

# THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

## Looking for a Summer Job???

Summer is here! With the pandemic finally ending, job openings are quite plentiful right now, especially entry-level, teen-friendly jobs in the restaurant, fast-food, hospitality and leisure sectors. So don't wait until school is over, start dropping off resumes now. You may even be asked questions on the spot - so dress ready for an interview, and be prepared to say why you want to work there and what you can offer.

Working for a fast food chain has some benefits beyond the pay. Interacting with customers is a great way to hone people skills, plus working in a fast-paced environment helps build time management and conflict resolution skills. National chains offer the opportunity to transfer if you move (like for University!). Some offer leadership training programs and generous scholarship opportunities. Working in retail gives you experience dealing with customer complaints and queries that build problem solving and communication skills, great for your resume for any future career choice. Retail also typically offers employee discounts which can be a nice perk.

**Kayley Dixon '16** is halfway through her Arts degree. She landed a great summer job with Junior Achievement NS for the summer as Event/Program Coordinator. Kayley has been working since she was 14 and has some creative ideas to help any of you seeking work this summer.



"Try searching for jobs such as reception or front desk at a low traffic organization. This way, you can do school work, read/research (self development time), or even work another job simultaneously (like a remote research/writing position). Time is an asset and this type of job lets you make use of yours as much as you can!"

If you're looking to develop a diverse set of skills and aren't sure what you're interested in, research top organizations/companies in your area. Make a list that interest you. Big names are great for resume purposes and future opportunities. Reach out and introduce yourself. Then simply tell them you're looking for employment. Make sure you have a confident intro - it's the way you'll sell yourself. You never know, they could hire you for some basic work & a few years later you could be hired back full time doing something super cool that you never would have known about."

That's exactly what **Erika Pineo '15** did. Erika is studying engineering at UBC. "I'm interested in the marine sector, so I found a guy on LinkedIn, messaged him and he invited me to a marine renewable energy conference. There, I networked with people in the industry and found out about an internship program. As a result, I'm now working as an intern at COVE this summer. They paired me with a host company where I've been tasked with expanding data collection and project planning for the Nova Scotian marine vessel electrification project!"

80% of all jobs are in the "hidden job market". They aren't

advertised because employers so often fill positions by referrals or word of mouth. That's why networking and selling yourself is so important. It can reduce your competition and access interesting opportunities.

Kayley also encourages finding your entrepreneurial self and do odd jobs like cleaning, babysitting or yard work. "You can set your own rates (within reason of course & compared to your competition.) Make a Cleaning Poster (use free templates on Canva) and put it up in fancy condo buildings. Most cleaners can get \$25-\$30+ an hour. Most babysitting gigs you can charge min wage plus. For example, I charge \$20/hour for cleaning, \$14/hour for 1 child, \$17/hour for 2 children or more. You also get to meet and network with (mainly) wealthy, knowledgeable people who'll share info with you. Don't underestimate it ... those connections might unlock future opportunities. As a cleaner, you can listen to self-development podcasts and also exercise while working. As a babysitter, you can live out your inner child! There's opportunity, fun, and something to enjoy or appreciate if you choose to see it!"

Some other "entrepreneurial" summer jobs: pet sitting, dog walking, car washing, portrait drawing, visiting seniors in nursing homes (a family may hire you to visit their loved ones!), farm help, tutoring (if you're a math whiz or fluent in French - be a summer tutor in person or on video conferencing platforms), sell homemade crafts or art, website designer.

If you do apply for a traditional job, attach your resume even if not required. Recruiters look through hundreds of applications and they don't have time to read each one. So make sure yours stands out. Now is not the time to be humble. Now's the time to sell yourself!! Keep your resume honest of course - but let them know all the great things you've done and learned.

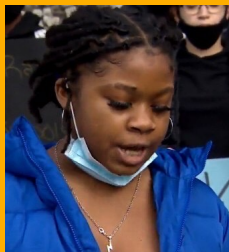
Kayley was super creative with hers. "For my current internship at JA, I created a digital video portfolio (free on Canva!) where I brought in all of my social media + marketing + community + self development experience. They loved it and I landed the job! Don't be afraid to be quirky or unique. It can be your best asset. Be different!"

Assuming your resume lands you an interview, our next piece of advice is to be prepared. Google the organization and be ready to impress by showing you know about them. Anticipate what they will ask and have answers ready. Have a few smart questions ready to ask them too. Give a great first impression - arrive 15 minutes early, dress nice, smile with direct eye contact, extend your hand in greeting, and speak clearly. Show confidence, even though you might be shaking inside. It never hurts to send them a "thank you for the interview" email afterwards. Oh and don't ever take your mom with you!!

Meanwhile, you can also volunteer. It'll add new job skills to your resume and will help get you noticed by future employers as well as qualify you for scholarships.

**Our final piece of advice - keep Catapult in mind! Your nomination & selection & participation in our leadership program is resume worthy. We can also provide references and review your resume for you.**

## Congratulations to **Asiah Sparks '19** and **Emily Odo '19**, Co-Winners of the 2022 Catapult Leadership Award!



During her time at Prince Andrew, **Asiah** was President of the Black Student Union, President of Keystone, a leader with the Panther Pantry, a member of student council and the SAC (school & community) and played on the soccer team. She also volunteered with the Boys & Girls Club while also holding jobs at the Gap and as media coordinator for Akoma Holdings. Her leadership was recognized with an HRM Volunteer of the Year Award, a DBDLI Award for Excellence in African Nova Scotian History and an HRM Citizenship Award. Asiah plans to attend Acadia University and hopes to become a psychiatrist or clinical psychologist. Asiah said Catapult camp was where she “met herself”. She still values the support and guidance from the camp staff who treated her like family. “My camp experience inspired me to be a voice through poetry and activism. Thank you so much Catapult.”



At Breton Education Centre, **Emily** was a member of the GSA, an International Student Ambassador, a member of BEC's Comfort Closet and Clothing Cave, and was on the yearbook committee. Emily also created a SMILE club based on our session at camp and volunteered with Headstrong (organizing school events in an attempt to reduce the stigma around mental illness). She is certified in 'Safe Talk' for anyone experiencing suicidal thoughts and volunteered at a Covid testing centre. She also worked as a hostess and server at the Membertou Trade and Convention Centre. Emily was awarded a CBRM Youth Volunteer Award and has earned Academic Highest Distinction. Emily said, “When I got home from camp it was as if I was a whole new person. I had found the best version of myself and felt like I could take on anything the world threw at me. I've tried to use the skills Catapult taught me to help others and help them discover their inner leader as well.”

### CATAPULT VIRTUAL SESSIONS (Here's what you missed!)

In Feb/22 we learned about **Mission Statements**. A personal mission statement defines who you are as a person and identifies your purpose. During this session Catapulters worked independently to create their own mission statement, to present themselves clearly to themselves and to the world. You can create your own by filling in : To (what you want to achieve or become) so that (why its important to you) by (specific behaviours to get there). “My takeaway from this session was that Mission Statements are a great way to stay on track with your goals and who you want to be. Just making one was really helpful. The session was really well laid out and I liked having to think about things that I wouldn't really have thought about otherwise. My mission statement: I want to be a leader and a doctor who is always learning and can help and inspire people. I will do this by being confident, motivated and enthusiastic.” (**Emma Cholak '22**)

In May/22 we discussed **Wellness**. The focus was on figuring out what you can do on a daily basis to recover faster from life's inevitable challenges. Participants developed their own personal wellness action plan to help them live their best life. “The Wellness Session was amazing! I learned about the benefits of doing things that make you feel good and strategies to help yourself when you're feeling triggered. I'll definitely be using these strategies in future!” (**Radwain Gaetz '21**).

Building resiliency is learning how to respond instead of react. In Jan/22, we held an interactive session to help each other build **Resiliency** and develop tools to help us bounce back! “It was awesome learning about resilience and what it means to people. Listening to others speak about problem solving and support was really helpful. One of my biggest takeaways was that resilience doesn't have to be a private thing/something we keep to ourselves.” **Miles Gower '20**

Our first ever **Book Club** with “The Wealthy Barber Returns” helped Catapulters navigate banking, saving, investments, etc. We meet monthly on Zoom and discuss a predetermined section, sharing what we found interesting or useful, and ask any questions we have. **Karleigh Shipley '12** learned “how important it is to start saving as early as possible for my future self. The chapters made it clear that spending money on little purchases here and there will add up and cut into valuable savings. My favourite tip was when wanting to make a purchase, don't buy the item right then and there. Take time to think if you really need it and chances are you will decide it's not something you need.”



### Catapult's Board of Directors is thrilled to announce that **Kristen Tynes** has accepted the position of **Vice-Chair**.

Kristen has been a Director on our Board since 2019. She is currently the Executive Director of Maintenance Enforcement and Victim Services at the NS Department of Justice. A strategic communications and public policy executive, she has worked with the Departments of Education and Community Services as well as Communications Advisor for Mount St. Vincent University. She was also a journalist for 10 years - a reporter, a producer and even a news anchor on CTV. She's even been a high school teacher! Needless to say, Kristen is well educated and brings a wealth of diverse experience to our team. Catapult's Board of Directors is responsible for overseeing our organization's programs, ensuring we follow our mission of inspiring underserved youth to discover and develop their emerging leadership potential. “I knew I had to volunteer with Catapult when I attended a closing ceremony and saw the powerful way camp connects amazing, underserved youth and opens their eyes to their potential as leaders. I wanted to do anything I could to support this journey and work with its dedicated, motivated and inspiring Board.”

### EMPLOYMENT OPPORTUNITY

**The Halifax Convention Centre is inviting applications for Casual Food & Beverage Servers.** F&B Servers provide support for various tasks including serving, assisting with breaks, set-up, tear down and various other event related duties. You must be 18 years of age or older, able to work flexible scheduled hours, able to carry approximately 50lbs, have a great attitude and a willingness to be a team player in a fast paced, exciting industry, and be comfortable working in large crowds of people. HCC is committed to a workforce that is free of discrimination and values diversity. Applicants who are a visible minority, have a physical disability or are in the LGBTQ+ community are encouraged to self-identify. If you decide to apply, include Catapult as a reference!

**Application Deadline: June 24, 2022 by 5:00pm**

Send your resume to [caterjobs@halifaxconventioncentre.com](mailto:caterjobs@halifaxconventioncentre.com)

## CATAPULTERS IN THE NEWS

**Samantha Johnson '09** organized a community clean up last April to celebrate Potlotek Earth Day. Tickets were given out for each garbage bag filled with waste for a chance to win prizes. What a great idea! **Alex Sack-Redden '16** has a placement with 'Reclaiming Our Roots' this summer, an organization that focuses on urbanized indigenous youth. He helped run a March break camp that focused on culture and land-based traditional Mi'kmaq skills and is writing a grant application to fund a drum

making workshop. **Asiah Sparks '19** is the co-president of the Black Student Union (BSU) at Prince Andrew High School. The BSU is a student-led group created in 2021 to promote Afrocentricity and is committed to fostering equity within the school as well as promoting black excellence in the community. On top of being co-president of the BSU Asiah is a member of the Panther Pantry which serves individuals facing food insecurity. This winter she helped organize a collaboration between the two and helped lead a school toy and food drive. Asiah received a \$2500 Canadian Progress Club Halifax Citadel Bursary. **Katie Black '14** is excited to announce that she just finished her diploma in Business Administration! **Destiny Totten '15** was awarded a \$5000 Donald Sobey Award from NSCC. **Kayla Bernard '11** spent a week in Saudi Arabia (pictured right, front left) to receive a Messengers of Peace 'Hero Award' for creating 'HeART in a Box'. There she heard of projects by fellow scouts from all over the world from planting trees to help eco systems to reintegrating un-homed children back into society. Kayla also travelled to Vancouver to receive the 'Medal of the Maple' for distinguished youth service within Scouting. **Vessa MacNeil '17** has joined "Undercurrent Youth Centres of Cape Breton" this summer. Their mission is to "inspire hope in the lives of children and youth across Cape Breton. Vessa is proud to be helping develop a centre in her hometown of New Waterford. Vessa was also accepted into the Acadia University Exchange program which gives 3rd year students the opportunity to study abroad for a semester. She'll be heading "down-under" to the University of

Southern Queensland in Australia!

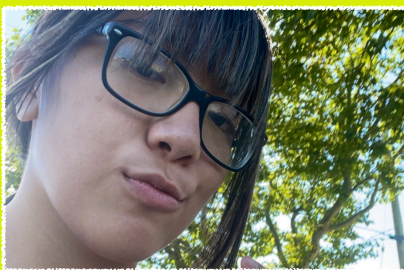
**Destiny Hicks '19** was awarded a \$5000 Richardson Family scholarship (founded with Catapult students in mind!) to study nursing at Dalhousie. She was also President of River Hebert District High's student council this past year and named Senior High Female Athlete of the Year. **Rebecca Hunt '19** was awarded the Lieutenant Governor Award. **Kathryn Ednalaguim '13** participated in the during the Philippine Flag Raising Ceremony at Grand Parade. (pictured left with Mayor Savage)



Congrats to (left) **Asiah Sparks '19** for being awarded HRM Youth Volunteer of the Year and (right) **Emily Odo '19** and **Vessa MacNeil '17** for being named Youth Volunteers of the Year in Cape Breton. Catapult was honoured to nominate you!!

## \*\*\*\*\* SNAPSHOTS \*\*\*\*\*

### NOVA NGUYEN – 2019



**School:** Sydney Academy

**Cool Fact:** I won 3rd place in a National animation competition!

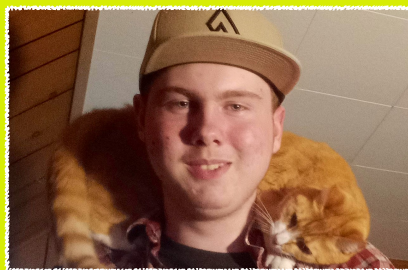
**Fave Camp Memory:** Mr. Phil's presentations.

**What inspires me:** My brother.

**Future Plans:** Stable job and a freelance artist on the side.

**Fave quote:** "Instead of reading the book try writing the book"

### CALE McEVOY- 2020



**School:** Cape Breton Highlands

**Cool Fact:** I've been writing computer programs since I was 8!

**Fave Camp Memory:** Everything at the Roadshow! **Future Plans:** Computer science at Dal or Acadia

**Fave quote:** "Stuff your eyes with wonder. See the world. It's more fantastic than any dream made or paid for in factories." -Ray Bradbury

### SIMONE SINGH - 2021



**School:** Citadel High

**Cool fact:** I've lived in 3 different countries! **Fave Camp Memory:**

TikTok Challenge. **What inspires me:** My parents- the most resilient and dedicated people I know. **Future Plans:** Computer science at Dal.

**Fave Quote:** "For a committed person there is no such thing as failure - just lessons to be learned on the way"

## TIPS TO SHOP WITHOUT BREAKING THE BANK

Despite what's happening with today's economy, stocking your kitchen to feed yourself is a necessary thing. Unfortunately, prices are at an all-time high due to inflation and supply chain issues. We can't do anything about rising prices - but we can shop strategically for food to keep our costs manageable.

1. Check out the weekly flyers to **plan your meals!** When you know what you want to cook, you'll have less waste. You can find budget-friendly recipes online. As you write your menu, write your grocery list at the same time (use the reminders app on your phone!) and then cross off anything you already have in your cupboards.
2. **Shop with a list!** If you don't go to the store with a plan, you will overspend. Period.
3. **Use coupons** (check out the Facebook group – Coupon Deals in Nova Scotia!!)
4. The cost of meat has risen in a major way. **Buy in bulk and freeze** what you don't eat. As you shop, keep your eye out for what's on sale. Stretch your meat by using it in casseroles. A few meatless meals won't hurt you!
5. Check the **'per unit cost'** on the price sticker to buy the best deal!
6. Buy **no-name** brand products!
7. Buying **frozen** fruits and vegetables can save money yet is still healthy!
8. **Share-shop with friends** in bulk (Costco!) and split the cost and food!
9. Shop the **'bent and dent'** section where foods with booboos get marked down!
10. **Redeem** your Air Miles or PC Optimum points at the cash register!
11. **Shop around** – check for deals at Costco, Dollarama, Shoppers Drug Mart, Giant Tiger and local Farmers' Markets as well as the big grocers!
12. **Learn How to Cook.** Eat out less – make your coffee at home, pack your lunch!
13. **Don't shop hungry.** Or, 'hangry'! No matter how much willpower you think you have, random expensive treats will magically fly into your cart.

We're looking forward to having **Asiah Sparks, Nova Nguyen and Emily Odo** from our Class of 2019 back at Acadia this summer as our **Junior Counsellors!** Other Catapult alumni on staff this summer are **Tyler Sweeney '10, Nikki Shahin '12, Vessa MacNeil '17, Emma Doiron** (Blakeney) '12, **Abul (David) Faqirzade '18** and **Leykey (Maliek) Beals '17.**



Brianna Green '15 & Tyrell Byard '16 graduated together from NSCC's nursing program!



If you're a soon-to-be or recent grad looking to launch a career in Nova Scotia, check out the new app **Connector Plus!** Their algorithm will match your profile (education and skills) to established business and community leaders who have volunteered to help grads make local business connections. Available on the App Store and Google Play,

## CONGRATS TO ALL OUR GRADS!!

(... and anyone else facing a big life change)

Graduation is a big milestone in your life, be it high school, college or university. It may feel like an ending, but it's actually just the beginning. The start of your next chapter. What will you choose to do? Who will you choose to be? The decisions are yours alone to make. You may discover that your choice isn't for you after all. Don't stress - take what you learned and pivot toward a new choice. Life is never a straight path, there'll always be curves and hurdles. Expect them and then they won't seem so bad. At our Camp Closing we described 7 Catapult Steps: the small steps, the big steps, the easy steps, the hard steps, the lonely steps, the step-back steps, and the step-up steps. You and your class survived 2 years of learning during a global pandemic. You've learned patience, flexibility, adaptation and resilience. Remember those strengths during all of your steps ahead. Our world needs your leadership skills now more than ever. Whatever you do in the future, do it with respect ... to yourself, to others (whether they look like you or not!), and to our very fragile earth. And do it with hope. Not the 'cross your fingers' type of hope, but with goal oriented actions that push hope into reality. Follow your dreams - and listen to your gut along every exciting step of the way. With pride and warm congratulations,

Your Catapult Family

## Catapult needs bus chaperones!

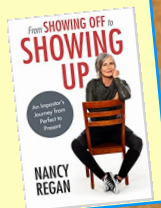
Please contact Lori if you're available. We need volunteers to make sure our new students get on/off the bus as scheduled and to create a welcome & fun bus ride to settle new camper jitters.

Dates are Aug 12, Aug 16, Aug 19, Aug 26:

- > from Halifax to Wolfville
- > from Wolfville to Halifax
- > from Sydney to Wolfville
- > from Wolfville to Sydney

Chaperones on the Sydney routes will be given a flight back to/from Sydney on same day or any other day if you'd like to make a little trip!

Congrats to Catapult speaker Nancy Regan on publishing her first book! You can buy it online or at your local bookstore!



## Useful websites if job searching:

- o [ca.indeed.com](https://ca.indeed.com)
- o [jobbank.gc.ca/youth](https://jobbank.gc.ca/youth)
- o [novascotiaworks.ca/nsde](https://novascotiaworks.ca/nsde)
- o [HOSCO.ca](https://HOSCO.ca) (for jobs in hospitality)

Need to talk?  
[kidshelpphone.ca](https://kidshelpphone.ca)

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](mailto:lori@catapultcamp.com)