

# THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

## Thinking of an “OUT OF THE BOX” career?

These days, mainstream career advice tells us to follow our passion. “If you love what you do, you’ll never work a day in your life.” But is that true? Earlier generations chose careers that offered job security, life-long employment and a good pension. But today’s students have an ever-increasing menu of career choices, partly due to the globalization of the world economy.

If you’re considering an offbeat or non-mainstream career, you’ll likely hear strong opinions on the downsides. Our advice is no different than for any career, mainstream or not. Look before you leap and do the necessary due diligence before making your choice. We asked some of our Catapulters about their experience when they chose their non-common path.



**Noah Claremont** '16 is in his first year of 'Foundation Visual Arts' at the NB College of Craft & Design in Fredericton. He's getting an overview of all the college's programs while building a portfolio to prepare his entry into their 2-year photography diploma. His ultimate goal is to become a Forensic Photographer and photograph crime scenes as part of investigations. *"I've always LOVED photography but my teachers and people I knew who had started their own business all told me 'you're gonna be happy but broke'. A lot of people said I should find a real job. At first, it was kind of a joke to prove them wrong, but the more I looked into it the more I knew I could actually do it. Now that I'm at NBCCD with other photography students, and teachers who are photographers, it's such a different energy. I'm loving it."*

**Jacob Lenethen** '16 is studying Music Production and Engineering at NSCC Ivany Campus. It's a 2-year program and he'll graduate in 2021. *"The course focuses on producing music at a professional level in a studio setting but also covers different aspects of the music industry like marketing and networking as well as basics like music theory. My goal is to become a well respected and recognized producer and own my own studio where I can produce music for others as well as my own projects. I've always had a passion for music but never felt like I fit into one role within the industry. This feels like something I can carve my own path into and shape my career into what I envision. Most of my life, people told me music wasn't a real job and I'd never make a living for myself. It wasn't until my 18th birthday that I decided to commit to my dream. I still hadn't decided on my post secondary plans by graduation, but when I spoke to an NSCC advisor and heard about the new MP&E program, I immediately knew it was for me."*



During high school, **Jamie Lee Maclsaac** '11 wanted to become a TV sports announcer. She took advantage of our offer to provide career coaching and mentorship so we connected her to Nancy Regan. *"The opportunity to chat with Nancy about potential career options in TV helped me out greatly. She motivated me to take the initiative to pursue my dream and I was accepted into the College of Sports Media in Toronto."* Jamie Lee graduated in 2016 and a 4-week internship at CP24 for camera operations followed. She's still there, working as a Live Eye Camera Operator. Jamie Lee told us persistence and patience is key when choosing a difficult field like sports media, and you need to be willing to

relocate since there aren't many opportunities in NS. But she sure has had fun, with access to lots of sporting events and fan fun like Jurassic Park during this year's NBA playoffs. *"I've covered a lot of great things, but interviewing Scarlett Johansson at Toronto's 2019 International Film Festival is one of my favorite moments ever."*



**Sam Dykeman** '13 will graduate next year with a BSc in Agriculture Business, with a minor in environmental science, from Dalhousie's Agricultural Campus. *"I've always had a passion for agriculture. In fact when I was 10, I wrote a business case to buy cows! Farming is the fabric of rural livelihood. I've been fortunate to visit Kenya on a food study mission plus agricultural focused trips to Uganda and Ethiopia, amazing experiences that are helping me develop a business case for increasing environmental efficiencies. My dream job is to help Canadian farmers adapt to climate changes while also improving profitability. Growing up in Truro, I always knew about the agricultural campus. But I still feel like I fell into it. I actually began a nursing degree at UPEI, but after only 1 week I knew I had to leave and follow my passion. Luckily, Dal let me start late so I didn't miss any time."*



**Samara Flueck** '09 earned a diploma in 3D Animation and Modeling for Video Games. After a couple years looking for work in the field, she took a chance and moved to Victoria, BC to work at a small graphic design studio. But it's a tough industry and layoffs soon followed. So she made the decision to go back to school. She's now studying Information and Computer Systems at Camosun College, hoping for better job security. *"I was a little nervous going back to school but I love the program and am doing really well. My advice for students trying to decide on what they want to pursue is to first look at what they enjoy doing. Next take a step back and look at what makes you enjoy doing those things. Figuring out those core interests and values helps a lot when trying to decide what to pursue."*



Jacob's advice if you're undecided is to *"simply be who you are, follow your passions and chase your dreams"*. Noah says, *"If you have the chance to try something new, do it. If you love it, look for ways you could make a career out of it. Don't listen to the haters!"* Sam's advice goes a little further. *"The fact that my undergrad program has a 97% job rate helped me make my decision. Don't be afraid to start a program - you can almost always transfer your first-year credits if you change your mind."*

We say, **"Dream with your eyes wide open"**. Do your homework before choosing your path. Sometimes, a job that you like 'well enough' will provide the income to support your passion in your personal time. Consider your interests, skills and values. What education is needed? Are you willing to relocate if needed? Will the salary support the lifestyle you want and let you chase other dreams? Will there be opportunities for continuous growth? Remember, our happiness is derived from all areas of our life so it's important to not only choose a career you love, but one that also matches your values!



\* \* \* \* \* **SNAPSHOTS** \* \* \* \* \*

**ROCKY RANKIN - 2017**



**School:** North Nova Education Centre  
**Cool Fact:** My fave adjective is OBSTREPEROUS. **Fave Camp Memory:** Singing with Robyn at Rock Night. **What inspires me:** Counselor Liam telling me he was the Director of Fun. I vibe with that!  
**Future Plans:** Nursing. **Fave quote:** "Leave the gun, take the

**ISLAM TAHINA - 2018**



**School:** Horton High  
**Cool Fact:** I speak 2 languages.  
**Fave Camp Memory:** Being with my family group.  
**Fave quote:** "Love will never fall."  
**What inspires me:** Success.  
**Future Plans:** Surgeon and fashion designer!

**MALAIKA WILLIAMS - 2019**



**School:** Charles P. Allen High  
**Cool fact:** I'm a cheerleader & a cadet. **Future Plans:** Registered nurse **Fave Camp Memory:** Making new friendships that will last a lifetime. **What inspires me:** Helping others. **Fave Quote:** "Everything happens for a reason. Sometimes good things fall apart so better things can fall together " (Marilyn Munroe)

**CATAPULTERS IN THE NEWS**

**Shay-Lynn Westhaver '17** is excited to be already accepted to SMU based on her grade 11 GPA. She's also the leader of Duncan MacMillan High's cultural group, captain of the volleyball team, a member of jack.org, in the school band, and is doing co-op with the pre-primary program! **Noah Stevens '19** joined Liverpool High's Key Club. **Paris Greenlaw-Gray '19** successfully ran for student council at JL Ilsley. **Kayley Dixon '16** is running a free girls program at the Dartmouth North Community Centre. **Tyler Hollett '15** is raising funds for Wounded Warriors Canada to help veterans with mental health assimilate back into civilian life. He and a friend are adapting a novel series into a film with the T.U.S.T. Franchise. **Sam Dykeman '13** travelled to Ethiopia and Uganda as part of his undergraduate thesis in agribusiness. **Samantha Hartlen '12** is excited to announce that she's graduating from Eastern College's pharmacy technician program in Nov and a week later she's expecting a baby! **Meghan Martin '12** was awarded a BrightRed Research Award from the Heart and Stroke Foundation for excellence in emerging cardiovascular and cerebrovascular researchers. Her focus is on the biomechanics of fetal heart development as part of her Masters of Applied Science in Biomedical Engineering at Dalhousie. **Kayla Bernard '11** co-facilitated HeART Camp last summer, providing weekly art, mindfulness and leadership lessons to youth. **Shawntal Haakman '14** is excited to be studying Early Childhood Education at NSCC Marconi Campus.

**New Giving Fund - Established by Catapult Alumni !!**

Catapult Plus's counselor team for 2019 was entirely comprised of Catapult alumni. During training, they decided to create a new fund to allow Catapult alumni to come full circle and together, send a deserving youth to camp. Their enthusiasm was so infectious that they began immediately and raised \$500 within 15 minutes! The team made the wonderful decision to award these initial funds raised to catapulter Nathaniel Chute '16 in order to help him with his costs of attending University of Alberta where he will study software engineering. Nate was actually part of the staff team too, as Junior Counselor, but he had no idea that his eagerness and commitment in supporting the Counselors would pay off in this way. Our alumni staff felt so great about it that they are launching a social media campaign in connection with the alumni conference, to reach out to other alumni to help them raise the full \$2000 to send a student to camp next summer! If you'd like to be part of this amazing Alumni initiative, visit [www.canadahelps.org/en/dn/43490](http://www.canadahelps.org/en/dn/43490)

Our Catapulters never cease to amaze and inspire us! We truly thank you!!  
 Pictured at left: (back) Nathaniel '16, Jeremy '10, Tyler '10, Lori, Nurse Sheila, Nikki '12 (front) Zach '09, Liam '10, Emma '12, Brianna '15, Plus Director Abbey



**Wise Words from Mr Phil:**

It's better to be at the bottom of the ladder you want to climb than the top of the one you don't.





At Camp this summer, **Emily Odo '19** was inspired during our session with Acadia's SMILE program. "I saw how happy the participants got while playing the games and we campers loved it almost as much. It was amazing to see everyone coming together and just having a really good time." Emily thought about the learning centre back at her school. "I've noticed our Learning Centre students only get about two events each year. And I realized they probably don't know many students other than their friends in the learning centre." So she decided to share Acadia's SMILE concept with her Principal and her own plan to create a SMILE Club at Breton Education Centre. "She loved it! We're still getting started, but we're picking one day a week where me and a few friends go to the learning centre and eat, play games etc.

with the students. We want them to them to feel more involved, make more friends and enjoy school more." Well done Emily!! (Emily is actually the 8<sup>th</sup> Catapult to create a SMILE Club for her school and we couldn't be happier!)

## WHY YOU MUST BELIEVE YOU ARE SPECIAL

At Catapult Camp's opening we always start off by telling you that you are special. And that your grade 9 teacher thinks you're special. And we hope that by the end of the week, you might believe that it's true.

But do you? Or do you tend to intentionally fade into the background to avoid being noticed for having something special? In fact, maybe you believe that it's egotistic and morally wrong to believe you're special?

As children, we basked in the limelight of performing for our parents and their friends. And we truly believed we could become whatever or whoever we wanted. As we get older, we often focus more on our weaknesses than our talents. Our weaknesses make us think we are not enough. We fear that others will see our imperfections and will think less of us, maybe even discard us. We feel it's safer to conform, blend in. Never stand out.

Instagram's contrived perfection doesn't help. Its relentless barrage of staged, perfect lifestyles makes you worry that everyone is perfect – except you.

Losing our focus on what makes us unique and special is how we begin losing our way in the world. Every one of us is born with a collection of gifts and talents. While some might argue that to search for our own uniqueness is indulgent, eastern spirituality teaches that it is actually our responsibility to do so. Hinduism says we each have our own personal duty or dharma to fulfil—something that is completely unique to us.

*"Do more of what you can uniquely do and less of what other people can do." Gloria Steinem*

Your calling doesn't need to be spectacular. You don't need to cure cancer or become the next Ed Sheeran. Your calling means serving the world in a way that no one else can. There is a saying that goes, "The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away." When you bury your gift beneath a life of mediocrity the world suffers.

So recognize your special talents. Use them. Make a difference.

One more thing. If you don't believe in your own specialness, you can't believe in anyone else's. There's a spark of uniqueness inside every one of us. It's what makes us human. And the differences in our specialness is what can ultimately connect us all.

We ask ourselves 'Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? Your playing small doesn't serve the world. There's nothing enlightened about shrinking so others won't feel insecure around you. We are all meant to shine. And as we let our own light shine, we subconsciously give other people permission to do the same.'

## Kassidy Bernard '12 is one of two Canadian youth chosen to design official 'I Voted' stickers for Instagram.

Her sticker will be integrated into Instagram's stories function, in hopes of sparking more political engagement in the days leading up to the election. Kassidy received \$5,000 and a trip to Instagram's headquarters in San Francisco!

Kassidy is currently studying at NSCAD. She focused her efforts on engaging racialized and Indigenous youth, youth from rural communities, unemployed youth, and youth with disabilities. "All of them have specific barriers ... a disconnect between Canadian politics, Canadian identity and themselves, lack of resources and information about the elections. They didn't think it was relevant for them to vote." she says. "I feel so happy to be able to blend my passions of design and youth engagement into something that will encourage youth voters this election. My call to action also comes with a few reminders:

1. **Make an informed vote.** Who are the candidates in your local riding? Pay attention to their actions as much as the party leaders. Watch or attend debates. Learn what each party's platform includes.
2. **Register and prepare to vote.** Elections.ca has all the information you need including ID requirements and details on how to vote as a disabled person or a student if you are away from your home riding.
3. **Talk about the election** with friends, family, and strangers. Talk about the issues, advocate for those who will be impacted. Talk about the importance of voting. Voting is a form of harm reduction!
4. **Help others get to polling stations** with car pools or volunteer with childcare. Build community while you're at it!
5. **Understand our work doesn't stop when the election is over.** We need to continue to demand justice for those most oppressed. We need to be actively and vocally anti-oppressive. We need to hold our elected officials accountable.

Who else will be voting with me?" #IVoted

**Make sure you use Kassidy's sticker as you head to the polls on Oct 21st!**





A great big Catapult **welcome to our Class of 2019** ... 50 of NS's brightest student leaders!! Camp was a ton of fun as always but more important, our Catapulters blossomed as their confidence began to soar. Speaking of soaring, we were thrilled to have Orlagh Reilly (from the Soar Foundation in Ireland) join us as Camp Director this year.



**Catapult Plus '19** was also a big success. Not only did we have great fun and deepen friendships, but leadership skills were strengthened and post secondary plans enlightened. Congrats to all our 2017 students who received their Catapult Plus graduation pins!!

Our staff team is always amazing and this year we had no less than 10 Catapulters along with 6 'old' favorites, 1 newbie and a new camp nurse Lynn!



## 4<sup>th</sup> ANNUAL ALUMNI CONFERENCE & SOCIAL

**Saturday, Nov 16, 2019, 8:30am to 4:30pm**  
**Saint Mary's University**

Your Alumni committee has another amazing agenda planned for you! Sessions will include emotional intelligence, debt management & budgeting, networking, navigating the hidden job market, and 'Everything in Moderation' (responsible alcohol, cannabis and vaping use). Lunch is included.

Open to all Catapult alumni grade 12 and up. Friends are welcome pending space availability.

**Alumni Social** to follow at the **Discovery Centre** from 6-9pm. (Even if you can't make it to the conference, please join us there!)

**Registration** and more information will be sent to you through social media. There's no fee to attend, but donations to the Alumni Catapult Fund are encouraged.

**Catapult hoodies** will be available onsite. Pre-order through Lori. \$30 each.

**A POEM BY KRISTIN BORDEN '17**  
 (As performed at the Catapult Plus closing)

the few days we have been here  
 most of our feelings we start to share  
 as we become one  
 shining as bright as the sun  
 friends from a distance  
 all of us are a witness  
 don't be scared to get out your comfort zone  
 I'll tell you why, cause you are not alone  
 you're stronger than your fears  
 it's okay just wipe your tears  
 because we all have emotions  
 not in a fairy tale where we can grant a potion  
 what I'm trying to say  
 no matter, you will find a way  
 just do what you gotta do  
 cause at the end of the day  
 only you can do it for you



Thanks to an invitation from the British High Commission, Catapulters and their family/friends enjoyed a tour of the Royal Navy Destroyer in Halifax.



Liam Power '10 and Andrew Clarke '14 ran into each other among the 10,000 marching in Halifax's Climate Protest!

**Did you know??** All Catapult's newsletters are available on our website at [www.catapultcamp.com](http://www.catapultcamp.com).. Just click on 'for catapulters' / fun stuff / newsletters. You'll find all sorts of interesting & helpful topics like: job searching, starting a community project, healthy relationships, Mi'kmaq life, bullying, teen drama, managing conflict, ways to travel abroad, power posing, mentorship, goal setting, freshman fear, happiness strategies, resiliency, social media advice, starting college, student activism, public speaking, immigrant stories, and SO MUCH

Be sure to use Catapult as a reference on your resume! Always ask your references first. Make it more effective by chatting with your reference. Ask them what they will say about you!

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!



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