

AUTUMN 2025

# TIROHANGA OUTLOOK

THE MARRAM COMMUNITY TRUST MAGAZINE



A plea for men to take Prostate Cancer seriously.

Changes in the way we want to holiday.

It's time to start planning a holiday in the Waikato.

Marram's summer photo competition winners on show.

## Editor's Letter

Well, it's one of those years for many of us, where summer's barely begun and we're already talking about Autumn. Those of you living in the Wellington region will know exactly what I mean.

So, here's to a leisurely, slow slide into Autumn, with a magazine that's still celebrating summer, thanks to your wonderful summer holiday photos, some of which are featured on pages 20 and 21, but also gently reminding us it's time for those pre-winter health checks, holiday planning and setting priorities for the longer months ahead.

That's the great thing about Marram though, life doesn't have to stop just because winter's rolled in. Holidays in Marram homes are affordable, warm and cosy, and you don't have to travel far to find one.

In fact, the story on page 3, on JOMO, the joy of missing out talks about a change in the way we see holidays these days, about how many of us are seeking peace and relaxation over adventure and action.

No matter whether you're in the FOMO or JOMO camp, Marram homes are perfectly located for both.

The mighty Waikato is under the spotlight in the holiday feature on page 6.

It's all about the river in this underrated region. On it for the FOMO camp, and cycling peacefully beside it for the JOMO tribe.

A concerning trend of younger men being diagnosed with prostate cancer is the subject of the health feature on page 4. Danny Bedingfield certainly wasn't thinking it was a possibility when he was diagnosed at 37.

And if you've ever wondered about the weird names we give popular comfort foods, like Pigs in a Blanket or Toad in a Hole, don't miss the story from the Marram kitchen in this edition.

Enjoy the read everyone. We'll talk again in Winter.

*Sue Burgin*

Content Editor - Etita Kōrero



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# Hottest holiday trend for 2025 - not what you might think

**A**ccording to Expedia, JOMO holidays are at the top of everyone's list for 2025, and JOMO holidays are what Marram does best.

Expedia's Unpack 2025 report, has identified JOMO (joy of missing out) will be a big driver of people's holiday choices this year.

Hot on the heels of post-COVID, FOMO (fear of missing out) holidaymakers are now wanting to do less, seeking stress-free relaxing holidays, in cosy, homely accommodation instead.

### It's time to re-connect

Two-thirds of the people surveyed for the report mentioned the importance of reconnecting with family and friends while on holiday.

They said such holidays reduced stress and anxiety and allowed for quality time with loved ones.

Expedia says the younger holidaymakers are driving this change with 94% of 18 to 24-year-olds saying they wanted to take a JOMO holiday.

### Marram fits the bill

Marram's nationwide network of holiday homes are perfectly placed for a JOMO break.

They're homely and fitted out with everything you, your family or friends could need for a stress-free holiday, comfortable beds and couches, fully equipped kitchens, heating, washing machine, TV and Wi-Fi.

You'll find them by beaches, lakes and rivers, and if you don't want the stress of travel, you're bound to find one pretty close to home too.

If the home is designated pet-friendly, you can take your pets as well, reducing separation anxiety and the cost of pet care.

Take your besties, Grandma or favourite Aunt with you and experience the pure joy of missing out.

Book a JOMO break now (with Marram, you can book 12 months out), because if you don't, you'll be forever stuck with FOMO.



# Too young to be concerned about Prostate Cancer? Think again.

by Sue Burgin

**D**anny Bedingfield certainly wasn't thinking about it when he received his diagnosis at age 37.

But a suggestion from his mum that he should get a test following the death of his father at 71 with prostate cancer, almost certainly saved his life.

Prostate cancer is not just an old man's problem, and yes, it's embarrassing to talk about such issues, but Danny says a life with your grandchildren may depend on it.

"I admit I returned home after Dad's funeral and thought I didn't need to get tested, but Mum's voice was stuck in my head, so I did it. A callback following the initial test and a biopsy resulted in a diagnosis of low-grade prostate cancer at age 37."

He says he went on to have a robotic prostatectomy, a keyhole procedure that carries less risk of harming nerves around the prostate, and is now cancer-free.

As a result of his experience, Danny began working with the Prostate Cancer Foundation of New Zealand and has just been re-elected President for a second three-year term.

## Ignorance and fear lead to late diagnosis

Danny Bedingfield says he despairs of hearing people say it's an old man's disease.

"They're not all in their 70s and 80s, they're getting a lot younger."

He says people also worry treatment can lead to nerve damage causing incontinence and erectile dysfunction.

"This is quite a private area for a male, especially in some cultures, so it's not talked about openly.

And then there's the dreaded DRE, digital rectal examination, that deters many men from talking to their GP when they suspect something is not right."

The good news is, according to Danny, the PSA blood test is available to everyone and it's a much better option, especially if done regularly, every one or two years after the age of 50. He says men with a family history of prostate cancer should start testing at 40.

## Pleas for screening programme ignored

There is currently no screening programme for prostate cancer.

Danny Bedingfield says they've been talking to the last government, and now the new government, about funding a four-year pilot screening programme similar to the breast cancer and bowel screening programmes, but without success.



Prostate Cancer Foundation President, Danny Bedingfield (above and right - photos supplied)

"We applaud the government extending the breast screening programme to 74. Everyone acknowledges the sooner cancer is detected, the better the outcomes.

When it comes to minimising the risk, Danny says regular testing is the most effective option, but a healthy lifestyle with less red meat and alcohol, no smoking, and more exercise are always recommended.

Meanwhile, Danny says we have good diagnostic pathways and must encourage our men to be proactive and get tested.

Fathers, brothers, sisters, mothers, and partners, talk to your men about prostate cancer.

Encourage them to talk to their GPs and ask for a PSA test regularly.

If there's a history of prostate cancer in the family, don't hide it. Other males in the family need to know they're more likely than others to be affected.

"At the end of the day, all we have is our health and prostate cancer is totally fixable if caught early," Danny says.



## Don't ignore the signs

- More frequent urinating – especially at night.
- Passing blood in urine.
- Lower back pain.

## The numbers are growing

There are around 4,000 new cases being diagnosed every year and that number is steadily growing, according to the Prostate Cancer Foundation.

Danny Bedingfield says one in eight men will get a prostate diagnosis, and two men a day will die from it.

"Those statistics make it the most common and costly diagnosed male cancer."

He says the statistics tell a tale of under-reporting, unhelpful misconceptions and needless loss of lives.

"With around 700 men a year losing their lives to this cancer, it's time to start taking it seriously. That's more than breast cancer and double the road toll," he says.

"We have good diagnostic pathways, but with around 4000 diagnoses a year, it's obvious men aren't getting the early testing that could stop the cancer becoming life-threatening."



# Some mighty good reasons for visiting the Waikato

by Sue Burgin

**C**urious about why this region brands itself as the Mighty Waikato, I ask the General Manager of Hamilton and Waikato Tourism, Nicola Greenwell, who immediately mentions the local rugby team the mighty Waikato Chiefs.

It seems in 'Mooloo land' they take their rugby seriously, but to be honest, it's been some time since the cowbells have rung to celebrate a significant win.

She laughs and moves on to the real answer.

"The Mighty Waikato refers to our river. The Waikato, New Zealand's longest river, is our backbone. It runs through the whole region, and you'll likely cross the awa many times a day if you spend time here."

## Internationally recognised

The Waikato was recently named by international travel company Expedia in its Top 25 Travel Trends report, as one of the world's top 10 Detour Destinations, saying it's less well-known, less crowded and worth putting on your holiday itinerary.

Expedia says it's an excellent detour destination from Auckland.

"It's been phenomenal for us," Nicola says, "We've got so much going on here, we're definitely a stop-and-explore destination. The most common refrain I hear from visitors is they wish they'd stayed longer."

Another reason Waikato fits the bill when it comes to the top trends for 2025 is the many scenic and natural attractions it offers.

Expedia and Bookabach data show holidaymakers are keen to connect with nature, and peaceful holidays are important to them.

Nicola says the region is geographically and culturally diverse, offering rivers, lakes, hot pools, and beaches.

## Shaped by the weather

Those rolling green hills associated with the Waikato are the result of the warm, sometimes humid summer days and mild winters the province enjoys.

Yes, it can at times be foggy and misty Nicola agrees, "But you don't get a beautiful green landscape like this without moisture."

She says there's no best time to visit; the Waikato's a great place to holiday all year round.

## No shortage of things to do

Top of Nicola's list of things not to be missed in the Waikato is a visit to the Hamilton Gardens.

"Don't miss them, they're not just gardens, they're mind-blowing," she says.

"It's a world-class facility, with themed gardens that transport you through time.



The enclosed gardens tell the story of human history and are a favourite place to take visitors," she says.

Nicola also recommends a visit to Raglan and Cambridge, saying they're two towns that should not be overlooked.

"Raglan for its bohemian art vibe, quirky artisan shops, fish and chips on the wharf and surf beach with its famous left-hand surf break.

And the country town of Cambridge with its more English antique, boutique feel."

The town also boasts some great eateries according to Nicola.

Over 70% of the country's berries are grown in the vicinity, so it's a great place to visit in the summer when they're being harvested.

For a free family-friendly day out Nicola recommends a visit to Morrinsville to check out a unique herd of cow sculptures.

There are 60 beautiful and quirky cows placed throughout the town and kids enjoy hunting for them.

She also recommends the Hauraki Rail Trail, which stretches from the Waikato to Coromandel. It's a grade one, great ride, and she suggests stopping at the mineral hot pools in Te Aroha to give your tired muscles a break.

#### Regular events a drawcard

There are pretty much events on all year round in Hamilton and its environs.

Arts festivals, Balloons over Waikato, New Zealand National Field Days, music events, boat and motorhome shows and lots of events on and off the water at Karapiro.

You'll find details on the Events Calendar on the Waikato NZ website: [www.waikatonz.com](http://www.waikatonz.com)

Details on Marram's Hamilton holiday homes can be found here: [www.marram.co.nz](http://www.marram.co.nz)

Now let's meet the people behind some of the more popular attractions in the Waikato.

Photos: Left from top: The Italian Renaissance garden in the Hamilton Gardens, one of many enclosed gardens that tell the story of human history; Balloons over Waikato festival has been a yearly event since 1999. This page clockwise from top: Morrinsville showcases a collection of 60 life sized cow sculptures; the popular Hamilton city River Trails are a popular activity; Ngarunui Beach in Raglan is popular with surfers. Photo credits: Hamilton and Waikato Tourism



# The home of Middle Earth

by Sue Burgin

**In the heart of the Waikato is where you'll find Hobbiton, one of New Zealand's largest international and domestic tourist attractions.**

More than half a million people a year visit this monument to Middle Earth just out of Matamata. "People grow up reading the books, then they watch the movies. It's a franchise that lives on and on," says General Manager, Shayne Forrest.

## Building Hobbiton

The 12-acre site is the largest movie set ever constructed in the world. Shayne Forrest says the original movie set for Lord of the Rings was built in 2002 and was only ever going to be temporary.

"But in 2008, director Peter Jackson returned asking to use the land again for The Hobbit movies.

"This time, we went into business together reconstructing the LOTR site as a permanent Hobbiton set."

## The Hobbits are gone – but their legacy remains

For the Hobbit trilogy only, the exteriors were used for the filming and interior shooting was done in studios elsewhere.

The interiors visitors explore today were designed by the original film designers, though, and are a very popular feature of the Hobbiton tours, according to Shayne.

A Hobbiton tour starts in Bagshot Row and finishes in the Green Dragon Inn, where visitors can relax with a genuine Hobbit Southfarthing brew.

The tour includes a coach ride from The Shire's Rest in Bagshot Road, Matamata, to Middle Earth, but once there, it's a walking tour that starts with a welcome from Director Peter Jackson, who shares a few behind-the-scenes secrets.

## Suitable for everyone

Shayne says tours are suitable for everyone, with carts that can be booked ahead for anyone with mobility issues.

The tours start every 10 minutes and operate in all weathers.

Hobbiton is open every day of the year except for Christmas Day.

Many special events are also hosted there, including Hobbit Day, Hobbit Christmas and a Hobbit Beer Festival. These special events do need to be booked 12 months in advance.

There's also a very popular lantern-lit evening Banquet Tour, which Shayne says is very special.

More information on booking your Hobbiton tour can be found at [www.hobbitontours.co.nz](http://www.hobbitontours.co.nz)

*Photos this page and right: Hobbiton is open every day of the year except Christmas Day. Photos supplied.*



# The best of East meets West in the middle of the Waikato

by Sue Burgin

**A**n award-winning tea from New Zealand's first and only tea estate in central Waikato is the result of ancient techniques working alongside new innovations, and something you really must see and taste while in the region.

Sen Kong, General Manager of Zealong Tea says they are now the largest internationally certified tea estate in the world.

"We know exactly what's in our teas. There are no additives, no residues, and no heavy metals."

## Neighbour's camellia sparks an idea

The Zealong tea story began 25 years ago when founder Vincent Chen spotted a flowering camellia in his neighbour's backyard and thought if camellia can do well in New Zealand, then maybe tea could too. Tea is a type of camellia.

This got Vincent thinking.

After all Waikato's extremely hot days, cold nights and often wet, misty conditions were not unlike the hotter, higher areas in Asia where tea is traditionally grown.

So, in 1996, he brought 1,500 cuttings to New Zealand, of which 130 survived quarantine.

## Learning as you go

Sen Kong says there was a lot of learning on the job in the early days.

"It was trial and error, a completely new venture for New Zealand, and Vincent wanted it to be certified organic and completely natural.

In 2010 the estate officially opened to the public.

"By mixing ancient techniques with new innovations, we are now producing 20 tonnes of tea a day. We also have a Tea Room now, famous for its high teas and tea tastings, and a world-class Camellia Restaurant run by a three Michelin star French chef, Jean-Baptiste Pilou."

## Oolong + New Zealand = Zealong

Zealong's Oolong teas are all hand-picked. Only the top three leaves on the bush are harvested, and harvesting takes place three times a year in November, January and March.

"We grow one cultivar of tea, but produce from the same cultivar many types of tea through careful processing and oxidation, including an oxidised green tea, a fully oxidised black tea, and three signature partially oxidised oolong teas."

He says these teas form Zealong's international award-winning "Origins" range.

"Broadening the range, our team uses these green, black, and oolong teas to form the foundations of our blends. We think that we have developed a flavour profile for everyone."

## It takes time to enjoy the full Zealong experience

Sen says you can easily spend two or three hours at the estate, taking a guided tour, tasting tea in the Tea Room overlooking the plantation, or maybe having lunch at the Camellia Restaurant. Booking is necessary, it's very popular.

He also advises a visit to the retail Tea Boutique, where you can learn about tea, taste it, learn how to prepare it and buy it to take home for friends and family.

Details about the guided tours can be found on [www.zealong.com](http://www.zealong.com)



## So how do you brew a good cup of tea?

Well, it's all about your preference according to Sen. Everyone has their preference so it's complicated. However, there are some non-negotiables:

- You must use high-quality water
- Boil it, then take it off the boil to cool slightly
- Preferably use loose-leaf tea
- Brew one to two minutes to taste
- Extract the tea leaves.
- With Zealong tea, one teaspoon of leaves can be reinfused up to eight times a day

So put the kettle on, reach for your favourite cup and enjoy.

*Photos previous page: Zealong Tea is the largest internationally certified organic tea estate in the world.*

*This page from top: Signature High Tea, with a selection of classic morning and afternoon tea delights, includes tea of your choice. Photo credits: [www.zealong.com](http://www.zealong.com).*



# Hampton Downs where dreams come true

By Sue Burgin

**If the smell of petrol spins your wheels then the Hampton Downs Motorsport Park in the Waikato is not to be missed.**

It's a real nuts and bolts racetrack with all the action and thrills you'd expect to find at an international racetrack, according to General Manager, Deborah Fluhler.

"There's something for everyone. You can choose to be a spectator or participate in various activities,

depending on your level of skill or whether you're a member."

## Tony Quinn's mark on the park

Hampton Downs is one of three motorsport parks in New Zealand, owned by Scotsman Tony Quinn who made his millions across the Tasman in Australia, and now owns motorsport facilities here and in Australia.

Outlook reported on his Central Otago Highlands Motorsport Park back in September 2022. He also owns the Taupō Motorsport Park.

Kiwi motor racing giants, Liam Lawson, Shane van Gisbergen and Marcus Armstrong, have all either come through Hampton Downs or are affiliated in some way.

## One of the best Go Kart tracks around

Deborah says one of the most popular activities with visitors is the Go Karts which operate Wednesday to Sunday every week.

You can drive one solo or choose to be a tandem passenger. You must be 10 years or older and be over 140 cm tall to drive a single Kart. Passengers for the Tandem Kart must be six years or older and over 120 cm tall with a driver of 16 years old or older.

The track is 530 metres long with five challenging corners and an exhilarating downward hill.

"It's a very cool outdoor track," Deborah says.

"It has very good terrain and is one of the best in New Zealand."

She says it's a great recreational activity for all to enjoy, operating within set health and safety parameters.

"Although it is not a race, each Kart is fitted with a transponder so we know who comes away with the best times, which should satisfy the need for speed."

## Other activities for visitors

The boss says the UDrive days are fun. They're held twice a month, usually on weekends. They involve you, with an instructor beside you, learning the art of driving a racing car, usually a Mustang or a Camaro.

Another option is a family track cruise, where you pay a fee and drive the circuit with friends and family, following a safety car.

The Wet Skid Pad is also a hit with visitors, offering legal boy racing, Deborah says.

Also highly recommended, Mad Mike's MADLAB and the Toyota Gazoo, a live racing workshop.

Mad Mike is a world-famous drifter who has many very cool cars on display and you'll find him next door to the Aoraki Café.

They make the best coffee in the country according to Deborah, "Hands on heart, it's the best coffee I've ever had," she says.

On some days the park may not be open for various visitor activities, but visitors are still welcome as spectators with plenty happening from race meetings to race car test days.

"We are a venue for hire so as long as it's not a closed private day you're welcome to pop in and watch," Deborah says.

For all the important information and prices go to [www.hamptondowns.com](http://www.hamptondowns.com)

**Enjoy 20% discount**  
off the Hampton Downs Go Kart experience.

Type in Marram20 when booking at [www.hamptondowns.com/experience/go-karts](http://www.hamptondowns.com/experience/go-karts) for a Go-Kart experience at Hampton Downs.

The promo code is valid for bookings made for a Wednesday, Thursday, or a Sunday.

T&C's apply.



Photo left: Go Karting is one of the most popular activities at Hampton Downs. Photo: Supplied.

# 'You just can't wipe the smile off people's faces'

by Sue Burgin

**C**ycling alongside the mighty Waikato River, enjoying the natural scenic beauty of New Zealand's longest awa on a well-oiled German e-bike, puts smiles on people's faces according to Dee Tairaki, who along with husband Dan, runs River Riders bike rentals.

Dee and Dan started with just a few bikes, a marquee, some beanbags, a trailer and three kids, beside the river at Ngāruawāhia seven years ago.

But today they have an 'off-grid' hub in the Hamilton Gardens, two smaller operations at Ngāruawāhia and Cambridge, stores in Hamilton and Botany, and seven kids.

According to Dee, those smiles and seeing how much people love the experience make all the hard work worthwhile.

## 65 km of cycling pleasure

The Te Awa cycleway runs from Karapiro in the south to Ngāruawāhia in the north, and is graded at levels one and two making it suitable for all ages and degrees of fitness.

"Just last week we had an 84-year-old on the cycleway, and she loved it," Dee says.

"Some can do it in four hours, others will fill a day, taking it easy and enjoying lots of coffee stops along the way. It all depends on your preference, where you start the ride from and what you want to do."

River Riders bikes can be picked up from hubs in Ngāruawāhia by the Squash Club, Hamilton Gardens and Hamilton Depot in Hamilton, and Cambridge.

The Te Awa trail is the longest continuous concrete trail in the country, and at three metres wide there's plenty of room for everyone.

## E-Bikes the way to go

Dee says the e-bikes are the wheels of choice for most river riders.

"We use Bosch, German e-bikes. They're high quality and a nice mid-range bike that offers a smoother and more authentic ride."

Training is offered to anyone wanting it before setting off, and riding with the electric power on or off is a choice.

There's also a full safety brief at the start of a ride and everyone is asked to download an app containing information about the cycleway, including the area's history and comfort stops and cafes along the way.

## Te Awa highlights

Ngāruawāhia, the home of the Māori Queen is one according to Dee.

She says the Tūrangawaewae marae is always a popular sight. There are Te Awa signs along the way where you can take photos, and the Peacocke Bridge near the Hamilton Gardens is also a popular sight. People enjoy checking out the velodrome in Cambridge and Lake Karapiro.

There are many fabulous cafés along the way including Punnet Eatery, between Hamilton and Cambridge with its café, shop, playground and delicious locally grown strawberries in summer.

"But simply riding alongside the awa is the best endorphin-inducing experience," she says.

Dee and Dan hope to have new night tours and a cultural tour taking in the history of the awa, an historical pā site and the Tūrangawaewae marae up and running very soon.

## Kaitiakitanga who care about sustainability

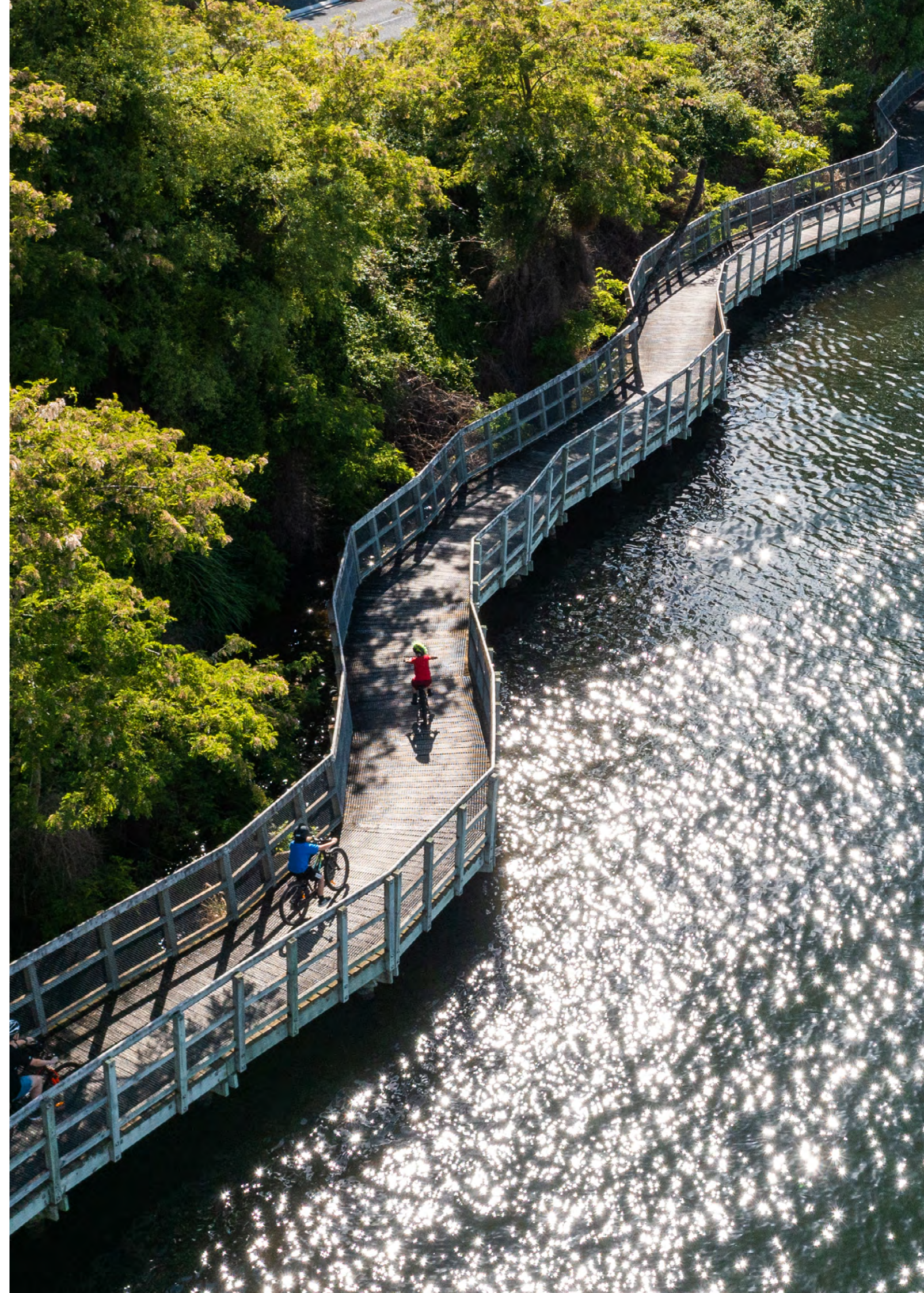
"After all there's nothing more eco-friendly than pedal power," Dee laughs.

"Our old bike tubes go to a group of women using them to create earrings and other jewellery, and we recycle all our scrap metal."

She says their off-the-grid hub in Hamilton Gardens runs on solar power, they collect rainwater and use an electric ute to shuttle small groups when necessary.

For more information on River Riders and the Te Awa cycleway, go to [www.riverriders.co.nz](http://www.riverriders.co.nz)

Photos left from top: The Awa River Ride includes trails Cambridge to Lake Karapiro; Hamilton to Cambridge. Photo credits: [www.riverriders.co.nz](http://www.riverriders.co.nz)  
Right: Te Awa River Ride, photo credit: Hamilton Waikato Tourism



# New discount to help you identify hearing issues early

**M**arram's teamed up with hearing specialists Resonate Health, to offer you a generous discount on their Ear360 holistic hearing health check.

We all know the importance of identifying hearing loss and dealing with it. Research outlined in a recent Outlook feature (Spring 24) painted a sobering picture of the connection between untreated hearing loss and many other health issues.

James Whittaker, founder of Resonate Health, says hearing loss can occur at any age, and monitoring your hearing regularly is vital to detecting changes early.

"Studies show early treatment for hearing loss reduces the risk of falls, combats social isolation, improves brain functions like memory, processing and attention span."

He says taking care of your hearing is a big deal, especially with a John Hopkins longitudinal study on hearing loss identifying it as the number one modifiable factor in preventing dementia.

## Breaking the cost barrier with a new way of doing things

Resonate's Ear360 ear check is a ground-breaking 10-point holistic hearing health map, the only such service offered in New Zealand.

James says Ear360 looks at more than just your hearing capabilities, creating a health profile that gives you the full picture, including the impact of hearing loss on your balance, memory, sleep and ability to understand words in background noise.

"You get the full picture allowing you to make informed decisions on the road to healthy ageing."

He says should you require additional support such as hearing devices, the Resonate's Unlimited subscription service offers you a new, more affordable way to access them along with ongoing hearing health checks.

For more details [www.resonatehealth.co.nz](http://www.resonatehealth.co.nz)

## Studios not clinics

The Resonate model of audiology was born of frustration James Whittaker says. After more than 10 years in the industry he decided enough was enough.

"People deserved a hearing health service that put them first and was transparent and available to everyone."

He says they prefer to call clinics studios, wanting the Resonate experience to be warm and welcoming.

"We're proud to offer New Zealand's only hearing aid subscription service, with no money down and no minimum terms or hidden costs."

There are 30 studios around the country and a new one in central Wellington due to open next month.

[www.resonatehealth.co.nz/studio-finder](http://www.resonatehealth.co.nz/studio-finder)

Details on the Marram discounted Resonate services can be found at [www.marram.co.nz](http://www.marram.co.nz) or see facing page.

Resonate Health discount offer – 50% off

# Get the full picture of your ear and hearing health.

At Marram, we understand the importance of your hearing health. That's why we've partnered with Resonate Health to bring you an exclusive deal!

For just \$49 Resonate is offering their 10-point holistic hearing health map, an innovative assessment designed to ensure your hearing is in top shape.

Together, Marram and Resonate Health are here to help you experience the best of life – loud and clear!

## Learn more or book your assessment

- **Visit online:** explore details about Resonate's services on Marram's Resonate Member's Page.
- **Call directly:** call 0800 737 662, mention you're with Marram, and their friendly team will take care of the rest.
- **Book online:** head to [resonatehealth.co.nz](http://resonatehealth.co.nz), and the discount will be automatically applied during your appointment.



# Show us your Summer

**W**e asked you to show us your Maram summer photos and you did, with a record number of entries submitted for the competition.

We thoroughly enjoyed them all, but in the end there could only be three winners and it was a tough decision for the judges.

You showed us so many facets of the great Kiwi summer, at beaches, lakes, in the bush and in your very own backyards. There were people, pets, back lawn barbies, stunning landscapes and all the good stuff that goes to make a great Kiwi summer. Thank you to everyone who entered.

## CONGRATULATIONS TO OUR THREE WINNERS:

Wade Burke, with his Raglan Magic Manu - dynamic action that represented some of the wild weather experienced around the country. Melvin Bautista, summer jump - beautifully captured, a great expression and we loved the scissor jump and the circular motion of the water droplets. Elhay Rui, Mt Ruapehu, my wife and I - what a great story, rugged up in the back of the ute with a cuppa watching the sunset (or rise) - a beautiful memory to hold on to. Well done to our winners - a gift voucher is coming your way.

On the next page, we've selected a range of summer pics that we felt was representational of a fun holiday season. We loved them all.



**Top line:** Candice Gerritsen, Whangamata; Alison Stubbington, Fun at Lake Rerewhakaaitu; Joanne Soutar, Juno, the miniature schnauzer's holiday vibes are in full 'chill' mode at Maram Hastings.  
**Second line:** Donella Harris, Bub in a tub; Carl Johnstone, Waitāreere Beach; Brooke Stanger, Awesome summer in Nelson.  
**Third line:** Thanu Gunarathna, Sunny days and sunflower vibes, soaking up the summer together; Ian Barnsdall, my beautiful Ruby, Cavalier King Charles enjoying the beach at Raglan. Carolyn Banks, having a blast behind the jet ski at beautiful Blue Lake.  
**Forth line:** Carla Duncan, Lake Tekapo Lupin Sunrise; Jasmine Akurangi, 'There is a playground, but we like this tree more, at our favourite Maram destination Ōhope'.

# YOUR AUTUMN WATCH LIST

## YELLOWSTONE - NETFLIX/NEON



Reviewed by Sue Burgin

There are so many reasons to love Yellowstone, and probably just as many to hate it.

It's a binger that sucks you in and doesn't let you go for five-plus seasons.

The actors are mostly credible and talented, the cinematography is brilliant and the setting stunning. But on the other hand, the plot sometimes moves into the realm of ridiculous, and the violence gets tiresome.

Big thumbs up to the scriptwriters though, the lines that spill from the mouths of characters like Beth Dutton are colourful and memorable, to say the least.

In fact, Bethisms are now a thing.

Yellowstone is the story of the Dutton family ranch in Big Sky State, Montana.

It's the story of a fight to the death to save the ranch, one of America's biggest, from being destroyed by out-of-state big-city fat cats looking to make money developing casinos and airports on ranch land, and eco-warriors who hate everything John Dutton and his family stand for.

But the side we're on for sure is the Duttons and their gang of specially branded, highly skilled and loyal cowboys, with a ragtag bunch of female disruptors or barrel riders thrown in the mix.

There's tragedy aplenty, there's a rogue son gone bad and there's death. Lots of death.

Kevin Costner is central to the Yellowstone story. He co-wrote it, directed it and played the central role. His famous understated, laconic personality was perfect in the role of rancher, John Dutton.

The standout performance though was from Kelly Reilly, the English actress who played Dutton's daughter Beth. She was evil, calculating and very smart. She also had a foul mouth and uncontrolled anger issues. Delightful you say? She really was.

The two Dutton sons, Jamie and Kayce, are opposites who have very different agendas and relationships with their father.

Then there's Rip, the biggest meanest cowboy of them all. As Beth's muse and fixer and bruiser for the Dutton family, Rip (Cole Hauser) is a firm favourite with Yellowstone fans.

Also central to the story, are America's First Nation people and their connection to the land.

It seems everyone including the cowboys and ranchers are fighting to save a way of life that is fast disappearing.

There's a lot to love about Yellowstone but don't get hooked if you're time-poor or have an aversion to cowboy justice, it just won't work for you.

Me? Hell yes! I'd absolutely go another six rounds.

## A COMPLETE UNKNOWN - THE BOB DYLAN MOVIE

Reviewed by Sue Burgin

Released just weeks ago and it's a ripper!

If the idea of a hungry young folk musician heading with guitar in hand, from Minnesota to New York City in 1961 to pay homage to his hero Woody Guthrie, and in the process ends up turning folk music on its head, then this is the film for you.

The title, A Complete Unknown, a line from perhaps Dylan's most famous song, Like a Rolling Stone, is perfect.

It speaks to almost everything about the movie, which leaves us with so many unanswered questions about the musical phenomena that is Bob Dylan.

I suspect I wasn't the only one who left the theatre and went straight to google to get answers to all the unanswered questions.

Questions like who did he write some of those iconic songs about?

Did he really just roll up, uninvited to Woody Guthrie's hospital bed?

No answers in the movie, but I'm fairly sure, after my post theatre research, Joan Baez, another American folk icon, was at the centre of Like a Rolling Stone, one of the great anthems of our age.

The movie alludes to their tempestuous on and offstage relationship, but gives no answers.

We know one thing for sure though, he certainly gave the big finger to folk music with the release of the Highway 61 Revisited album (best one ever in my humble opinion), but was it really as brutal as the movie suggests?

I guess I may never know. For now it remains 'a complete unknown.'

But one thing's for sure, this movie is a must see for all Bob's fans.



The music is fantastic, Timothée Chalamet's whimsical, elusive portrayal of Bob is surely worthy of an Oscar.

Director James Mangold, who also directed Walk the Line, the Johnny Cash story and the new Robbie Williams story, Better Man, has produced another music biopic that feels authentic and entertains.

It takes you back in time, immersing you in the music of one of the most influential artists of our time. Dylan rewrote the rules and endured, going on to win a Nobel Prize for literature, the only musician to do so.

Bob was the executive producer on the film and approved the script, so we can presume it wandered not too far from the truth. But did we know Dylan any better at the end of the film?

I don't think so - and that's probably the way it's meant to be.

As one Rotten Tomatoes commentator wrote - while this ballad of Bob Dylan might not get under the enigmatic artist's skin, it will make you feel like you've spent time in his company.



# From the Marram Kitchen

By Sue Burgin

Recipe courtesy of my favourite food blogger, Recipe Tin Eats.

Like Bubble and Squeak, Pigs in Blankets and Spotted Dick, English cuisine is rich in culinary masterpieces with strange names. Some not at all appealing until you put them to the taste test.

Toad in the Hole is one you might be reluctant to try until you realise just how downright delicious it is and how easy to throw together in the Marram holiday kitchen.

Like the famous Kiwi Pavlova, there's debate about the origin of the classic English dish, but it's widely accepted the dish was developed by lower-income families unable to afford meat back in the 18th century.

The Industrial Revolution changed how people worked, and unscrupulous employers exploited them, paying poor wages, and widening the gap between the rich and poor.

British families were forced to find different ways to make meals go further, and that included batter-based dishes like Toad in the Hole and Yorkshire Pudding.

These days though there's no wealth divide, Toad in the Hole has gone from a humble workingman's dish to being universally popular in Britain and abroad.

## Ingredients:

Thin pork or other sausages (thinner leaves more room for the batter to puff up around them).

## Batter:

4 or 5 eggs

- 1 cup plain flour
- ¾ cup milk
- ¼ cup water
- 1 tbsp mayonnaise
- ½ tsp salt
- pinch of pepper
- ¼ cup oil or beef dripping

## Onion Gravy

- 2 tbsp oil/dripping/butter
- 2 onions sliced
- 1 garlic clove
- 3 tbsp plain flour
- 2 cups beef stock
- ½ tsp Worcester sauce
- 1 tsp salt
- ½ tsp pepper

## Method:

Whisk batter ingredients together until smooth, then put in a jug in the refrigerator until needed.

Brown sausages all over in a frypan – remove from the heat while still raw inside.

Pre-heat oven to 200 C, put ¼ cup beef dripping into metal oven dish for 15 minutes until very hot.

Whisk cold batter again, then lay sausages in the dish taking care to keep them away from the sides and pour the batter in around them. Work quickly.

Bake 25 minutes on top shelf until sides puff up and turn golden brown.

Serve immediately with onion gravy.

To make the gravy, melt beef dripping in the pan the sausages were cooked in and brown up the onions. Add garlic, then flour and stir for a minute. Add beef stock slowly stirring continuously. Finally add Worcester sauce, salt and pepper. Stir for about 12 minutes until thickened.

## So, what does the Toad have to do with it?

The most common explanation is that the dish resembles toads peeking from a crevice made of crisp batter. In real life, toads poke their heads out of their underground nests looking for prey, which they then jump on and devour.

Anyhow, what is certain, is this is an easy dish to prepare and what's not to love about sausages, onions and gravy on a great big fluffy Yorkshire Pudding?

So go give that Marram holiday home kitchen a workout and send us a picture of the work of art you create. We'd love to see it.



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# HOT OFF THE PRESS

## Travel Tech

you didn't know you needed.

When it comes to travel and the tech you need to make the journey easier, Travel and Leisure magazine has done the hard work for you.

It's becoming increasingly difficult to move far these days without basic gadgets.

Marram provides WiFi in the holiday homes but when it comes to staying connected, the rest is up to you.

With their Twelve Best Travel Tech Accessories for 2024 list, Travel and Leisure have compiled a list of their favourite tech-related items to help you travel seamlessly.

<https://www.travelandleisure.com/travel-tips/cool-gadgets/essential-travel-tech-gear>



# Referral

## LOOK AFTER YOUR MATES!

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## Greytown

Watch this space! Coming soon, another home in the popular Greytown. So, keep an eye out in your emails for when it opens for bookings.

## MoleMap discount continues to save lives

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