

HI EVERYONE !

What an amazing fundraiser our night at Alexandra Park was!

Later in the newsletter we have a run down on the night and acknowledgment of our awesome sponsors and supporters.

Given the current state of the New Zealand economy it is a testimony to our loyal supporters that we were still able to hold a successful night and raise in excess of \$70,000.

I would like to acknowledge a very important group of supporters that don't usually get a mention. These wonderful people are friends and family that turn up every year, buy tables to share with their friends and bid aggressively for our live auction and silent auction prizes. Without your support the night would not be a success. Thank you to each and every one of you.

I also want to acknowledge the tireless work and support that Diane, Donna and Kay Spencer put in to making the evening the success that it was.

Support from our staff and students is also very much appreciated and they always reflect positively what The Rising Foundation stands for and why we remain determined to keep our programme going forward in a healthy position.

We have already had confirmation from the Auckland Trotting Club that they are happy for us to hold the event next year, so hopefully we will see you all along again on the night.

It was also a pleasure for us to be able to officially launch The Gem Journey Family Pack. Truly a story that changes lives! This is a resource that involves the whole family and guides you on a journey of emotional discovery. Basically, if you are honest with yourself, your children will be honest with you. If you open up to them, they will open up to you. If you don't judge or blame, they will feel safe to get the most from the journey.

We have an introductory offer of \$169 per pack for this excellent programme and if you need more details or have questions please contact Alex our General Manager by email on info@thegemjourney.co.nz

Regards
John



John Bongard - ONZM CRSNZ
Board Chairman, The Rising Foundation

the RISING FOUNDATION



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JOY-C

JEL-C



WESTERLUND
S I S T E R S

FEATURED STUDENTS

Talofa lava, o lo'u igoa o Jel-C Ula Westerlund, e sefulu lima o'u tausaga. Sa ou fanau ma ola a'e i Niu Sila nei. O lo'u tama e sau mai i atumotu o Samoa ma Niue. O lo'u tina e sau mai i atumotu o Samoa, fisi, ma Aitutaki. O lo'u Tama e sau mai alalafaga o Aleisa, Vaiusu, Vaipuga, ma Falelima i Samoa i sisifo. O lo'u Tina e sau mai i alalafaga o Vaimoso ma Lano mai Samoa i sisifo, ma malaaloa ma Leone i Amerika Samoa. I le pa'epe'e o lo'u tino, oute fia fa'ailoa ai o lo'u pito Siamani, Seuteselani, ma le Saina. Oute aoga i le aoga maua luga o Manurewa i le vasega sefulu ma le tasi. Sa ou auai i le polokalame lea o le Rising Foundation i le lua afi luasefulu ma le tasi. O le mafuaga oute fiafia ai i le polokalame lea, ona e tele mea taua sa ou aoao ina mai lai, e fa'apea fo'i ona ave'a mo se avanoa fa'asao mo a'u.

Hi my name is Jel-C Ula Westerlund and I am 15 years of age, born and raised in South Auckland, New Zealand. My dad is of Samoan, German, Switzerland, and Niuean decent. My mum on the other hand is of Samoan, Cook Island, Chinese and Fijian decent. I am currently a Year 11 student at Manurewa High School and have been in The Rising Foundation since Year 9. What I love about TRF are the weekly meetings we have each term, because we are taught so much knowledge that you'd hardly hear elsewhere, but also how it has become a safeplace which I feel is really nice.

My twin sister and I joined the programme through our older sister June. She had taken us to one of the meetings which at the time the theme was 'Being Real'. That meeting really inspired me to stick with the programme especially how Jordan spoke about the term theme, from the close bond everyone had. I also had a feeling that the programme had been a good thing for me and it definitely has and still is. I think The Rising Foundation is really beneficial for youth like myself. The life-long lessons allow me to understand more than just the surface of things like purpose, attitude, gratitude, etc. I guess being able to understand things like this at a young age, gives me a headstart or prepares me for the near and far future.

I am beyond thankful for the support TRF provides for so many including me and my family. School wise, TRF has been a reminder to strive for excellence in my assessments, but also with the thought of wanting to come to school for the weekly meetings has also allowed me to go to my classes and keep my attendance to a high standard. TRF has not only supported me and my sisters in school but also outside of school personally, and I'm sure many others can relate. Anytime there was need they'd provide food parcels from Kiwi Harvest for our family, and even with events we'd have outside of school, Jordan and Maia would try to make time to come out and support my sisters and I. Also, with the recent loss of our dad, TRF has been one of the many support we had through this and I've seen it with all the other staff. To be able to come out and support their students is such a big thing for so many of us, and I know that it's their job to, but it goes to show that they are such big advocates for the wellbeing of youth both physically and mentally, and just how much love and care they have towards their students.

Advice I would give new students to TRF is to take in every opportunity TRF has to offer and like Jordan would say 'to take in all that knowledge that you've learnt and apply it to your life'. Because the things you learn in The Rising you probably will never learn anywhere else, and it would only be of good use if you apply it to your life. I would also advise you to stay with the programme because no matter how you've ended up in The Rising, you were chosen to be in this programme so just use it to your advantage as it does help you and just be committed to coming to the meetings because it really does change you. I wouldn't know where I'd be today if not for TRF.

My deepest gratitude and respect is for The Rising Foundation and I'm forever blessed to be a part of such an amazing programme, and also for being a part of how I've become the person I am today. Fa'afetai mo lea nei avanoa. Ia manuia tele lava le Atua.

Jel-C Ula Westerlund

みなさん こんにちは。
わたしの なまえは Joy-C Moana Westerlund です。十五 さい です。さも
あじん です でも にゅじらんど から きました。
わたしはこうこういちねんせい です。わたしわ がくせいに
Manurewa こうこう に ならっています。

Konnichiwa. My name is Joy-C Moana Westerlund, I'm Samoan but born and raised in New Zealand. I'm a Year 11 attending Manurewa High School and I joined The Rising Foundation in 2021 when I was a Year 9. One of my favourite things about TRF is that I'm proud to call them my family.

For those who aren't in the programme, most kids would think TRF as the 'cool kids club', I never had the chance to think like that since I joined in the beginning of 2021, but really it's just The Rising Foundation, cool, yeah, more like awesome. I think TRF is a once in a lifetime opportunity because while other kids are playing rugby on the field, on their phones and walking around school during lunchtime, the students in TRF would be sacrificing our time to learn what our co-ordinator has to give. Although I haven't got my licence nor a job, the smiles that other kids receive after accomplishing such achievements through The Rising now that to me is cool. Family, the laughter and bond that we get to share with each other showing up and feeling as if we're at home, now that's a gold medal for being in TRF. Not many kids nowadays can express such emotions, TRF always has your back and that's family.

Being more confident in socialising, talking and being me. Not gonna lie, if I hadn't joined The Rising Foundation I would be walking around school as a loner, if not, I'd be influenced by the negative impacts of other students. It has helped me with an open hand and I'm sure others can relate. Academically I would say that you got this, but you need mental support while you're at it, and that's what Jordan, my co-ordinator, has helped me get through. Being a leader to yourself comes first before leading others, and that's how I'm able to be where I am today. With the loss of my father, TRF has provided for my family, they supported us in many ways possible and I'll forever be grateful.

'One of the greatest blessings in life is when you become a blessing to someone else.' I really can't express my utmost gratitude towards The Rising, I'm just so blessed to have a family like them. To the new students of TRF, don't let anything shake you, because with TRF by your side nothing will stand in the way of your pathway. Just know that TRF is a once in a lifetime opportunity, so take it.

Joy-C Moana Westerlund

Kia Ora, my name is June-Marie Westerlund and I am 17 Years of age. I descend from the islands of Samoa and Aitutaki from my mother's side and German, Switzerland and Niuean also run through my blood from my father's side. I am currently a Year 12 student attending Manurewa High and I've been in The Rising Foundation since the first day of Year 9.

I have many highlights about being in this programme but a few of my favourite things is how staff and students welcome newcomers into the programme's space and the way the staff care deeply about our futures and what we dream to be. Also the many camps/trips we get to attend, but most importantly the lifelong lessons that we're being taught about by our coordinators. I think of TRF as one of the best parts about High School and I can honestly say, that I am proud to say so.

The Rising Foundation has helped me understand that there is more to life than meets the eye. Through TRF, I was able to get my licence, attend many memorable camps, learn about lifelong knowledge that is not being taught in school and I was given the opportunity to travel across the world to Hawaii with some of my peers in TRF.

The Rising Foundation has had a massive impact not only in my life but also in my family, especially my twin sisters who are also a part of this programme. They've come to play a massive part in my life and I'm not just saying this because it's true but because I have the utmost respect for this programme, the staff and especially the coordinators. During my dad's funeral I was surprised to see my PC Jordan and T2 coordinator Maia arriving at our place with boxes of goods that Papakura's PC Eddie had provided for my family. I've seen many blessings come through for me during my years of being in this programme, but it was during that time of my life that I came to realise how much more the staff care, love and adore their students. No words will ever amount to how grateful I am for this programme, because being a part of it is a true blessing.

Having a place to go is home.
Having people to love is a family.
But having both is a blessing.
Make your days in TRF worth remembering.

To The Rising Foundation - without knowing, you've helped mold me into the person I am today, with all the life lessons of being a young adult, and the opportunities and knowledge that has been bestowed upon the students of TRF. Keep being a blessing, for I'm not the only student you've helped mold. I'm so proud of what you all have done and continue to do for this generation and generations ahead.

June-Marie Westerlund



PURPOSE

CREATIVITY

Our theme for last term was Purpose. Finding our sense of purpose in life is one of those tricky and illusive things. But during the adolescent years, it is a vital, personal quest for each of our students. Discovering why we are here takes reflection and clear thinking because our purpose is an expression of our identity.

We believe that when our lives, our work and our direction truly utilise all the facets that make us unique, we have found our purpose. A sense of purpose makes our lives significant because it empowers us to give more of ourselves into the areas that inspire and fulfil us, to look beyond our own self-interest and genuinely meet the needs of others.

The need to get clarity about our purpose takes on a new urgency as we near the end of High School. This is because we see a growing number of young people in our communities falling into an aimless vacuum of unemployment, dead-end jobs or crime after school and we believe that this can often be linked to the failure to cultivate a sense of purpose.

The more we can understand our identity and purpose in our teenage years, the better equipped we will be to make the big, important decisions in life, career and long-term relationships that are required of us once we enter the adult world.

Once we have worked out who we are and why we are here, what we do becomes less of an issue. Because we are not defined by what we do, we become more resourceful and flexible; this leads to resilience, agility and confidence in life. Our students quickly grasp the importance of finding their purpose and this in turn helps to influence subject choices at school and career pathway preferences further on.

How about you dear reader? Is this your time to remember why you are here, and live on Purpose?



TRF DRIVE

moving our future

Statistics

TRF DRIVE Licences to date:	423
LEARNERS	243
RESTRICTED	125
FULL	55
2023 PASS PERCENTAGE	97 %

TERM 3 PASSES

Learners

Licence passes:

Shyra Vui
Marwan Dbaliz
Kayla Moana
Taniora Moana
Saybein Holland
Daniel Papal'ii
Razak Holland
Kasanita Matekuolava

Restricted

Licence passes:

Arasi Tuiolemotu
Joshua Ma'u
George Critchon

Full

Licence passes:

Tatiana O'Keeffe
Kaati Paraha
Kohéleti Setefano
Rotita Merikata
Ngahuia Tipu
Waimihi Upward Simeon



TRANSITION2
meaningful work for our rising generation

5

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AUT & UOA Open Day

Students from Papakura and Manurewa High came along to check out both Universities Open Days. We visited the Business, Teaching and Law faculties. Two students from the trip have both been provisionally accepted into AUT and UOA! Well done ladies.

CV Workshops

Held at Manurewa and Pukekohe High School during the term. As the winter sporting season ends, students need part-time work through the Christmas school holidays. We want to acknowledge all our students still in school and holding down a part-time job throughout the year!

Manurewa High & TSI:

Tech Yourself Before You Wreck Yourself Wananga

The 10-week wananga with our partners, Manurewa High School and Taiwhanga Rangatahi each Wednesday at the TRF Embassy. We have 25 students on average attending each week, the majority being junior students. The initial design of the wananga was open to all MHS students, but nearly all these numbers are from TRF Manurewa High. Each week has been hosted by a range of tech companies:

- GameTan
- DataCom
- Mission Ready HQ
- Spark (Maori and Pacific Representatives)

Motat hosted our students, showing the evolution of devices, phones and communication in general. Students are learning a vast range of roles in the industry and hearing more career stories from employees. Many employees who presented to the students did not see themselves entering tech careers. Relatability has been a recurring theme, where rangatahi are attracted to the storytelling components of the day.

New Zealand School of Tourism Visit

Three of our students that we took to this trip are interested in enrolling to the institute following the Open Day Interactive workshops and tours of the day showing the facilities.



Aloha e te whanau, TRF is coming at you from an international lens- and if you didn't catch the hint, we're talking about Hawaii.

On September 17th, eight young wahine toa and six supervising staff embarked on a journey from Auckland to Hawaii for a week. Each of the wahine toa had been chosen for their commitment and contribution to the programme as young leaders and were chosen as the best candidates to represent TRF, their families and themselves within the cultural exchange.

Travel within any regard shapes the way we see the world and it can be easy to think you know it all with the amount of videos and photos we see on social media platforms. This trip was special in the way where the girls were able to experience a glimpse of authentic Hawaiian culture and not just the instagram worthy views.

The girls got to mix and mingle with the NZ Consulate and meet our brothers and sisters from the Sea Cleaners, amongst the crew we caught up with an old TRF Rosehill student. We met people from all walks of life (an old married couple, a local ex-cop, a chiropractor and so many more) volunteering their time at the food bank for the people of Maui. We travelled out of the city and into the country to the Kalo (Taro) plantation, where we met our passionate Hawaiian Auntie, who is trying to revive the traditional means of growing kai. We were hosted by our Outrigger BeachComber staff who brought in powerful speakers who shared the wisdom they've gained in life. From business owners to hotel managers to a famous volleyball coach, the girls got an insight into first hand experiences of some powerful people. We even got an opportunity from that volleyball coach to go watch their game that Friday and had an impromptu meet and greet with the women's team. We caught a glimpse of the Hawaiian language immersion school which were modeled after our Kura Koupapa here in Aotearoa. The girls also went to Iolani Palace and the Bishop Museum which not only held an abundance of artifacts that speak of their history, but spoke so much to the pride and love they have for their culture. Throughout the week we learnt, laughed and created so many memories to last a lifetime.



One of my highlights was seeing how the girls' dynamic flourished. The girls brought an energy that became contagious to the point where guests of the hotel would stop and chat in the elevator about how lively the girls were and how much fun they looked like they were having. The kind of sisterhood they've created is something we hope everyone gets to experience, especially since these are the experiences that create lifelong friendships.

Such a trip could not be done with a few but many and so this is my attempt to thank as many as I can. Thank you Hawaiian Airlines, Rusty, Denise, Debby, Manako and the Kokua team for giving such an amazing opportunity to our girls. We hope we take every lesson you've taught and kindness you've shown and pay it forward in some way, shape or form. The amount of humility and grace you've given has made us grateful beyond words. Thank you to the NZ Police Raj, Grace, Nadine and Tineke for accompanying us on the trip, offering additional support and getting to know our girls, we learnt so many things from you all, the little things that came naturally to you were some of my biggest lessons.



A HUGE THANK YOU TO
HAWAIIAN AIRLINES
FOR MAKING THIS
TRIP POSSIBLE.



HAWAIIAN
AIRLINES



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Thank you to Dustin of EC Hawaii for being an amazing chauffeur and enriching our experience with your knowledge about Hawaiian culture. If you are ever in need of a chauffeur we highly recommend EC Hawaii. Thank you to the loving Outrigger Waikiki team for going above and beyond, ensuring that we were comfortable and embracing the girls unconditionally, cackles and all. We'd also like to thank Tabs on Travel Ltd, The company of Zurich and NZME for the support you've given to create this experience. Also a special little shout out to Ada for just being the best! Lastly I want to thank Wendy, Maia and

Tiare. I'm always proud to work with people I consider sisters and within every step of the journey they have been the absolute best. No amount of articulation could express our gratitude and we understand it takes so many people to pull together a trip for such a small group. We're blessed to have been the group you've all chosen to put your mahi and energy into.

Our innate ability to connect as people is what brings travel to life, whether we cross paths again or not, the moments we experienced in Hawaii will resonate for a lifetime. Any traveller will tell you the people you meet on your journey will change you. They weren't wrong and you don't fully understand until you're living it. This is the Wahine Toa 2023 Hawaii Excursion signing off, Mahalo!





SERIOUS ABOUT YOUR COMMUNITY

A HUGE **THANK YOU** TO
TRILLIAN TRUST FOR
MAKING THIS
CAMP POSSIBLE.

ALL SCHOOLS PURPOSE CAMP 2023



This was TRF's largest camp to date, we had a total of 174 people in attendance at Totara Springs Christian Camp, 145 students across five schools and 29 staff/volunteers. Our theme for Term 3 was PURPOSE, with all of our students learning and unpacking our theme for ten weeks during the term, this camp was a perfect opportunity for each of them to display their new found knowledge and apply it in practical situations together with the rest of their TRF Brothers & Sisters.

This five day camp was jam packed with activities, workshops, and a few surprise challenges along the way. We split the students into 12 groups with two 'CEO' Year 12/13 leaders. These groups would go head-to-head in each of our activities, our vision for this was to bring back some old school TRF competitive edge to our camp. Another big change we had implemented for this camp was to change our Thursday 'Skit Night' to a Thursday 'School Musical'. Our staff & volunteers performed their own musical on Monday night to give an example of what the musical should look, sound, and feel like. This change saw each of our five schools learn and practice a 15-25 minute musical all with singing, dancing, chants and acting. This musical night was a huge success as each school got the chance to represent where they're from and what they've learnt about the theme all whilst being able to showcase their gifts and talents.

This camp had two overarching themes to it, as it was the final camp for our Year 13 students and also the final camp for a few of our staff. This made our camp a lot more special in terms of our students cherishing the last moments at camp with our staff along with the Year 13's cherishing their final moments at camp as a TRF student. Everyone at this camp could feel that the camp had to be special, the students definitely made it a special final camp for their PC's Jarrahmal Tanielu and Eddie Lepou.

The camp ended with Jarrahmal and Eddie giving their final words in front of the students talking about how their purposes in life has led them to new career pathways and expressed their gratitude to TRF and the students responding with an emotional heartfelt Haka.





This being the perfect way to end off PURPOSE camp, by having our staff lead by example and making some of the hardest decisions they've ever had to make, to leave the comfort of the empires they've each built in their own respects to chase their dreams. How powerful that message is to the students to see their role models lead by example and walk the talk.





The team at TRF once again thank you all for your attendance at our Annual Fundraiser for our second year at Alexandra Park. The weather was perfect and the atmosphere in the Tasman Room was one of concentration (on trying to pick the winners), joviality, conviviality, hard bargaining (on our amazing live auction prizes), old and new friends joining together and our wonderful race sponsors attending with their teams.

For the lucky few, we were offered the opportunity of barrier rides, a stables tour and a commentator's box tour for some of our sponsors which we receive each year from The Auckland Trotting Club.

A shout out to Karen and her team including the organisers of the day, the set-up crew, the bar staff, the kitchen staff and clean-up crew. You all did an amazing job of putting on another great and successful night for TRF.

Special thanks to Shane Cortese, our auctioneer, thank you for giving up your time to run our auctions. Stephen Campbell from ATC, thank you for running the programme like clockwork.

Where would be without you all? Family and Friends for so many years you have supported us and believed in us. John and I thank you all from the bottom of our hearts.

To our TRF Support Crew, our staff, Alex, Donna and our TRF staff and students for helping out on the day, welcoming guests, assisting ATC staff and selling raffle tickets. They all displayed a huge amount of pride in TRF and won many comments from our guests for their exceptional welcome.

We very much look forward to your support next year.

With your help we raised:
\$70,000

the RISING FOUNDATION
RACE NIGHT
SPRING CARNIVAL





Special thanks to John Bongard, Richard Jeffery, Jenny Solomon, Donny Mann, Sam Bongard, Kay Spencer, John Wardrop, Alex, Donna, Tiare, Gideon, Ariata, Jordan, Wendy, Jas, Maia, Shani, Eddie, Sela, Leo and our 250+ students.





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OUR SPONSORS**

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WATCH THIS SPACE

the FOUR PILLARS of TRF

INSIGHT

Thinking System

The ability to extract, grasp and internalise principles, develop higher moral reasoning and mature in emotionally healthy ways.

KNOW
IT

SYNERGY

Collaboration

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

SHARE
IT

INTEGRITY

Accurate Representation

The ability to put values and principles into practice consistently and wholeheartedly in our daily life.

LIVE
IT

CREATIVITY

Innovation

Continually develop new ways to express our values and principles for the benefit of ourselves and our community.

SPREAD
IT



THE GEM JOURNEY FAMILY PACK



The Journey every family should take!

What's in the box?

- The Gem of the First Water – paperback Novel
Follow the young hero's adventure as he travels through the Land of Confusion.
- The Storyteller's Guide – An easy to follow, module by module guide to understanding and facilitating The Gem Journey for your family.
- The Student Workbook – paperback
A personal record of the progress and insights of each young person in your family. A personal progress reminder.
- The Talking Book – digital audio
A chapter-by-chapter, audio retelling of the whole story by the author, Ron Phillips.
- The Video Book – A brand new video narration of each module of The Gem Journey.
- Around the Campfire Training – In-depth video instruction and explanations of the content and intent of each module.

Everything you need to prepare and present transformational story based family growth sessions!

A great gift for any family. Do you know a family who would get a lift from this?

the PARTING SHOT

To give back and care for the community you belong to is something our TRF students take great pride in. We would love to take this time to thank Blue Light for extending the invitation to our TRF team and rangatahi to plant 500 trees in Redhill, Papakura. This allows our students to not only give back to their community, but also to care for the environment. We are so grateful for our four Papakura High students who with no hesitation, came through and got straight into work whilst also providing laughter and good energy throughout the day. We can't wait for more opportunities to work together and to be of service to our communities.

Mālō 'aupito!



A COMMUNITY OF FRIENDS

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 programme. During the thirteen years that the programme has been running, we have seen 2000+ students and their families and friends benefit from our work across the wider Auckland area. Without your generous support and collaboration none of this would be possible.

THANK YOU FOR SUPPORTING THE RISING FOUNDATION; WE ALL TRULY APPRECIATE IT.

SPONSORS

Thank You!



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