

THE CUTTER

Outward Bound®

TE KARERE O ANAKIWA THE BI-ANNUAL ANAKIWA MESSENGER

AUGUST 2010

Queen's Birthday Honours



▶ Sir David Levene



Outward Bound congratulates three of our long standing supporters for the recognition they received at the recent Queen's Birthday Honours – Sir David Levene, Sir Graeme Douglas and Bonnie Roger QSM.

Sir David Levene was made a Knight Companion of The New Zealand Order of Merit for his services to business and the community. Sir David is the last surviving member of the original group that Lord Cobham called together in Auckland to look at establishing Outward Bound in the early 1960s. He became a member of the Outward Bound Trust Board in the early 1990s when the Trust was under financial stress and he took up the challenge to assist in its restructuring. Through his generous financial support of capital projects, student sponsorship and freely giving of his immense business and marketing skills, Sir David has been

a key influence behind the Trust's strong position today. Sir David is currently the Patron and an Ex-Officio Member of the Board. Sir David took over management of the family paint business Levenes in 1952 and during the next 40 years led many retailing innovations as it became a household name, before he sold the business in 1994.

Sir Graeme Douglas was made a Knight Companion of The New Zealand Order of Merit for his services to philanthropy and athletics. Sir Graeme became involved with Outward Bound in 2005 when he sponsored a new course we were piloting for Parkinson's New Zealand. Since then, through his generous support, the 'UPBEAT' course has been held annually with over 60 people with early onset Parkinson's Disease and their carers taking up the Outward Bound challenge. Sir Graeme Douglas founded Douglas Pharmaceuticals in 1967 and the company remains one of the fastest growing pharmaceutical companies in Australasia.

Bonnie Roger was awarded The Queen's Service Medal for services to the community and the horticulture industry. Two years after attending Outward Bound in 1985, Bonnie was appointed to the Outward Bound Members Council and is currently one of our longest serving Councillors. Bonnie has been instrumental in ensuring that hundreds of Bay of Plenty students have had the opportunity to experience Outward Bound.

Outward Bound interviews Sir David Levene to find out how he got to be in the position he is in today – read on over the page! ▶

UPCOMING COURSES

CLASSIC (18-26YRS) 25 SEPT - 15 OCT 2010

PARENT & TEEN 25 SEPT - 2 OCT 2010

COMPASS (20-30YRS) 18 NOV - 25 NOV 2010

EXPEDITION (16-18YRS) 4 JAN - 24 JAN 2011

OUTWARD BOUND...
CHALLENGING PEOPLE
TO PUSH THEIR LIMITS

TWO NEW OUTWARD BOUND EXPERIENCES

Outward Bound has designed two new courses. The **ASPIRE** course, based on our 8 day Discovery course, enables people who have a physical limitation, such as a sports injury or dodgy knee, to experience an Outward Bound course. We have also introduced a professional programme, **COMPASS**, to develop 20-30 year olds in the workplace.

PROFESSIONAL DEVELOPMENT COURSE – COMPASS

Compass is an 8 day professional development program especially designed for 20 - 30 year old employees and focused on the fundamental skills to be effective in a working team. **Our first 8 day Compass course filled fast!**

**NEXT AVAILABLE COURSE DATES:
18 – 25 NOVEMBER 2010**

ADAPTED COURSE – ASPIRE

Aspire is an 8 day low impact course for people 27 years or older who find running or carrying a heavy tramping pack difficult.

**NEXT AVAILABLE COURSE DATES:
13 - 20 FEBRUARY 2011**

Goodbye pines –HELLO NATIVES



The 2.5 hectare block of pine trees at the northern end of the Outward Bound School's grounds was harvested in March 2010 after logging prices had risen to a three year high.

It was perfect timing as some of the trees showed signs of wind damage and were starting to pose a hazard to camping sites in the back paddock.

In total, approximately 700 tonnes of logs were harvested and a large percentage was shipped to India via Picton Port. About 30 tonnes of logs are stacked in the back paddock for the School's firewood requirements for the next three years.

The logged area will now be allowed to regenerate into native forest assisted with a planting programme currently being developed. This area will also be part of the long term revegetation plan for the whole school covering an area of approximately 25 hectares, with a wide variety of native shrubs and trees including 200 year old Kahikatea trees.

It is envisaged that the plan will be implemented over a number of years and may also give Outward Bound supporters a chance to get involved by donating a tree.



Sir David Levene shares with Outward Bound how he got to be in the position he is in today.

Outward Bound: What were your first steps to building your business to achieve what you have today?

Sir David Levene: I guess it's a funny story. I started off to become a pharmacist: counting pills, grinding powders and getting very bored. I remember complaining to my father that I didn't know what to do. As a chemist you only have one shop, so he suggested that I go work at the family owned paint shop. I started off doing the sweeping and weighing the turps, then developed an interest in the sales side of things. I would think of things to do and it grew from there. The first big step I took was when I was 29 and went around the world to travel. I attended a seminar with the National Cash Register Company where I learnt about supermarkets, shopping centres and discounters that were not in New Zealand at that stage. Armed with "tomorrow's newspaper" I returned home and built one of the first "drive in" paint stores with parking available for customers. We had to mortgage Dad's house to get the money together.

How did your family contribute to the career path you took?

They gave me morals, taught me to be honest and taught me to honour my commitments. These were important lessons to know and understand. They supported me.

What has been the main highlight in your career so far?

The main highlight has been the support of the people who worked with me over the years. We had a great culture of working together.

What do you think is the key to a successful business?

First I guess you have to have the idea and the vision, and then you have to be passionate. Then you need to make the commitment, then you certainly have to implement. You've got to be sincere and supportive of the people who work with you and listen to what they have to say. Two words work into all of this: hard work.

What are you most passionate about?

My family.

How and why did you come to be involved with Outward Bound?

In the early 1960s I was asked to go to a meeting with Sir Woolf Fisher, Lord Cobham and Sir Roy McKenzie. This was the start of Outward Bound in New Zealand. Over the years I had contact with Outward Bound and I would support the organisation with paint for watch houses and sponsor students. I played a lot of golf with Buzz Burrows (former Outward Bound President) and he asked "how about coming to the Outward Bound AGM with me?"; I said "Righty ho" and got involved. I always thought it was a great organisation. It was at a time when Outward Bound was not in good shape financially and Sir Roy McKenzie, Ron Faber and I pulled the place together.

What benefits have you seen Outward Bound provide?

It gives people a life changing experience, self-esteem and an understanding that they can achieve more than they think they can achieve.

How did you feel when you heard about your Knighthood?

My first reaction was "no, that's not me", but after some thought I decided, well maybe for my family and for the thousands of people who worked with me over the years. I am a bit embarrassed when someone calls me "Sir". I think it is an accolade to my people for all of the things we did together.

What is one of your favourite past times/ childhood memories?

My years at boarding school in New Plymouth were memorable. I also loved hunting, fishing and golfing.

Favourite quote?

One of my Mother's: "a still tongue is a wise head". In other words: "shut up and listen".

If you were stranded on an island, name three things you would bring?

We will assume there is water on the island; matches, a knife and some fishing gear.

Is there a mantra that you live by?

I never tried to work out what it is. I think that it is to be honest, fair and listen to others.

Helping New Zealanders to fulfil their dreams

It's the dream of all budding young New Zealand sports people to be selected to represent their country and then achieve the ultimate goal of a podium finish on the international stage.

OVER THE PAST FOUR YEARS OUTWARD

BOUND has been working with Rowing New Zealand to help them achieve their strategic objective of increasing the number of Kiwis medalling on the international stage. The focus of these courses has been on the emerging athlete who is believed to have the potential to succeed. Graduates from these programmes have gone on to not only represent New Zealand with distinction, but have gone that next step to World Champions.

With the support of SPARC, these courses have now been extended to Swimming New Zealand and BikeNZ who all recognise that for an athlete to be at the top of their game, that athlete needs to be performing in all aspects of their life. Only when the physical, the mental and the emotional come into line, will the athlete be able to truly achieve their potential. The Outward Bound emerging sports course focuses on the last two elements: the mental and emotional.

In March of this year we welcomed the NZ Women's Under 23 Eight to Anakiwa and in the words of their coach: *"the course provided me with an insight as to how the girls interacted with one another in the challenges faced. It showed me*

the potential leaders in the group, and how each individual went about solving problems given to them by the instructors. The reflection sessions at the end of each activity were particularly helpful as it made the girls open up and give honest feedback to the group, as well as making them realise that they did have weaknesses that they needed to address to help the group of individuals become a strong crew."

In the words of one of the athletes who undertook the course: *"I believe that my ability to work as part of a team has greatly improved. I now have a better understanding of how to effectively communicate and be more efficient when working with others. While at Anakiwa, we were able to bond and get to know more about each other which will help us as we prepare for the Under 23 World Championships."* Four months later in Belarus that dream was realised when the crew walked away with the silver medal at the Under 23 World Championships.

For Swimming New Zealand their objective was to provide their swimmers with the opportunity to improve their self confidence, work as a team and support each other, and learn skills that will make them mentally and physically stronger.

In the words of Philip Rush, Distance and Open Water Programme Manager: *"they arrived as a group of individual swimmers and left as a team, learnt things about themselves mentally and physically, overcame some form of fear and failure, learnt to support and help fellow competitors to achieve team goals and learnt to communicate and listen to each other's thoughts, feelings and ideas."*

Later this year we will have BikeNZ's pursuit team and their support group as they build towards the London 2012 Olympics. The course objectives are: *"to provide opportunities to develop leadership within the squad, develop the attitudes, character, and qualities required for success in elite sport as an athlete and as support staff, increase team members' self-awareness of their strengths, areas for development, aspirations and values, expand comfort zones and enhance motivation, build positive relationships based on trust and effective communication between team members and give an experience where effective teamwork is essential in overcoming team challenges."*

SPORTING COURSES

In 2012 Outward Bound New Zealand turns 50!

Governor General Lord Cobham was the catalyst for the establishment of Outward Bound in New Zealand. In 1961 he invited representatives from around New Zealand to meet at Government House in Auckland where they decided to form the Outward Bound Trust of New Zealand. From 1 September 1962 Outward Bound was underway.

Since that time over 50,000 New Zealanders from all corners of the country have completed an Outward Bound course. Plans are well underway to celebrate our 50th anniversary and this outstanding milestone.

Special events include Rotary funded courses starting on our anniversary with students selected and sponsored throughout New Zealand.

To ensure everyone who has a relationship with Outward Bound can participate in the celebrations a high profile black tie dinner, staff reunion dinner at Anakiwa and self-funded regional dinners across the country are planned. Public relations initiatives include a documentary on Outward Bound and a half marathon for past students and celebrities.

MY WATCHMATES

If you want to stay in touch and find out more about our 50th as it draws closer, please join www.mywatchmates.co.nz and subscribe to our quarterly email.



Shaun on the move

Past participant Shaun Rolston has been a busy guy since he completed his course. From multiple marathons, a 100km runs to instructing at Outward Bound Hong Kong, Shaun tells us about the steps he is taking to reach his goal of coming back to Outward Bound New Zealand as an instructor...

Going on a course at Outward Bound New Zealand was a huge dream for me. I was fortunate enough to receive the Guy Houlbrooke Memorial Trust Scholarship through my school, Wairarapa College, which helped me to attend the Mind Body Soul course 505 in 2007.

Outward Bound was a life changing experience for me. I learnt how to challenge myself physically, mentally and emotionally, to push myself beyond my limits and to set goals whether they are short term or long term.

After running the 21km half marathon at Outward Bound I believed I could run further. I set myself smaller goals of running more half marathons and then a full marathon (42kms). I have now completed 15 half marathons and 5 marathons. After achieving those goals, I set my goal of running around Lake Taupo for the New Zealand 100km Championships in February 2009. The determination and focus I gained from Outward Bound helped me complete this run. It took me 16 hours to complete as I had a stress fracture in my ankle at the time. I was the youngest to ever attempt this event.

This year I finished studying Adventure Recreation and Leadership at Horizons Unlimited, a 16-week full time course that gave me essential skills and knowledge that I will need to achieve my ultimate goal of working in the outdoors.

I have been lucky enough to have a chance to train at Outward Bound Hong Kong. I will gain a year's worth of training and work experience and get to be challenged by a new cultural experience. Outward Bound Hong Kong is the perfect place for me to start my career in the world of outdoor education.

Outward Bound New Zealand inspired me to live life to the max and make the most of every opportunity that arises. Ultimately, I want to become an instructor at Outward Bound New Zealand. I want to pass on my passion for the outdoors and show others what it has to offer.

UPDATE AS OF 10TH AUGUST: OUTWARD BOUND HONG KONG

There was a bit of a muck up with my visa and after I arrived I was told that because I am not 21, I cannot be trained to be an instructor as they just changed their policy. I had the choice of flying home straight away or staying for 3 months and working on a kid's course. I chose the kid's course as any experience is good experience and I can use this to help develop my skills further. The program for this course is one night camping, stream exploration and going to an island to complete a treasure hunt. It's a lot of fun and I am learning the cultural differences too. It is a new challenge to work with kids that sometimes cannot understand anything I say, but if I can manage a group of 12 kids then when I move on to older people my skills are going to be great and the transition will be a lot easier.



Even though I am only here until October, I have to stay positive and not let the setback get me down. They are just new challenges I have to face, you never know what could happen next and I cannot keep thinking what could have been. I need to keep working hard to achieve my goal of working at Outward Bound New Zealand.



"What you put in is what you get out"

SHAUN ROLSTON

Outward Bound & Women's Refuge

CREATE SPECIAL PARTNERSHIP

Outward Bound is fortunate to work with fantastic community organisations throughout New Zealand, helping their staff, volunteers and stakeholders achieve their goal of attending Outward Bound. The National Collective of Independent Women's Refuges is one such partnership.

Women's Refuge in New Zealand was financially supported by the late Sir Roy McKenzie, who also founded Outward Bound New Zealand. It is in his memory that Outward Bound has initiated community partnership scholarships with the National Collective of Independent Women's Refuges.

Scholarships are now available for any of the staff, volunteers and families who are involved with one of the 51 Women's Refuges in New Zealand.

Outward Bound visited a number of Women's Refuges in the Bay of Plenty, Poverty Bay, Hawke's Bay and Wellington regions, including Tauranga Women's Refuge, where they met inspirational manager, Hazel Hape. Hazel attended a 21 day Outward Bound course in 1990 and attributes that time as being instrumental in the positive decisions she has made in her life.

In late July, the first scholarship recipients, Kurt Draper and Ann Michelle, attended Outward Bound. Ann Michelle, who works at the Napier Women's Refuge as the Children's Services

Coordinator, said it is something she has always wanted to do and when the opportunity presented itself she knew she had to take it up. Kurt Draper, who has volunteered at the Lower Hutt Women's Refuge for the past five years, commented before his course:

"I'm so excited about the opportunity to attend Outward Bound. I hope to learn more about the outdoors, work on my health and fitness, meet some new people and see a bit more of New Zealand. I am also looking forward to giving my confidence a bit of a boost."

We look forward to catching up with Kurt and Ann now that they have completed their courses and wish them all the best for their future.

PARTNERSHIPS



NATIONAL COLLECTIVE OF
INDEPENDENT WOMEN'S REFUGES INC.

HELP US CONTINUE TO BE

A TURNING POINT

IN PEOPLES LIVES...



BECOME A MEMBER

BECOMING A MEMBER OF OUTWARD BOUND IS THE BEST WAY TO KEEP IN CONTACT and be involved with this great organisation! Buying a Life Membership not only benefits you, but also helps more New Zealanders realise their potential.

LIFE MEMBERSHIP

- You will receive an official Outward Bound Life Members' vest and a certificate. It's a great way to show your support!
- A 10% discount from the Outward Bound shop on all Outward Bound branded product.
- Outward Bound's official newsletter 'The Cutter' twice a year.
- An invitation to attend the Trust's AGM.
- The chance to stay involved in a great organisation.

ANNUAL MEMBERSHIP

- A 5% discount from the Outward Bound shop on all Outward Bound branded product for the calendar year covering the membership.
- Outward Bound's official newsletter 'The Cutter' twice a year.
- An invitation to attend the Trust's AGM.
- The chance to stay involved in a great organisation.

NOTE: Annual membership runs from 1 July to 30 June, being the Trust's financial year.

BUY A BRICK

BUYING A BRICK TO HELP US PAVE OUR FOUNDATION PATHWAY is another great way to show your support of Outward Bound. The pathway links the Watch Houses and helps students on their journey of personal development and self discovery. Help Outward Bound build a pathway for people from all walks of life.

FOUNDATION PATHWAY

- Leave your legacy at Outward Bound. With your gift of \$100 your brick will become part of Outward Bound's Foundation Pathway. Your donation covers the laying and engraving of your paving brick with your name or inspirational words of your choice. The remainder is held by the Outward Bound Foundation as a legacy for student scholarships.

NOTE: Bricks are laid in August/September each year for orders received before 30th June.



NOTICE OF THE 2010 ANNUAL GENERAL MEETING IS NOW ON OUR WEBSITE

www.outwardbound.co.nz/governance

Each year at the AGM, Members are asked to elect a group of up to 30 Members to a Members Council, whose role is to elect both the Outward Bound Trust Board, as well as the independent Trustees of our Foundation. More information on the role of the Members Council can be found on the website.

If you are interested in standing for the Members Council, or simply finding out more about it, we'd love to hear from you. Simply call us on **0800 688 927**.

LET US KNOW HOW YOU'D LIKE TO HELP US

Fill out the form and post back to us at the address below.

Name

Address

Phone ()

I have completed an Outward Bound course YES NO

Town/City Postcode

TICK HOW YOU'D LIKE TO HELP US:

PAYMENT DETAILS:

I'd like to become a Life Member (\$500) \$.....

I'd like to become an Annual Member (\$52) \$.....

I'd like to buy a paving brick (One paving brick \$100) \$.....

My brick inscription is (32 characters)

I'd like to make a donation Amount \$.....

TOTAL \$.....

I enclose a cheque

I'd like to pay by credit card

Credit Card details: Mastercard Visa Amex

Card Number..... Expiry date

Cardholder's name.....

Cardholder's signature



PLEASE RETURN FORM TO: OUTWARD BOUND • PO BOX 25274 • WELLINGTON

FOR MORE INFORMATION: PHONE: 0800 688 927 OR VISIT OUR WEBSITE: www.outwardbound.co.nz THANK YOU FOR YOUR SUPPORT.

Get into gear

What's new in the Outward Bound Shop...



www.outwardbound.co.nz/merchandise



Alta Beanies

\$30

A stripy beanie that will keep your ears warm on those frosty evenings.

Made from acrylic with a partially fleeced inner, it comes in two fashionable colours, plum or denim.



Dri Gear Polo

\$55

For that smart casual look this polo will have the heads turning.

A tapered fit, a front zip and 100% micro-poly that wicks any moisture away, this polo shirt comes in stylish black.

Sizes S, M, L, XL, XXL



Unisex Hoodie

\$80

A hoodie for the young or the young at heart. Perfect for chilling at home or cruising downtown.

Cotton outer with soft polyester fleece inside to keep you warm and looking cool.

Full length zip with pouch pockets.

Unisex fit XS, S, M, L and XL

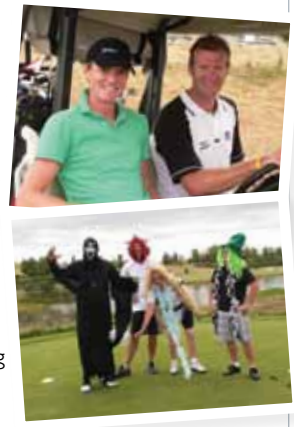
The Outward Bound Foundation was incorporated in 2001 with the purpose of raising endowment funds to ensure that Outward Bound is available to all New Zealanders. Of all the participants that come to Anakiwa, approximately 60% receive some financial assistance through either a full or partial scholarship, depending on their circumstances.

The Foundation held two fundraising events in 2010 – The Outward Bound Golf Day and The Mayoral Luncheon. Our charity golf day, held at the Gulf Harbour Country Club in February, raised \$43,000 for the Foundation. The day attracted corporate teams from all over New Zealand and support from GOLD Sponsors Youthtown; SILVER Sponsors Douglas Pharmaceuticals, The National Bank, Gulf Harbour Country Club and The David Levene Foundation; and BRONZE Sponsors Colliers, Lloyd East Insurance and AON Insurance. Golfers enjoyed the hot weather, fun activities and the superb condition of the Gulf Harbour course. Winners on the day were 'the guns' from AON Insurance, followed closely by Colliers and the 'boat boys' from Chemiplas in third place. NZ Rowing superstars Mahe Drysdale, Storm Uru and Peter Taylor, along with Olympian Barbara Kendall and Richard Leggat from BikeNZ hosted the event.

FOUNDATION FUNDRAISING

Last month the Honourable Mayor John Banks QSM hosted a fundraising luncheon in the Auckland City Mayoral Chambers on our behalf. The event raised \$15,000 for the Foundation. Adventure racer and Outward Bound Ambassador Nathan Fa'avae kept the 80 strong audience entertained.

Thank you to our event sponsors and hosts, and to those who attended our fundraising events. Your support helped the Foundation to support more New Zealanders to experience Outward Bound. **IF YOU WOULD LIKE TO FIND OUT MORE** about our Foundation or future fundraising events, please call our Funding Manager, **DIANE LEYTEN, ON 04 4951762.**



OUR SUPPORTERS

Our sponsors help us to achieve our vision of "helping create better people, better communities and a better world". Thank you to those who have helped us in the last year or so.



The Paul O'Brien Trust recently provided scholarship funding to assist young men from Tauranga city. The grant will be extended over a 6-8 year period. The P H Picot Charitable Trust continues to support with an annual grant. The Trust's donations over the last 16 years have supported nearly 100 students. The F & E Rodie Charitable Trust based in Hawera have supported over 60 people since 2002. Geoff Loudon, Chairman of L&M Petroleum, continues to donate his quarterly Director's fees to us. This year he supported our 21 day AimHi course for low decile schools in South Auckland, as well as participants on our adapted courses. Wanganui residents continue to receive support from the Arthur Wheeler Leedstown Trust. Ronaki Limited have spread their support over the past 13 years to now include Springfield School, and Kerikeri High School. Thanks to the continued support of the Fisher and McKenzie families. Claire Anderson, one of our alumni, continues her regular support, along with Sean O'Flaherty, Sheila Langridge, Nick White, Dynes Fulton, Trevor Taylor, Helen Fletcher, Allan Jury, Grant Aislabie. A bequest received from the late Andrew Todd helped to provide scholarship grants to 4 young people from around NZ. Trust windup funding from He Papa Pounamu provided us with much needed assistance to be able to offer scholarships to build leadership in places like Te Puke, Gisborne, Mangakahia, Rotorua, Opotiki, Kawerau and Whakatane. Otago Community Trust continues to support the 25 Otago secondary schools with scholarships valued at \$67,500. The Norman Jones Foundation, Invercargill Licensing Trust and Community Trust of Southland continue to support in excess of 25 scholarships each year to residents in Southland. There are many Rotary, Lions and service clubs who are working with youth in their communities. This support is extremely valued!

There are many others supporting people to attend Outward Bound. Without your help these people would miss out. **Thank you.**



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If you have any questions or queries about The Cutter, would like more copies or simply would like to tell us what you think, contact the editor: Christina Arathimos on 04 495 1765 or via email: carathimos@outwardbound.co.nz

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