga and decided to set up a Riverbug business here.

So what's a Riverbug?

Well, it's a Kiwi invention designed by Christchurch man Graeme Boddy for use on our rivers.

It consists of a seat and backrest between two pontoons.

The person in charge of the Bug, a bugger, propels it using short flippers on their feet. Steering is done using your hands encased in special paddle gloves.

They're a lot like whitewater kayaks with their ability to do tricks and rolls, but a lot more beginner-friendly when it comes to stability, buoyancy and ease of recovery.

According to Don they're not difficult physically and can be used by almost anyone.

"I get a real buzz watching people have fun and learn."

Intuitive and safe to use

Don says almost everyone can master the Bug.

"We do basic training before every trip. We find a calm pool, put everyone in it and let them splash about figuring it out."

There's technical pointers and advice for those who need it, and safety drills around swimming down rapids and what to do if you fall off.

"Then we head off as a group. The guides are always accessible so it's super safe for beginners – there are no paddles to lose and because it's inflatable it floats when it's upside down," he says.



Booking essential

Don explains they're a mobile business, meaning they have to move to meet people at the river and bring all the equipment needed.

They need to know in advance what each guest will require, wetsuit sizes, equipment etc.

All equipment needed is supplied and includes wetsuits, helmets, short blade flippers, buoyancy aids, webbed flexible gloves and neoprene booties.

An adventure to suit everyone

From mild to wild and a scenic or whitewater option - you choose.

The Action Bug for instance, has plenty of whitewater action and takes you down the breathtaking Rangitāiki river in the eastern bay of Plenty.

There's a Fun Bug designed for families with young kids, consisting of a grade one fun float exploring the Waioa Valley.

For the adrenaline junkies, the Bug Sunday option takes you on a roller-coaster rapid ride and sees you surfing the "Wairoa Wave" during the Sunday water releases in the Wairoa Gorge.

All adventures include insightful history and stories from the area.

"We like to bring a cultural and environmental element to the experience."

"It's a fun way to explore the Bay of Plenty's special places," Don says, "Riverbugs are an absolute ball".

More detail on packages and prices can be found on www.riverbug.nz

Previous page: Aniwhenua Falls.

This page from top: Bug tours are designed from mild to wild. Photo credits: riverbug.nz



Taste Bay of Plenty

Captain Cook was onto something when he named the Bay of Plenty back in 1769. Unlike a nearby area he had named Poverty Bay, here he was able to trade with local Iwi for food and supplies.

The owner of Taste of Plenty Food Tours, Ian Holroyd is passionate about the food bounty and the clever things locals are doing with it.

His food tours showcase some of the wonderful and often unusual things local producers are doing with local food.

"People find the good restaurants and cafes themselves. What we do is take them to places they don't know about. People are doing some amazing things in this region."

Unique culinary adventures

The tours can be tailored to suit but generally start with a visit to an ice cream parlour where they make some of the best ice cream in the country according to Ian. He says it's definitely one of the most popular food experiences on the tour.

Then there's a visit to an old industrial area where they're making amazing chocolate.

Also on the itinerary is a specialist charcuterie, an avocado orchard, coffee roaster and maybe a boutique European Deli or health food store.

"We take them to places they didn't know existed," he says.

A guide with star connections

The food tours cater for small groups of six to eight people and last around four or five hours.

Your guide is Kathrin Chappell, former chef to the stars in the US. She's a passionate local foodie with lots of local expertise.

Ian can also organise private or bespoke tours if there's demand.

Details can be found on the website

www.tasteofplenty.co.nz

Photos clockwise from top: Guide Kathrin Chappell cooking up a storm at the markets, owner of Taste of Plenty Food Tours Ian Holroyd and Kathrin at Tga Farmers Market. Kathrin serving a cheese platter. Photo credits: tasteofplenty.co.nz



On the couch with Bernie and Denise and, umm Baxter!



'Marram's allowed us to have more holidays than we ever could have had. It's been brilliant.'
Denise Lock



These Christchurch Lifetimers looked right at home when we visited them in Marram's Wellington apartment recently.

Denise and Bernie Lock were in the Capital for the World of Wearable Art show.

It wasn't their first visit to Wellington but it was the first time they'd stayed in the Wellington apartments and they were very enthusiastic.

"They're so spacious and the location's fabulous," Denise says.

The Locks know what they're talking about when it comes to Marram holiday homes, they've been staying in them regularly for the last 30 years.

Yorkshireman Bernie was working for the Post Office after emigrating to New Zealand in 1991 when he signed up for the Post office Welfare Fund and Denise jokes she's been tagging along ever since.

Playing favourites

Over the years they reckon they've stayed in just about all of Marram's South Island homes and a fair few of the North Island ones as well.

They rate the Dunedin homes as their favourite but say their best-ever holiday was in Haruru Falls.

Perhaps one of their more memorable holidays was a week spent in one of the Nelson homes following the Christchurch earthquake.

Their home was trashed and dealing with the aftermath was exhausting according to Denise.

"We needed a holiday. Three days before the second earthquake they booked a flight to Rarotonga, but the flight was suddenly cancelled because a volcano had erupted in Chile."

Then it was Marram to the rescue when they secured a booking for the Nelson home and escaped the earthquake ravaged city for a week.

A home away from home

The Locks like to get the most out of their holiday home so usually stay for a week.

They say Marram homes are like staying in someone's holiday house and so much better than a hotel or motel.

"They're spacious, with great cooking facilities giving you the option to cook at home and save on costs, and two double bedrooms mean there's room for family or friends to stay over," Denise says.

She also has advice on making sure you get the holiday home you want. "It's simple, book ahead. As soon as you have your dates, book. With Marram you can book 12 months in advance and that's always worked for us."

Note:

The Wellington apartments are not designated pet-friendly. Baxter was only visiting in his role as a prop for the photo shoot and to put Denise and Bernie at ease.

Photos: Top: Denise and Bernie Lock with Baxter (Marram's pet friendly ambassador) have enjoyed Marram's homes for over 30 years. Bottom: Baxter took no time to make himself at home. Photography by Destina Munro.

Making better choices this summer

Ninety New Zealanders drowned last year, the highest toll in a decade.

Twenty three people drowned in the month of January alone, breaking a record set 40 years ago.

Water Safety New Zealand called it a national disgrace and a grim wake-up call.

This year with NIWA predicting warmer weather and rising sea temperatures this summer, the statistics could be a lot worse.

Better decision's the answer

The toll might well have been even higher if it weren't for the country's four and a half thousand volunteer lifeguards.

The men and women of Surf Lifesaving New Zealand who patrol beaches in more than 80 locations throughout the country, saved 726 lives last year and assisted 1,528 people to safety.

However, with 15,000 km of coastline in New Zealand, they can't be everywhere.

Surf Lifesaving New Zealand CEO Paul Dalton says they'd love to be, but it's just not possible.

"People making better decisions will reduce the toll better than more lifeguards," he says.

Any doubt – Stay out

Paul Dalton says their research shows 25% of New Zealanders have never swum more than 50 metres in the sea in their life but we're very good at overestimating our abilities when it comes to water, particularly men over 50. They represented 90% of drowning statistics last year.

"It's a case of the older we get, the better we were," he says, "A lifetime of getting away with bad behaviour leads to overestimating our abilities."

He says underlying medical conditions can flare when under pressure and the water is not a good place to be when that happens.

"If you haven't got the skills to survive, stay out of the water," he advises.

Staying safe at the beach

Choose a beach with lifeguards on duty and swim between the flags the CEO says.

When the kids are in the water you must be in the water with them, not sitting on a towel 30 metres away. "The power of water is phenomenal, every litre weighs a kilo so there's a lot of weight in a wave," he says.



Surf Lifesaving CEO Paul Dalton

Understand what rips are and know what to do if you get caught in one – it's essential at New Zealand beaches.

If you get caught remember the 3Rs, relax, raise your hand and ride it out. Rips don't last long and they won't take you to Australia he says, "just float and don't panic."

Consider becoming a volunteer

The familiar red and yellow lifeguards have been keeping Kiwis safe since 1910, but with a 20% turnover every year and a growing population there's always a need for more.

Paul Dalton who became a lifeguard at 53 says they train about a thousand new lifeguards a year and aim for a balance of fit younger people and mature older minds.

"Anyone can come and join, there's no age barrier, but most come through the Nippers programme for children aged seven plus," he says. There are currently about eight-thousand kids taking part in that programme.

"For those who want to do first aid and lifesaving training but not be out on the water we also have control support jobs. Everyone is welcome."

Many of Marram's holiday homes are located by the beach. Please swim between the flags wherever possible and make safe choices this summer whanau.

More information on staying safe in the water can be found on:

www.surflifesaving.org.nz

www.watersafety.org.nz

Photo credit: surflifesaving.org.nz





Keeping things orderly at Marram

By Sue Burgin

Naomi Bray loves numbers, order, getting things done and the royal Corgi.

The sight of the Queen's beloved Muick and Sandy waiting outside Windsor Castle as her funeral procession passed was almost more than she could bear.

But where did it all start, this love of numbers, Corgis and order?

A Southern girl

For the past 10 years, Naomi's been counting the numbers on Marram's Finance Team at the office in Wellington.

But she's a Canterbury girl with a strong Scottish heritage, born and raised in Leeston enjoying a typical country childhood.

A friendship forged at the age of 12 with a pen pal in Boston was to indirectly shape the next 35 years of her life.

At the age of 18 after furiously saving during her first job, Naomi headed off on her first overseas trip to meet Donna in Boston. Naomi remembers that first trip fondly, saying it was the highlight of more than 70 overseas trips taken since. That friendship continues today with the two still communicating every day.

Bitten by the travel bug she returned from Boston with just a dollar in her pocket and immediately started working out how she could travel again.

Work for an airline, friend advised

And that was the start of a 35-year career with Air New Zealand or NAC as it was back then.

"Not only did you get great travel concessions but the company had several sports teams as well," she laughs.

She started in finance but was also required to be a Jill of all Trades, spending time in sales, check-in and even baggage handling during strikes. For several years she travelled the country playing basketball and netball for the airline as well.

The day Burt Reynolds knocked her off her feet

Well, it was off her chair actually. And it wasn't really Burt Reynolds but Naomi says her husband Barry looked a lot like the Hollywood star when he caught her eye as he sauntered into the dance hall at the Working Men's Club in Cuba Street.

About to take a seat behind her, he took off his jacket which got caught on her chair, literally tipping her onto the floor.

He must've made good because 26 years later he's still the leading man in her life.

Family is everything

A love of family began back in the early days in Leeston.

Naomi's Dad died when she was eight, leaving just Naomi, her mum and her sister.

"The wider family were important to us and I learned to love and appreciate them. I love family reunions, connecting and organising get-togethers."

Naomi has also developed an interest in genealogy and creating family histories for the family.

She's currently going through chocolate boxes full of photos and trying to catalogue them and doing a bit of scrapbooking along the way.

Photos: previous page: Naomi with Lexi (left) and Quincy. This page, Naomi's puts painted finishing touches to husband Barry's creations. Photography by: Destina Munro

The power of the Corgi

Like the late Queen, Corgis are the only dogs Naomi has ever had.

Her first Corgi, Nikki was a Christmas present at the age of 10. Nash, Hilly, Monty, Lexi and Quincy followed.

The aged Lexi is curled up asleep at Naomi's feet as we chat. The younger more energetic Quincy is out for a walk with Burt Reynolds.

It's their companionship Naomi loves. "They look like Alsations that have shrunk," she laughs, "But they're great companions who love their cuddles and greet you with so much love and excitement when you come home. They're our kids."

From huge corporate to a little Trust with a big heart

After facing redundancy in an Air New Zealand reshuffle 10 years ago Naomi joined the Finance Team at Marram.

It was 2012 and she remembers it well.

"It was such a pleasant place, the people were lovely and nothing was a problem. It was like chalk and cheese having come from a big corporate."

Naomi says she's happy at Marram, surrounded by numbers and good people.

"I like being organized, having queries answered, stuff finished, lists ticked and jobs done."

A different story at home

Naomi says she's had to learn not to be so pedantic at home though.

A recent flooding event tested her severely, with furniture having to be shifted and stored in the garage, tradies coming and going and weeks of disruption.

"I'm going to use it as an opportunity to throw stuff out, but I must be in charge of what stays and what goes."

Naomi admits she likes to keep stuff. She has 30-odd years of notebooks containing notes on processes, systems and meetings, stored in wardrobes.

"Barry says it's hoarding. I say you never know."

Famous for Christmas cake and gifts from the woodwork bench

After 10 years of taste testing Naomi's famous Christmas Cake, Marram staff will tell you it's the best. The secret according to Naomi is soaking the fruit months ahead. But I suspect her attention to detail, ticking off lists and getting the job done may also play a part.

Those same skills are also applied to the beautiful wooden gifts that come from Naomi and Barry's shared passion for creating beautiful things out of wood.



Naomi's famous Christmas cake recipe

by Naomi Bray

3lbs mixed fruit (1 kg 360.78gm)
10 oz butter (283.50gm)
10 oz sugar (283.50gm)
3 essences (I use vanilla, almond
or anything else I have in the cupboard)

¼ tsp of baking soda dissolved in ½ cup of milk
12 oz flour (340.19 gm)
5 eggs

MY TIP

Two-four weeks before wanting to bake this Xmas Cake, put all the mixed fruit into a sealed container covered with either Brandy or Whiskey stirring 2 times a day to ensure the brandy or whiskey is soaking into all the fruit top up as required.

Cream butter and sugar, add beaten egg yolks.

Add flour, fruit, milk and soda, then stiffly beaten egg whites then add them and essences – mix all well.

Put in to a prepared tin (brown paper or cooking paper several layers around the side) and stand over night.

Make sure you line your cake tin with several layers of grease proof paper/baking paper, helps to prevent burning the bottom and sides of the cake.

Put in cold oven set at 250F (150C) 2nd or 3rd rung and leave for 4 and ½ hours.

TURN OFF and leave cake in the oven for another 2 hours.

Take out and prick holes with skewer and pour some more Brandy or Whiskey on the cake.

It is lovely iced or left as it is with some nuts on top.



Referral

Starts 25th November to 12th December, 5 pm

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YOUR WEEKEND WATCH

EMPRESS - NETFLIX



Reviewed by Sue Burgin

Empress is an exceptional period drama.

It's visually spectacular, and a jolly good yarn given it's based on fact.

Elisabeth, aka Sisi, was a German princess who became one of Austria's most famous Empresses when she married Emperor Franz Joseph, at the age of 16.

Elisabeth, played by German actress Devrim Lingnau, was a wild child who defied tradition to eventually become the darling of the revolutionists and saviour of her husband's reign.

As if that wasn't enough, the series creator Katharina Eyssen has thrown in a scheming brother who plans to overthrow the Emperor claiming the crown for himself, a war with Russia and a brewing revolution.

Costume designer Gabrielle Reumer must surely be in line for an Oscar for her work on the production.

Her creations are stunning, colourful and ostentatious, and a refreshing change from the usual darkness that can cloak period drama. Whatever you do, don't miss the Vienna wedding scenes – they're breathtakingly beautiful.

Parallels can be drawn between this period drama set in the 19th century and the modern-day Windsors of the not so United Kingdom.

The tragedy of an heir and a spare, the plotting of grey men in palace corridors and a people's princess, but let's hope there's a better outcome for William and Charles.

I have to admit I rushed to Google to find out how it all ended for Empress Elisabeth of Austria and the news wasn't good.

My lips are sealed, needless to say, there has to be another season, there's no shortage of material.

Bring it on Netflix.



CRASH LANDING ON YOU - NETFLIX



Reviewed by Destina Munro

This Korean drama came recommended to us so in thinking we could do with a bit of light entertainment, my husband and I decided to give it a whirl.

Essentially it's a love story, a comedy, then add tension and drama that spans the divide between South and North Korea. It covered all the elements to suit both my husband and myself. It's filmed in Korean audio with English subtitles, so it also demands all your attention - a plus to keep you from scrolling on your phone!

South Korean Yoon Se-ri (actress Son Ye-jin), is a successful fashion millionaire/entrepreneur and has just been nominated as heir to her father's business empire, over her two brothers. While testing out some athleisure wear when paragliding,

she is blown off course by a freak tornado into North Korea.

As you would expect, a gorgeous North Korean soldier, Captain Ri Jeong-Hyeok (played by Hyun Bin), happens upon her stuck up a tree and rescues her. He tries to help her return to the south, but she runs the wrong way and ends up in hiding, at his house.

There's a good dose of humour from the supporting characters, with Captain Ri's troop of loyal and loveable soldiers who follow him all the way to South Korea; and the chorus of village women who accept Se-ri into their girl gang, even though they think she's probably a spy.

The romance between Soon Se-ri and Jeong-Hyeok is delightful, predictable but humorous and the chemistry throughout the show between Yoon Se-ri and Captain Ri is so intense, that in real life, actors Hyun Bin and Son Ye-jin end up getting married.

From the idyllic Korean countryside, the magical beauty of Switzerland to the metropolis of South Korea. There's way more to Crash Landing on You, but we found the whole series addictively off the wall, we laughed, we cried and we sat on the end of our seats.

This South Korean television series is written by Park Ji-eun and directed by Lee Jeong-hyo. It's the second-highest-rated drama in Korean history and definitely a highly enjoyable watch.



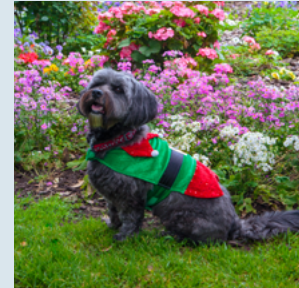


HOT OFF THE PRESS

MARRAM CHRISTMAS NEW YEAR OFFICE HOURS

Closed from 11am, Friday 23rd December
Reopening Wednesday 4th January 2023

Happy and safe holidays everyone!



WELCOME TO:



VICTORIA BATTYANYI
Support Team

A big welcome to the newest member of Marram's Support Team.

Victoria Battyanyi joined the team in August and some of you may have already met her on the support line.

Victoria, born and raised in Wellington, came to Marram from a software company working with property management systems.

She says she likes looking after people and building relationships and is really enjoying her new job at Marram.

When she's not at Marram she says her three children with their university and college studies and year-round sporting commitments keep her busy.



HAMISH WEIR
Finance Manager

Marram's new Finance Manager Hamish Weir comes to the Trust from Parents Centre where he's been for the last four and a half years.

Hamish says his Mum tells stories of a young child obsessed with numbers and that obsession seems to have shaped his career, which has seen him controlling the finances at the National Audit Office in Rarotonga for two years and working the numbers for a Bakery chain in Hanoi in Vietnam and Chiang Mai in Thailand.

Hamish and wife Jo have three children, two at Otago University and one at college.

When he's not counting the numbers he's coaching, managing or refereeing Basketball or indulging a love of gardening or cooking food influenced by the places he's been.

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