

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

OH CANADA! Next month, Canadians everywhere will kick off the summer with proud displays of red & white patriotism. In fact, Canada Day is Jane Roy's favourite holiday of the year. "Along with our kids, we host a big backyard party every year ... food, games, music and great friends. My husband and I love to travel to other countries. The more cultures we experience, the more we realize we're all connected. We may look, speak, pray and live in different ways - but at our core, we are all alike. As I travel, I'm also more and more proud to say I am Canadian."

At 152 years old, Canada is young compared to places like China that date back 3,000 years. Our reputation is polite, friendly and nice - we are peacekeepers.



We can never forget that we live on ancestral Indigenous land, and here in Nova Scotia we are in Mi'kma'ki, the traditional territory of the Mi'kmaq people. We should also recognize that Canada, as we know it, was developed by immigrants.

Immigration is a hot topic these days and Nova Scotia is working hard to increase our immigrant population. Why? Immigrants help build our province by counteracting our declining and aging populations, fill trade gaps, and fuel entrepreneurship. And, immigrants help make Nova Scotia a more vibrant and dynamic society.

Have you ever wondered what it might be like to move to a new country with very different living conditions, customs and language? Catapult has hosted student immigrants from 16 different countries - so we asked them what it's been like.



Nikki Shahin '12
Emigrated from
Iran, 2008



Lal Tiwari '14
Emigrated from
Nepal, 2009



Samrana Elahi '11
Emigrated from
Bangladesh, 2004



Sandy Haroun '15
Emigrated from
Egypt, 2009



What were the hopes for your new life here? Each said they came for better opportunity, especially in education and career. "My parents were both physicians back in Iran. They gave it all up in hopes of giving my brother and I a better future. They put in a lot of effort and several years to get back into the medical field here in Canada with A LOT of hard work. They've been the best role models to teach us to never give up on the things you're passionate about." Lal's situation was very different. In Nepal, his family were refugees with no citizenship. This meant they had no legal rights, no vote, no equality. "Canada has given me all of those. Becoming a citizen of this country has been the greatest joy of my life. In Nepal, I didn't worry about my future - it was about trying to survive each day, putting food on the table and being safe at night."

What most surprised you about Canada/NS?

Samrana and Lal had never seen snow before. "Bangladesh is near the equator so the coldest the winters got were maybe 15-20°C." Sandy really appreciates Canada's policies for tolerance and equality among all races and genders, not something Egypt is known for. And Nikki said it's the kindness and friendliness of people. "It still makes my day when a stranger and I smile and say hello as we walk by!"

What do you miss most about the country you came from? Unanimous answer - Family, Family, Family, Family. "I have a lot of sad memories because we were so poor, but I cherish my

memories of family and friends. They were fantastic.", says Lal.

What have been your biggest challenges? Sandy says it's not easy finding a balance between taking pride in her roots and her new home country. Samrana said they had to give up their way of living and as a kid, it was really hard to understand why you suddenly can't afford things they could back home, like video games, eating out, or even candy. Even harder, "There wasn't a lot of positive representation of people of color or immigrants back then, so I tried to assimilate and become more 'Western'. For a while, I resented my culture and in the process of assimilation I forgot my mother tongue (Bengali)." For Lal, it was "trying to catch up to other students academically so I could do the same work as them. I was 11 when I came and they put me in grade 6. Learning English was hard, but even harder was reading and writing. Some students had to read books for me." Nikki feels her greatest challenge is trying to be the best representative of the Shahin name in order to thank her parents for sacrificing so much for her.

What have been your greatest sources of joy? For Lal and Samrana it's been their education. "By grade 12, I managed a 73% in English!" says Lal. "And, I proudly represented NS by leading my school's chess team at Nationals. Now I'm at NSCC and I'm also working because I want to help my parents as much as I can after all the hardships they lived through." Samrana says, "Going to university and getting my degree probably

wouldn't have been possible if my parents didn't make the courageous decision to start a new life in Canada." Nikki is grateful "to be here with both my parents and brother because I know that that's not always possible when immigrating to a new country."

What do you wish more people knew about immigrants? Sandy wishes people "knew how much work goes into leaving your country in hopes of a better life and that getting to where we are took a lot of perseverance." Samrana says, "Immigrants aren't coming to steal your jobs. My parents had to leave everything and start at the bottom all over again. I'm forever grateful to them for taking a leap of faith and making so many sacrifices so that me and my younger sister had access to more opportunities and a better shot at life." Lal wants people here to feel blessed and not take anything for granted. "Life as a refugee was really tough. Back home, giving kids an opportunity to go to school is like a dream come true and they have to walk hours to get there. I've learned to never give up. Always believe that you can do it, it's okay to make mistakes, just keep the faith."

Thank you Nikki, Lal, Samrana and Sandy

for sharing your stories and helping us understand immigration from your perspective. We are very proud to call you fellow Canadian citizens and we know you will help make our little corner of the world just a little bit better!



Keilin Willis-Reddick '17 made CBC headlines for his work in educating students about the use of the “n-word”. As one of only a few African NS students at South Colchester Academy, he knew how hurtful that word can be. It’s not cool, it’s offensive and derogatory, stemming back to slavery in the 1600’s. Keilin’s response was that of a true leader. He realized that the implications of the word had never been taught during all his years at school. Keilin and a classmate have since delivered a dozen presentations to junior high students. Their efforts were rewarded with the Lieutenant Governor’s Respectful Citizenship Award which recognizes students who have demonstrated leadership and commitment to creating safe and inclusive schools and communities in NS. Well done Keilin!



Thinking of saving your summer earnings to buy a car? If so, make sure you know what you’re committing yourself to. This means looking at ALL the costs, not just the price tag on the car itself.

The average cost of owning and operating a car in Nova Scotia might be more than you think. A current ad offers a 2008 Mazda 3 with 202,000 kms for \$4,995. That’s \$5,744 after HST. Let’s assume you save \$1000 as a down payment and borrow the rest over 3 years. Here’s what you can expect to spend over the next year (assuming you drive 20,000 kms/year):

Car loan	\$1625
Insurance	\$2274
Gas	\$1872
Permits/inspection	\$ 177
Maintenance	\$500 (++)

It adds up to \$6448/year or \$537/month. That’s a lot more than a student bus pass at \$70/month! Not everyone is on a bus route though and for those living in a rural area, a car may be a necessity. Or cheaper than living in residence if you’re in university.

Here’s some advice **Scotiabank** gave us at last year’s Alumni Conference:

- When you buy used from a dealer, they inspect it and make repairs unless it’s “as is”. If you buy private, it’s on you to ensure it’s in safe condition. The

seller doesn’t need to disclose anything to you. It’s also up to you to make sure no one has a lien on the car for an unpaid debt.

- Don’t loan or lease for a car for longer than you plan to own it.
- When buying at a dealer, you pay HST upfront. On a private sale, you pay HST at the DMV on their determination of value.
- Pay attention to your tires - they are what connects your car (and YOU) to the road! Check tire pressure often to help gas mileage and tire wear. Change your oil regularly and heed ‘check engine’ lights.

A car is something we all dream of owning. But it is expensive, especially when it breaks. Once the novelty wears off you might see it as a burden. So do your homework before you choose to buy!



Mekayla Bull '15 and Jacob White '17 repping Catapult (and Nova Scotia) at Skills Canada Nationals!!

Introducing our 2019 JCs. Looks like they’re going to be a fun addition to our staff team!!

CATAPULT CAMP

CATAPULT PLUS

South Colchester Academy



Livi King



Nat Chute

Ecole du Sommet

Saint Mary’s Bay Academy



Noah Claremont



Brianna Green

Dr Hugh Gillis High

Congratulations to Adam MacNeil, winner of our 2019 Catapult Plus \$1000 Bursary Award!

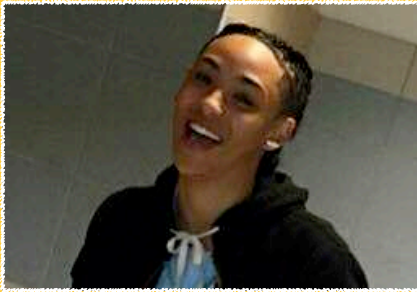
At Camp in 2016, Adam decided to focus on becoming more outgoing and more involved when he got back to Cape Breton Highlands Ed. Centre. And boy did he! In grade 12 alone, he was President of Student Council and a member of Prom committee, the male lead actor in the school’s musical, captain of the volleyball 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. It’s always hard to predict what the future will hold, but thanks to everything I learned, I’m sure I’ll be ready for whatever comes my way.”* Everyone at Catapult wishes you good luck at NSCC’s Ivany campus and a successful career in radio and television journalism!!!



Congrats also to **Elyssa Wilson** and **Tori Benedict** for each winning a \$500 Catapult ‘Fear is a Liar Bursary’. And to **Tyrell Byard** who responded to our call for interest and won a \$500 Bursary from the Buddy Daye Learning Institute!

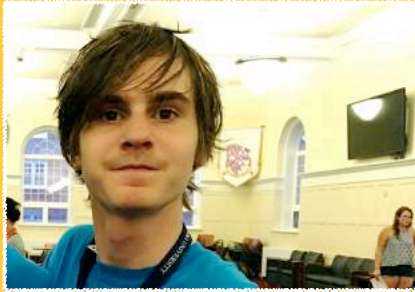
SNAPSHOTS

TYANAH BEALS - 2016



School: Citadel High
Cool Fact: I play school rugby and we're undefeated for 2 years. **Fave Camp Memory:** Writing songs.
What inspires me: My nephew. I want to be my best to inspire him to be his best. **Future Plans:** Business admin at NSCC then my own hair studio. **Fave quote:** You miss 100% of the shots you don't take.

LOUIS WOOLSTON - 2017



School: Ecole Acadienne de Truro
Cool Fact: I'm a DJ.
Fave Camp Memory: Being hypnotized at Plus.
Future Plans: IT System management
What inspires me: Electronics.
Fave quote: "One day you leave this world behind, so live a life you will remember" - Avicii

NATHAN BAILLIE - 2018



School: West Kings Dist. High
Cool fact: I can swim 2 laps of an average pool holding my breath!
Fave Camp Memory: Becoming close friends with everyone.
Future Plans: Elementary teacher
What inspires me: People who make a positive impact on others. **Fave Quote:** "Be yourself. Everyone else is already taken." — Oscar Wilde

CATAPULTERS IN THE NEWS

Sarah Fortin '14 made it to nationals playing badminton for Sainte Anne University. David (Abol) Fazi '18 is a Division 1 basketball city champion. Jenna Corbett '18 earned the lead role in her high school musical (rarely given to a grade 10 student!) Kath Ednalaguim '13 was elected an Executive Officer of the Filipino Assoc of NS. She also created a Multicultural book Blurb.Ca which is available at the Halifax Library and volunteered with Lori at the Women of Excellence awards. Olivia Nowe '17 made it to Provincials of 'Concours d'art oratoire' (french public speaking contest). Erika Pineo '15 engineering team took 1st place in a design competition that focused on making UBCO a more sustainable campus through water conservation. Lobke Rotteveel '11 presented her master's research in Vienna on the seasonal variability of toxic aluminum in NS's lakes and rivers. She's hoping to protect endangered Atlantic salmon. Hannah Kroesbergen '18 was mentored by Terry Kelly and auditioned for LAMP. Although she didn't get in because she was too young, she was offered a private lesson from one of the top sopranos in Canada. Livi King '16 organized South Colchester Academy's Coffee House and Art Show. Abigail Stanton '18 was recognized as one of Canada's most outstanding young scientists at the Canada Wide Science Fair. Jacob White '17 won gold in the Job Search Category at the NS Skills Competition. Liam Fisher Smith '14 has joined the navy. Meghan Martin '12 received a Dalhousie Impact Award. Chloe Mackinnon '18 and her Cabot High basketball team are champs. She also attended the NSSSA Conference. Mel MacNeil '18 was accepted to SHAD's 4-week summer program. Lal Tiwari '14 ran in the Bluenose Marathon to raise money for the Halifax Refugee Clinic. Islam Tahina '18 created a club at Horton High to teach her Syrian language to others. Tori Benedict '16 received a Trailblazer Award from Girl Guides and is co-president of LRHS Prom Committee. Jaidyn Harris '16 received the Coaches Award for MRHS rugby. Derica Poirier '16 was named MVP in softball and badminton, sportsmanship in soccer and won an Exemplary Participation Award. Drew McCarthy '12 visited Northern Ireland with SMU's Conflict Resolution Society. Counselor Katelyn Barker received the David Bell Memorial Award in Communication Studies at MSVU.



Painting by Josh Coulson '12



CONGRATS TO: **Kayley Dixon** '16 for being named NS's Youth Volunteer of the Year, **Katrina Manette** '16 for being named an HRM Youth Volunteer of the Year, **Keilin Willis-Reddick** '17 and **Madison Bourgeois** '18 for receiving a Lieutenant Governor's Respectful Citizenship Award



Canada's federal elections are coming up in October. Will you vote? If so, what will you base your vote on? Liam Power, 2010 Catapulteer and Counselor, is actively involved:

I'm a card-carrying member of the Nova Scotia New Democratic Party and I've been a volunteer since 2013. **Why did I get involved?** Honestly ... because a friend asked me for help on a campaign. I went out and talked to some people and came back to the office and they gave me coffee and cookies. It was great. It was easy. But what got me to stay on after the election was the fact that I had met so many people - from all over and they were all so nice. And so I came out again and again and now I'm so happy that I said yes to helping out!

Why did I choose the NDP? I've taken lots of online quizzes that tell you what party you should join but those can ask complicated policy questions. If you want to join a party do some research independently. I chose NDP because of their strong beliefs in environmental protections and because they are the only party that campaigned on forgiving student debt. I chose the party that I felt was looking out for me, but also the party I think would have the best policies to help most Canadians.

What is my role in the current election? My title is Voter Contact Organizer (VCO) so my job is to bring in volunteers and train them to canvass. I train people mainly for foot and phone canvassing. I also help plan events, prepare the candidate for meetings, and organize where to canvass, amongst other things. My day typically starts at 9am and will usually go till around 9pm. It involves a lot of running around and phoning but don't get me wrong this is by far the best job I have ever had and I love every minute of this campaign!

How can you get involved? If you have a friend involved with the party that you think is the best fit then go to an event with them! Or, just Google the party you want to get involved with - all of them will have options to volunteer including for youth. They will typically ask for your name and email and should reach out quickly! If you'd like to get involved with the NDP or have questions about political involvement I'd be happy to chat! Please reach out!

What's the difference between the Parties ?

Liberals are 'fiscally responsible but socially progressive'. They support programs such as universal health care and old age pensions, unrestricted abortion, LGBT rights and immigration. They want a free market economy without burdensome regulation.

Conservatives favour low taxes, smaller, less intrusive government, strong law-and-order, strong military and traditional values.

NDP are similar to the Liberals but take a more aggressive position on taxing the wealthy and large corporations, environmental regulation, and non-interventionist foreign policy.

Greens were originally devoted to raising awareness of the environment. They also advocate for sweeping reforms to the political system.

Remember - our government makes decisions that affect us all. You can't complain if you don't educate yourself on the issues and participate.

In judging our progress as individuals, we tend to concentrate on external factors such as one's social position, influence, popularity and wealth ... but internal factors may be even more crucial in assessing one's development as a human being: humility, purity, generosity, readiness to serve your fellow men - qualities within reach of every human soul." ~ Nelson Mandela

A FREE budgeting tool for students: mymoneycoach.ca/budgeting/budgeting-calculators-tools/student-budget-worksheet

To our Classes of 2019,



~ Enjoy the power and beauty of your youth. Trust us, in 30 years you'll look back at photos and realize how much possibility lay before you and how fabulous you really looked. ~ Don't worry about the future. The real troubles in life are apt to be things that never cross your worried mind. ~ Do one thing every day that scares you. ~ Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours. ~ Don't waste time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and in the end, it's only with yourself. ~ Dance, even if you have nowhere to do it but alone in your bedroom. ~ Travel. ~ Understand that friends come and go but hold on tight to the precious few. The older you get, the more you value people who knew you when you were young. ~ Don't feel bad if you don't know what you want to do with the rest of your life right now. You have a whole lifetime to explore, find your purpose and then change your mind again.

~ Jane & Lori

(Adapted from a column written by Mary Schmich)

SAVE THE DATE!

Alumni Conference
Sat. Nov 16th
at SMU

Don't forget - GoodLife offers FREE summer gym memberships to students!

Congratulations to all our 2019 high school, college and university Grads! You've worked hard. We wish you great success as you begin your next chapter, where-ever it may be!

Check out the FREE Moodie app. It's a personal support coach that helps you track and change your mood!



THE ROUND TABLE was named with Catapult's medieval theme in mind. King Arthur insisted on having his faithful knights seated at a round table where everyone was treated equally and had an equal voice. Use your voice and send us your submissions for the next newsletter!



CONTACT INFO

902.830.5704

lori@catapultcamp.com

FYI if you have a learning disability, are used to receiving accommodations, and are starting university next year, check their policy in advance so you know what to expect. And make sure your documentation is still valid.