

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

Every child matters.



In late May, Canadians were enraged when the remains of 215 Indigenous children were discovered in Kamloops, at what was once Canada's largest residential school for Indigenous children. Survivors are telling their stories about this disgraceful part of our country's history. We all must listen to learn what happened and how it impacts people today.

Pictured above is Samantha Johnson '09 with her own children, her daughters Piper and River. Samantha made her Potlotek Mi'kmaw Nation proud by organizing 215 pairs of children's

shoes to be placed on the steps of a local church. "I did

this as a way to honour our children and survivors and also as a way to show everyone where this all started. What my Indigenous communities went through and continue to go through will affect us for the rest of our lives. We will not stay silent. We will continue fighting for our people. We are strong, we are resilient."

If not for Samantha's great grandfather Richard, Samantha may not be with us today. He threatened the police and managed to stop them from taking his 13 children away to residential school. "I am very thankful he was brave enough to stand his ground because who knows, my Papa Arthur might not have made it home if he had went. And then 4 generations of my family wouldn't be here today."

Visit trc.ca to learn more about Canada's Indigenous Path to Trust and Reconciliation

How to Conquer Your Fear of Trying New Things

Summer is the perfect time to be adventurous (within covid protocols of course!). Maybe learn to water-ski? Golf? Learn Spanish? Ride a roller coaster? At Catapult we pushed you out of your comfort zone and you discovered that you were more capable than you thought. And sometimes (think mud sliding) the things that you were sure you'd hate, were actually incredibly fun. The more we force ourselves to try new things, the more opportunities appear to us.

Learning new things can be fun and exhilarating. But stretching yourself into new areas can also suck sometimes - it can be awkward and embarrassing. But the truth is, for beginners of all things everywhere, absolutely nobody excels on their first attempt (or three).

Here are a few tricks to help you get over the hump of that miserable feeling of initial failure ... to the part where it's actually fun.

1. It's fine and normal to not love it right away. In fact, we're wired to be wary of new experiences. We're all afraid of looking bad or not performing as well as others. On top of that, you might be meeting new people and feeling stress as a newcomer. It's totally normal. Enjoyment will come as the newness fades.

2. No one's paying attention to you. Have you heard of

the 'spotlight effect'? It's our tendency to believe that all eyes are on us when, in reality, no one's paying any attention at all.

3. Go in with a proper mind-set. Some people go into something new just wanting to learn how to do it. Others go in wanting to master it. The first one is saying, "I know I don't know how to do this, I'm going to make mistakes, but it'll be fun figuring it out." The other one is all about impressing others and sets you up for quick failure. Going in with the humility of the learning approach allows you to enjoy yourself even as you're floundering - after all, it's just part of the process.

4. Prepare before you start. Just because it's new to you, doesn't mean you have to go in blind. Watch YouTube tutorials, read up on it, look up any technical terms. Any little prep work you can manage will make your first time a lot less intimidating.

Trying something new is a risk. But NOT trying is a risk too. If you always say no when your friends suggest something new, they'll probably stop asking. You might feel safe in your tiny little comfort zone, but you'll also be bored. Trying new things is scary. It's hard. But it's also how we grow. It's how we learn. It's how we decide what we like and what we don't like. It provides a sense of accomplishment. And it's how we get better at being uncomfortable. **Research shows that people who try new things live the happiest and healthiest lives.**

* * * * * SNAPSHOTS * * * * *

SEPH CLARK - 2018



School: Cape Breton Highlands
Cool Fact: I produced a freestyle for Lil nas x & trippie redd! **Fave Camp Memory:** Dining hall laughs. **What inspires me:** Music: expanding my brand drives my day, making me more productive. **Future Plans:** Electrical construction at NSCC. And music. **Fave quote:** The difference in stupidity and genius is that a genius has limits - Albert Einstein

SHEREEN SOMMERFELD - 2019



School: Ecole Rose-des-Vents
Cool Fact: I speak 3 languages
Fave Camp Memory: Rock night rehearsals & family shares. **Future Plans:** Coast Guard, and getting a dog and a donkey! **What inspires me:** Women who were ahead of their time and beat the odds despite opposition
Fave quote: "Just because you ate a McGriddle for breakfast, doesn't mean you need to eat bacon-wrapped hot dogs for the rest of the day. You can always get a south-west chicken salad."- Orange is the New Black (about being resilient)

JENNA DAGLEY - 2020



School: Liverpool Regional High
Cool fact: I can play 3 types of saxophones!
Fave Camp Memory: The deep talks with our family groups.
Future Plans: Psychology at Acadia, then occupational therapy.
What inspires me: Music and art.
Fave Quote: "A life lived unexplored is a life not worth living." -Kirk Hammett

CATAPULTER CONGRATULATIONS

Hats off to:

- ☆ Martina Redden '18 on being named HRM Youth Volunteer of the Year
- ☆ Brianna Vickery '18 on being named an Annapolis County Volunteer of 2021
- ☆ Victoria Grady '18 on receiving the Lieutenant Governor's Award
- ☆ Mackenzie Kearny '18 on receiving the \$50,000 Sobey Innovator Award at Saint Mary's University
- ☆ Abul Fagrzade '18, Victoria Grady '18 and Islam Tahina '18 for receiving a Catapult-nominated \$5000 Richardson Family Scholarship at Dalhousie
- ☆ Seph Clark '18 for winning a Catapult-nominated \$2500 Donald R. Sobey Award at NSCC
- ☆ Meghan Martin '12 for receiving one of 55 Vanier Canada Graduate Scholarships for her PhD in Biomedical Engineering at Dal

The Path to Reconciliation - Amplifying Indigenous Voices

In March, Catapult hosted another Forum Conversation, this time focusing on the lives, experience, and history of NS's Indigenous people. Guest speaker Rachel Whitney highlighted Indigenous history too often left out of our education system. She provided a clear picture of the way Indigenous contributions and cultures have been erased from popular knowledge as well as just how far back that history extends (in fact, 10,000 years before King Tut!!)

A panel of Indigenous catapulters then shared their experiences and stories of their culture. They touched on topics such as interactions with law enforcement, youth incarceration, what it means to have (or not have) status, and the controversial state of reconciliation in Canada. Thank you Mika Francis (Acadia First Nation), Kayla Bernard (Sipekne'katik First Nation), and Cote Peters (Paqtnkek Mi'kmaw Nation) for your honest and authentic conversations. To close the event, guest speaker Kayla Mansfield-Brown, also known as Dancing Deer, gave a talk on allyship and storytelling.

A major takeaway from this event is the importance of making sure that our allyship is not hollow. We can't rely simply on the words of politicians to tell us that things are improving and that we are moving in a positive direction. Rather, we need to listen to Indigenous people when they tell us that these words are empty. We need to be prepared to act in solidarity on an individual level and make sure that the actions we take are well informed ones. Having worked jobs where I was required to include a land acknowledgement in my email signatures, one example that stood out to me is the importance of making sure these acknowledgements are written well and with understanding and commitment behind them, rather than just being a required statement.

Thank you to all the speakers for the time and energy they brought to this event. It was powerful and informative and provided many great resources for learning even more, beyond the forum. I look forward to seeing what Catapult's next forum will be about and would encourage everyone to attend. Wela'in.

Submitted by Kelsey Clarey '10 who currently lives in Halifax and works at Dalhousie University. She is also a writer, podcaster, and avid gamer in her spare time.



So you want to start your own business and make some extra cash?

Robyn Dearman '09 (an elementary teacher) and Kayley Dixon '16 (a SMU student) have both started a side business recently. And they both asked us for some advice in terms of income tax implications. Since we're sure they aren't the only ones doing this, we thought we'd share some basic business tips. And if there's enough interest, we'll hold a workshop in the Fall.

First off, there's no need to incorporate, just keep it simple. This means your income will be included on your personal tax return ... and yes, it'll be subject to income taxes that you'll want to prepare for.

Here's some deductible expenses, that can reduce the income you'll need to report:

- ✦ Vehicle expenses - you can claim a portion of your personal vehicle costs but you have to keep a log of your business mileage. Record your odometer on Jan 1 and on Dec 31, and calculate the proportion it was used for business. Then deduct that percentage of gas, insurance, interest portion of a car loan, repairs, registration, etc.
- ✦ Home expenses - the rule is, if a portion of your home is used exclusively for business purposes, then you can deduct that proportion of your home costs, including rent, interest portion of mortgage payments, electricity, water, internet, repairs, etc.
- ✦ Business losses can be carried forward and applied to future business income.

Do you have to charge your customers HST? Only if your revenue exceeds \$30,000 a year ... in which case, congratulations, you're doing great!

Record keeping:

- ✦ Be sure to save all receipts. Including your vehicle and home expenses that you plan to deduct a portion of. Keep a shoebox and throw them in. There are apps that will help too.
- ✦ Keep an income log too - give receipts for cash sales.
- ✦ Good management would include a monthly income statement (basically, cash in and cash out) to make sure things are going as planned.

If the business does well, then you will pay additional income taxes the following April. So it's a good idea to put aside some of those earnings for April. Or you can ask an employer to deduct additional income taxes from your "regular job paycheque".

If you are operating a small business and would be interested in a workshop, or want more details, let us know!

The F-Word of Leadership : Followership

Do you want to make your voice heard? The secret might be in how you act in a follower role. Being a good follower can be just as important as being a good leader.

Followership (within a leadership context) can be defined as "the ability to work with a leader and being guided by that leader, but still having the courage of one's convictions to execute the vision of the leader within the framework of personal accountabilities".

Teams succeed partly on how well their leaders lead, but also on how well their followers follow. What distinguishes an effective follower is enthusiastic, intelligent, and self-reliant participation—without star billing—in the pursuit of a goal. The key to being a good follower is the ability to think for yourself—to exercise independence and work without close supervision. Good followers are people to whom a leader can safely delegate responsibility.

Effective followers:

1. Manage themselves well.
2. Are committed to the organization and purpose.
3. Are courageous, honest and credible.

Good followers see themselves (regardless of chain of command) as the equal of the leaders they follow. Ineffective followers focus on the hierarchy and consider their role as subservient.

With strong followership you'll:

- Increase the value you bring to your team, as well as how much you are valued by the team
- Gain more support for your ideas and recommendations
- Increase your leadership capacity
- Be a more effective, persuasive and credible communicator
- Distinguish yourself with your collaboration skills

So use the F-word and step into your most confident, influential self AND help those around you be better leaders, collaborators and partners.

Wondering what Camp '21 will look like? Unfortunately Covid-19 means we can't host our usual camp at Acadia for the 2nd year. So we are adapting as leaders do ... with creativity, flexibility and resiliency. First, we're having 3 days on Zoom where we have some great motivational sessions planned along with some fun offline team challenges. And of course, Catapult's traditional family shares. And then - since our students still can't come to us - we are going to them! It's the CATAPULT ROADSHOW '21. A team of counsellors along with Tyler Hayden and Elsie Morden will travel to 4 different conference centres across NS to have a fun day of leadership learning with both our Classes of 2021 and 2020.



Maria Aucoin, winner of the 2021 Catapult Leadership Award

Maria's shyness prevented her from getting very involved at school. After attending Catapult camp in 2018, she decided to change that. She joined a few clubs, she was appointed Secretary of the student council due to her strong writing skills, and she started volunteering with the Knights of Columbus. She enjoyed the feeling that she was making a difference. In Grade 11, she was asked to co-represent Ecole NDA at CSAP in Ottawa. By then she was co-lead of the Diversity Club and had started her own graphic illustration business.

In Grade 12, Maria was President of the Cooking Club and co-founded the Committee of Change (focused on fundraising for initiatives that help her community of Cheticamp).

"I'm happy I was given the chance to participate in all 3 years of Catapult. Catapult has changed how I view my issues in life and how I approach them. A massive thank you for giving me a chance to flourish." Maria plans to pursue a career in family law and has been accepted into the Arts faculty at both Dalhousie and Memorial. She also hopes to become a visual novel writer and artist. Congratulations Maria!





Ancestral Mathematics

In order to be born, you needed

2 parents, 4 grandparents, 16 second great-grandparents, 32 third great-grandparents, 64 fourth great-grandparents, 128 fifth great-grandparents, 256 sixth great-grandparents, 512 seventh great-grandparents, 1,024 eighth great-grandparents, 2,048 ninth great-grandparents

For you to be born today from 12 previous generations you needed a total of 4,094 ancestors over the last 400 years.

Think for a moment - How many struggles? How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future - did your ancestors have to undergo for you to exist in this present moment



Blast from the past! (Lori at her 1990 prom at Prince Andrew High!)

Don't forget to try some new adventures this summer ...



21-Day Racial Equity Habit Building Challenge

eddiemoorejr.com /21daychallenge



To all our Classes of 2021,



Congratulations! You've worked hard. You've earned your diploma. Your cleverness is a gift, your kindness is a choice. Gifts are easy ... they're given after all. Choices can be hard.

Today, your life ... the life you author on your own ... begins. How will you use your gifts? What choices will you make? Will inertia be your guide, or will you follow your passions? Will you choose a life of ease, or a life of service and adventure? Will you wilt under criticism, or will you follow your convictions? Will you bluff it out when you're wrong, or will you apologize? Will you guard your heart against rejection, or will you act when you fall in love? When it's tough, will you give up, or will you be relentless? Will you be a cynic, or will you be a builder? Will you be clever at the expense of others, or will you be kind?

In the end, we are our choices. Build yourself a great story!

~ Ashley & Lori

(Borrowed from Jeff Bezos' remarks to Princeton's Class of 2010)

Didn't sign up for our online sessions?? Here's what you missed!

Rid that Covid Funk! (February)

Throughout the workshop we got to do activities that helped us find ways to problem solve and make us more resilient especially when it comes to preparing for post secondary education. We also discussed personal definitions of resilience and what we are passionate about. I learned how to be more resilient in many aspects of life. ~ Emily Odo '19

Money Management (March)

I thought the session was really awesome. They made something that usually scares us (learning about budgeting and credit) into something exciting which was really cool. It was a ton of fun learning about the importance of budgeting and how easy it is if you just take your time and watch what you're doing. This will definitely help with my future! ~ Radwain Gaetz '20

Grad Workshop (April)

This definitely gave 2021 grads a great chance to learn more about the transition to post secondary education. It was a valuable session, as I left with a greater sense of readiness to go to University next year. A key takeaway for me was learning that I could possibly get a job on campus, and knowing that other students have been able to balance having a job with their education. ~ Victoria Grady '18

Check our new "Events" page on our website to see what's coming up!

Did you know?

Catapult has 3 alumni on our Board of Directors: Tyler Sweeney '10, Mika Francis '12 and Nikki Shahin '12. They make sure we keep YOU as our top priority.

Congrats to Mt. A's new Shinerama Campaign Chair, Olivia Nowe '17.

Thanks Tyler Sweeney '10 and Islam Tahini '18 for speaking at our fundraising gala last March! And thank-you Brooke Grady '13, Shereen Sommerfeld '17 & Martina Redden '18 for performing!!

"Dance like no one is watching but text, post and email like it will be read in court one day."

Check out our brand new website!! catapultcamp.com

Happy Summer everyone!

Thanks Jacob White '17 for teaching Lori how to make videos!

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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