

NEWS TERM ONE

Hi Everyone

The past term has been an exciting one for the team at The Rising Foundation as we farewelled two of our more experienced Programme Coordinators and welcomed their two replacements. We wish Aviata and Eddie all the best in their new career opportunities and thank them for their dedicated service over the past years. A big welcome to George and Sela. Both George and Sela are TRF alumni and have experienced first hand the benefit for students in being part of our programme. Their experience and personalities are a very welcome addition to the team.

In February this year four of our students along with Gideon Rihari our Operations Manager were hosted on a 10 day trip to South Africa and Botswana. This visit was enabled by two great friends of TRF John and Doug of Celestielle Travel.

John and Doug are two new Kiwis that have set up a very exclusive travel advisory company in New Zealand. They were very keen to give back to their new country and have set up their own Trust that enables students (who would not normally be able to) to travel to different parts of the world to exchange cultures and see first hand the positive efforts being made to improve our global environment and sustainability.

Gideon and his team visited game parks, schools and other historic sites in Botswana and everyone returned home with a much wider view of how other countries and cultures are coping with the challenges that we all face in this forever changing world.

Celestielle have confirmed that a similar sized group will be funded to travel to Kenya early next year for a new adventure. We are extremely grateful to both John and Doug for their friendship and support.

Stay safe and warm during the winter months.

Regards
John.



John Bongard - ONZM CRSNZ
Board Chairman, The Rising Foundation



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HONESTY

INTEGRITY

HONESTY is one of the three themes that sit under our Pillar of Integrity. If we aim to become complete and stable adults, honesty and in particular self-honesty, is a vital component in life, in character and in behaviour. You may believe in honesty as an admirable principle but unless you practice honesty in your relationships, your daily life and your self-talk, that belief is worthless.

We emphasise self-honesty in our weekly sessions and on our Honesty Camp because studies indicate a clear connection between our level of self-honesty (the truth we tell ourselves) and our degree of mental health.

How does that work? Well, if we believe something, we'll feel and act as though we believe it. That's why our beliefs and misbeliefs are the most important factors of our mental and emotional life. The only way to gauge whether what we believe is in line with truth and reality, is to have an honest relationship with reality!

Our beliefs influence our feelings and result in behaviours. So being honest about what is real and what isn't, (what's truth and what's just opinion) becomes hugely important for our emotional stability. For example, there is no such thing as a hopeless situation, only a situation we have become hopeless about.

It is not events, either past or present, which make us feel the way we feel, but our interpretation of those events. Our feelings are not caused by the circumstances of our childhood or the circumstances we live in today. Our feelings are caused by what we tell ourselves and how honest we are about our circumstances, either in words or thoughts.

If we are quick to blame others, quick to make excuses and are offended by the notion of taking personal responsibility for our feelings and behaviour, we're not being honest with ourselves.

If we believe that the sky is red (or that we are dumb, or ugly, or useless etc) and never question ourselves and never check our opinion or interpretation with reality, never compare 'our truth' with the bigger truth of fact and shared human experience, we could live in that misbelief forever.

Are you accountable? Do you know what you believe about yourself? Do the things you say to yourself reflect those beliefs? Are you aware of your self-talk? Have you learned to question your self-talk? Have you learned not to take yourself too seriously yet?

When a person constantly lies to others, they become more and more isolated as people realise they are unreliable. In the same way, if we consistently lie to ourselves, we become isolated and defensive because we cannot allow anyone to question our interpretation of reality. We end up adrift in our own little bubble, stuck and desperate. The epitome of poor mental health.

Self-honesty can sometimes lead to self-confrontation. These honest conversations with ourselves can be a little uncomfortable, but there's no growth in the comfort zone and no comfort in the growth zone (until you have grown to be comfortable there)!

But isn't it better to honestly confront ourselves before the harsh reality of a broken relationship, a lost job or some other life altering consequence comes to remind us how things really are?



Genuine GEORGE

Kia Ora my name is George Holland and I am the most recent addition to The Rising Foundation family. My journey with this organisation began in 2021 at Sir Edmund Hillary Collegiate and it was the best decision I had made.

Throughout my journey with The Rising Foundation I learned how to properly understand myself in many aspects of life. The importance of articulation or the principles of the ripple effect were teachings that helped refine my identity and taught me how to see multiple perspectives, in order to create beneficial decisions for myself. Now in the job, I do give it up to all Youth/Social Workers in Aotearoa . There is so much behind the scenes work that we have to endure, in order to perform and keep the high standard that is expected.

I come from a village of game changers and path makers called Otara, this place is for the diverse. Where you're welcomed by the smells of the Pacific or the Chinese takeaway shops which sell panikeke, weird I know. The symphonies of Church roam the kid- filled streets and the changing of gears on a dirtbike drown out any door to door salesman trying to scam our parents. With all the beauty of the "Hood", there are still chains of stereotypes which can limit our potential. For that reason I hold the place I call home so close to my heart. Only we know the tribes and tribulations that occur, Otara, it's forever.

I am of Māori, Tongan and Malaysian descent. I do admit that I am culturally disconnected, however I do try to mirror my peers and adapt to these traditions and customs that I surround myself with. I have seven siblings and two nieces and nephews. TRF has lived with my family since my eldest sibling , Zaibedah who graduated from the first TRF Sir Edmund Hillary Collegiate cohort in 2014. In saying this, ever since then every sibling after her was in The Rising Foundation with my youngest sibling Razak graduating from TRF just last year. Till this day my siblings still reap the fruits of their Programme Coordinators. We continue to grow more grateful for The Rising, because it has taught all of us how to be better adults.

My inspiration derives from my parents, watching their work ethic and always motivating me to mirror their hard work. My parents are selfless and humble people, who are willing to help when needed and always eager for us to strive for the greatest. It's that mentality that has been instilled in me and the same mentality I want to instill in the cohort I work with now. Learning this way has taught me to never settle for anything less than your worth and it's through hard work, perseverance and failures where you find yourself realising what you're capable of.

My goal with this organisation is to be able to reciprocate the nurturing, that was provided for me while I was a student, into the younger generation. It is important for me to stay connected with the youth trends, habits and mannerisms as they transition into young adults, so that I can tailor myself and be the best version of myself for our kids here at The Rising Foundation.

Overall, I want to set up this generation with the tools and knowledge that assists them in their growth and development. This is to make sure that I know that when I have a family of my own, there will be adults out there with the same purpose and thinking.

BOTSWANA

trip

A HUGE THANK YOU TO
CELESTIELLE TRAVEL AND
GREAT PLAINS CONSERVATION

FOR MAKING THIS
EXPERIENCE POSSIBLE.

CELESTIELLE

GREAT PLAINS

CONSERVATION AND RESEARCH

ESTABLISHED 1988

For the 2nd year in a row Celestielle Travel and the Great Plains Conservation collaborated to offer TRF another once-in-a-lifetime opportunity for four new young people to go on a safari in Botswana! From March of 2023, TRF and the new crew had been preparing for the massive journey from New Zealand to Botswana & South Africa! These students were chosen by our Programme Coordinators for their service, leadership, commitment and potential as young agents of change in each respective High School. Students and their whanau were extremely excited, thankful and keen to make the most of this amazing opportunity.

One of the main initiatives involved in this kaupapa was called "Pack for Purpose" whereby our students were tasked with filling five 23 kg suitcases with donations to take with them for local schools in Botswana. All resources were purchased through fundraising efforts of our students, who did a great job gathering a wide range of educational and sporting equipment. These fundraising events provided plenty of opportunities for our students and their whanau to break the ice, deepen relationships and get in behind the local kaupapa.

Additionally, this year's group of kids also traveled to Kerikeri for a weekend away to learn waiata, haka and other cultural dances that we shared with the many people involved in this trip, to show our gratitude in our way. These smaller events and opportunities made a huge difference in terms of how the students interacted with one another and the overall vibe of the trip.

The trip itself was magical! From the many beautiful and humble people we met, to the insane animal interactions. It was such an eye opening and at times, breathtaking experience! One of the students highlights was the visit to a local primary school in Botswana, which really touched their hearts and brought a lot of things into perspective. Seeing what little those kids had, yet how joyful and thankful they were for the opportunity to even be at a school learning, truly made a huge impact and made the students realise just how privileged they are for the blessed life they have in New Zealand.

Another highlight of the trip was obviously the animals. It is another world over there and our students felt as though they were living out a dream. Seeing everything from herds of elephants to prides of lions, leopards, leopard tortoises to tiny dung beetles, our students were so lucky to interact with such a variety of animals in their natural environment.

We take our hats off to Great Plains Conservation, for the amazing mahi they have been doing to protect the wildlife and their environment and we support them wholeheartedly!





The last highlight of this trip was the people! Everyone on the ground from Great Plains Conservation, all the staff at the camps, the crew from Semowi, our guides Big Matt and Stitch and the amazing Bianca and her A-Team from Celestielle Travel who worked tirelessly behind the scenes to put this all together. The care, respect and hospitality we felt during the entire trip was truly humbling.

While on safari we often felt uneasy being served and waited upon by elders and felt as though we should be the ones doing the dishes and carrying bags. The laughs, stories and culture shared during this trip was priceless and we won't forget any of it! Overall, the trip was truly once in a lifetime for our kids and our final thanks is to Dereck and Beverly Joubert from Great Plains Conservation and John and Doug from Celestielle Travel as well as all their amazing team of staff, for all the work they did in putting this experience together! You're all amazing people and we can't thank you enough.



R&R *excursion* 2024

REST AND REFLECTION

2024 started with RnR Excursions which is a little different to how we would usually run RnR as this year we collaborated with Counties Manukau Sport to run the Yip Programme.

The Yip Programme is based on a model “Maslow’s Hierarchy of Needs” where young people suffer from a lack of identity and a sense of belonging from within their own family or school, or both. These feelings can emanate from a lack of care and attention, or affection during childhood, leading some to turn to a life with gangs to fulfill their basic needs.

We were greeted with a Powhiri from Pukekohe High Kapa Haka Roopu followed by introductions into what the programme was about. Students worked on their numeracy and literacy skills in the morning and then sports in the afternoon. On Thursday our students got to have a bit of fun on the water, doing Rafting at Vector Wero Whitewater Park. To end off the week we had a staff vs students multi sport competition, followed by a shared lunch. Many thanks to Russell Preston for hosting this week for us.



TRANSITION

meaningful work for our rising generation

We express our gratitude to Harcourts Papakura & Karaka for their constant support in our licencing programme over these past six years.

Their funding has allowed many from Papakura High School and Rosehill College to graduate the Licencing system. One of which was our own staff member Maia Tipu who was a part of the first group of recipients back in 2019.

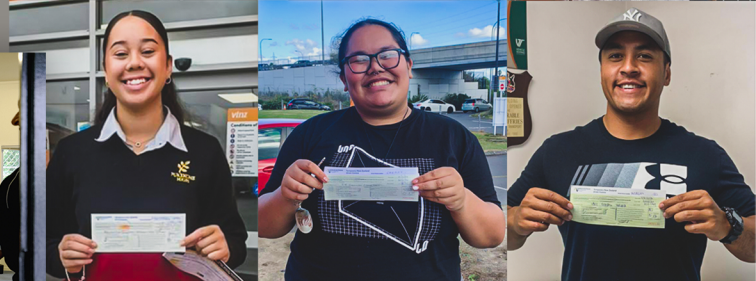
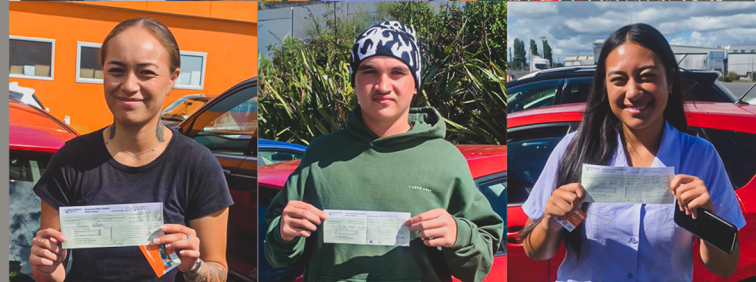
Supporters like Harcourts Papakura & Karaka allow us to keep our autonomy in shaping our Drive Programme to best meet the need of our TRF students & alumni.

LICENCES IN 2024: 25

LICENCES TO DATE: 472

LEARNERS: 4
RESTRICTED: 7
FULL: 14

LEARNERS: 260
RESTRICTED: 146
FULL: 66



Harcourts New Age

7

"Unlocking Young People's Potential since 2009"
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Rotary



Club of Half Moon Bay

38 TEAMS - 114 PLAYERS



THE ANNUAL CHARITY
AMBROSE GOLF DAY



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THE ANNUAL CHARITY
AMBROSE GOLF DAY

2024

11TH MARCH
PAKURANGA GOLF CLUB



Rotary 
Club of Half Moon Bay



ContinentalCars
DRIVING EXCELLENCE



Over the past 26 years, the Rotary Club of Half Moon Bay has run a charity event at the Pakuranga Golf Club. For the 3rd year running, The Rising Foundation was once again the charity of choice for the annual Ambrose Golf Day. This year we attracted 38 teams with a total of 114 players, as well as the many volunteers from the Rotary Club who made this event possible.

Everyone was in high spirits for a fun-filled day. The rain managed to stay away, but the strong wind made for a challenging day of golf. The wonderful catering staff at the club provided a lovely meal afterwards, concluding a fantastic occasion.

To make an event like this successful, we must pay tribute to two principal sponsors; Continental Cars Audi and AA Business Solutions who have been sponsoring this Ambrose Golf Day for over 10 years. Special thanks also to the local businesses and generous individuals that sponsored the holes, raffles, team prizes and not forgetting our spectacular silent auctions.

Events like these are booked a year in advance and we thank all the Rotarian members for their long hours, dedication and support that help make this day a popular item on our calendar each year.



SERIOUS ABOUT YOUR COMMUNITY

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

TERM ONE HONESTY CAMP 2024 ALL SCHOOLS



PAPAKURA HIGH SCHOOL

As a student it was the nerves I remember feeling on the night before camp. It was messaging my mates for the hundredth time to make sure that they were definitely going to camp, because if they didn't go I wouldn't go. It was the awkward greetings on Monday and the "Hurry up and get on the bus!", on Friday as we acted like we'd never see each other again. It was the mic drop moments and heartfelt lessons within camp workshops. The small conversations and big moments outside my comfort zone, knowing I had changed for the better. That's what TRF meant to me. Regardless of the changing generations, that's how I've known TRF to be. So when Term One rolled around, that was the experience we wanted for our current generation of TRF students and since CYC Ngaruawahia was such an amazing space last year, we decided to return there for our Term One Honesty Camp 2024!

Mixing Papakura High, Manurewa High, Pukekohe High and Rosehill College students into groups, we tasked them with a series of challenges throughout the week. Each challenge was worth points and the group with the most points would take out the camp for Term One 2024. From flag making to paintball, from Quiz night to tribal wars. These groups are a fundamental part of TRF camps that cultivate, not only meaningful relationships, but a foundation to hone their leadership skills. Within every hardship, there was growth and through every achievement there was unconditional encouragement and good vibes.

On top of the group activities, we had TRF Workshops. These workshop spaces were grounded in the theme of honesty and whilst honesty is an integral value that elevates the quality of our lives, it's something easier said than done. Students explored different facets of the theme such as truth vs loyalty, the influence of our decisions on different aspects of our lives and many other golden nuggets of wisdom from our TRF staff and guest speakers. We often talk about "planting the seed" which are the pieces of knowledge we can teach them. How the plant grows and what fruits it will bear, is dependent on the young people themselves and how they choose to utilise the information. Knowledge is after all only as good as its application and so to any TRF students reading this, I hope you use the knowledge well.



Overall Term One camp was a success due to the many people who poured their time and energy into making the camp what it was. Firstly, a massive thank you to our amazing JB's, they encourage and challenge our students in a way that enhances the camp experience and do so completely out of their own volition. They're up as late as the staff and awake as early without complaint. JB's are so essential to our camps and so we are just grateful for the heart you have for our young people. Thank you to our lovely CYC staff for always taking the initiative to see that we had what we needed. Your hospitality went above and beyond. I'd also like to thank our longtime transport whanau at Brougham Buses for always getting us from point A to B safely and to Trillian Trust for believing in our vision and supporting us through funding. We are truly grateful to be able to do this mahi thanks to you! Last but not least, I'd like to thank our TRF staff for another camp. You always hold it down and I look forward to seeing what Term Two has in store for us!

That's enough blabber from me, this is Shanz signing off!
 Shani Apelu - Rosehill College - Programme Coordinator





GAYLE HOGAN

As a final-year student pursuing a BA in Social Sciences and Education at AUT, I recently participated in The Rising Foundation's Honesty Camp in Ngāruawāhia as part of my placement.

During my time, I had the privilege of observing first-hand the strength of TRF's programmes, particularly in fostering the long-term relationships and trust between staff and young people. It was incredibly rewarding to see the organisation's commitment to positive social change in action.

What drew me to The Rising Foundation was its focus on long-term sustainable impact and improvement in the lives of young people. One of the standout aspects of the camp was the emphasis on connection, purpose and values-driven workshops, which were well received by rangatahi. It was inspiring for me to see how these workshops support ongoing school learning from TRF and how this positive messaging is reinforced for young people throughout the week.

A unique aspect of TRF is its staff, many who have completed the programme themselves and are from the communities they support, allowing a deep understanding of the challenges their young people face. This authenticity was so visible on camp and enhances the themes and guidance provided to students, who truly respond to these genuine connections.

I was also particularly impressed by the supportive and collaborative environment among the staff, allowing for regular debriefing and professional development. This seemed to nurture the individual engagement styles coordinators had, while encouraging an overall positive culture of capacity building.

Observing the camp, I was able to see how responsive TRF are to its community of young people and how impactful and important that is over time. Ultimately, this allows youth to bring their best selves forward engaging in leadership skills, emotional self-regulation and positive decision making.

During the camp, the staff demonstrated incredible honesty themselves in sharing their skills, stories and knowledge which seemed to resonate deeply with young people.

I wish more people could witness the team's profound and in-depth work. Many overlook the true impact this culture and learning environment creates for young people. Observing and experiencing this camp was an amazing experience for me.

I extend my heartfelt thanks to The Rising Foundation for their generosity and warm welcome throughout the camp.



the PARTING SHOT

Wiri-based snack food manufacturer, Bluebird, with funding from the PepsiCo Foundation, has awarded TRF a grant of \$100,000! The grant is the PepsiCo Foundation's first investment into a New Zealand community partner, reflecting Bluebird's commitment to its Rautaki Māori, a strategy of developing economic resilience in the communities it operates in and serves.

Tanya McFarlane, Senior Human Resources Manager of PepsiCo New Zealand (Pictured here with Staff and Students from Papakura High School) says, "We believe that Bluebird has a responsibility to support and strengthen the skills of the young people in our local communities." We are so grateful for the kindness and support that PepsiCo and Bluebird have shown us.



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

SPONSORS

Thank You!



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