

# the RISING FOUNDATION NEWS TERM ONE 2021

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Many Thanks

Hi everyone

It is hard to believe that school term 1 is behind us already!

As is normal for TRF we held a combined schools camp at YMCA Camp Adair Hunua to reinforce the learnings from our teaching during Term 1. The theme for the term and the camp was "Being Real" or "Being Genuine"



It was an absolute pleasure for me to briefly visit the camp and see the programme working first hand. The sense of teamwork, support and genuine caring of each student was awesome to see. To witness the more confident students helping and encouraging the less confident ones through challenging tasks was heartwarming. The visit certainly reinforced for me the effectiveness of our programme and the positive effect that true leadership and guidance has on our TRF whanau. Our TRF staff are truly inspirational and the help that we get in staging these camps from TRF JB Grads and various school staff members is very much appreciated by all.

On the 22nd March the Rotary Club of Half Moon Bay Inc. very kindly organised a charity golf day for TRF. What a spectacular day this was! Stephen Glading, Peter Bailey, Bruce Cracroft and their team organised a very special occasion for us with 40 teams playing a round of Ambrose Golf. The golf was followed by a well catered dinner and charity auction. We received the incredible sum of \$12,500 from the day and we remain very grateful to the Club and all of the organisers and participants for their most generous support.

I would like to personally acknowledge all the companies and individuals who contributed to this excellent event: Protecta Insurance, Airey Consultants, Mainstream Forwarders Ltd, Assurant, Finance Now, Bayley's Valuations Ltd, RSM NZ, Instant Finance, Just Hardwood Floors Ltd, TIMG NZ, Foodtech Solutions Ltd, Marie Raos (Ray White Ltd.), Martelli McKegg, Westprint Ltd, Dalton Electrical, UDC Finance, TF Group, Indie Assessing, Wilton Joubert Ltd, Malcolm Total Logistics, MetroEXP Ltd, Sureplan First Rescue and GFL Benchtops. Also a very special mention to AA Business Vehicle Solutions and Continental Car Services - Audi, who were the principal sponsors of the day.

You will be pleased to know that the TRF team finished in a very respectful third to last!

A fun day was had by all and the very generous spirit of all was evident in the auction bidding process.

Regards, Kia Kaha

*John*

John Bongard ONZM, CRSNZ  
Board Chairman, The Rising Foundation

Unlocking Your Potential

# Bodacious Ben

Kia Orana Tatou ka toa toa, Ko Benjamin Raapa Abela toku ingoa, ko Aitutaki, Cook Islands Ahau, Ko Papakura toku kainga Noho.

Hello everyone, My name is Benjamin Raapa Abela, My family is from Aitutaki, Cook Islands and I live in the beautiful town of Papakura. I am a young Pasifika creative from South Auckland.

I work as a receptionist at City Fitness and also work at Manurewa High School for The Southern Initiative, Auckland Council, as a facilitator for their Rangatahi YouthLab. I'm a freelance videographer and I'm part of a Hip Hop dance crew.

I did all my schooling in Papakura. From Edmund Hillary Primary School, Kelvin Road school, Mansell Senior School (Now Papakura Intermediate) and then ended at Papakura High School. I Attended AUT in 2015 and was a part of the first year of Uniprep, an amazing experience.

I initially went on to study Business for a year and a half, but decided to take a break then and discovered my passion for film, as I was traveling around with my dance crew. I returned to study and completed my Diploma in film at the SAE Institute and the rest is history.

I've been part of The Rising for 10 years, since I was in Year 10 at Papakura High School. It was still called Te Roopu Kakano back then, I transitioned into The Rising Foundation, completed the programme and became a JB Graduate in 2014.

I've been volunteering my time helping the team complete their vision for the camps. One of the Programme Coordinator's told me, that our role as JB Graduates, is to help enhance the experience of the students and that has stuck with me ever since. Just recently I've been blessed with a special role as the TRF Camp Videographer. I love volunteering in this role because it combines my passion for film and for the work of TRF.

TRF has been an important pillar in my life and still helps me in the things I do today. If it wasn't for all the insights and guidance throughout my time in The Rising, I wouldn't be in the position I'm in today. I still get guidance and learn a lot from volunteering as a JB Graduate.

TRF has helped me nurture the potential I had inside of me and because of that, I've bloomed in every sector of my life. From being a student to a leader and then back to a student! There is always room for improvement, but that's the best thing about it. I've learnt in TRF, that you can always reset and nurture the seeds that have been planted. I'm so grateful to be a part of such an amazing programme. TRF 4 LIFE!!

*Ben*



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Unlocking Your Potential

# REST & REFLECTION CAMP

Article by Gideon Rihari

Our first camp of each year, always serves a deeper purpose, in the lives of the students we select, than some of our larger scale (all school/joint school camps) are able to. The whole team is more available for them and they have fewer other students to share us with!

As the theme of the camp is Rest and Reflection, it provides a space and time where all attendees are encouraged to take a step back from themselves and truly reflect on their life, their growth and their future.

Summer R&R is more relaxed and deliberate in nature, as opposed to our traditional, more intensive and high energy TRF camps.

We have found that this style of camp suits some students better and serves as a reward for them. The smaller and more intimate environment created at Summer R&R enables students to drop their 'walls' and communicate freely with their Programme Coordinators on a deeper level.

The students chosen to attend camp are determined by the Coordinators, generally for one of three reasons:

**Firstly**, Summer R&R can be for students who come from whanau who don't usually get out, or struggle financially and are unable to provide cool opportunities for their children to experience.

**Secondly**, students who have shown outstanding commitment to the programme over the year, worked hard and been role models can earn a place on camp as a reward.

**Lastly**, Coordinators can specifically target students who are needing that extra attention or support.

Vision and goal planning are also key aspects of this camp. After unpacking the struggles and triumphs of the past year through our reflection workshops, discussions and debriefs, we formulate individual plans for these students.

It is also a time where we, as Coordinators, having spent our own time finalising our plans for the year, are able to plant those seeds that have inspired us, in the hearts and minds of the young people on camp.

The desired outcome of Summer R&R is that student's feel, cool, calm and collected as they step into the New Year. They have spent quality time in open discussion, reflecting and re-evaluating their direction. They have set new personal goals for themselves and they have been inspired with the vision their Coordinators have for their group. They then take this vision back to school with them and help bring it to life.



Just before descending into the caves with the Raglan Rock team and (Below) Exercising our artistic abilities and mimicking nature.

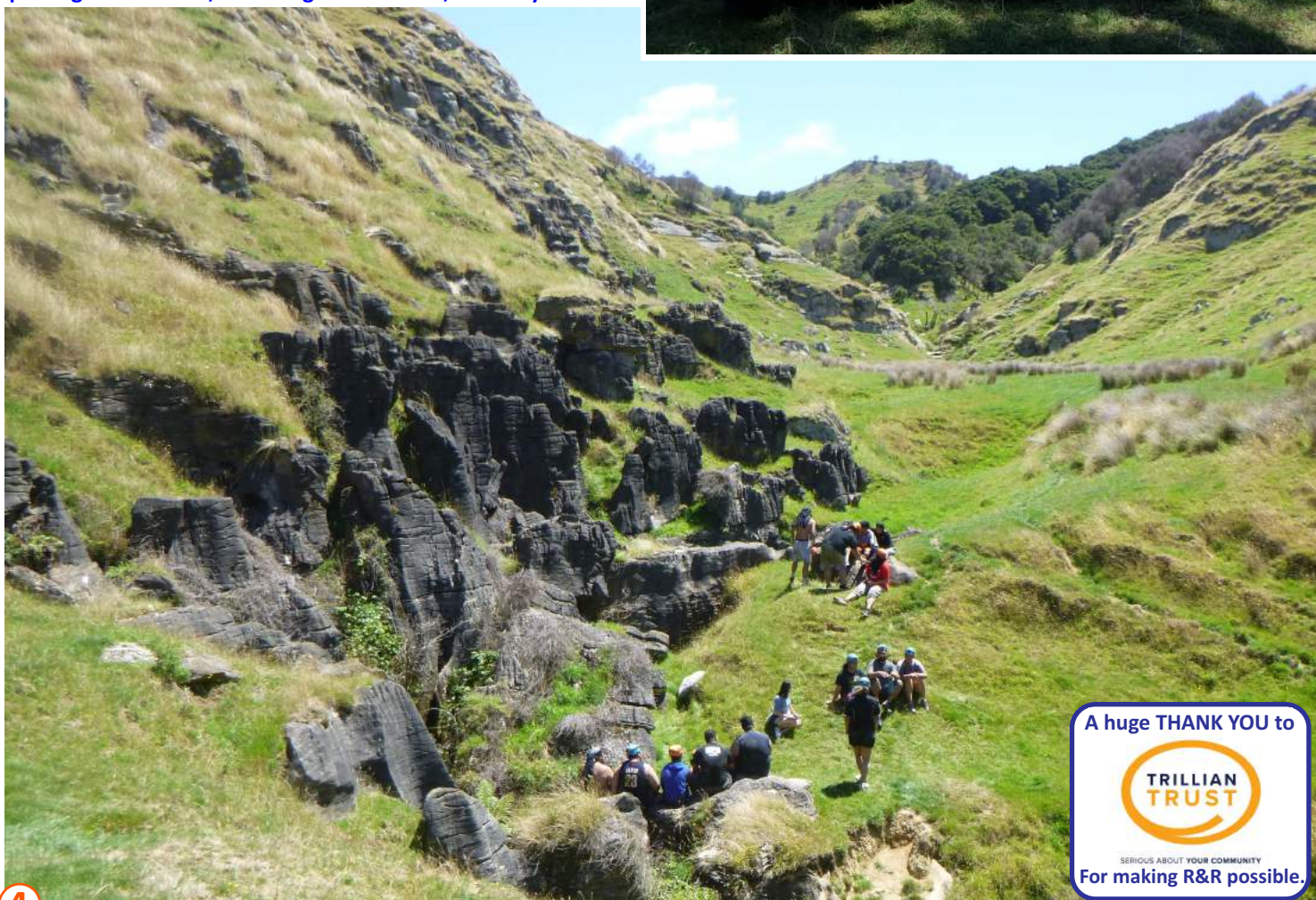


More from

R & R



'Getting away to get together' is one of the motto's of R&R Camp. Sometimes it's not until we are out of range of other forms of communication, when conversation is the only option and when we are in unfamiliar places with familiar people that we take the opportunity of opening up and letting others into our lives. This place of safety and trust is where our work comes alive. When a young person takes the risk of being themselves we take the privilege and honour, of sharing that treasure, seriously.



A huge THANK YOU to



SERIOUS ABOUT YOUR COMMUNITY  
For making R&R possible.

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Unlocking Your Potential

**Drowning  
Prevention  
Auckland**



# TRF - IN AT THE DEEP END

In order to ensure that our students are safe, The Rising Foundation team need to make sure our skills and qualifications are up to date and in line with industry standards. As an important part of this process, we are constantly seeking ways to build our capacity and maintain our competencies.

Drowning Prevention Auckland run an excellent two day Coastal Awareness programme - and having survived this course, we can confidently say that it is one of the most comprehensive and challenging, professional development experiences we have completed.

The photo below was taken following the first set of challenges, learning a variety of water entry methods, survival flotation skills, water rescue techniques and personal tips for water safety and orientation following water entry. This was already out of the comfort zone of a number of our group, but our cheerful and capable instructors, Tom and Brittany, did an admirable job of keeping us alive and happily doing all kinds of things we would normally run a mile to avoid doing! Our time in the pools turned out to just be the warm up! Next came the drive out to the Bethells Beach Surf Lifesaving Club where a whole new set of 'trauma inducing' aquatic activities took place!



Unlocking Your Potential



The team in our coastal survival gear. Not feeling as confident as we look!

Away from the relative safety of the pool we were introduced to the power and unpredictability of the ocean surf environment - first between the flags at Bethel's Beach and then we were taken to a tidal gully called 'The Gut' a channel of rough rocks and strong surging waves.

There we took turn at leaping into the white water and clambering back onto the rocks and then worked together to keep safe and afloat in this extreme and dynamic environment.

All of us had moments of genuine terror and we took our own medicine because we often tell our students to "feel the fear and do it anyway!" so it was only fair that we practice what we preach.

We want to extend our special thanks to the team at Drowning Prevention Auckland for their highly professional and informative course. The venues, training materials and equipment were all first class and despite a wide range of skills and experience on the team, they were able to give us all the training we needed to make us safer in the water, both as individuals and as group leaders for our precious students.

Its fair to say that we all came away from the Coastal Awareness Course with a newfound respect for the ocean and a greater appreciation for the risks and challenges that Surf Lifesavers face each time they serve the community.



After a day in 'The Gut' at Bethells Beach, even our most confident swimmers gained a new respect for, and awareness of the power and unpredictability of the ocean.



A walking tour of the area gave us the opportunity to survey the tidal movements and see where rips and other potential hazards could be expected.

# TRANSITION 2

meaningful work for our rising generation

## 200 Licences!

Yes! Since the establishment of the Transition 2 Service in 2019, we have supported our students to gain 200 Drivers Licences! This is a milestone we want to celebrate and share with you all! We are proud to add, that many licence holders have gained more than one licence throughout their journey with us too!

To the Transition 2 Team, this means much more than a number for the books or a statistic for our funders, it means that more young people are empowered and equipped to be safe and better drivers. It enables better employment opportunities, it avoids legal issues for students driving without licences, it helps support 200 families who haven't had to find the money to cover substantial licence costs and it encourages a young person's independence and maturity! A win for them, is a win for us and a win for the community. Congratulations team!

## A great start for Lio

The Rising Foundation plays a huge part in why I am the strong Wahine Toa I am today. They helped me unlock leadership potential I did not know I had. If "I've got your back" was a person, it would be The Rising Foundation team, because they've supported me all the way!

TRF helped me get my learners and restricted licence and encouraged me to try for my new job as a Junior Receptionist here at WPP in the Auckland CBD.

It's been awesome here, everyone is so supportive and friendly which makes my job 10 times better. I've been learning to be well aware of what's happening, which clients are coming in for meetings and who are they meeting with. I have to be prepared for unexpected requests.

I've been learning about the different companies that work in this building and what they do. So yeah it is pretty full on, but such a positive and safe working environment.

I am super grateful to be part of an inspirational and helpful organisation and I'm glad my younger siblings chose to join The Rising too, so they can experience the benefits I got as a school student and receive the support they need after graduating.



## Saiatua's work experience

During my work placement at Theta, the simple things made the most impact. I had never caught trains and buses on my own before, so that was a big experience before I even got to work! I really appreciated how our employers were so helpful, reassuring and knowledgeable. Another young person was on the placement with me and now we are the best of mates, we relied on each other a lot and that really made my experience enjoyable.

I learned some of the internal systems are essential for the company. I was given the task of creating a product billing process map, so I learnt how to collate resources to complete that task. This opened my eyes to the many groups of people that contribute to completing the process. I also learnt about rate scales and increases.

I would 100% recommend this programme, because of the effort they put into making sure you make the most out of the experience. As well as the many workshops that they provide, you get work experience that is productive and give you a sense of purpose when considering the career you aspire to.

We work hard behind the scenes to raise the running costs of our excellent programme. Will you partner with us?

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Unlocking Your Potential



June Westerlund

#peopleoftrf

## PEOPLE OF TRF

The Rising Foundation is a strong support system for myself and my Whānau. I love that they accept you for who you are no matter your background. TRF is a safe space to me because everyone is treated like family. During the first Lockdown The Rising Foundation was one of the biggest reasons why our families were able to provide without having to worry about going out to the markets.

My time here in TRF has taught me to be real not only with myself but also with those who surround me. TRF has helped me unlock my full potential and to treasure every moment.



#peopleoftrf

#peopleoftrf

“People of TRF” provides a way for our students to speak for themselves. There’s only so much we can say to tell the world that our programme transforms young lives and makes a genuine difference on many levels. When we opened this door to our social media platforms, our students responded enthusiastically and they always speak from the heart. Every one of our students are stars and once you take the time to get to know them, they shine even brighter and remind us every day of the value and need for our work in South Auckland communities.

# REAL / GENUINE

Being ‘real’ is a major challenge in the world our students are exposed to. There’s always another fake person telling us to change something about ourselves or buy a particular product in order to fit in, or stand out, or be acceptable. When fake becomes normal and hiding our true selves seems like the only way to stay safe. It’s no wonder that our young people feel misunderstood or overlooked.

We wear a mask for self-protection, only to discover that people are interacting with the mask and never getting to know the person behind it. This self-imposed isolation, this pretense that now must be maintained, becomes a huge burden in itself and impacts on our wellbeing on many levels. The question deep inside becomes: “If you only know who I pretend to be, how can I be sure that you can really love me?”

The task and joy of our team in teaching this vital theme, is first to help our students acknowledge the mask that they are wearing and the fear that led them to hide behind it in the first place. Then the challenge is in discovering the real person behind the mask and giving our young people the courage to present themselves, ‘warts and all’ to the world with confidence.

Living a lie takes lots of effort and energy. Energy they need for their own development and growth as scholars and as people. Learning to be real is a hugely freeing process and one that even some adults haven’t grasped. Many of us go through life managing a degree of pretense, feeling like fakes or frauds in our jobs or our relationships.

At TRF it is our pleasure to catch this trend early and avoid years of insecurity and confusion for our students as they transition into adulthood.

In knowing themselves and being comfortable to take their ‘whole selves’ into life and work, our students gain a solid emotional foundation for choosing the path ahead that fits them best and in taking new opportunities with confidence.



**Wearing a mask is ‘safer’, but lonlier.**

# KEEPING IT REAL!

Definitely one of our best camps ever! It had a life of its own.

Article by Aviata Tanielu



Our Term 1 REAL Camp was always going to be a heavily loaded camp. The preparations leading up to camp required some of the most intensive planning and content discussions I've experienced as a Programme Coordinator. Everything from weekly corporate meetings, to individual conversations with students created the perfect atmosphere in preparation for camp. Everybody turned up ready.

At YMCA Camp Adair, the different adventure activities gave our students the opportunity to face real life fears and press through them. These activities allowed our students to face themselves and experience new things and the congratulatory responses that followed from their team mates were voiced in classic TRF style - loud and proud!

Our TRF workshops were a massive highlight for students and staff alike. In our planning and preparation Jordan, Ted and I intentionally fashioned these workshops to reflect the "old school TRF" style of teaching, a sort of reintroduction into what it means to be real, TRF style. Wholehearted and straightforward. Living with courage.



Having fun and listening to instructions, Teams are highly competitive at camp.



Mr Europa one of our helpers from the teaching staff at Sir Edmund Hillary Collegiate, getting to know the students in a whole new way.



The strength of the individual and the power of the group.



The mud run sing off!

The Music, Dance, Haka, Mask and Letter workshops gave our students the opportunity to explore what it means to be 'real' from spiritual, physical, cultural, emotional and mental perspectives. Needless to say, the experiences shared between school students and staff were definitely full of "Classic TRF" vibes.

In hindsight of all the late night debriefs, the laughing and crying, the early mornings and the many 'Kodak moments', all made the extensive planning of this camp worthwhile.

It's safe to say that all our expectations for this camp were exceeded. The engagement and response of the students went beyond anything we could have hoped for.

The positive physical, mental and emotional breakthroughs experienced by our students have continued to echo into Term 2. Real camp has proven to be the best kick-start to the year for our TRF school groups and was a very positive lead up to our next theme for Term 2: **Vision**.



We loved the new mountain biking track.



Everyone knows that mud is good for the skin!



Big challenges but always safe challenges .



Gideon Rihari our Programme Coordinator from Rosehill College ran our Haka Workshop.



Rieken from Sir Edmund Hillary Collegiate



If you still can't see the huge potential in our young people, maybe you just need to take a closer look?



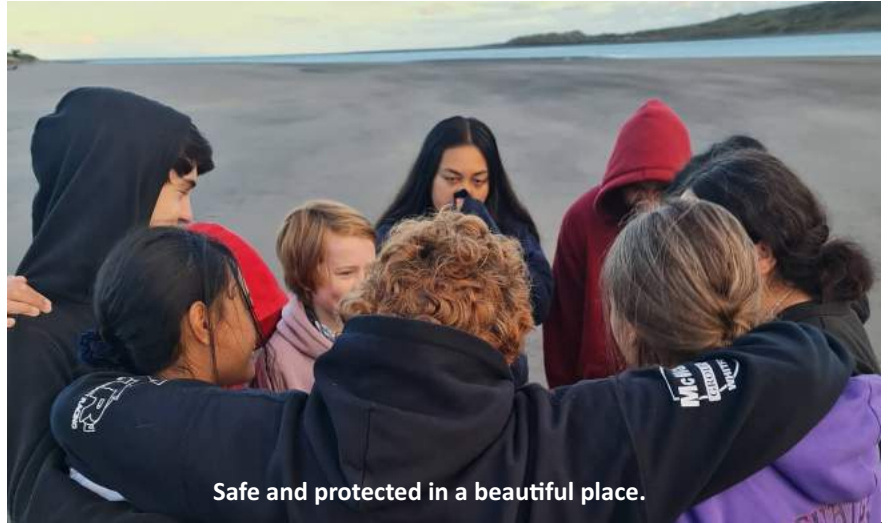
Emma from Papakura High

The powerful combination of extreme adventure activities and deeply challenging life skills workshops builds self-reputation, courage and confidence. All vital ingredients of identity acquisition and the healthy transition into adulthood.

# REAL FOR ROSEHILL

Our Coordinators have the freedom and autonomy to follow their instincts and decide what will suit their cohort the best. Gideon and Shani felt that they needed to take their group off for a solo school camp in order to build unity and cohesion between their Seniors and Juniors. Building on the REAL Camp themes, the group enjoyed this especially deep, bonding time, back in familiar surroundings at Raglan.

It took a huge effort for the majority of our team to complete back to back camps, but the growth and closeness in the Rosehill College group now, is proof that this special camp was necessary and worthwhile.



Safe and protected in a beautiful place.



Aviata travelled down to teach his singing workshop.

## THE FOUR PILLARS OF TRF

### INSIGHT

**(Thinking Systems)**  
The ability to extract, grasp and internalise principles, develop higher moral reasoning and mature in emotionally healthy ways.



### SYNERGY

**(Collaboration)**  
The ability to function well within an established group while maintaining the identity and purpose of each individual.



### INTEGRITY

**(Accurate Representation)**  
The ability to put values and principles into practice consistently and wholeheartedly in our daily life.



### CREATIVITY

**(Innovation)**  
The ability to continually develop new ways to express our values and principles for the benefit of ourselves and our community.



# THE PARTING SHOT

The Rising Foundation is all about prevention. We have taken the time and done the research to deconstruct the root causes of many of the emotional and social traps that young adults fall into.

We catch those habits and choices 'downstream' and the money we invest to **avoid** those devastating traps is a fraction of what the country spends on similar young people after they have fallen into them. Our kind sponsors, like the **Rotary Club of Half Moon Bay Inc.**, recognise a valid cause when they see one.



Stephen Glading, Peter Bailey, Irena Giles, Ian Thomsen, Brenda Stuart, John and Diane



John and Diane with 'guest professional' Paul Brockett and Alex our GM for moral support.

## A Community of Friends of TRF

The Rising Foundation would like to acknowledge all Sponsors, Philanthropic Trusts, Corporate Businesses, Individuals, Local Businesses, School Trustees, Principals, School Staff, Families and our Community Trusts who sponsor students or have helped us to expand our work. Our comprehensive programme has been running since 2009 and in that time we have seen close to 2000 students and their families benefit from our work across the wider Auckland area. Without your generous support and collaboration none of this would be possible.

**Thank you for choosing to support The Rising Foundation; we all truly appreciate it.**

## MAJOR SPONSORS



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