

WINTER 2023

# TIROHANGA OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



## IN THIS ISSUE:

- How soon is too soon to book your next holiday
- Taranaki's humming
- Putting safety first with ACC
- Taking tea in the coffee capital
- Meet Aroha Simpson one of our newest Trustees
- And cooking up a storm in your Marram holiday home kitchen

## Editor's Letter

Who else is not looking forward to the arrival of the winter ills and chills?

Did you know Marram will consider reimbursing you under its GP benefit for up to 60% of the cost of vaccinations (except for travel) GP visits and prescriptions?

And of course, a Marram break in one of the affordable and fabulous holiday homes might be just what the doctor ordered.

I don't know about you, but I'm more cautious about the bugs and viruses out there at this time of year.

I hate being sick so avoid them as much as I can but still usually have to contend with at least one streaming great head cold, every winter.

My 'Not Welcome' signs go up early. A daily regime of Vitamin C and Echinacea, excessive hand washing, and lots of fresh air.

I avoid stuffy busy cafes and other overly crowded public places and stay well clear of anyone coughing or sneezing.

Please do the right thing and stay home if you're sick. If COVID has taught us anything it's the benefits of taking yourself out of circulation when you're not well.

Meanwhile, if you do find yourself confined to a few days at home, take the opportunity to read this latest Winter Outlook magazine.

Meet some of the people helping make Taranaki the vibrant increasingly popular holiday destination it is, and there's some great advice from ACC about avoiding injury by calculating risk.

So, feet up whanau, there's lots to love about winter.

*Sue Burgin*

Content Editor - Etita Kōrero

## In this issue:



3

How soon is too soon to book your next holiday.



4

In the health feature: ACC want us to take a minute and calculate the risk before we act.



6

The secret's out. Taranaki's humming and you can find out why in the holiday destination feature.



14

Taking tea in the coffee capital – do try it next time you're in Wellington, we think you'll like it.



16

New Trustee Aroha Simpson loves the manaakitanga woven into the Marram story.



18

And cooking up a storm in your Marram holiday home kitchen. It's all about the Traybake.



19

The hugely successful MoleMap promotion has been extended, having already potentially saved lives.



20

A reluctant traveler and a Spanish supermodel feature in the TV review.

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# BOOKING SMARTER

## How soon is too soon to book your next holiday?

Well basically, according to Marram's Product Manager Debbie Shute, it's never too soon.

"The holiday homes book up fast so try planning well ahead or looking at other more innovative options," she says.

Debbie says if you're finding it hard to book the location of your choice over the summer, why not look at booking a summer location, eg a beach in winter, while prices are cheaper and you're more likely to be able to book the holiday home you want.

## Shoulder rate, not peak rates

The cheaper shoulder rates are more likely to apply for traditional summer destinations between the months of May to September. This means you could save between \$70 to \$110 on the weekly rate in most locations, and \$10 on the nightly rate.

Remember the school holiday period is balloted, which means you'll have to enter the ballot to secure a booking for the holiday period.

## More options - fewer people

When you holiday at a summer destination in winter, you often have the beach all to yourself according to Debbie.

"The towns are not so crowded and the weather can often be more settled."

And Marram holiday homes have everything you need to keep you warm and happy no matter what the weather throws at you.

There's Wi-Fi in most of the homes now, fully equipped kitchens, heating and nice warm showers. And many homes you can take your pet with you.

But if your heart is set on a summer break, you'll need to start booking now.

## Planning ahead

You can book a Marram home up to 12 months ahead but remember if you're wanting to stay in a home during the Christmas holiday ballot period (16th December until the end of January) you will need to enter the August ballot which closes at 5 pm on 7th August.

If you still find the fully booked sign-up, the best advice is to choose a location that's not typically a big summer holiday destination.

Wellington is a great example. It's not Mt Maunganui or Orewa, but there's lots to do and the city has a great selection of beaches from the wild South Coast to the more gentrified Oriental Bay.

Wellington has nine apartments in the inner city and two units across the road from Lyall Bay Beach.



# Take pause and stay safe

by Sue Burgin

**S**low down, think about what could go wrong, then do it the safe way and get the job done.

ACC wants New Zealanders to think about not only themselves but also all those who'll be impacted if an injury stops them in their tracks.

In 2022 ACC supported more than two million New Zealanders with injury-related claims. You may be surprised to know more than half of those injuries occurred in our homes.

James Whitaker, ACC Injury Prevention Programme Leader, says 90% of those injuries were preventable.

"We need to turn hindsight into foresight. There's risk everywhere but you can still get the adrenalin rush and have fun if you think about what you're about to do."

## Going from zero to hero increases the chance of getting injured

James advises against going hard out all the time.

When it comes to winter sports, the top five offenders are rugby, football, basketball, netball and rugby league. These codes generated 140-thousand injury claims costing 237 million dollars to support people recover.

Snow sports, skiing and snowboarding were responsible for around 13-thousand claims last year

and supporting those injured, cost around 30 million dollars.

If people warmed up early in the season, intensifying slowly, there would be fewer injuries according to James who says it's also important to wear the right safety gear.

"Give your body a rest day and not only will you avoid injury, but you'll also play better too."

He says it's important to give your body a breather.

## Home can be a risky place

But it's not winter sports injuries that top the list of injury claims according to James.

They pale in significance when compared to the thousands of dollars paid out every year in claims due to injuries suffered in the very place, we should be safe, our homes.

A little over half of the nearly two million claims ACC receives a year, are for home-based injuries.

The biggest cause of home-based injuries are caused by slips, trips and falls.

Doing the laundry causes more than 10-thousand injuries a year.

Those washing-related injuries can be prevented by following these tips from ACC.



## Beware the blender

Washing isn't the only chore-related hazard in the home.

ACC also accepts around 350 claims a year for vacuuming injuries, 540 for microwave-related injuries and 480 related to blenders.

James says the common slip and trip injuries can be avoided by making sure your home is not too cluttered.

He says burns and cuts caused by cooking and cleaning are almost always preventable.

"Don't rush when dealing with hot things. Slow down and think about the risk."

And 10,000 claims a year are for injuries suffered while doing the washing.

"Don't lift heavy baskets. Do it in smaller loads, with a straight back and bent knees," he advises, "and don't do work around the house when you're tired".

## Staying safe at work

According to James, work can be a stressful place.

ACC dealt with more than 214 thousand claims for injuries that happened in the workplace.

"There's a lot of pressure on people and that needs to be acknowledged. People need to be a little bit selfish, slow down and do one thing at a time," James says.

Outside of our homes and workplaces, road-related injury claims are the most costly. Last year there were 48,603 claims and it cost \$607 million to support the recovery of those injured.

*"Don't rush. Slow down.  
Think about what could go wrong. Think it through.  
Do it the safe way  
and get the job done."*

*James Whitaker*



## Have a Mmmm moment before getting stuck in

"Across the board, way too many preventable injuries are happening," James says.

He's urging us to remember it's not just those injured who are impacted.

"If you can't lift your kids up, give a hand to help others or train with your team, they're all impacted too."

His best advice is – "Don't rush. Slow down. Think about what could go wrong. Think it through.

Do it the safe way and get the job done."

## Prevention better than cure

There are lots of good free programmes available to help us stay safe in our homes, workplaces, roads and at play.

If you're a motorcyclist who wants to keep enjoying the ride, check [www.rideforever.co.nz](http://www.rideforever.co.nz)

For those over 65's who want to lead a full, active life free from falls then take a look at [www.livesstrongerforlonger.org.nz](http://www.livesstrongerforlonger.org.nz)

ACC also funds Fit4Football and Netball Smart, Rugby Smart and League Smart, to help you hone your skills and keep you in the game.

And finally, take the ACC Attitude to risk quiz to find out your risk-related mindset check ACC's or appetite for risk quiz.

You'll find it here <https://www.acc.co.nz>

# Taranaki's humming

by Sue Burgin

It's perhaps one of New Zealand's best-kept secrets and many would like to keep it that way, but when it comes to Taranaki, the cat is well and truly out of the bag.

Visitor numbers are growing as Kiwis discover the delights of New Plymouth and the unique and authentic towns that surround it.

Lonely Planet recently placed it in the top 100 off-beat places to visit, and for the last two years it's been named the sunniest region in New Zealand, so it's no surprise that Taranaki is now considered a hot destination for visitors and holidaymakers.

## Taranaki – like no other

Someone who's not surprised at the rise of Taranaki is Te Puna Umanga/Venture Taranaki's Brylee Flutey who says in our post-Covid world, offbeat is quite appealing.

"We're not as crowded and have wide open spaces with room to move and explore. We're vibrant, connected and an exciting place to visit and live," she enthuses.

The region is dominated by the picturesque and perfectly formed Taranaki Maunga and boasts an award-winning 13km coastal walkway stretching from the city's port to Fitzroy and East End beaches, and out to Bell Block.

Brylee says over 127,000 people call the region home and over the past 12 months, 250,000 people have come to visit.

## Plenty going on

Many of those visitors were attracted by the abundance of iconic events the region hosts according to Brylee.

"Events are in our DNA. We're home to many world-class arts and cultural events, outdoor endurance events, spectacular gardening events that attract thousands of visitors, and of course this year we welcomed back the hugely popular WOMAD festival."

After a two-year Covid hiatus, WOMAD returned to celebrate its 20th anniversary.

"WOMAD is part of the long-standing cultural fabric in Taranaki, bringing all corners of the world to the iconic Brooklands Park over three days. The region is alive during this magical family-friendly event," she says.



"The Bowl of Brooklands was alive again with the magic this festival brings. New Plymouth is alive during this family-friendly event," she says.

### A Melbourne vibe

No visit to New Plymouth is complete without a visit to the Liardet Projects.

Brylee reckons the city punches well above its weight when it comes to the food scene.

"There's truly amazing food, coffee, and dining on offer.

The city has taken on a real Melbourne vibe, Brylee says with the hugely popular food market.

The Projects consists of a courtyard lined with food trucks offering authentic international street food.

According to Brylee it's a great place to visit day or night, depending on whether you prefer sitting in the sunshine or under the colourful night lights.

### Award-winning Coastal Walkway

"Not only is it a great way to get some steps in, but it's also the best way to experience the coastline and the city," Brylee says.

The 13-kilometre walkway starts at the New Plymouth Port and ends at Bell Block.

"There are striking artworks along the way, including the famous Len Lye Wind Wand sculpture and the iconic Te Rewa Rewa Bridge which looks like a whale skeleton or crashing wave and aligns down the centre with Taranaki Maunga.

On a clear day, it's a popular place to grab a photo of the Maunga framed by the bridge."

You can walk, run, or grab a bike or an e-scooter from Chaddy's Charters at the Port end, and then eventually find yourself at Bell Block where there's a cycle park for the kids and a velodrome.

### Check out the history of the Taranaki land wars

The Tawhiti Museum is an experience not to be missed, Brylee says.

This private museum just out of Hāwera in South Taranaki, tells the history of the region through a diorama.

"It's an amazing experience. The Traders and Whalers experience takes you on an underground canal boat ride back in time to the 1800s. The life-size exhibits and scale models are used to capture the past in super-realistic displays," Brylee says.

Tawhiti is consistently named the top private museum in New Zealand.

### Head up the mountain

Taranaki Maunga which dominates the region's landscape, is set to become a legal person, called Te Kāhui Tupua following the preliminary signing of a collective treaty settlement.

The mountain's a 30 to 40-minute drive from New Plymouth and Brylee says it's a trip you should make if you're holidaying in Taranaki.

"The views from the mountain are stunning and there are many accessible trails catering for all levels of fitness."

She recommends you first visit the Egmont National Park Visitor Centre to ensure you're prepared.

The staff there know the weather and the tracks and can direct you to a safer walk.

And if you're in the area then don't miss the spectacular Pukeiti Gardens at the base of the mountain.

The sub-alpine gardens are family-friendly and very accessible.

Note: Marram has two holiday homes in New Plymouth, one pet-friendly.



Photo left: Te Rewa Rewa Bridge aligns with Taranaki Maunga. Above: Te Puna Umanga/Venture Taranaki's Brylee Flutey on Chaddy's Charters. Photo credit: Taranaki.co.nz

# So much more than an art gallery

It's been called New Zealand's most courageous contemporary art museum and that's an accolade that sits well with Antony Rhodes, the Deputy Director of New Plymouth's iconic Govett-Brewster Art Gallery and Len Lye Centre.

"We're interested in the conversations art can generate," he says, "We stage exhibitions that are not necessarily safe."

And that's exactly what Monica Brewster had in mind, when she made two financial grants to the New Plymouth City Council back in 1964 and 1970, to be used on a contemporary art gallery.

## 'Art that makes you think and feel'

Monica's grandfather was five-term Premier of New Zealand Harry Atkinson, her father a founder of a local law firm, her husband a highly regarded doctor and she was a conscientious objector who travelled the world and dreamed of setting up a contemporary art gallery.

Not your average art gallery though, she wanted to get people involved in the arts by showing art that makes you think and feel.

Govett-Brewster is her legacy to the city of New Plymouth.

## Expect the unexpected

The gallery opened in an old, converted picture theatre in 1970, with an exhibition called Real Time by Leon Narbey.

"Just what you'd least expect in a provincial art gallery," Antony laughs.

In 1979 the gallery ran an exhibition of the work of kinetic sculptor Len Lye who was so impressed with the gallery he gifted his collection to New Zealand with the proviso it be housed at the Govett-Brewster.

As a result, The Len Lye Centre started life in a separate building alongside the gallery.

He died in 1980 leaving the gallery with hundreds of drawings, hours of audio recordings describing how his work was to be displayed, and thousands of photos and notes.

## A bucket list destination

Len Lye has an international brand, and the centre attracts thousands of international visitors and New Zealanders every year.

The Len Lye exhibition changes every three or four months. The current exhibition Wand Dance will end this month (June) and in August Storm will take centre stage.





Antony describes this exhibition as loud and beautiful with lots of reflected light.

"He was light years ahead of his time and visiting the Centre to see his work is a bucket list destination for many," he says.

### 'Nice gritty subjects'

Meanwhile at the Govett Brewster, they're currently featuring the work of Pakistani artist Aisha Khalid a prominent global artist.

Antony says her work deals with gender, colonialism and east vs west.

There are always new and interesting things going on at the gallery which also features a cinema showing two or three different screenings a day.

There are public programmes every weekend with artists' talks, guided tours and panel discussions and free family art at 10.30 every Sunday morning.

Nice gritty subjects and events that get people involved in art.

Just what Monica Brewster wanted.

Both the Govett-Brewster Art Gallery and Len Lye Centre are run by the New Plymouth District Council. It's open seven days a week from 10am to 5pm. (Christmas Day excluded).

Costs:

Visitors \$15

Seniors and students \$10

Locals free



Photos: previous page: The Len Lye Centre, central New Plymouth (photo: Patrick Reynolds).

This page from top: Art installation, There is no other home but this (photo supplied).

Art making at the Gallery (photo: Sam Hartnett).



# The Jewel in Taranaki's Crown

**N**ick Lelean's interest in gardening began when he was a boy back in Cornwall, England.

That's where his interest in unusual and interesting plants began, but these days you'll find him tending all sorts of plants and trees at New Plymouth's beautiful Tūpare Gardens, where he's the Head Gardener.

"It's such a beautiful place. I always feel a bit stunned they let me loose on it," he laughs.

The 3.6 ha park and unique homestead is a popular destination for gardeners and nature lovers.

Tūpare was recently given the highest six-star rating by the New Zealand Gardens Trust, and that's a distinction only enjoyed by 13 other gardens nationally.

Nick says nearly 50-thousand people visit Tūpare every year, and at least 50% are international visitors.

## A product of The Depression

Tūpare was designed back in the 1930s by New Plymouth local Russell Mathews who bought the land in 1932.

He was a roading engineer who was the first to bring Bitumen to New Zealand.

After marrying a local woman, he set about building a nice house on an old abandoned farm on the outskirts of New Plymouth.

The land offered plenty, with stunning views, meadows, and a river. And he set about landscaping and planting.

New Zealand was, like the rest of the world, going through a depression at the time which meant a good supply of cheap labour.

Local architect James Walter Chapman Taylor was engaged to replicate the great houses Russell Mathews fell in love with, while touring the UK.

When Sir Russell, knighted in 1982, died in 1987 and Lady Mary moved on, the house was sold to the local Community Trust. In 2002 it was bought by the Regional Council which still runs it today along with a couple of other iconic Taranaki gardens.

## Sitting perfectly in the landscape

The best thing about Tūpare is its location according to Nick.

"At various points in the garden, you have views of a river, the stunning landscape and a mountain."

He says it's not so much a traditional garden in the English sense, but a more modern garden with great attention to detail.

"It's highly planted and ornate with a great selection of Rhododendrons and specimen trees."

*Photo this page: Tūpare's historic homestead, designed by Chapman Taylor. Next page from top: Head Gardener Nick Lelean; Mary's Garden (photos supplied). Place of serenity by the alpha pond (photo: Destina Munro).*

The garden features a woodland garden, a cascading water race down to the river a Hydrangea Walkway, a traditional Terrace Garden, and a walled garden.

“But it’s much more than that. There’s a distinct Mediterranean feel to the Terrace Garden which is hot, sunny and very colourful.”

### Open 24/7 and Free

Tūpare is open to everyone 24/7 with the exception of Christmas Day, and it’s free to visit and use the facilities.

Anyone can walk through at any time and according to Nick, the gardens are a popular spot with locals barbecuing in the evenings on the garden’s BBQs, fishing and swimming in the Whaiwhakiao River, or a spot of tennis on the home’s tennis courts.

Head gardener Nick Lelean is responsible for the garden along with an apprentice, a full-time gardener and a team of invaluable volunteers.

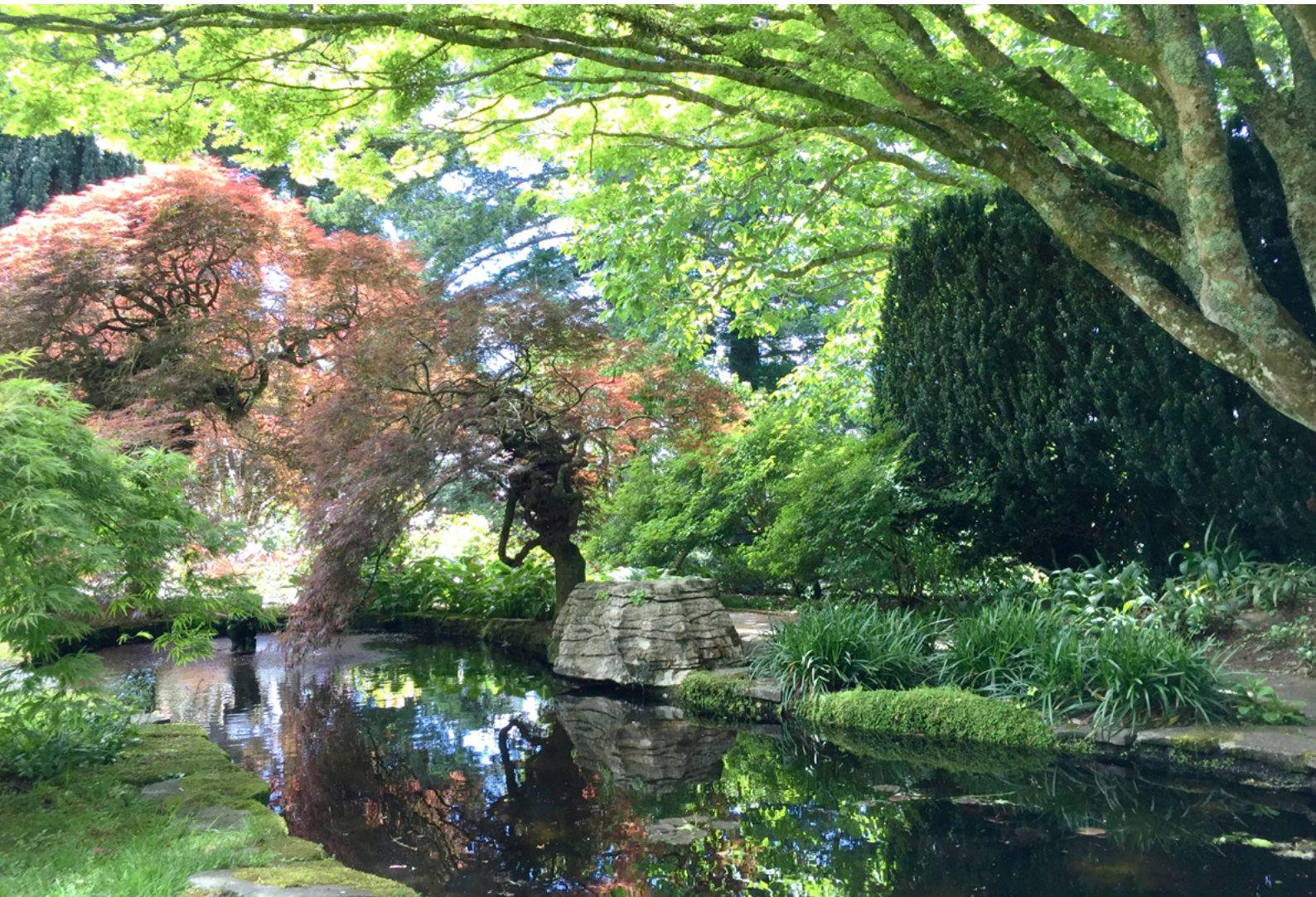
“I couldn’t do it without them.”

Tūpare also hosts High Tea on Sundays in winter and guided tours of the Chapman Taylor home on Fridays, Saturdays and Sundays.

It’s also an extremely popular venue for weddings and wedding photos.

“Very instagrammable,” he laughs.

For details and information on Tūpare visit [www.trc.govt.nz/gardens/tupare/](http://www.trc.govt.nz/gardens/tupare/)



# Cruising with Chaddy

**W**ell, Chaddy's no longer at the helm but he still pops by regularly to see how the old girl's doing.

The 'old girl' is a former surf lifeboat from Sumner Beach in Christchurch which these days, ploughs the waters around New Plymouth taking visitors out to see the wildlife and learn the history of the islands around New Plymouth.

'Professional sea-dog', David 'Chaddy' Chadfield bought the boat in the late 1980's renaming it Rescue 3, and bringing it north to start the business venture called Chaddy's Charters.

The name remains but Chaddy's moved on, selling his business to Carl Hayman and Kiko Mathews in 2020, who now employ Jemma Farrell and Grant Dobson to take care of running the boat.

## No slowing down for this old lady

The charter boat, a classic wooden Liverpool Class C lifeboat, was named Tillie Morrison when she was built on the Isle of Wight 70 years ago.

These days, as Rescue 3, she's still active, doing one-hour wildlife sightseeing trips, sometimes when the weather and tides are right, up to six a day.

Charters involve a figure eight trip around the Sugarloaf islands, allowing visitors to check out a

seal colony, possibly penguins, stingrays and very occasionally orca.

"The islands are steeped in Maori culture," Grant Dobson says.

"They're remnants of a large volcano that was active nearly two million years ago. Local Iwi Ngāmotu, would send their women and children to safety on the islands during the Taranaki Land Wars in the early 1800s."

Saddleback Island has a reservoir of rainwater meaning up to 60 women and children could survive there with water and freshly caught fish for a couple of months.

He says Skipper Tony Wilson provides an excellent commentary on the history and wildlife of the area.

## What you need to know

The boat can accommodate 30 people and lifejackets are supplied.

The charters are tide and weather dependent. Daily information is posted on the website.

You'll also find booking information and costs on the website: [www.chaddyscharters.co.nz](http://www.chaddyscharters.co.nz)

Chaddy's also hires out paddle boards, kayaks and bikes from their premises at Port Taranaki, conveniently located at the end of the Coastal Walkway near the breakwater.

*Below: Chaddy's Charter's classic wooden Liverpool Class C boat, Rescue 3 on tour. Photo supplied.*



# Banging burgers and a touch of Sci-fi

**G**amma Ray Burgers are the best in the world according to fans who travel from out of town to New Plymouth's Liardet Projects, just for this out-of-world culinary experience.

So, what is it about a Gamma Ray burger that keeps them coming?

Getting the simple things right according to Jonny Marinovich who started Gamma Rays four years ago.

"That's our formula and it's worked really well so far," he says. "Our buns are baked daily, our sauces are made on-site, the mince is from a local butcher, and we source our pickles from the best producers."

## A winning formula

Jonny's been around food for 23 years. The New Plymouth native started out working in his parents' New Plymouth restaurant and then moved on to work in restaurants, cafes and catering in Melbourne and London, before returning home to start his own business.

"I wanted to get into the food business and a food trailer seemed the right place to start," he says.

Four years later he has 11 staff and still operates out of the food trailer but now has a prep kitchen, to cope with the demand.

He's also recently started another food truck in the Projects and called it Neon Robot. Here you'll find pizza and craft beers for those times when you need a break from the burgers.

## Living the dream

This self-confessed burger King is also a massive Sci-fi fan.

"I'm so lucky managing to marry my two great passions, burgers and Sci-fi," he laughs.



Gamma Rays is instantly recognizable when you enter the Projects, with the trailer wrapped in a mash-up of 1950s Sci-fi posters.

Then there are the names of the burgers. A Steven Spielberger, a Nerf-herder, a Take Moo to your leader burger, or a Pigs in Space pulled pork sandwich.

Oh, and would you like Loaded Fries with your Meateor?

According to Jonny, the Robot Burger with its Southern fried chicken filling is the most popular burger on the menu.

## A burger experience not to miss

Gamma Ray flips burgers Wednesday to Sunday from 11 am to 2 pm and then from 5 pm to 8 pm.

So next time you're taking a Maram break in Taranaki, head to the Liardet Projects in Liardet Street and taste test one of Jonny's out-of-this-world burgers.

*Photos from top: Liardet Street Project, communal courtyard of food trucks and stalls. Gamma Ray's award-winning burgers. Photos supplied.*



## Trustee Profile

# Aroha Simpson

by Sue Burgin

*"I feel like I've grown up with Marram and I couldn't be more excited to be appointed a trustee and get to serve a community I really believe in."*

*Ko Pūhanga Tohorā te maunga  
Ko Pukerata te marae  
Ko Ōtaua, ko Mangātawa ngā awa  
Ko Ngai Tuteauru te hapū  
Ko Ngātokimatawhaorua te waka  
Ko Ngāpuhi te iwi*

**T**here's a lot going on in the busy life of Marram's new trustee, Aroha Simpson, Ngāpuhi.

Aroha was born in Whangarei and grew up in Dargaville along with nine brothers and sisters. These days you'll find her in Auckland – well if you're lucky you will.

She's a very active nan, who when not busy at work, is likely to be spending time with her mokopuna, doing Crossfit at the gym or working up a sweat drumming with a West African Djembe drumming group.

Her work life is spent at Spark. She's been with the company for 18 years, working in the operations and customer experience area, and actively involved as Kaiārahi Maori – supporting the company's Maori Business Strategy.

### Tackling digital inequity

In June last year Aroha landed what she calls a dream job, becoming Partnership and Community Engagement Lead at the Spark Foundation.

The Foundation is the charitable arm of Spark, charged with dedicating funds to specific missions and purposes closing the digital divide.

She says the gap between who has access and who can use is wide.

"We're doubling down on digital pathways, working with people and organisations who are creating impact in this space."

"I've always embraced the chance to try new things and this job allows me to do more to serve my community and honour my commitment to Te Ao Māori."

### Jumping in the Marram waka

In October 2022 when a trustee position became available with Marram, Aroha saw an opportunity to take that commitment to serve even further by helping nurture another community she really believes in.

"Marram feels like something I've grown up with. I've been part of this community ever since I started at Spark all those years ago."

She says the Healthcare Benefits really helped ease the pressure when her daughter was younger. "I didn't have to stress about taking her to a doctor when she needed to go."

A generation on and Aroha now looks forward to taking her young mokopuna for holidays in Marram homes.

### Using the past to guide the future

Marram's newest trustee really likes the manaakitanga she sees woven into the Marram story and appreciates its past history as she looks to help take it into the future.

"From a Te Ao Māori lens we use our past as a way of guiding our future, to ensure we make the best decisions for future mokopuna. Having a generational lens so that all might thrive."

Nice one Aroha. It's good to have you in the waka as we move into our 77th year.

*Photo next page: Marram's new trustee, Aroha Simpson. Photo supplied.*



# An exotic high tea experience

Wellington prides itself on being the 'Coffee Capital' of New Zealand, but a visit to the city's t-Lounge might just change your mind.



Reviewed by Sue Burgin

Operations Manager Chamilla Sudusinghe.  
Photography by Destina Munro

**N**ext time you're in the Capital, even if coffee is your brew of choice, head to the city's new Sri Lankan teahouse for an experience that might just change your mind.

Wellington's t-Lounge is the first of the Dilmah specialist tea houses to open in Australasia. The Dilmah franchised business can also be found in Sri Lanka, Malaysia, Brunei, and Dubai.

## High tea with a difference

I'm not a fan of High Tea so when friends recently suggested we meet up over the tea cups, my heart sank. They're all the same. Petite fours - beautiful to look at but under-delivering on taste.

The obligatory little sandwiches filled with cucumber, or salmon, underwhelming savouries, scones and jam, macaroons and maybe a shot glass of chocolate mousse. Sugar overload is guaranteed.

However, when you add a dose of exotic culture, and clever use of spices from the East, magic happens.

It's about more than English Breakfast, Earl Grey and herbal teas in this teahouse.

I don't drink caffeine, so a difficult customer in a high tea lounge, but a selection of caffeine-free infused teas meant I wasn't excluded in any way from the ritual at the heart of the t-Lounge experience. After all, there are more than 50 single-origin teas on offer, and they all come with sand-filled glass timers to ensure you get the best from the brew.

## Three tiers of absolute deliciousness

Once tea's poured attention turns to the three-tiered plate of food and this is an exciting food adventure I promise.

Jackfruit crostini, mini Ceylon spiced chicken burgers, spicy lentil bites, tuna pastries, omelette sandwiches and the most amazing cheese and curry leaf scones. Then rose-scented cake and Amma's chocolate cake, both to die for on the top tier.

Chamilla says she always knew it would be a challenge to satisfy the Kiwi palate.

In the beginning, people would get up and leave when we said we didn't serve coffee.

"We knew we needed to come up with new tea recipes that would appeal, so we set about taste testing and experiencing everything that was being done in the local High Tea market."

As a result, and in a bid to get people to taste the tea they came up with the concept of a bottomless tea option, and paired it with the food, adding Sri Lankan spices.

"The homemade taste comes from our own curry powder made by our chefs.

We're humble and proud to see people enjoying it – no point if they don't," Chamilla says.

## 'Do try it'

So if you thought tea and scones were the domain of the British, think again.

Operations Manager Chamilla Sudusinghe laughs as she tells us they learnt well from their British colonisers.

They sure did. See if I'm not wrong next time you're having a Marram break in the capital.

As Merrill Fernando would say, "Do try it!" I'm pretty sure you'll like it. [www.dilmahtlounge.co.nz](http://www.dilmahtlounge.co.nz)

You will need to book for this popular Wellington experience.

# HOT OFF THE PRESS

## Haere ra

There are exciting new adventures ahead for Marram's Support Team Leader, Paula Mackay who retired last month after 15 years at Marram.

Paula and husband Andy are heading to a new life in Koh Samui, Thailand.

"It was now or never," Paula says, "while we're still healthy, mobile and able to travel."

The couple who have called Lower Hutt home for years say they're looking forward to a warmer climate, and a busy life doing volunteer work and hosting an onslaught of visitors from home.

Paula's already joined Sisters on Samui, a group of women who fundraise for schools, knit and crochet blankets for elephants in the north of the country, teach English to children in schools and of course socialize. Andy, a former soccer coach, hopes to coach children on the island.

"Of course, we will miss our family and the people at Marram, but we were looking for a new adventure and the time is right."

Happy travels Paula, we'll miss you too.

May the days come easy and the moments pass slow, and each road leads you, to where you want to go.



## Marram holiday homes for the exclusive use of Marram beneficiaries

With that in mind, a gentle reminder that you or your partner must stay in a home you've booked.

You can have friends or family stay with you but not book a home for their exclusive use.

Also, please don't share your login or allow others to make bookings under your name.



## Blogging with Baxter

Have you read Baxter's Blog yet?

Marram's poster boy has some firm opinions and likes to share them. From a dog's view on things like daylight saving to reviews of pet-friendly homes, you'll find it all in Baxter's Blog on [www.marram.co.nz](http://www.marram.co.nz)



# From the Marram kitchen

## The Holiday Traybake

by Sue Burgin

**W**hat cook doesn't love a good old Traybake?

The beautiful caramelizing of the vegetables or rice, underneath your chosen protein, whether it be chicken, fish, lamb chops, pork or beef.

Maybe you'll slosh some leftover wine in it, or stock of choice, throw in some herbs and seasoning and viola! Dinner is done and dusted.

All baked in the same dish while you're free to sit back and enjoy your holiday.

This is how I roll on holiday, maximum taste for minimum effort. How about you?

Every Marram home has an oven and is fully equipped with everything you need to feed friends or family. For many of us, eating out every night just isn't an option at the moment.

This is just another way Marram helps to make your holidays affordable.

There's an endless supply of great traybake recipes and ideas on-line. Just Google 20 Best Traybakes and start scrolling.

My favourite traybake which always has everyone calling for more is one I found on-line in a food blog I follow called Half Baked Harvest.

<https://www.halfbakedharvest.com>

Google: Easy Greek Sheet pan Chicken Souvlaki with potatoes

Remember this is a holiday bake so don't be put off by things like pepper flakes and pine nuts which you probably won't have in the holiday home cupboard. Substitute where you can. The essence of this dish is olives, yoghurt, and lemons.



# Discounted healthcare a great way to start the new year

**T**he hugely successful MoleMap promotion has returned.

The popular skin check discount is on offer from the 1st of March.

Nearly 700 of you took advantage of the promotions last year and lives were potentially saved.

Eight Melanoma's were diagnosed as a result of the skin checks carried out, 74 people learned they had Basal Cell Carcinomas, and 12 were diagnosed with Squamous Cell Carcinomas.

## Don't wait until it's too late

MoleMap's Stephanie Larkin says regular skin checks by a professional are a good thing to do at any time of the year, not just in summer.

"Don't wait until it's too late to get checked for any unwelcome changes."

She says the response to last year's promotions was amazing, and doing it again this year will allow all those who took up the offer last year to have another annual check-up this year.

## Book now

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 apply for a 60% of the cost through Marram.

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

**BOOK NOW - 0800 665 362**

[molemap.co.nz](http://molemap.co.nz)

**molemap**  
BY DERMATOLOGISTS



# YOUR WEEKEND WATCH

## THE RELUCTANT TRAVELLER - APPLE TV



Reviewed by Sue Burgin

I love a good travel series at the best of times, but when you add an unlikely and very reluctant traveller who's also a favourite actor/comedian into the mix, I'm there, binge-watching my way around the world.

I can't recommend this new offering from Apple TV highly enough.

The reluctant traveller is Eugene Levy of Schitts Creek fame.

He'll always be Johnny Rose to me, and even as the reluctant Schitts Creek Motel owner, he fits perfectly into this new role as he takes us to some of the most beautiful destinations in the world.

For a curmudgeon who hates travelling, Levy seems very at home in several of the best hotels in the world, set in the Costa Rican jungle, Arctic treetops in Finland and in a very busy Venetian canal. It's getting out of the hotel room and mixing it with the locals he finds difficult.

Husky sledding, ice fishing and mixing it with the wildlife really challenge the Canadian actor. Vodka sipping? Not so much.

Along the way, however, his fear of heights, foreign food and local wildlife are slowly conquered. Not bad for a guy who hates going off the beaten track, loathes airports and doesn't like being too hot or cold.

Eugene Levy confessed to USA Today that it was his experiences with the local people that opened his mind.

He says before the show his philosophy was, 'You do what you do, and let me do what I do,' but after travelling

to these places and having to go out of his comfort zone to experience things he's changed, in a good way.

Seventy-year-old Levy is an extremely likable character who uses his beautifully coiffed eyebrows to great effect in this six-episode series.

Six episodes weren't enough though, there are at least another six in this one Apple.

I highly recommend it.



## I AM GEORGINA - NETFLIX



Reviewed by Sue Burgin

Dripping in diamonds and privilege, a gaggle of beautiful kids, a very famous partner and surrounded by sycophants, Georgina (Geo) Rodriguez appears to have it all.

A private jet at her disposal, ready to whip her off to the latest Milan or Paris fashion show or to one of her many luxury homes or exotic holiday spots, this Spanish fashion icon seems unlikely to grab my attention for long.

But there's something about Geo, once you get over the bad, unconvincing voice-overs that plague the Netflix docu-series.

She's highly skilled in the art of projecting a perfect image to the world and this is very much the Georgina she wants the world to see. No surprise to see she's listed in the credits as director of content.

However, I'm not sure we need to see her bad hair days anyway.

Aren't we looking to be entertained when we settle in for a night in front of the TV?

There's no doubt her partner and father of her two children, the world's highest-paid footballer Cristiano Ronaldo is the centre of her universe, but she is a high-earning and very successful woman in her own right.

Ronaldo makes a few brief appearances, but the spotlight stays firmly on Argentinian-born Georgina, who started out working in a Gucci store in Madrid and now wears it on the catwalks of Milan, Paris and New York.

There's the obligatory visit to an orphanage with tears and gifts aplenty.

Tension around the coffee table between the at times, very precious members of Team Geo as they argue about what she should wear at the Latino Globe Awards in Las Vegas.

Throughout Geo is calm and at times bemused by the circus that surrounds her.

Family is at the centre of Georgina's world, as she tells us repeatedly.

In series one she's wrangling a family of four children. Three from surrogate mothers in Cristiano's past and their young daughter Alana.

By Series Two, twins are on the way bringing this perfect family from six to eight.

Unfortunately, tragedy is just around the corner and one of the twin babies does not survive.

While the show doesn't dwell on this, her grief is obvious.

However, in true Geo fashion, the show must go on and she draws her family around her and strides forward.

Geo is personable, if seemingly unaware of the ludicrous wealth and consumption that surrounds her. It's hard not to like her.

I suspect the show is carefully curated by her for her 34 million Instagram followers though and if you're hoping for a more in-depth and honest peak into her world this may be one to miss.

# Referral

Starts 26th May to 12th June, 5 pm  
**GOOD MATES SHARE GOOD NEWS!**



With increasing pressure on the household budget, Marram is able to help financially with day to day healthcare expenses and holiday accommodation in 150 holiday homes (many pet friendly) throughout New Zealand at below market rates.

*You know how well this works for you so Marram ask you to share that opportunity with as many of your colleagues as possible, rewarding you both 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 \$50 to spend on the next family shop or fuelling up; or \$60 towards your next fantastic family holiday.



## **DON'T FORGET TO TELL THEM:**

- Partner and children are automatically included;
- \$50 birthday gift towards a Marram holiday - every year;
- Healthcare benefits of over \$6,400 per year;
- Works with your health insurance;
- Includes pre-existing health issues;
- And more...

### **\*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

**Go to [marram.co.nz](http://marram.co.nz) and sign up today!**



10%  
OFF!

# Marram Interislander deal

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

The fantastic **10% discount** offer with Interislander and Scenic Journeys runs from **1 February to 15 December 2023**, meaning you have even more opportunity to get a deal on your next trip.

- Reservations must be made via [www.greatjourneysofnz.co.nz](http://www.greatjourneysofnz.co.nz)
- You must be over 18 to claim this discount
- Marram ID must be shown at check-in
- Use code **XMAR1** 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**  
A Great Journey of New Zealand



**TRANZALPINE**  
A Great Journey of New Zealand



**NORTHERN EXPLORER**  
A Great Journey of New Zealand



**COASTAL PACIFIC**  
A Great Journey of New Zealand



**MARRAM**  
COMMUNITY TRUST  
Te Whānau o Marram





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**Ā TĀTOU KŌRERO - OUR STORY**

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