

The Cutter

Outward Bound®

TE KARERE O ANAKIWA THE BI-ANNUAL ANAKIWA MESSENGER

April 2006



New website for former Outward Bound students

If you've done a course you're currently one of 45,000. From Kaitaia to Bluff you'll find people who have had an amazing experience at Outward Bound Anakiwa. The morning run, jumping off the jetty, sailing the Cutter – ah the memories, the friendships...

AS AN EX STUDENT you are part of the Outward Bound community. Unfortunately though we have lost touch with many past students. While we have a register of past Outward Bound students we don't have current contact details for most of you.

So for the benefit of past students and us, we have created an amazing new section on our main website and called it 'MyWatchmates.' It is in similar style to Trade Me's Old Friends website, and will help watchmates stay in touch with each other and with Outward Bound.

This is where we need your help. We want everyone who has done an Outward Bound course to register on 'MyWatchmates'. When you register you'll be able to see your watch list, view your old watch photo and find watchmates you've lost touch with. Plus you'll be able to update your details on the

Outward Bound student register, so that other people can get in touch with you.

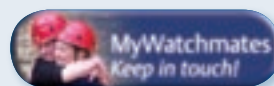
The site also provides an area for your watch's very own scrapbook (a web page), where you can share stories, photos and memories. And you can opt in for receiving our inspiring new e-newsletter – another way we can help you to keep the Outward Bound flame alive.

THE SEARCH IS ON for OB students

IF YOU HAVE BEEN

on an Outward Bound course or know someone who has, go to the new section in our web site. As an added incentive there's lots of prizes up for grabs – not only for people who register but also for people who know old students. Prizes include an expenses paid reunion at Outward Bound Anakiwa for your watch.

Don't delay – go to www.outwardbound.co.nz and click on 'MyWatchmates'.



Places available! Upcoming courses

3-23 JUNE

21 day **Classic & Classic Mature**
17-26 years & 27+ years

16-23 JUNE

8 day **Discovery & Discovery Mature**
27+ years & 40+ years

20-27 MAY

8 day **Foundation for the Blind**
Blind or Visually impaired 18+ years

20-27 MAY

8 day **Horizons**
Intellectual disability 16+ years

3-10 JUNE

8 day **Deaf Association**
Deaf or Hearing impaired 18+ years

“The desire to go and climb a mountain is still there, perhaps the desire to jump in the ocean has faded, but the passion to get up in the morning and achieve something is very much still with me.”

Lisa, Classic Mature

OUTWARD BOUND is fortunate to have seven brilliant, high energy, passionate Ambassadors who leverage their high profile to help our profile. Their primary roles are to support the marketing and promotional activity and to maintain awareness in Outward Bound and in our courses.

Previously we profiled our male ambassadors, Norm Hewitt, Nathan Fa'avae and Mark Inglis. Read about Kelly, Alice and Sara below or see full information at www.outwardbound.co.nz/ambassadors.



Kelly Swanson-Roe

Originally from a corporate background in sales and marketing, Kelly worked for companies such as Coca Cola and Mainland Products, played a wide range of sport, competed internationally in

Body Sculpting and at age 24 was happily married. However, at 25 Kelly had a life changing experience. She survived a flash flood that killed her husband and 20 friends she was travelling with on Contiki in Switzerland.

"Outward Bound is far from just a physical challenge, it is a journey of personal discovery. OB allows you to get in touch with your emotional strengths and weaknesses, to challenge your way of thinking, realign your goals and connect with people on all different levels."

"I cannot count the ways OB helped me. Those 21 days were some of the best of my life and I'm completely honoured to be an OB ambassador."



Sara Wiseman

Sara Wiseman had her first Outward Bound experience at age 18 and loved it so much she's been back twice since then!

When not doing Outward Bound courses Sara is an actor who has performed roles in

film, television and theatre. Prior to training as an actor she was a stuntwoman for two years working on shows such as Xena and Hercules. Stuntwoman...simply because she wanted to be able to put "stuntwoman" on her papers going in and out of customs!

Sara was initially attracted to OB after seeing the transformation in her older brother. "I just knew it was something I had to do. It was so life transforming for me that 10 years later I felt a need to revisit the place. And yes why not do it again but add the challenge of doing it in winter! Each time has been so incredibly special, the people I met and the discoveries made. It is quite impossible to express just how sacred Outward Bound, the place and journey are to me. It is without a doubt life changing."

Alice Rika

Alice Rika first tried her hand at BMX riding on the local track down the road from her grand parents house when she was five years old. Now, slightly older, she has competed at the BMX World Championships in Holland, is ranked top five in the world for her age group in the Women's Cruiser class and Junior Elite Woman, and to cap it all off, was named 2004 BMX New Zealand Sportswoman of the Year.

As part of her Sportswoman of the Year prize, Alice was offered the opportunity to attend a 21-day Outward Bound programme.

"I had no idea what I wanted to do," said Alice of her future.

From being unsure of where to go next, Alice said she came out of the Outward Bound programme with a new appreciation for her own strengths and confidence in her decisions.

"It has had an affect on every part of my life. The pressure of competing doesn't get to me anymore. I go hard, give it 110%, but if I don't have a perfect race I don't beat myself up about it," said Alice.



Where there is a Will

On 20th May 2006 there will be one extra enthusiastic Outward Bound student waiting to be collected from the Picton Ferry Terminal. And so William Rollo should be. He will have got to Outward Bound through a combination of hard work and enterprise both on his behalf and that of his MSD Case Managers Anthonia Foster and Sheena Gardiner-Smith not to mention his girlfriend Rachelle Taylor.

WILLIAM IS ATTENDING an 8 day Horizons course for students with an intellectual disability. This course will be a challenging experience for William, but a challenge that he is up for. William is especially excited about the tramping aspect of the activities and of course making new friends.

So what did William, Anthonia, Sheena and Rachelle do to raise funds?

According to William it was 'easy,' however when you look at what was achieved it can't have been that easy! Integral to the 'campaign' was an article run in the South Waikato News about William and about what he was prepared to do to go on his Horizons course.

The response to the article and a letter Anthonia sent to local businesses resulted in donations of either money or product for William. After one day's concerted effort the team had raised \$1000 – William was half way there!

As many businesses had donated product the team decided to run a 'Monsta Raffle', which coincided rather nicely with Christmas and the free site on offer at the Christmas Parade in which to sell tickets. A local Tokoroa printing company offered to print tickets free of charge and by the end of the parade William had exceeded the amount of money he needed for his course! Anthonia commented "we were exhausted but were so happy that we did it."

Three months from start to finish William had not only paid his course fees, but also his flights, shuttle bus, medical and has some spare money for maybe a treat after a long day tramping!

Anthonia hopes this will inspire a lot of others to get out there and raise money to do this course, just like William did.

And the winner is...Outward Bound!

News from our CEO Trevor Taylor

What a summer it has been with so many positive things happening for Outward Bound. Forward bookings have never looked healthier, up 44% on the same time last year and the majority of our courses fully booked through to June.

IT ALL BEGAN in October when a very successful Annual General Meeting and Council Meeting was held at Anakiwa. The theme at the Council Meeting was "Looking Ahead" and we took the opportunity through focus groups to get the staff, Council and Board to look at 3 questions: 'What will we still doing in 10 years?', 'What won't we be doing in 10 Years?' and 'Will our current Vision and Mission still be appropriate?' The output from these sessions, along with outcomes from further discussions held with staff and joint meetings with Wellington and Anakiwa has resulted in the new "2006 to 2010 Strategic Plan." This Plan which will be approved by the Board at its April meeting is planned to be presented to Council mid-year (currently scheduled for Friday evening the 27th and Saturday the 28th of May.) The venue is still to be confirmed.

December and January saw 11 watches of students on our 21 day Mind, Body, Soul and Classic courses, while February was busy with custom design courses being run for our professional and social sector clients. Courses run during this period included our School Leaders course and the third multi-ethnic

In March another major initiative came to fruition with 14 participants undertaking the first "Aoraki Bound" course.

Southern Cross course run in conjunction with the Human Rights Commission.

The major highlight for February was the Gala Black Tie function held in Wellington at which Outward Bound was announced the overall winner of the Unlimited/JRA Best Place to Work Survey 2005; out of 197 organisations and over 24,000 employees. It was brilliant to see the passion and enthusiasm that all of the team put into every course to ensure our participants receive quality course outcomes in a safe and supportive environment, being acknowledged on the national stage.

In March another major initiative came to fruition with 14 participants undertaking the first "Aoraki Bound" course. This is a joint initiative with Ngai Tahu involving a group of 14 people, largely of Ngai Tahu descent who spent the first 10 days of the course at Anakiwa, then departed on a 10 day hikoi (journey) from the Marlborough Sounds to the base of Mt Aoraki – a mountain of great importance to Ngai Tahu.

In April Outward Bound will be showcased when the Minister of Labour launches the interim report of "The Workplace Productivity Challenge" initiative. The launch will highlight OB as a Case Study of Workplace Productivity in Action, including a DVD.

Further information will be available on www.workplaceproductivity.govt.nz.

In August another huge milestone will be reached when the 500th Classic course will take place. We are looking to ensure that we celebrate this in an appropriate way.

I would also like to acknowledge the support from our principal sponsors: Hubbards, Kathmandu, Rangatira Ltd, Lion Foundation, Scottwood Trust, New Zealand Community Trust, Pub Charity, The South Auckland Charitable Trust and our many other supporters. It is your support that has made all this possible, so thank you.

Outward Bound is in great shape. More than ever we are conscious of not resting on our past achievements but remaining focused on the future. That will mean continued investment in our staff as they are the ones that make the Outward Bound magic happen.



Striving to move from Good to Great

The development of Outward Bound New Zealand's Fundamentals

In 2005 Outward Bound convened a panel to formalise and clarify the organisation's fundamental course objectives, design principles and values.

OUR FUNDAMENTALS examine three critical questions:

What we do?

How we do it?

What we stand for?

The motivation for this process came from a desire to address the following issues: organisational alignment; increasing diversity of programmes; consistency and quality of delivery; ensuring courses remained relevant to society's needs and the need for a shared understanding of 'What is Outward Bound?' to guide the organisation into the future.

What we do?

We have clarified our course objectives and the student outcomes that must be included in programme design and delivery of all core courses. These are: *self development; social development; values; environment and service.*

How we do it?

We have also clarified our 'design principles' that we use in order to achieve the course objectives. The design principles are *Learning through Experience; Adventure and Challenge; Physical Activities in the Outdoors and Safe and Supportive Environment.*

What we stand for?

Values are the key principles that underpin the very heart of Outward Bound courses. They define what Outward Bound stands for,



guide our personal behaviour and support our objectives. Key values are *Compassion, Greatness, Responsibility and Integrity.*

If you would like a copy of this document contact Tracy Bowman, 0800 OUTWARD (688 927) or tbowman@outwardbound.co.nz

OB Professional News



Outward Bound®
PROFESSIONAL

Welcome to our new name and logo!

WORKING WITH BUSINESS clients for individual and team development has always been a big part of the work of the Outward Bound Trust of New Zealand. In order to communicate to this client group we have created a sub brand that specifically focuses on the professional development of people. Take a look online in the coming weeks, when the OB Professional website goes live – www.outwardbound.co.nz/professional. If you have any questions regarding professional development call Rona Davidson, Account Manager – OB Professional on 0800 OUTWARD.

Following are snippets of some of the programmes and companies we have worked with recently.



Shell NZ Limited

60 of the Sales and Service staff along with Managers came to Outward Bound for Day 2 of their 3 day conference at The Portage, Kenepuru Sound, Picton. The themes for the conference were around “Pushing the Limits” and Outward Bound carried this theme perfectly, the programme being very interactive and fun, with a variety of activity options to cater for all.

Shell staff came to Outward Bound with open minds, up for whatever challenges we put before them. They had a wonderful day, with opportunities to personally stretch themselves. Dinner that evening was followed by a captivating and motivating presentation from Mark Inglis, one of Outward Bound’s Ambassadors.

Feedback from Shell was that Day 3 of their conference saw their staff notably engaged, positive and energised. A day at Outward Bound certainly helped to reinforce the key themes of the conference and Shell employees returned to work with renewed motivation and energy, and a common vision and goal for the year ahead.

Transfield Services

Transfield Services successfully ran two 8-day Leadership programmes for their Gangers (Railroad gang leaders) in November 2005. These two programmes were structured on our Navigator Leadership Development programme, yet tailored more specifically for the needs of the client and participants. Recognising the limited formal leadership training the groups had been exposed to, Outward Bound and Tocker Associates facilitators worked closely with the client and Gangers prior to the programmes to understand their culture and values.

“Take a look online in the coming weeks, when the OB Professional website goes live...”

The programmes received great feedback and a lot of valuable learning was accomplished by participants who were stretched beyond their own comfort zones, achieving things they never thought possible of themselves. Now armed with knowledge of their own leadership styles and abilities, and a toolbox of ways to better communicate and develop their teams, the Gangers have the confidence to be better leaders and role models within their organisation.



The National Bank

National Bank

The Direct Service and Sales division of The National Bank of New Zealand, has run four of its five scheduled leadership programmes. These programmes have been extremely well received from both a business and personal perspective. The three day leadership programme structure has so far proved to be a great model for the people managers who have attended, providing a good mix of workshop and experiential learning.

Leadership Development

Our next 8 day Navigator Leadership Development programmes are commencing on May 7 and May 20 and there are less than a handful of places still available. If you or someone you know are interested please ask them to call Rona Davidson on 0800 OUTWARD.

MAKING A DIFFERENCE

Selfless Service

While many of us book our holidays abroad, at the beach, relaxing, Jan Moore, Watch House Officer at the Marton Police Station, and Outward Bound Councillor and Volunteer chooses to use her annual leave selflessly volunteering at Anakiwa!

IN FEBRUARY this year Jan spent three weeks at Anakiwa assisting the instructors running the No Limits (half of students with a disability, half without) and Starlight (physically disabled) courses. This involvement saw her doing a range of activities as the course support worker such as getting gear ready, helping students get to the right place at the right time, ensuring medications are taken and generally helping out the course instructors.

Jan completed a women’s only course in 1986 and has been involved with Outward Bound since then, sitting on the National Council as a Councillor and volunteering for the last four years.

What comments does she get from friends and colleagues about giving up her precious time for Outward Bound? “They are all very supportive and look forward to hearing all the stories about the course when I get back.”

A favourite memory from the last 20 years? “There are lots of memories. Watching a bunch of people go from strangers to depending on each other and forming friendships is pretty special. I work in an environment that can be fairly negative at times so this provides a good balance in my life.”

Our Major Sponsors



Membership Form

Have **YOU** updated your membership yet?

Title (Please circle) MR / MRS / MS / MISS _____

Name _____

Address _____

Suburb _____

City _____

Phone Daytime () _____

Evening () _____

Email _____

Course/Year attended _____

Life Membership (\$500) **Annual Membership** (\$52)

What are the benefits of membership?
See www.outwardbound.co.nz/membership

Donation \$ _____

TOTAL \$ _____

Please find a cheque enclosed for \$ _____

Please debit my credit card
 Mastercard Visa

Expiry Date _____

Card Number
| | | | | | | | | | | | | | | | | |

Cardholders Name _____

Cardholders Signature _____



Are you an Alumni Member? Yes / No

Vest size (Life Membership only)
S / M / L / XL / XXL (Please Circle)

Receipt required? Yes / No

GST Number 10-566-568

Please complete, detach and return to
Outward Bound, PO Box 25-274,
Panama Street, Wellington

Thank you.



Donations

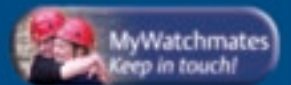
The Outward Bound Trust relies on the generosity of individuals and organisations through donations. These donations are used to support the general work of the Trust including scholarships for students.

Perhaps you were sponsored for your course and want to help someone else gain the same experience as you?

If you would like to make a donation, (regardless of whether you are a member or not), please complete the donation section of the membership form.

A donation to Outward Bound is another great way you can support our work, and keep the flame alive.

THE SEARCH IS ON for OB Students



IF YOU HAVE been on an Outward Bound course or know someone who has, go to the new section on our website. As an added incentive there's lots of prizes up for grabs – not only for people who register but also for people who know old students. Prizes include an expenses paid reunion at Outward Bound Anakiwa for your watch.

Don't delay – go to www.outwardbound.co.nz and click on 'MyWatchmates'.

Merchandise Promo

Perfect Fit 'T' – Women's



Round neck tee cut in a fitted style.
Army Green or Raspberry
Sizes S – XL

\$28.00 (was \$34.00)

Classic OB Logo 'T' – Men's



Classic style, round neck tee
featuring the OB Foundation badge.
Black or White
Sizes S – XL

\$27.00 (was \$32.00)

Enhanced Youth Course

In December, following a 2005 review a new format Mind, Body, Soul (MBS) course was rolled out.

THE NEW programme has been designed to meet the needs of adolescents as they face the transition to becoming increasingly independent individuals. The 21 day programme is designed to equip 16-18 year old students with skills to make this transition and to enhance confidence, resilience and communication skills.

The review involved staff throughout the organisation and took into consideration external 'expert' inputs as well as the opinions of both students and stakeholders. The result has been an enhanced MBS programme that truly meets the needs of this age group.

We have in short reviewed, revamped and revised with dramatic effect!

Ross Morton, Outward Bound's Curriculum & Learning Manager: "the outcomes of the review have been incredibly positive and have, in actual fact, surpassed that which we thought we could achieve."

School Leaders Programme 2006

2006 saw three School Leaders watches running during January. The School Leader's course is unique in concept: a 21 day course, run along the lines of a Mind, Body, Soul course but with less emphasis on the 'dependence to interdependence' theme and more emphasis on leadership.

The aim of the course, for 16-18 year olds identified or chosen as their school's leaders for the upcoming year, is to 'equip students with a set of skills and knowledge that will facilitate their leadership in a variety of contexts.'

"When Ben came back from the Outward Bound School Leaders programme he really had developed an understanding, confidence and awareness in himself and a huge enthusiasm to commence his role as Head Boy. He was given the tools to engage other prefects and the school, and is doing a great job!"

John Rodgers, Principal, Marlborough Boys' College

"Before going on the Outward Bound School Leaders programme I had heaps of questions about leadership and my year ahead that I didn't know the answers to or who to ask. This course provided the perfect environment to share ideas and energy with other school leaders from around New Zealand and the confidence to push my boundaries as an individual, a leader and also as the face of Marlborough Boys. All I can say now is bring it on!"

Ben O'Keefe, Head Boy, Marlborough Boys' College

Post course some important considerations have been looked at which will make the programme even better next year.

The course date is 4 January 2007 - 24 January 2007. To secure a place for your future head boy/girl, prefect, Board of Trustee's representative or other leader phone 0800 OUTWARD.

Introducing Outward Bound High Protein Cereal from Hubbards

Hubbards has just achieved a breakfast cereal first by launching the highest protein content cereal available in New Zealand...named in honour of Outward Bound!

OUTWARD BOUND High Protein was developed to meet the needs of active people who prefer more protein in their diet. Previously, these people have generally eaten foods other than cereals for their breakfast, to satisfy their protein needs. Now they have a cereal choice as well!



Outward Bound High Protein cereal truly is serious body fuel. Containing almost twice the protein content of the average large egg in one serving, Outward Bound High Protein will help keep your body in top condition for your sport.

Outward Bound High Protein joins two other cereals in the Outward Bound range – Original and Berry.

Hubbard's originally created Outward Bound cereal over ten years ago, specifically to raise funds to support the Outward Bound Trust. Funds generated through sales of the cereal go to the Trust to help with the running of Outward Bound. They help with course scholarships to help people from all walks of life to complete Outward Bound courses, as well as helping to buy equipment such as kayaks and two trucks to transport students.

Since its launch, cereal eaters of New Zealand have helped raise over \$1 million in sponsorship funds for the Trust, just through eating Outward Bound cereal!

Best of Luck!

Outward Bound would like to wish Mark Inglis best of luck as he takes on Mt Everest.

Mark, an OB Ambassador, left NZ on March 25 to commence this adventure. You can follow his progress via www.legsoneverest.com.

The Cutter April 2006 is the first written and edited by Tracy Bowman, our new Marketing Executive who started in January 2006. If you have any questions or queries about this publication or future publications, would like more copies or simply would like to tell us what you think contact Tracy directly via email on tbowman@outwardbound.co.nz or by phone on 0800 OUTWARD (688 927).



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