

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

Mi'kmaq Leadership Awarded

Congratulations to Mika Francis (2012) on receiving a \$3,000 R.G. Sobey Leadership Award from NSCC!

19 years before Mika was born, Genevieve Francis was shot in the back while attempting to break up a fight between her son and another youth. Genevieve was Mika's great grandmother and it's because of her that Mika feels destined to become an advocate for Mi'kmaq youth, culture and Murdered and Missing Indigenous Women. **"Though I never got to meet my grandmother, her tragic murder and the treasured memories of her life have shaped my spirit and purpose."**

While in high school, Mika volunteered with the Red Road Project within her Acadia First Nation community in Yarmouth. "Our objective was to encourage youth to say no to drugs and alcohol by coordinating drug- and alcohol-free cultural events. I knew I wanted to continue this important work after graduation."

Within her first weeks at NSCC's Kingstec campus, Mika launched the Lnuek Alliance, an educational and cultural committee that works to share Indigenous culture, traditions and customs with the campus community. Under her leadership, the group led the first smudging on campus, supported campus leaders in the hiring of an Indigenous student advisor position and coordinated an annual tribute event for the more than



1,000 Indigenous women across Canada who have been murdered or remain missing. For this work and more, the Lnuek Alliance won Student Organization of the Year in 2018.

Mika and Lnuek also started a women's Mi'kmaq drum group, named Melgita't Women, a Mi'kmaw word meaning strong, brave or courageous. They've performed across NS. "When I'm drumming, there's a connection I feel with our ancestors. Mother Earth has changed so much since they roamed these grounds, and most of the trails are gone. This is our way of guiding them back to us again. It gives me an energy that I have not found anywhere else."

On top of those commitments, Mika was elected President of NSCC's Kingstec Campus Student Association! She is studying Social Services. "My Social Services training has already helped me greatly. It's teaching me crucial skills, such as advocacy and self-care. I feel a personal obligation and responsibility to speak out against

injustice happening in Mi'kma'ki and to advocate for social change. The work is critical, but it can also be exhausting. I'm realizing that self-care is the key to preserving my focus, energy and passion for providing a better life for the next seven generations."

On presenting her award, Rob Sobey said, "With her training, passion and community connection, I have no doubt Mika will make an impact— through music, advocacy work and service to others. I'm in awe of her drive, resilience and leadership." We couldn't agree more.

Planning on going to NSCC? Then you should consider applying for a Donald R. Sobey Award! This \$2,500 renewable award is available to full-time students and is designed to not only assist with the financial costs of your education but also help you become a role model in your community.

To be eligible:

- you must be referred by a community organization (that's where Catapult comes in!)
- and have unmet financial need.

You can access an application on NSCC's website, at an NSCC campus, or just ask Lori to send it to you. Send us your completed parts (2 pages including your budget outline), then we complete our section and submit it to NSCC on your behalf. The NSCC Board reviews applications once a month so you can apply anytime. And Catapult has no limit on how many submissions we can support. If successful, you'll receive \$1250 each semester for 2 years.

Leadership Lessons from Barack Obama

Last November, several lucky Catapulters were among the 2000 youth invited to hear former US President Barack Obama speak, one of the most admired leaders in today's world. **Kendra Gannon '18** was even quoted by the Chronicle Herald saying, "I'm here to see Obama and I'm really excited and my mom is really jealous!"

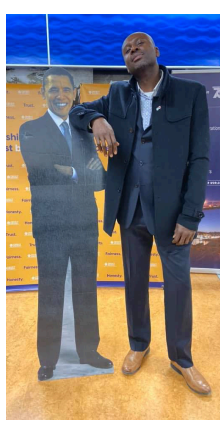
"I'm living proof that you don't have to be rich or influential to be a leader," Obama said. "I was a mixed race kid born in Hawaii and I think it's fair to say that if you had lined up every six-year-old in America back in 1967 and said who's got the best odds of being president of the United States, it wouldn't have been me."

Olivia Nowe '17 said it was an honour just to be in the same room as Obama. It was a bonus when he actually answered one of her questions. *"I've been thinking forward to University and the uncertainty around what's to come, so I thought I'd ask him, 'How do you overcome the fear of the unknown?' It was actually one of the first questions he was asked. He said he's committed to exercise to keep his mental health strong and when it comes to making decisions, he thinks hard at the options, chooses the option that seems to make the most sense at that moment, and then trusts his choice and refuses to beat himself up after the benefit of hindsight comes. He also said that people today think you need to be successful and accomplished by the age of 25, but he totally disagrees. The fact that he had no aspirations to be president when he was a child gave me hope that even if you start off on a different track you'll end up exactly where you're supposed to end up."*

Brianna Green '15 said her experience was extraordinary. *"I liked when he said, 'Worry less about what you want to be and worry more about what you want to do. Don't think in terms of just wanting that job or that position – think about why you want it. If you know why you are doing what you are doing and have an inner compass and values, it helps you to be open to hearing other people's views because you won't have to feel constantly threatened if somebody feels differently than you do.' He also told us that we are going to make mistakes and that's okay, as long as we reflect and learn from them. But my favourite thing he said, which I live by myself, was 'You gotta dream big ... that's what you gotta do.'"*



Martina Redden '18 & Brianna Green '15

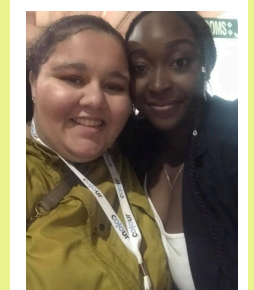


Will Njoku & cardboard Barack

Obama urged youth to lend society their voices, their participation and their efforts and to learn how to persevere through setbacks. 'But as you become active leaders and challenge the status quo, it is very important for you to listen to others' perspectives. The essence of activism is not about simply judging and labelling others and hashtagging about it.'

If only we could convince O'Bama to come speak at Catapult camp!

"Good things don't happen fast." ... Barack O'Bama, Halifax



Brianna Green & Eriana Willis '15



Mikayla Morrison '17 used Catapult as inspiration for her art project "Emotional Baggage" at Northumberland High. She made little pockets with an outside reflecting the bright blue sky, as if she was flying, to which she added symbols of things that make her whole and happy ... including her Catapult bag tag to symbolize hope. The pocket's inside represents the dark, deep sea, into which she put symbols that represent fear and sadness but are hidden away behind the clouds. Interesting, reflective and creative!

Bryanna Banfield '17 volunteers to help her school's music teacher during vocal class. This means she devotes extra personal time to prepare and practice before class and she spends time finding new music for the class to use. Brianna has also created new warm up activities and aims to enhance the class experience for everyone involved.

Dylan MacKenzie '17 volunteers weekly with his local Lions Club, helping with Bingo, their annual toy drive and even dressed as the mascot for 'Chezzetcook Days'. He also does extra volunteer duty for his school basketball team, setting up and cleaning the gym for games and practices, and he actively solicited a sponsor to pay for his team's warm-up shirts so no teammate was left out due to lack of funding.



Need seed money to get your community project going? Apply now for Kevan's CLIFF Award!

Have you ever thought of applying for scholarships as a job? It's actually really easy money. A good application may take 4 hours to complete. Even if the result is only a \$500 bursary - you just made \$125 an hour! That's a lot better than minimum wage. Plus - each application gets easier because you can cut/paste so many parts.

There are literally thousands of scholarships available and many just sit there because nobody applies for them. Register yourself on www.scholarshipscanada.com to receive notices. Watch our Facebook page for scholarship posts and ask us for a reference letter if you need one.



catapult
community corner

NEW FINANCIAL AWARDS - CATAPULTERS GIVEN PREFERENCE!!

If you're planning to attend Dalhousie University, **TAKE NOTE** of this incredible opportunity.



Robert & Kathleen Richardson, along with their daughters Andrea & Ali, are long time friends of Catapult. *"We are pleased to provide these scholarships/bursaries for Catapult Alumni because we see merit in furthering Catapult's goals to inspire, inform, and empower NS Students to have the confidence to reach their full potential. Catapult has already done so much work to identify and develop these candidates and we want to recognize that excellent work. As a family, we know the transformative and life-changing power of higher education and want to assist those that might not otherwise be able to attend Dalhousie University."*

The annual award is **\$25,000** - which could be split up to 5 ways depending on the applicants. Preference (no guarantee) will be given to Catapult students entering first year.

Congratulations to the 3 Catapulters who received a **Richardson Family Award** this year: **Nora Adham, Derica Poirier, and Peyton Arsenault!!**

To apply - notify Lori **BEFORE THE END OF FEBRUARY**. She will submit your names to Dalhousie for consideration.

The Atlantic Scholarship Organization helps young leaders become independent, positive contributors in our communities by removing financial barriers so that students can reach their full academic potential.



ASO offers full to partial scholarships and will help finance books and other equipment required for your post secondary program. They also provide guidance and support on the students' initiatives for social, environmental and humanitarian change. Each scholarship recipient is held accountable for the support they receive during and after their program completion.

Catapult's mission aligns so well with ASO - that we're happy to announce we've forged a partnership whereby preferential consideration will be granted to Catapult alumni!

Key criteria for acceptance are:

- **active community involvement,**
- **currently enrolled in year 2 at any post secondary,**
- **and financial need.**

If you would like to apply to The Atlantic Scholarship Organization, please contact Lori.

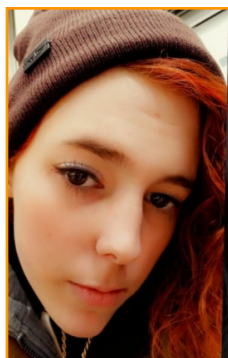
CATAPULTERNEWS

Mika Francis '12 was elected President of NSCC's Kingstec Campus Student Association. **Breagh McLeod '19** and her Inverness Academy volleyball team are NS champs. **Megan Walsh '16** was named season MVP and **Vessa MacNeil '17** received the Coaches Award from the Woman's Capers Rugby Team. **Nicole Martin '13** won Top Sr Light Horse Showmanship, Top Sr Western Rider and

Top Sr Dog Showperson at 4H's fall awards. **Drew Skidmore '12** was voted upcoming Valedictorian of Acadia's Kinesiology Department. **Kayla Bernard '11** received the Unsung Hero Award at Family SOS Courage to Give Back Awards. **Alyssa Joudrey, Jessica Balser and Victoria Goulden, 2012**, all passed their NCLEX exams and are now registered nurses. **Brooke Grady '13** received her X Ring from St FX. **Steven Reid '13** is selling his own music that he writes, records, produces and designs himself. He graduates from MSVU in May. **Kristof Mercier '14** is studying biology & ecology in Quebec. **Samantha Hartlen '12** wishes to announce the birth of her beautiful daughter Eliza Violet. **Liam Power '10** is Volunteer Coordinator for Out of the Cold: Halifax's Emergency Shelter.

SNAPSHOTS

ROBYN CHURNEY - 2017



Town: Dartmouth
Cool Fact: I'm learning how to tattoo! **Fave Camp Memory:** Rock Night. **What inspires me:** Seeing my friends reach their goals.
Future Plans: Forensic

psychologist. **Fave quote:** "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." - Albert Einstein

HUNTER STARR - 2018



Town: Pugwash
Cool Fact: I ran relay at NSSAF provincials. **Fave Camp Memory:** Meeting up with an old cadet friend.
What inspires me: Scientific advancement for the good of people.

Future Plans: Biochemical engineering
Fave quote: "People of accomplishment rarely sat back and let things happen to them. They went out and happened to things." -Leonardo da Vinci.

ANDREW FOOTE - 2019



Town: Lower Sackville
Cool fact: I'm in army cadets
Fave Camp Memory: Mud sliding.
What inspires me: Seeing people grow & helping others.
Future Plans:

Join the military and invest.
Fave Quote: "Float like a butterfly, sting like a bee." - Muhammad Ali



DID YOU KNOW that up to 80% of all jobs are "HIDDEN"?

That means you have to go a lot further than looking at online ads if you want to find one. In fact, online ads are usually an employer's last route because they get swamped with an average 300+ applications. That's a lot of competition! At our Alumni Conference last Fall, a rep from NS Works explained the hidden job market and how to access it.

Here's the way most people job search:

- #1 - Respond to online ads.
- #2 - Check with recruitment agencies.
- #3 - Ask family friends if they know of anything.
- #4 - Direct asks (cold calls to companies).

And here's how employers fill positions:

- #1 - Hire in-house or ask staff for referrals.
- #2 - Ask external networks for referrals.
- #3 - Ask recruitment agencies.
- #4 - Post an ad online.

Do you see the difference? They are in opposite order. If you only search online, you're only hitting a small percentage of prospects. But if you search the same way an employer looks, then your chances of success increase significantly.

Your best shot of getting a job is when someone has referred you. How do you get a referral? From networking. Your network is all the connections you've made in school, in your neighbourhood, at other jobs, in volunteer activities, at conferences or events you attend, etc. etc. You've probably heard of the 7 degrees of separation? Since LinkedIn was created, it's dropped to 3.8 degrees. And here in little Atlantic Canada, it's only 2.4 degrees. So that means your chances of finding a connection to a specific employer is much easier than you think. By the way - don't forget to ask Catapult if we're able to connect you!

NS Works offers free workshops on things like resumes and LinkedIn as well as navigating the Hidden Job Market. Check out their event schedule at jobjunction.ca.

Your income tax return is due April 30th. As the Catapulters who attended our tax clinics will tell you, it's EASY to do yourself. Just go to www.simpletax.ca for easy to use FREE software.

A LETTER FROM WILL NJOKU

How do we achieve goals? We reach different levels of competence. First, unconscious incompetence: we have no idea of the skill required or how bad we are at something. Next, we go out and try, realize it's harder than it looks, become aware of our lack of skill and think we're awful - this is called conscious incompetence. And this is where most people quit. When we try new things we are almost always uncomfortable for awhile - it's hard and we don't get the results we were hoping for. There is a huge drive to go back to our comfort zone and not accept the challenge before us. But it's here where I want you to call upon your WILL2WIN leadership skills. Be willing to stay in an uncomfortable zone in order to master the environment. Focused practice will bring you to the final level of competence and that's how you'll achieve your goals! Set your feet, Aim high, Follow through, Every day.

~ Will

If you aren't a member of our Great Big Catapult Facebook Group then you are probably missing out on information. Please stay connected with us and your Catapult friends by joining the group - even if you're not a regular FB user!

Wise Words from Mr Phil:

Your cell phone can bring you closer to those who are far away. But it will also take you away from those sitting next to you.



THIS IS YOUR LIFE.

DO WHAT YOU LOVE, AND DO IT OFTEN.
 IF YOU DON'T LIKE SOMETHING, CHANGE IT.
 IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
 IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP; THEY WILL BE WAITING FOR YOU WHEN YOU START DOING THINGS YOU LOVE.
 STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
 LIFE IS SIMPLE. EVERY LAST BITE. WHEN YOU EAT, APPRECIATE
 OPEN YOUR MIND, ARMS AND HEART TO NEW THINGS AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.

TRAVEL OFTEN. GETTING LOST WILL HELP YOU FIND YOURSELF.
 SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
 LIFE IS ABOUT THE PEOPLE YOU MEET, AND THE THINGS YOU CREATE WITH THEM
 SO GO OUT AND START CREATING.

LIFE IS SHORT. LIVE YOUR DREAM AND SHARE YOUR PASSION.

April 8th is 'WEAR YOUR CATAPULT SHIRT TO SCHOOL' DAY! Post your pics!!

Rocky: Sorry we cut off your fave quote in the last newsletter. It should have read - "Leave the gun, take the cannoli." (from The Godfather movie)

Thanks Counselor Kevan for applying to Starbucks' matching program that resulted in a \$1000 donation to Catapult!!

Go to www.catapultcamp.com/about-us/catapult-news/ for upcoming events!

Thanks Sandrico Provo '09 for asking friends to donate to Catapult for your birthday!!!



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