

WINTER 2024

TIROHANGA OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



IN THIS ISSUE:

- Are you making the most of Marram's Healthcare Benefits?
- A wake-up call about the dangers of loud noise.
- Why Ōtautahi Christchurch should be on your holiday list.
- Dolphins guaranteed on an authentic sailing experience in Akaroa.
- And a chance for you to meet another familiar voice on the Marram Support Line.

Editor's Letter

A large part of the work done for this winter Outlook was written on the other side of the world, managing the challenges of time zones, technology and a world turned upside down.

To everyone kind enough to share their thoughts and expertise with me in some strangely timed interviews for this magazine, thank you.

And to colleagues in the Marram office, your excellent communication was key to meeting deadlines and getting the work done.

Communications is a key theme in this winter Outlook Magazine.

Communicating with you in the page one story about Marram Healthcare Benefits and asking whether you are making the most of them.

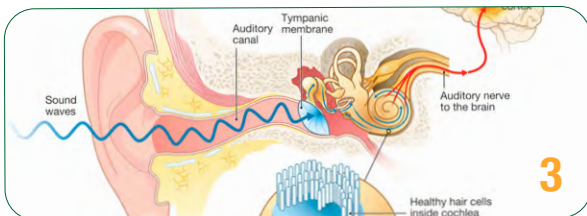
Communicating with the enthusiastic boss of Christchurch NZ, Kath Low about holidaying in the city that reinvented itself.

And communicating with you to keep you fully informed about what's happening in the community.

It's spring here in the UK, but back home the shortest day is almost upon us, and you know what that means?

We're on a roll to summer! Must be time for me to come home.

Sue Burgin
Content Editor - Etita Kōrero



In this issue:

- 3** At a time when every dollar counts, it's important to know how Marram Healthcare Benefits might work for you and your family.
- 4** Dr Lisa Seerup is ringing the warning bells about our cavalier attitude to loud noise.
- 6** There are many reasons to put Ōtautahi Christchurch, the city that reinvented itself, on your holiday wish list.
- 12** We explore a Giants House that should be included in your next South Island roadie.
- 16** And sometimes looks can be deceiving as we find out when we profile another member of the Marram Support Team.

Cover photo: Sailing ketch, Fox II on Akaroa harbour.
Photography by Destina Munro.

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Are you making the most of Marram's Healthcare Benefits?

Marram Support Team Manager, Aleisha Penny suspects not.



Aleisha Penny, Support Team Manager

"I'd say no. In the 2024 financial year around 7,000 of 14,000 contributing beneficiaries sought reimbursement."

Aleisha says 3,216 beneficiaries who signed up more than nine months ago and have never made a healthcare request, were emailed recently to remind them about the financial assistance they could be getting for healthcare.

"That's a high portion of the community who have never benefitted from the healthcare benefits."

However, the number of requests coming in each month continues to increase.

Requests are averaging around 2,500 so far this year, up from an average 1,616 per month last year.

Numbers reflect a growing community

The numbers reflect growth in the Marram community, but we're concerned that not everyone is aware of, or familiar with, our Healthcare Benefits," Aleisha says.

She's concerned people may not know exactly what they can request assistance for, or are put off by a fear of technology, or that personal health details could be made public.

"I can only reiterate that the whole process is confidential, uploading healthcare requests online has been made very easy, but requests can still be posted, and all the details on the various benefits can be found under Healthcare on the website www.marram.co.nz.

How well do you know the benefits?

Do you know what alternative therapy is, or that the cost of a trip in an ambulance can be considered for reimbursement, or terminal illness, or convalescent holidays?

And what about the Distance Treatment Grant?

These are the most under-used benefits. There are terms and conditions around them, but you can find out more under Benefits on the website.

The most popular benefits are as you'd expect, specialist and GP visits, prescriptions, and X-rays.

Maybe you don't know that you can not only request reimbursement for health costs for you, but your partner and children under 18 years old are included too.

And many find it hard to believe reimbursement can be requested for any excess you have had to pay on a claim with an insurance company you hold a policy with.

Reimbursement is efficient, easing pressure on budget

If your request form is filled out correctly, reimbursement should be quick.

Marram can't reimburse you if you only send an eftpos receipt. Or if you attach that receipt to your invoice, obscuring important information like name, health provider or procedure, treatment date and cost.

You can send in several requests at once within a 12-month period from treatment, or send your invoice in immediately after treatment.

"We do our best to have requests resolved within 10 days," Aleisha says, "And if you do encounter problems, the Marram Support Team is there to help you on 04 801 2920.

Case study one

Scenario: You sprain your ankle playing netball. You visit the GP who sends you for an X-ray. You are then sent to a physiotherapist. You may want to go on and try acupuncture or massage to help you recover.

You can request reimbursement for costs not covered by ACC under the following Marram Healthcare Benefits:

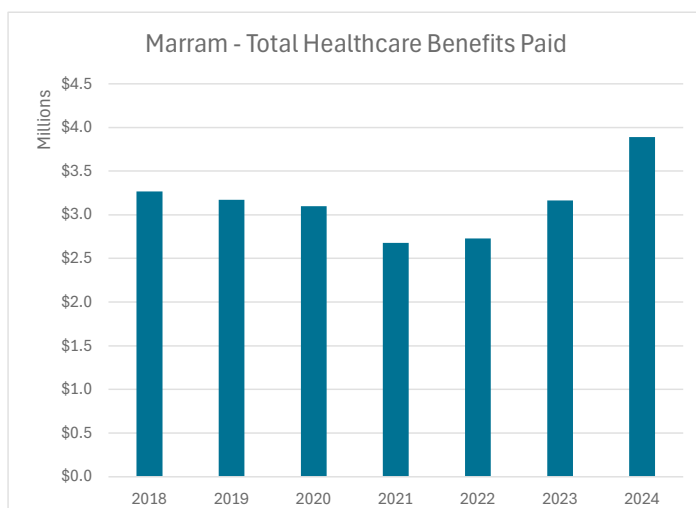
GP visit;
X-Ray;
Physiotherapy;
Alternative Therapy.

Case study two

Scenario: Hip replacement operation requesting an initial GP consult, X-rays or scans, specialist surgeon. Following the operation, you may need physiotherapy, massage and possibly a convalescing holiday.

You can request reimbursement under the following Marram healthcare benefits:

GP visit;
X-ray and scans;
Specialist;
Alternative therapy; and
Convalescing holiday.



Noise is the new smoking

Dr Lisa Seerup is on a mission to make what she calls a hidden handicap, visible.

It's a handicap most of us don't even know we have, hearing loss.

Dr Seerup who's been President of Hearing New Zealand for the past three years but comes from an extensive background in hearing health internationally, says it's a field New Zealand doesn't do well in.

Right now, 880,000 Kiwis live with hearing loss and that figure is likely to double over the next 30 years.

Lisa says the worst thing is that 50% of that hearing loss is preventable.

Turn down the volume!

"It's a hazardous substance," she says, "one of the few things we allow our kids, and society to be exposed to with no ramifications."

She wants to see hearing protection more readily available and more education about what safe noise levels are.

In New Zealand, industrial-safe noise levels for battle-hardened ears are set at a maximum of 85 decibels over eight hours.

For sensitive ears, the safe maximum is set at 70 decibels.

She says hearing protection in kids is completely overlooked, and says she was shocked to see parents with small children at the recent Taylor Swift concert and all-day events like Homegrown.

Testing should start at birth

The doctor's a fierce advocate for testing at birth. Fifty to sixty percent of babies found to have hearing loss at birth, have genetic conditions that can be

treated, according to Dr Seerup, but the appropriate tests aren't covered by government funding so don't happen.

"It costs around \$1,000 for targeted genetic testing and \$2,000 to \$3,000 for whole genome testing to get done privately and not everyone can afford that," she says.

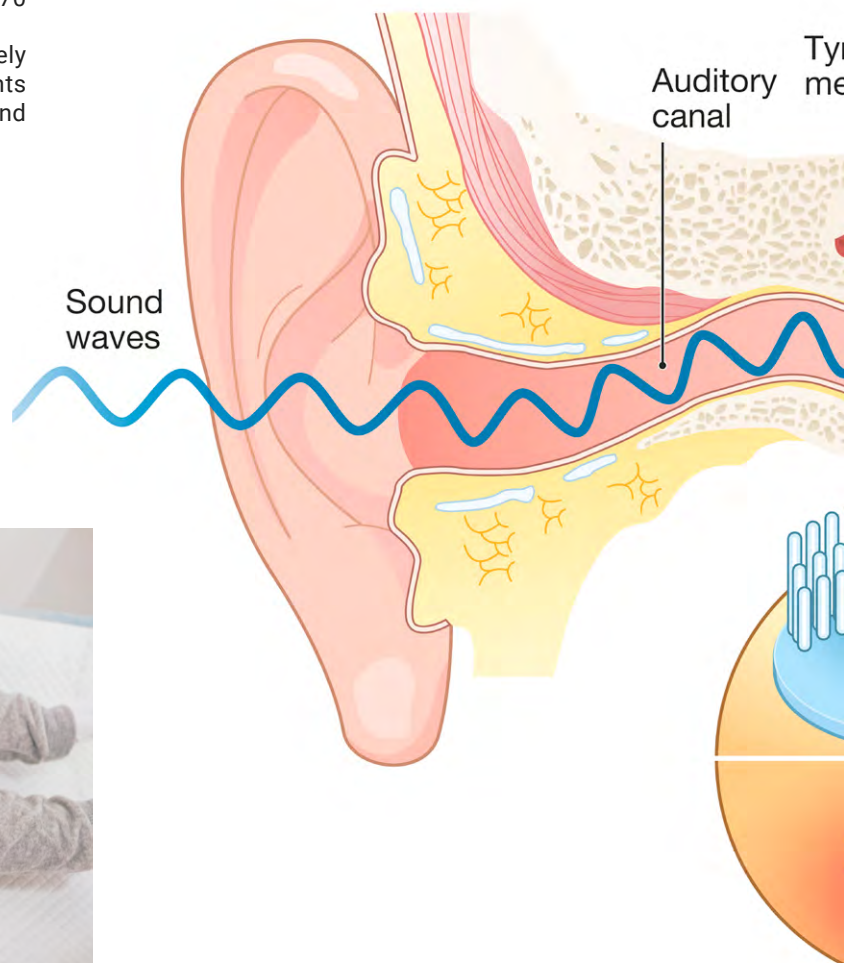
Children are offered free testing for hearing loss at birth and just before starting school at five years.

"We do a great job of testing babies, an adequate before-school test, and then we don't test again."

Hearing loss poorly understood

There's a clear connection between mental health, anxiety, and hearing loss.

"The purpose of hearing is to keep us safe from predators. Without hearing the body is in a permanently



heightened state of danger. It's a double-edged sword when the treatment for such conditions is mostly communication based. It's often hard to get the help you need.

Dr Seerup says the link between hearing loss and dementia is also well-known and often a driver for people to get tested.

Seeking help for an expensive problem

Hearing aids and testing are both expensive but most New Zealanders will be able to access the government's subsidy through WINZ or some other funding option, like ACC, insurance, or Veterans Affairs grants.

Pre-schoolers and children at school, or up to 21 years of age if they are in full-time education, can get funding for hearing aids through the public health system. They're fitted through the public hospital system. Some private audiology clinics also fit them, but you may need to pay for this service.



And those in the Marram community can request reimbursement for the cost of hearing aids of up to \$400 maximum per person per calendar year.

Hearing tests are processed under the Alternative therapist benefit with reimbursement of \$20 per visit with a limit of \$300 per family per calendar year.

Distrust around Hearing Aids

"The hardware is all the same whether you buy the cheapest or most expensive hearing aids, the only difference is the number of Apps they come with," Dr Seerup says.

She says a lot of people worry about whether they can trust a diagnosis from a company they suspect might just be trying to sell them hearing aids.

"Ninety percent of the messaging we get about hearing loss comes from multi-national corporations trying to sell hearing aids it's true, but there are a handful of independents out there who are caring professionals who do a good job of testing."

Hearing NZ for instance, has started offering over-the-counter hearing aids produced by a major hearing aid manufacturer for less than \$1,000 a pair.

They come with a support network and assistance with fitting, repairs, and a three-year warranty.

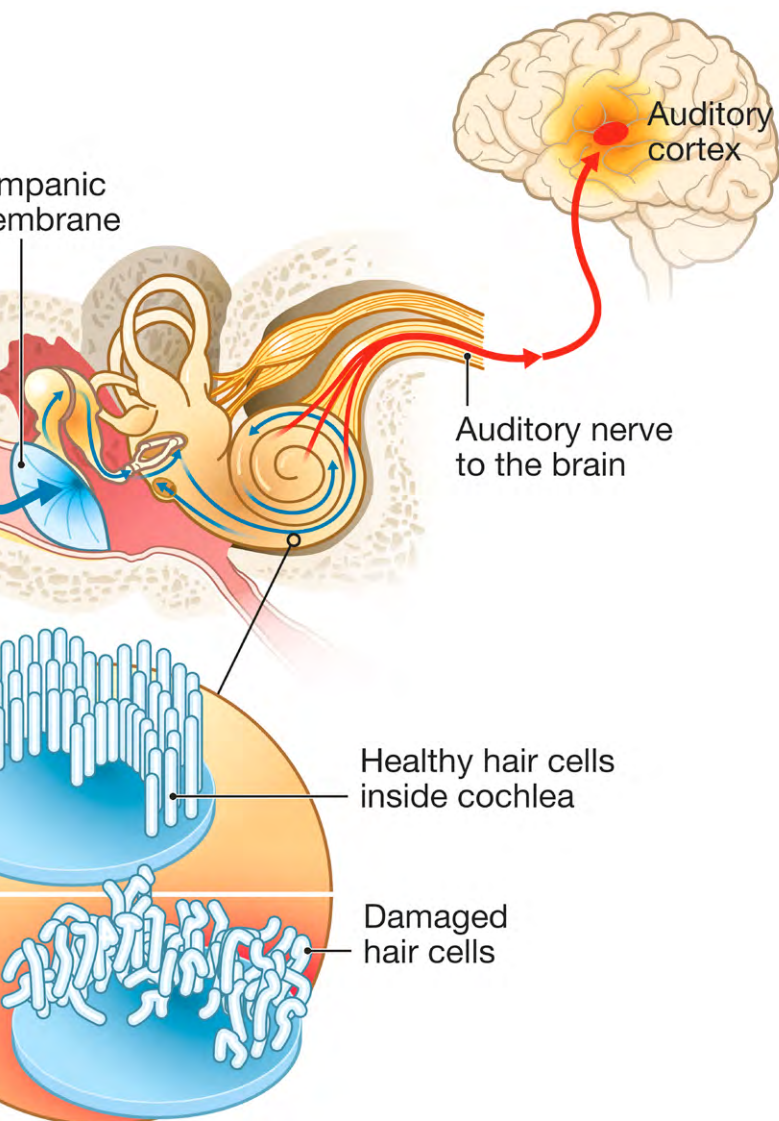
"We don't know what we don't know"

With the alarm bells over hearing loss in this country ringing the doctor's message is to get tested and go for help if it's needed.

According to ACC, just 5% hearing loss will impact your ability to communicate and socialize.

This becomes a real problem when statistics tell us it takes around 10 years for most people to seek help for a hearing problem.

Dr Seerup says the problem is we don't know what we don't know and that's why educating and informing people about hearing loss is important.



It's time to visit Ōtautahi Christchurch

by Sue Burgin

Once known as the Gateway to the South, very English, and a little old-fashioned, the reimagined and rebuilt city of Christchurch is very much a modern vibrant city today. In the 14 years since the devastating earthquakes, much of the city has been bulldozed, rebuilt or improved, and if you haven't been there since then, you really should plan a visit.

Kath Low (right), Head of Tourism at Christchurchnz, says there's a real sense that Christchurch has become a great destination to visit.

"It's a city in balance, rich in striking architecture and design, yet honoring the history and culture of its past. It's vibrant and varied and it's much more than a gateway now."



Second largest visitor destination in the country

Christchurch is the largest city in the South Island and almost four hundred thousand people call it home.

Nestled on the Canterbury Plains and framed by the magnificent Southern Alps, Christchurch is the second largest visitor destination in the country these days.

Kath Low says it's a very balanced city, rich in striking modern architecture and design but still honouring the history and culture of its past.

"It's a city with an extraordinary history and resilience, but despite its past, play is central to the Christchurch experience," she says, "We make time for work and play. The city has endless spaces to play."





Endless places to play

Hagley Park and the Botanic gardens are just a five-to-ten-minute stroll from the city centre. Everything is close and there's plenty of variety. Restored heritage trams run through the city centre, dropping visitors at the many local attractions.

The city is well serviced by retail and hospitality with funky laneways and terraces to explore.

The indoor Riverside Market with its bars, street food and cafes, and the new high end open shopping mall, The Crossing, are popular attractions for locals and visitors alike. Colourful street art is part of the DNA of the new Christchurch, and Kath says that has also lifted the spirit of the city considerably.

Friendly locals will help you out

The changes and challenges of the last decade have resulted in a community of locals who love their city.

"We have a community of predominantly retired locals who volunteer to help and welcome visitors, sharing insights on what to see and do."

According to Kath, Christchurch is a spectacularly easy city to walk. If you feel like a break from the pavements, she suggests taking a waka or punting on the Avon.

She also recommends taking a street art tour.

"At the time of the earthquake, street art really lifted people's spirits, and continues to do so, only now it's adorning exceptionally beautiful buildings which have replaced those which were damaged."

For the adrenaline junkies she suggests a visit to Christchurch Adventure Park which offers something for everyone with its walking and cycle tracks, chairlifts, and New Zealand's longest zipline.

Kath also recommends a visit to www.christchurchnz.com to look all the wonderful places and spaces to explore next time you're in New Zealand's newest city.

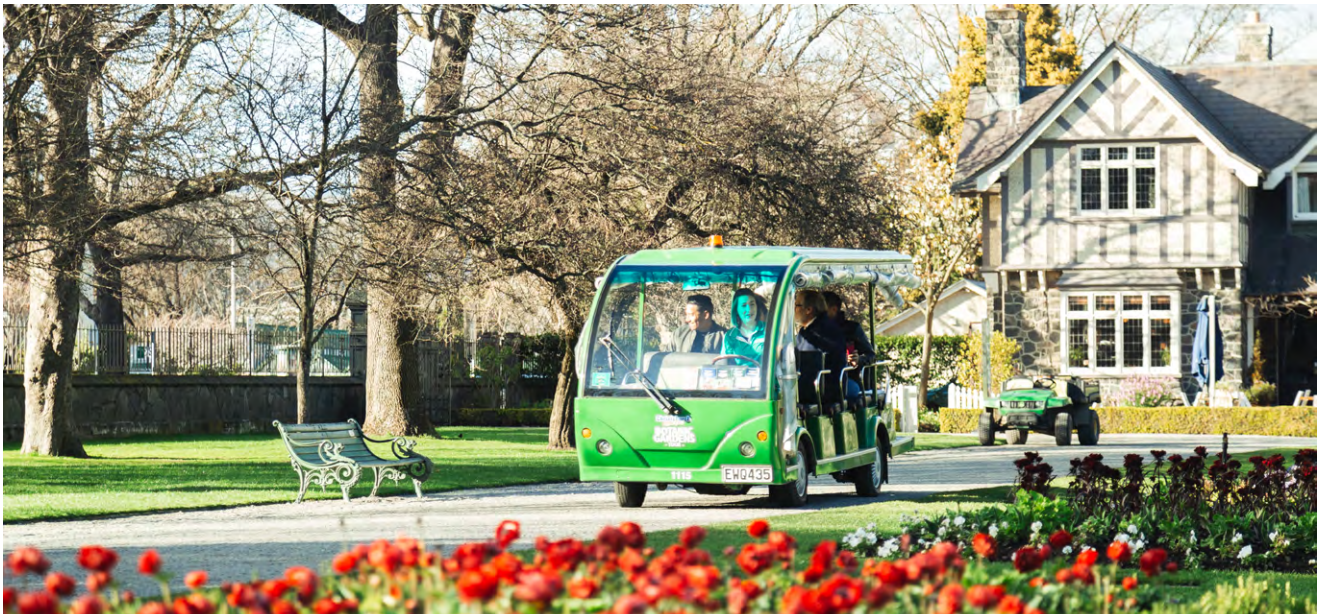


Photo previous page: Riverside Market operates seven days a week. Portrait insert: Kath Low, Head of Tourism, Christchurchnz. This page from top: Christchurch Adventure park chairlift; Botanical Garden Tour with live commentary. Photo credit: ChristchurchNZ

All day Tram Pass to the big city attractions





The best of what Christchurch has to offer is all rolled into one with a Christchurch Attractions Tram Day Pass.

The pass will give you transport by tram to the big city attractions, punting on the Avon River, the Botanic Gardens, and the Gondolas, as well as many other visitor attractions.

Christchurch Attractions Marketing Manager, Emma Thomsen, says the iconic city trams offer a unique way to see and explore the city.

Day pass to the best the city has to offer

"You can get off and catch a bus along the way which will take you up to the gondolas, or you can jump off the tram to try your hand at punting on the Avon River which winds its way through the city. The tram will also take you past the city's beautiful Botanic Gardens, the popular Riverside Markets, the Arts Centre and Art Gallery, the Instagram popular New Regent Street with its Spanish mission style, and the Margaret Mahy Playground."

Beautifully restored fleet of eight

The heritage fleet ranges in age from 90-120 years old.

Three were built in Christchurch, the others in Dunedin, Invercargill, Sydney, and a couple in Melbourne.

The original Christchurch trams started operating in the late 1800s but the service ended in the 1950s.

In 1995, a tram loop was reinstated in the city centre and this has now been extended into surrounding precincts to accommodate visitor demand.

The full circuit takes 50 minutes and includes commentary on the history and stories on the southern city. Pass holders can hop on or off at any point to further explore places that interest them.

Fine dining on wheels

For those who fancy dinner on the move, the Tramway Restaurant could be the answer. It's the only fine dining tram experience in Australasia, and Emma says it's a unique way to dine and see the city.

There are 36 seats on the dining tram and it's proved very popular with locals and visitors alike.

Diners are treated to the best Canterbury produce on offer, dining on Akaroa salmon and tender Canterbury lamb.

For more details check the website: <https://www.christchurchattractions.nz>

The trams operate every day with slightly reduced hours on Christmas Day.

Photo previous page: The Christchurch trams range from 90-120 years-old. Photo by Destina Munro.

Photos this page clockwise from top: iconic New Regent Street; the Tramway Restaurant; punting on the Avon River. Photo credits: ChristchurchNZ



Nature's in charge on this authentic sailing experience

Once upon a time, New Zealand's oldest working gaff-rig ketch with its newly installed coal-burning steam engine was used to clear crayfish pots up north.

She was a popular sight as she returned to anchor blowing smoke rings from her funnel, a sign freshly cooked crays steamed in the engine room, were available to buy on arrival.

Named after two brothers who owned the Fox Fishing Company, and called themselves the Fox Two, the ketch

was built Auckland in 1922, from one giant kauri tree by one man, and used initially as a cargo ship.

Thirty years ago, in the South Island, it was turned into a commercial sailing vessel and the Fox II has been plying the waters of Akaroa Harbour and Banks Peninsula ever since.

A life well lived

Sir Peter Blake owned Fox II for a while but today skipper and owner Roy Borelli's at the helm.





Roy moved here from his home in New York, 22 years ago and bought the Fox II a couple of years later.

"I've always loved sailing and look forward to getting up every morning. She gives me a higher purpose," he says.

The grand old lady certainly keeps him busy. From October to December, she's used to teach children to sail, through the Cansail Charitable Trust in Lyttleton, something Roy says he finds very rewarding.

In December, the Fox II returns to Akaroa for the summer season of daily sailing and wildlife cruises.

From the end of April, she rests on moorings for the winter.

During this time, Roy takes classes, does DIY projects and travels for at least two months of the year.

Dophins guaranteed

In the busy summer season, Fox II is quite a sight as she sets sail from Daly's Wharf in picturesque Akaroa. The three-hour sailing adventures depart twice daily at 10.30 am and 1.30 pm.

Roy says they're the only tour boat in Akaroa that has seen dolphins and seals on pretty much every trip for the last three seasons.

"And we saw penguins and albatross on nine out of 10 trips," he says, "We don't have to look for dolphins, they

come to us. We're the only boat they come to. We drop anchor, play music, and they come."

Roy says the old wooden boat creates an underwater pressure wave which they enjoy swimming alongside.

The Sailing and Wildlife Cruise also gets you up close to petrels, many species of seabirds and caves, cliffs, and waterfalls.

The cruise comes with a commentary on the geography and history of the area.

An authentic eco-friendly experience

Roy holds a Marine Mammal Permit, and his business has a Qualmark Gold Accreditation.

"We don't just take you out to see them, we create an experience. It's peaceful and very eco-friendly. We do use an engine to get in and out of the harbour, but we sail as much as we can using wind and nature to our advantage," he says.

"It's all ropes and pulleys and is like stepping back in time to the 1800s."

Children are welcome on the boat and Roy offers special prices to those in their 90's.

Roy says high railings make it safe for everyone.

For more information on prices, tours and private charters:

www.akaroafoxsail.co.nz

*Above: Roy Borelli, Skipper and owner of Fox II Sailing Akaroa.
Previous page: Fox II departs Daly's Wharf twice daily in the summer season.
Photography by Destina Munro*

The happiest garden on earth

Named by a small girl looking up at it from the valley below, who said it was so big it must be owned by a giant, the two-story house built in 1880's by the local BNZ bank manager, is a popular Akaroa visitor attraction today.

For the past 26 years, it's been the home of acclaimed artist, sculptor and painter Josie Martin who's combined her two passions of art and horticulture to turn it into "the happiest garden on earth", attracting thousands of visitors every year.

Josie says there was no garden when she arrived, just a big open canvas, allowing her to design and develop a spectacular hillside garden full of mosaic pathways, and giant sculptures and installations, using old china she found buried in the garden, broken ceramics and tiles she's bought on her travels.

Colourful and adventurous

Everything about Josie Martin is colourful and larger-than-life, from her blue hair, pink beads, and

adventurous pink skirt, to the flowers and mosaic sculptures in the garden.

Josie, a former Wellingtonian who likes to be by the sea and on a hill, says settling in Akaroa was the perfect move when it came time to leave the city behind.

"It's a happy positive place and my garden makes people feel good in a world that's not always a happy place. It's my reward to be able to give back something positive."

Fifty-year history in art and horticulture

"And I never run out of ideas," she laughs. "But my head definitely runs faster than my body these days."

The hard work begins for Josie after 4 pm when the day's visitors leave. That's when I get stuck into the garden.

But while visitors are roaming the garden, Josie is busy planning or creating the artworks and working out what goes where.

"I spend a lot of time doing that. Space is a very important aspect of the garden, creating a soft foil to sculptures."





"A kaleidoscope of colours in my shed"

Josie says it's getting harder to find the tiles essential to her work, but thanks to people who donate old and broken china, she does have a kaleidoscope of colours to work with, stored in her shed.

"I'm always collecting stuff. I make a lot of tiles while on art residencies overseas, particularly in China."

Josie says she also has a very good hammer and good Italian commercial cutters.

"I pretty much work alone, it's just me and at times a couple of people to help with concrete work and steel, but I'm always right alongside them directing."

A garden that grew organically

Today it's designated a garden of international significance, an accolade Josie is immensely proud of.

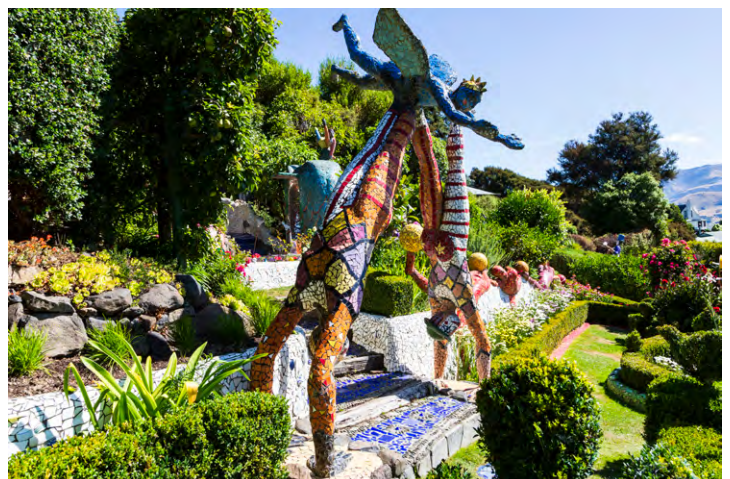
"When I first came here there was nothing and an open canvas like that is quite a challenge, but it's grown organically," she says.

It all started when the Earthquake Commission wanted her to build a concrete wall in her garden, and Josie started thinking about how she could jolly that wall up.

"I thought OK, went ahead, and built Adam and Eve who still sit proudly in the garden. You must turn the negatives into positives."

Even having achieved international recognition for her garden, Josie has no plans to slow down any time soon.

"My work is joyous and fun. They're big slow builds but low maintenance once they're done, and they make people happy. That's reward enough for me."



Photos from top: Josie Martin, painter, sculptor, ceramicist, qualified Horticulturist and a Fellow of The Royal New Zealand Institute of Horticulture; Josie's Akaroa terraced garden showcases her large mosaic installations.

Previous page: The Giant's House originally built in 1881.

Photography by Destina Munro.

Honouring the sacrifice of brave Kiwis



No visit to Christchurch is complete without a visit to the birthplace of the Royal New Zealand Air Force in Wigram.

Today it's the home of the Air Force Museum of New Zealand which houses millions of objects in its collection, including a Bristol Freighter which served in Vietnam, Malaya, Borneo and Thailand.

Local farmer Henry Wigram donated the land in 1923 when it became clear New Zealand needed an air defence arm after WW1.

David King, Communications Manager at the Museum, says it's hoping to expand to provide space to display a Hercules and Orion as they retire from the RNZAF and take pride of place in the collection.

"We're not about glorifying war – we're honouring the service and sacrifice of brave Kiwis," he says.

A very popular visitor destination

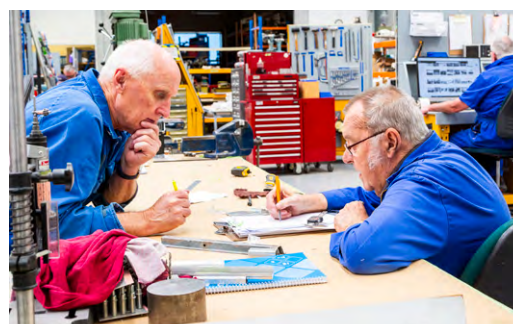
Around 180,000 visitors a year make their way to the old Wigram air base to explore the museum.

There are about 30 permanent staff and 30 volunteers who work passionately and tirelessly restoring the old aircraft, rivet by rivet.

The museum houses New Zealand's premier collection of military aircraft, including Strikemasters, Sioux and Iroquois helicopters, Skyhawk, Kittyhawk, the Douglas C-47 Dakota which used to transport a young Queen Elizabeth around the country, and a de Havilland Vampire to name just a few. The stories of the people who flew them are displayed with photographs and memorabilia throughout the museum.

The reason for the museum's popularity is simple according to David.

"It's free, it's a war memorial, there's lots of parking, including for campervans, and kids love it."



Multi-purpose facility

The vast size of the exhibition hall and its variety of iconic military aircraft, means the facility is often used for outside events such as conferences and school balls.

David says when this happens, the aircraft are rolled back behind massive curtains and there's still enough room for large events.

A new home for two new iconic flying machines

A Lockheed P-3K2 Orion, NZ4203, with a very interesting history is expected to be a popular addition when it takes its place in the planned new exhibition space.

NZ4203 was dismantled in Blenheim and trucked to Christchurch where it's sitting in the museum's workshop getting readied for its next star role.

NZ4203 is most famous for the role it played in the Queen's Birthday weekend storms in 1994, spending 117 hours in the air during the massive rescue operation in the Pacific. <https://www.youtube.com/watch?v=Aa7KxGtUIAA>

One of the pilots taking part in the heroic rescue effort was later awarded the highest honour in the RNZAF, the Air Force Cross.

The Orion also played a part in returning fallen Kiwi soldiers from Afghanistan, assisted in the Canterbury earthquakes, and was the first Air Force Orion to land in Antarctica back in 2006.

She was 60 years old before being retired in 2021.

It's hoped to house a retired C-130 Hercules alongside her in the new \$20 million exhibition hall.

Plenty for everyone

Anyone with an interest in military history will find plenty to love in this museum.

The Wall of Remembrance is hugely important according to David King,

"It's all about telling the stories of bravery, sacrifice and service, wonderful old aircraft and the colourful characters of the RNZAF."

Details on opening hours and tours can be found on the website <https://airforcemuseum.co.nz>



Photos previous page from top: Single-engine Avro 626 biplane, the last Avro 626 in existence in the world. Museum Communications Manager David King. Volunteers Dan Thomas and Smokey Dawson. Photos this page from top: Exhibitions Designer Alex Rutherford. The De Havilland D.H.82A Tiger Moth Mk.II. The North American Harvard MKIII. Photography by Destina Munro

Staff profile - meet Marram Support Team member

Steve Andrews

by Sue Burgin

Steve Andrews describes himself as a cautious responsible type, and when you sit down for a chat looking for material for a staff profile, this isn't exactly what you want to hear.

A happy childhood, solid work record, married to Rebecca with children Zoe and Zach, so far so good.

His wild jet-black curls, trendy hoodie and loping gait suggest there's more to it though, so I press on.

You've got a lot of that trendy sporty gear going on Steve, what's that all about?

Turns out he lives and breathes sport.

"Netball, football, cricket, car racing, NBA and NRL. I'm passionate about it," Steve says. "If I'm not playing it I'm managing some high-profile superstar of my choice in a bid to outsmart my mates in a game of Fantasy League."

In real life Steve's been playing Netball since 2007 and for the last few years has been playing in the Hutt Valley



Premier 1 Division Women's Division – yes you read it right, Steve and his team consisting of four adult males and younger teenage boys on a pathway to the top, play women-only teams and the women love it. He says they tell him it pushes them to play better and give them more skills.

He says his passion for sport was fueled by a stint he had at the TAB monitoring sports betting.

Something people might not guess about you, Steve

"I've married about 500 couples." He laughs, as he lobs that one in.

It turns out that Steve who started working life as the Night Manager at McDonald's went on to the National Bank call centre before moving on to the Department of Internal Affairs seeking a more customer-facing role. That eventually evolved into a marriage registrar position and Steve officiated over 500 registry office ceremonies before moving to Marram in 2009.

15 years in the Marram Waka

According to Steve his 15-year tenure on the Support Team at Marram is due to believing in the product and great people we get to engage with.

"The people we deal with at Marram are a lot nicer than they were at DIA, and I can rely on my colleagues at Marram to get the job done. We're a small but efficient team," he says.

A need for speed dulled by an expensive wake-up call

The loss of his license and a hefty fine for driving over twice the legal speed limit back in 2003 was an expensive but very effective lesson for this confessed petrol-head.

"I have never had a speeding ticket since."

After that experience, Steve channeled his need for speed by purchasing a Go-Kart which he raced at the Wellington Kart track in Kaitoke.

He proudly recalls five years working as a flag marshal at the V8 Supercars in Hamilton.

"I'm still passionate about motorsport, attending Speedway and watching it on TV.

My dream car would be a Porsche GT3 RS, but these days I have to settle for a Nissan X-Trail family wagon," he says wistfully.

This, I guess is cautious responsible Steve.

Left: Steve Andrews, Marram Support Team member. Photo by Desina Munro.

Next page: Steve plays Netball with the Hutt Valley Premier 1 Women's Division. Photo supplied.



YOUR WINTER WATCH LIST

APPLES NEVER FALL - TVNZ+



Reviewed by Fiona Van Eysen

Apples Never Fall mini-series is a mystery drama TVNZ+ mini series based on a novel by Liane Moriarty.

It's a drama about the Delaney family in West Palm beach. It stars Sam Neill and Annette Bening.

From the outside, the Delaneys appear to be an enviably contented family. Even after all these years, former tennis coaches Joy and Stan are still winning tournaments, and now that they've sold the family business, they have all the time in the world to learn how to 'relax'. Their four adult children are busy living their own lives. It's interesting how the lives of the children are interwoven along the way.

But now Joy Delaney has disappeared, and her children are re-examining their parent's marriage and family history. Is her disappearance related to their mysterious house guest from last year? Or were things never as rosy as they seemed in the Delaney household?

I thoroughly enjoyed this series, it has drama, funny moments and a bit of suspense!

THE NO.1 BESTSELLER



LIANE
MORIARTY

NEW YORK TIMES BESTSELLING AUTHOR OF
BIG LITTLE LIES AND NINE PERFECT STRANGERS

ROCKY - TVNZ+



Reviewed by Fiona Van Eyssen

If you're like me and enjoy watching old movies you're going to love the Rocky movies currently being re-run on TVNZ+.

I particularly liked the newer Rocky Balboa, where Rocky goes back for one more fight.

He's a struggling boxer trying to make the big time, working as a debt collector for a pittance. When heavyweight champion Apollo Creed visits Philadelphia, his managers want to set up an exhibition match between him and a struggling boxer, touting it as a chance for a "nobody" to become "somebody".

Creed's supposed to win the match easily, but someone forgot to tell Rocky, who sees it as his only shot at the big time.

It's a story about one man's struggle to overcome the odds stacked against him, but it's also a love story.

The acting's superb as is the music, still played and remembered by many.

This may have been the movie to invent the training montage which is now a must in any movie about sports or fighting.

Stallone puts in a great performance and the film is still amazing almost 40 years after release.

If you've never seen a Rocky movie, then this is one for the must-watch list. I recommend it highly.

THE MOUNTAIN - SHORT FILM



Reviewed by Lesley Kroschell

The drama that tugs at the heartstrings, follows three children looking to heal past wounds on the newly named Taranaki Maunga.

The short film written and directed by Rachel House, sees the acting debuts of the three main characters, Elizabeth Atkinson, Rueben Francis, and Terence Daniel.

It tells the story of Sam, a young girl diagnosed with cancer who believes if she can get to the top of her Maunga she will find healing.

She's joined on her journey by two other children she meets on the way and special bonds are formed with her new friends.

Sam's been raised outside her Māori culture and is on a mission to connect with her tupuna.

House has been quoted as saying she believes stories are best told through children and the magic they possess.

Beautifully filmed on and around Taranaki Maunga, this film will make you laugh and cry. It will remind you of JoJo Rabbit and Hunt for the Wilderpeople and there's a good reason why, it was produced by the same team.

The maunga is deservedly the star of the film and is even mentioned in the movie's credits.

The film is family-friendly and will have wide appeal. I highly recommend it.

From the Marram kitchen

Creamy mushroom pasta

by Destina Muuro

This great little recipe popped up on my Instagram feed one evening while mindlessly scrolling. In fact I've found quite a number of quick dinner ideas on Insta since, and they present with an easy to follow video with the ingredients. You'll find this delicious recipe [@healthyfitnessmeals](#).

It's pretty tasty! I've made it several times already, and one I'll be making on my next Marram holiday.

For two servings, toss half a bag of spinach into a medium baking dish, a packet of cherry tomatoes, a cup of sliced mushrooms, 3-4 cloves of garlic. A teaspoon of mixed herbs, salt and pepper and drizzle with olive oil.

Place 50g of Danish Blue cheese in the middle of the dish (see photo top left) and bake in the oven at 180C for 20-25 minutes.

While that's cooking, boil a cup or so of dried pasta and reserve 1/3 cup of the pasta juice.

Take the dish out of the oven, and gently squash the tomatoes with a fork (with the emphasis on gently if you want to keep your shirt clean), stir the cheese through.

Add the pasta and reserved pasta water. There you have it, done!

Now if you are using gluten free pasta, the reserved water won't be any good to thicken your dish, so I added some sour cream which did the trick nicely.

It's a pretty versatile dish, and while you can have it as a standalone meal, I've also served it over a baked butterflied chicken. It got the seal of approval from my foody husband who's an excellent cook himself. Enjoy!





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HOT OFF THE PRESS

A new voice on the Support line

Kathryn Carmody joined Steve, Lesley, Murray, Iverson, Victoria, and Kim on the Marram Support Team in April.

Kathryn comes to Marram from the Book Council where she worked on the Read New Zealand programme, making appointments with authors to visit schools, and matching authors with appropriate age groups.

"I've always been a reader, I love my books," she says.

After six years in the position, she says it was time for someone else to bring their people and contacts to the job.

"I liked the look of what Marram does and the Support Team role suited my need to be of service and improve people's quality of life."

Kathryn, who describes herself as a workaholic, says she's looking forward to growing her interests out of work, saying her work life and leisure time have been filled with books until now and she's hoping to develop new interests like gardening and doing work on her home.

And the question that had to be asked, who's your favourite author right now?

"I'm loving the work of Tihema Baker, a futuristic post-apocalyptic New Zealand writer. He's fresh, new, and telling stories from a perspective we've not seen before, she enthuses.

So next time meet Kathryn on the Support Line, ask her to recommend a good holiday read.



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