

# Catapult 2019

*year in review*

We're often asked for our thoughts about the next generation. Easy answer – we're not worried at all. Our experience with today's young people shows a far greater passion and commitment to community than we saw among our peers at their age. On page 4, you'll find recent examples of how our student leaders paid your generosity forward. We have no doubt their initiatives will grow in size and scope as they complete their education. In fact, some of our older 'working' Catapulters have already said it's time to give back. They are banding together to raise the funds to send one student to camp next summer, excited to give someone else the experience they had.

catapult  
LAUNCHING  
LEADERSHIP  
LEADERS

Catapult is a safe space where our students can drop their masks (maybe for the first time ever) without fear of being judged. Since we're unplugged, they are simultaneously free of the harmful impacts of social media. Add in our exceptional counselors, world-class speakers and Acadia's academic exposure ... and it's the perfect formula for self-discovery.

We hear repeatedly, "I wouldn't be who I am without Catapult." We can personally say the same thing. Catapult is a constant source of joy and inspiration. Whether it's hearing of proud accomplishments, receiving unsolicited notes of thanks, watching them confidently speak at Illumination, or even being asked by a camper from 11 years ago to review a resume.

After graduating from Dalhousie Law School last May, Zach threw a little celebration party and invited both of us. The special part? Zach wasn't celebrating his own accomplishment. "I want to celebrate those that got me here. As you know, I didn't grow up with doctors, lawyers, accountants, or any professionals to model or aspire to. Instead, what I had was people who took chances on me, guided and supported me, and who made a significant impact on my life."

The impact our programs can make is truly immeasurable. Our students may have been born with that special something to succeed but they still need support if they are to reach their potential. On behalf of all our Catapulters, thank you for making the choice to invest in them. They are so worth it!

*Jane*  
Jane Roy, Chair

*Lori*  
Lori Barker, Executive Director

## the year in numbers

- 50 Catapult campers
- 79 students engaged with Catapult Plus
- 34 alumni at Plus conference
- 1,940 hours volunteered by Plus catapulters
- 61 charities helped by Plus catapulters
- \$32,100 raised by Plus catapulters for charity
- 2.6 extracurriculars each, on average
- 15% involved in student government
- 42% held part time jobs during high school
- 100% graduated from high school
- 75% pursued post-secondary education
- 99% of schools have nominated students
- 13 alumni counselors at camp/conference
- 11 years, 550 students catapulted from 217 communities across NS!



**Our Mission:** to cultivate new leaders who will make a positive difference in schools and communities across Nova Scotia. We focus on students with natural leadership qualities but limited opportunities.

**Our Vision:** to inspire, inform and empower Nova Scotian students so they have the confidence to reach their full potential.

### Our 3-year program is designed to:

1. inspire and empower our students to become student leaders in high school while also shaping a community conscience, and
2. inspire and support their transition into post secondary education.

# highlights

*Catapult has meant everything to me. They provided me with love and support in a period of time that was very difficult and painful for me. Catapult made me realize that changing may be different and hard, but it is something to be excited for - an opportunity to experience new things, to meet new people and the chance to live differently than you did before.* ~ Neleah

- Our 3rd annual **Alumni Conference** was held at Saint Mary's University. Planned and organized by Catapult alumni, 26 attended and learned about healthy relationships, emotional wellness, networking, apartment leases and car loans. 10 more high school alumni joined the social evening that followed with pizza and board games. The annual conference is not only an opportunity to learn life skills they aren't getting anywhere else, but a way to renew friendships and connect deeper within the Catapult network.
- Adam was elected **President** of his **student council** bringing our impressive tally to 18!
- Kayley was named **Youth Volunteer of the Year for NS!** She was also named an HRM Youth Volunteer as was Katrina. To date, 17 of our students have been recognized as a volunteer of the year.
- Keilin made CBC headlines and was awarded a Lieutenant Governor Award for his work in educating junior high students about the use of the N-word. Madison and Vessa also received a **Lieutenant Governor Award**, bringing our total tally to 26!
- Orlagh Reilley from the **SOAR Foundation** in Ireland joined us as our 2019 Camp Director. It was an opportunity for us to learn from other leading youth workers and consider improvements for our program. Orlagh gave us an A+ rating with high praise for our program.
- Counselor Kevan Henshaw created **CLIFF** (Catapult Launch it Forward Fund) to assist Plus students with seed money to get their community service projects off the ground.
- Our 2nd benefit concert **illumination** was hosted by Bloom Wealth and Assante, featuring Bruce Guthro, Rose Cousins, Port Cities, Makayla Lynn and 3 Catapult alumni who shared their stories. Tickets were in high demand and we sold out well in advance. Rose donated a house concert, which Gordon Stirrett purchased and turned into another fundraising opportunity that funded 2 students for camp!
- Hannah took advantage of camp speaker **Terry Kelly's offer to mentor** any student trying to follow their dream. Through his connections, she ended up performing in the ensemble of "Messiah ... Refreshed" at Carnegie Hall in NYC and received a private lesson from one of Canada's top sopranos.
- Jacob won gold at the **Nova Scotia Skills Competition** in the Job Search category.
- Our Board became stronger with **Ken MacDonald** (retired CFO of Erdene), **Mike Mansfield** (retired social worker and former Chair of NS Home for Colored Children) and **Kristen Tynes** (Executive Lead, Strategic Initiatives with the NS Dept of Education, formerly teacher, reporter and broadcaster).
- For the 2nd year, our **counselor team** at Plus was entirely Catapult alumni. While there, they raised \$500 to support a junior counselor (2016 catapulter) with his university costs. Camp staff included 2 catapulters as counselors and 2 more as junior counselors.
- Abigail was named one of Canada's most promising **young scientists**. Lobke wants to protect endangered Atlantic salmon and went to Vienna to present her master's research on the seasonal variability of toxic aluminum in NS's lakes and rivers. Meghan received a Dalhousie Impact Award and a BrightRed Research Award (Heart & Stroke Fdn) for her research on the biomechanics of fetal heart development.
- Cassidy's 'I Voted' sticker was chosen by Instagram for their campaign to encourage **political engagement**. She received \$5000 and a trip to Instagram headquarters in San Francisco.

## our programs

### Our Signature Camp

7 days at Acadia, the focus is on accelerating leadership potential by boosting confidence so they start high school as active leaders. Students must be nominated. Average age is 15.

### PLUS Conference

4 days at Acadia for high school alumni, the focus is post secondary planning. Students earn their registration with extra-curricular involvement, creating a personal mission statement, setting goals, and paying it forward with community service.

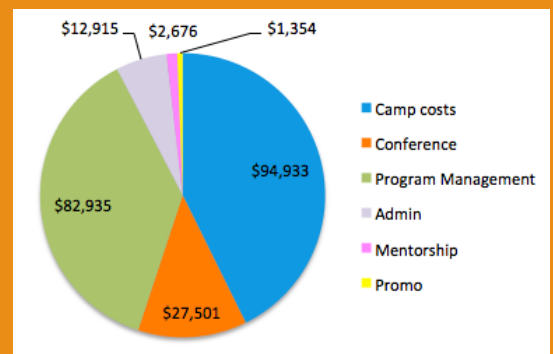
### Alumni Conference

1 day conference at SMU for alumni grade 12 and up, the focus is on life skills such as networking, personal finance, healthy relationships and much more.

### Other

We offer a career coaching program, connections to professionals in the fields they wish to study, critique resumes and provide references, and distribute information on scholarships, post secondary information, volunteer opportunities and more.

## the year in dollars



Dear Sponsor,

I have no idea how to even start to thank you. Catapult 100% changed my life. It opened my eyes to opportunities I never thought I would have. My time at Catapult has been one of the best times of my life and I wouldn't change one minute of it. I met so many amazing and inspiring people who have become life long friends. Without Catapult I don't think I would be who I am today. I have realized all the potential I have to succeed my educational dreams and all the leadership qualities I have that I never knew of. With your help I realized the type of person I am and to be proud of it. I have experienced things at Catapult that I never had the chance to before and I just want to thank you from the bottom of my heart. Catapult will always have a special place in my heart.

Thank you ~ Alecia



Catapult Plus students are required to put their leadership skills into action. We asked them what they learned in each of our cornerstones:

#### Community Service

You don't always have to be the only leader, you need to share the work and work as a team. - Madison

You have to take initiative, be good at compromising and have respect for everyone around you in order to be a good leader. - Jasmine

#### Set Personal Goals

It feels like once you write your goal on paper, you have to try your best to make time and achieve it no matter how hard it is. - Martina

Any goal that is not in pen is only a dream. - Harrison

#### Get Involved

There's value in meeting new people and experiencing new things that helps us grow as a leader. - Mikayla

I'm proud I put myself out there and joined new sports, without any of my regular friends. I made new friends I'm very grateful for. - Emily

#### Life Long Learning

(responses to reading Sean Covey's 7 Habits of Highly Effective Teens)

Keep the end in mind - the work I do now will pay off. Think "win-win" and be proactive. - Carrie

You get as much out of life as you put into it. - Josh

I only have control of myself and my attitude. - Brianna

Dear sponsor,

I really appreciate the opportunity to attend this life changing camp. All of the friends I have made, and the lessons I have learned. The difference between Catapult and any other camp I have been to is, the friends you make are for life. The lessons you learn stick with you forever. I was in tears in 2017, when we had to leave everyone, but when I got to the stressful times in my life, like exams, thinking about my friends and knowledge from Catapult helped relieve the stress. Not only is Catapult stress relieving, but it has helped motivate me to be the best I can be. If not for Catapult, I would not be a high honours student thinking about taking engineering as a post-secondary education. I really appreciate all you give to us, and hope it can go on for a long time.

Sincerely, Dylan

This experience has been life changing and I can't even begin to explain how thankful I am. It has helped me believe in myself more, be more willing to work with others without fear of being judged, and I have made family going to Catapult!! ~ Paige

#### Adam MacNeil, winner of the 2019 Catapult Plus \$1000 Bursary Award



At Camp in 2016, Adam decided to focus on becoming more outgoing and get more involved when he got back to Cape Breton Highlands Education Centre. And he did! In grade 12 alone, he was President of Student Council and a member of Prom committee, the male lead actor in the school's musical, captain of the volleyball team and scorekeeper at the girls' games, Chief Warrant Officer (the highest rank) in Cadets, a Eucharistic member at his church, a member of the Environment Club and Jack.org, attended NSSSA, and volunteered at track and field meets. On top of all that, he's worked as a grounds keeper since 2015 and does data entry for the Margaree Anglers Assoc. "Catapult really helped me to put myself out there more and I had some of the greatest years of my life because of it." Adam is now at NSCC's Ivany campus studying radio and television journalism.

Catapult is **inspirational** to build hope, **motivational** to build confidence, and **experiential** to build skills.



**Catapult builds leaders with a strong community conscience.** During grade 11, **Alecia** chose to develop a website to help young people's understanding of being in foster care. Still in progress, the website will provide answers to questions a young person might have about going into foster care and what they should expect, including both the negative and positive aspects of the system. "*Foster care can be rough when you're going through it alone so this website will hopefully help make their foster care experiences less stressful.*" **Some other ways by which our**

**Donors' generosity was catapulted forward in 2019:** **Rocky** co-founded Get Loud, a musical event at his high school. **Neleah** spoke at an elementary school about the importance of being kind to one another and helped them decorate a bucket to fill with foam balls when they do nice things for others. **Jacob** volunteered to record, edit and set up school events. **Sky** helped out in the school cafeteria. **Brianna** planted trees and helped with a fundraiser to build a town pool. **Carrie** created an instagram campaign about environmental issues. **Chloe** volunteered her time with intellectually challenged adults. **Emily** helped deliver the school's breakfast program. **Islam** created a club to teach other students her native Syrian language. **Jasmine** volunteered at the SPCA and helped find kittens a home. **Jenna** volunteered with jack.ca, a mental health organization. **John** organized a Rubik's cube competition. **Martina** supervised children with family SOS. **Nathan** volunteered at Humble Bee Farms. **Raine** helped clean ditches. **Vessa** created a quilt to fundraise for a mission trip to Campeche, Mexico where she volunteered at a cancer centre, elder shelter and orphanage. **Sarah** painted pride flags on the school's cafeteria walls. **Josh** helped coach a soccer team. **Madison** created a challenge day at the elementary school for Earth Day. **Maria** volunteered at a local bingo hall. **Mikayla** volunteered at a Mi'kmaq school. **Kayla** co-facilitated HeART Camp. **Ashley** became a Big Sister (with BBBS). **Bailey** donated her hair to make wigs for children with cancer. **Desiree** volunteered at Halifax North public library. **Katrina** led a donated clothing initiative. **Corey** was named Truro's volunteer firefighter of the year. **Kath** created a multicultural book. **Lal** raised money for the Halifax Refugee Clinic. **Tyler** helped create a film to help Wounded Warriors Canada raise money. **Kayley** spoke at an International Day of the Girl Child event and actively supported countless initiatives in her Dartmouth North community.

**As they say, "IT TAKES A VILLAGE". We gratefully THANK all our community partners who built our village in 2019!**

Founding sponsor:



**Our Investors**

Acadia University  
Elizabeth Apold  
The Armour Group  
Bell Aliant  
Bloom Wealth & Legacy Planning  
Clearwater  
Don & Shelley Clow  
Howard & Karen Conter  
Mrs. Deborah Conter  
Craig Foundation

Crombie REIT  
James Gogan  
Palooka's Charitable Foundation  
RBC Foundation  
Robert & Kathy Richardson  
Scotiabank  
Scotia Investments  
The Stevens Family Foundation  
Stewart McKelvey  
Summerwind Holdings  
Kevin & Lyn Waller

Philip & Judith Webster  
R. Howard Webster Foundation  
Westwood Developments  
Zeller Family Foundation

**Our Supporters**

AGL Group  
CIBC Children's Foundation  
Erdene Resource Development  
Farnell Packaging  
Fisher Transport  
Guildfords Group

Hayden Realty  
KPMG  
Labatt Breweries  
Wade Keller  
McInnes Cooper  
Nancy Regan  
Office Interiors  
St. Paul's Home  
Telus

... and everyone else who donated.  
*Every dollar makes a difference!*

**Catapult Leadership Society**

CRA#81385 7893 RR0001  
www.catapultcamp.com  
(902) 830-5704

