

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

Heroes Among Us!

No matter where we live, the Barrington/Shelburne and Tantallon area wildfires impacted us all. And ... they heightened our appreciation for the people who risk their lives to keep us safe.

Beside NS's 600 career firefighters are more than 6,000 volunteers. These heroes are unpaid but professionally trained. We thought you'd like to meet some of them!

Raven and Kelby began volunteering with their local fire districts at age 14 and 16, inspired by family members already involved. Tyler was only 10 when his mother (a volunteer) started taking him along with her. Angelina was 19, seeing it as a way to become part of her new community after moving to Alberta. Kullen was 27 when he signed up. "I needed something to get me out of my comfort zone. After years of thinking about it, one day I just walked into town hall and asked for an application. Once I was approved, I was immediately welcomed by every member of the team. My self confidence has soared exponentially ever since."

Raven follows the instructions given her within the chain of command. "I help run hoses, grab medical go bags, fill out patient care records on scene, and check scenes for hazards." Beyond 911 calls, Kelby focuses on truck maintenance.

He also plans and organizes training sessions. Angelina also certified as an Emergency Medical Responder and is a member of the Honour Guard. Kullen serves on the Ways and Means (fundraising & events), Hall Maintenance and Chase the Ace committees. Tyler also volunteers at Bingo 3 times weekly, their main fundraiser.

Their time commitment is similar: training one evening a week, monthly department meetings, and responding to emergency calls when possible. Kullen explained, "My workplace is very helpful as they let me leave any time if the need is there." There are also optional community events to volunteer at where the job becomes all about public relations.

Kelby and Tyler like "making a difference in peoples lives when it's usually their worst day ever." Kelby most enjoys interior firefighting, rescue operations, and forming relationships with people all over NS. Angelina will always remember the day she did her first search in a burning house. Kullen enjoys the sense of camaraderie, knowing they can all count on each other's support even outside of emergencies. "At the end of the day, the

smallest successes count and it feels great knowing we did everything we possibly could to help", said Raven.

No surprise, leadership plays a vital role in fire fighting. Kelby explains, "Without proper leadership at a fire, things can get out of hand extremely quick and people will get hurt. There needs to be one person leading the group." Kullen agrees. "Communication is key or everything can go sideways quickly. Precise instructions are vital." Raven has learned how to work under pressure. "You have to be able to set your personal emotions aside until the work is done. You arrive on scene, wait for command and act. It is all so fast paced. But safety is #1." Angelina learned how to make

important decisions quickly. "I follow my gut and always have more than one plan." Tyler says, "It's important not to get too excited. Calm clear instructions allow everything to move flawlessly."

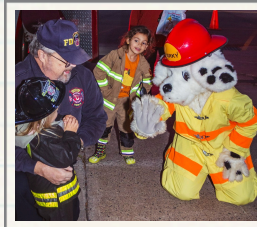
Kelby responded to the fire in Shelburne Co. "Six of us offered to go. We started the night on structure protection, and then did overnight fire patrol to make sure no structures were compromised while the local firefighters went home to rest." Tyler also helped in Shelburne. His unit had to turn back due to dangerous conditions but moved on to protect properties

and douse hot spots. "Fighting the fire alongside my mom in what most of us describe as a war zone, with such strong community support, is something I'll never forget." Angelina helped with similar wildfires burning in Alberta at the same time as the NS fires were out of control.

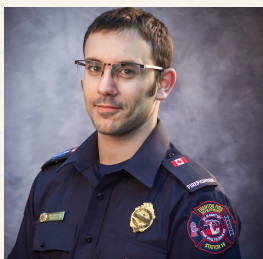
Kelby advises, "People need to be fire smart. Make sure camp fires are extinguished before leaving, put cigarette butts in water, don't leave candles unattended. Always "check before you burn". Angelina adds, "Never have a fire if the winds are high, never leave a bonfire unattended, and never throw a cigarette butt on the ground."

They all noted how dedicated firefighters are and how much the community respects what they do. Kullen credits his wife and baby daughter. "Every firefighter knows that our families are sitting patiently waiting for us to walk back through the door."

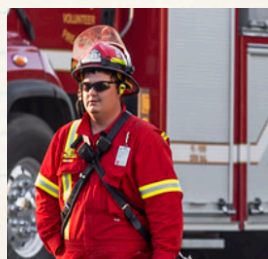
To become a volunteer firefighter, you need a valid driver's license, grade 12 or equivalent, and a criminal record check. Many stations have a Junior Firefighter program for ages 14-18.



Kullen dressed as Sparky during a community event



Kullen Wrathall '09,
Firefighter,
Trenton Fire Dept



Kelby Russell '12, Volunteer
Lieutenant & Training Officer,
New Ross Volunteer Fire Dept



Angelina Terpstra '17,
Volunteer, Camrose Fire
Dept (Alberta)



Raven Ethridge '19,
Senior Volunteer, Rawdon
District Volunteer Fire Dept



Tyler Jodrey '19, Oakhill &
District Fire Dept
Volunteer Lieutenant

Community Corner Kudos



Jakob DeGruchy '21 and **Robyn Pitts '21** organized a trash pick-up day in their community of Havre Boucher. It's not exactly a glamorous job, but what a wonderful act of kindness to one's community that anyone can do at no cost! Not only did they help clean up their area, but they also removed toxins from our planet, prevented birds and animals from becoming sick, and inspired others not to litter. Fun fact - if every person picked up 10 pieces of litter, there would be 3 billion fewer pieces damaging our environment. Well done Jakob and Robyn!! Jakob also donated blood and plans to continue making this "gift of life" a regular thing.



Abbey Donelle '22 applied to our CLIFF Fund for a small grant that helped her create emergency health/hygiene baskets for the student washrooms at North Queens Community School. The baskets include items like hair ties, sanitary wipes, band aids, face wipes and tampons. She also recognized the need to educate the younger students on how much work and thought went into this support idea in order to stop them from reckless waste and abuse of items that the school had provided previously.

Building Futures for Youth

The BFY program gives youth in grade 10-11 an opportunity to explore careers in the construction trades through paid summer work. It's a 200-hour work placement that guarantees at least a minimum wage. Accepted participants have all their PPE supplied and are sent to NSCC for safety training and an expectations orientation before heading out to the job site in July-August. Upon completion of the program, students are awarded 3 co-op credits, 300 apprenticeship credits, and are eligible for BFY scholarships at NSCC.

The program has been running since 2008 and is open to high school youth across NS. It is offered to co-op, O2 and skilled trades students.

The online application opens in October. Visit www.buildingfutures.ca.

Wise Words ...

I'm having a really bad day.

Frankly, I've been having a rough few months. You know rock bottom? Well I think I'm at the molten layer.

But you know why everything's okay? Because I value my small wins. And I think that everything works out in my favour because I dream it so. And I think that I'm trying my best. And that's all that any of us can do. I'm proud of me. I'm working on me. And I'm going to create the version of life I need to. I'm going to help other people create the versions of life they want to. That's my purpose here.

It's taken a lot of work to be able to trust in myself and my process. But I do, and that is one of the greatest gifts. Even when you combust, melt, blow to smithereens ... if you believe in yourself, and believe in any or all of the higher powers of this universe, you will see and feel the magnetizing effects of the power in holding this belief, and find yourself drawn back together, slowly, piece by piece, and you will find yourself whole again. Even if it's a different version of the you that was before, you will always be whole again.

... Kayley Dixon '16

Introducing our 2023 JC's! Welcome to our staff team!!

CATAPULT CAMP

CATAPULT PLUS

Ecole Academie de Truro



Tyrel McLellan



Joey Patten

Drumlin Heights Consol.

Senior JC & Videographer



Nova Nguyen



Tarelle Sterling

Woodlawn High

Emily Morneau, winner of the 2023 \$1000 Catapult Leadership Award

"At Catapult we grew together, we connected with people, we created memories and we learned from each other. When the week was over we took that knowledge and delivered it to our communities." And deliver she did! Emily became involved with Student Council at Centre Scolaire Etoile de l'Acadie (becoming Vice President in Gr. 12), the School Advisory Committee and the Headstrong Committee. She played on the school's volleyball team and played hockey with the Cape Breton Blizzards. Her community spirit shone at school, helping to build a greenhouse that science classes use to plant vegetables and study photosynthesis while also providing food for the student cafe and nutrition classes. She was a leader of Project Uplift, that created a calming space for students to enjoy and she organized a multi-cultural style easter egg hunt to promote inclusivity with the international students. Emily is also an animator for healthy relationships with the Grade 9 students and assists a child with special needs in getting to the bus and classroom. On top of all that, Emily teaches young children to skate and volunteered with the 2023 Jeux de l'Acadie. Somehow she still makes time for part-time jobs, as a timekeeper with the Hockey Assoc. and as an After-school Program Associate with PPECAAE-NE. Emily's volunteer efforts was recognized with a Lieutenant Governor Respectful Citizenship Award. Next year she will be pursuing a Bachelor degree in Hospitality & Tourism Management at CBU. Congratulations Emily!!



CATAPULTERS IN THE NEWS

Vanessa Hartley '14 is Project Manager for the first 'Environmental Racism Panel' in Nova Scotia. **Asiah Sparks '19** has been selected as 1 of 2 inaugural HRM Youth Poet Laureates. During their one-year tenure, the Laureates will seek to inspire and engage local youth to share their stories through written and spoken word, while being mentored by HRM's current Poet Laureate. **Jenna Dagley '20** won highest mark in senior duet (playing saxophone) at the Queens County Music Festival. **Steven Reid '13** volunteered with the ECMA's social media team, enjoying the opportunity to witness some very talented musicians. **Allison Smith '11** was featured by Epilepsy Canada, telling her story from diagnosis at age 21 to learning to live a full and rewarding life despite of it. **Kassidy Bernard '12** joined Wabanaki Two-Spirit Alliance and will be the head organizer for its upcoming International Two-Spirit Gathering. They plan to create a 2S Youth Council to engage with more Two Spirit youth through community events. A Social Services student at NSCC, **Alex Sack-Redden '16** travelled to Austria to attend an International work program. He participated in a lecture series to discuss his experiences as an Indigenous person living in Mi'kma'ki. Congratulations to this year's Richardson Family Scholarship winners, nominated by Catapult: **Emma Stevens '20** & **Cale McEvoy '20**. **Chloe Marshall '18** received a Catapult-nominated \$6000 NSCC Sobey Award. **Marissa Rouse '21** and **Joey Patten '20** attended the NSSSA provincial conference in May and reunited with catapult speaker **Tyler Hayden** (who helped create NSSSA way back in the '90's). **Tarelle Sterling '20** is serving on the NS Minister of Education Student Advisory Committee and is Head of Wellness for Woodlawn High's student council. He was awarded a Catapult-nominated 'Canadian Progress Club Halifax Citadel' Bursary. **Emily Morneau '20** is Vice-President of student council at Etoile de l'Acadie. **Jenna Dagley '20** is President of Liverpool High's student council (for her 2nd year!). **Kullen Wrathall '09** was named 'Firefighter of the Year' by the Trenton Fire Dept. **Kayley Dixon '16** received an award to attend a month-long field school in Italy with Saint Mary's University to study local & global social justice and community issues.



Congrats to: **Tarelle Stirling '20** for being named HRM Youth Volunteer of the Year, **Caragh Kennedy '21** and **Marissa Rouse '21** for receiving a Lieutenant Governor's Award and, **Ethan Potvin '22** and **Emily Morneau '20** for receiving a Lieutenant Governor's Respectful Citizenship Award

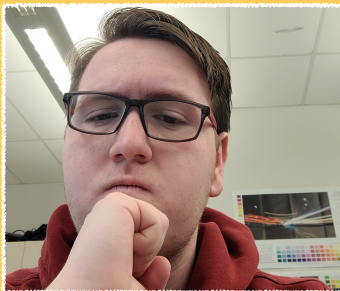
SNAPSHOTS

KYLEE PERRY— 2020



School: Hants North Rural High
Cool Fact: My favourite rapper is Drake and my puppy is my best friend!
Fave Camp Memory: Zip-lining & the Amazing Race. **What inspires me:** My family & teachers. **Future Plans:** Daycare teacher and hair stylist.

DANIEL BROWN - 2021



School: North Nova Ed. Ctre.
Cool Fact: I have 2 dogs.
Fave Camp Memory: OnTree high ropes courses. **What inspires me:** Friends & family.
Future Plans: Dalhousie for science, then medicine, then neuro-surgery
Fave quote: "For every bad memory there is a good one that will get you through it."

DANI ANGLIUK - 2022



School: Horton High
Cool fact: I lived in Nunavut until I was 7 yrs old. **Fave Camp Memory:** Our last night (informal formal dinner, closing ceremony & dance)
Future Plans: Teacher **What inspires me:** Christopher Breaux's music. **Fave Quote:** "I cant change the world until I change myself first"
 - Kendrick Lamar Duckworth

The **PREP Academy** is a community-based non-profit organization that supports access and success in college and university for African Nova Scotian students, with the goal to inspire and prepare them for post-secondary learning and beyond. PREP's programs help students and parents/guardians access resources and information as well as offering support in navigating college and university processes.

If you'd like to participate or volunteer as a **Black Mentor** visit www.thepreacademy.ca

Yale's most popular class is now free to teens!
www.coursera.org/learn/the-science-of-well-being



Thank you **Counsellor Kevan Henshaw** for taking on the role of Catapult's "Social Engagement Officer"! Hopefully you're all following us on Instagram and seeing all the amazing news and fun posts Kevan is sharing. If you'd like to share a Motivational Monday quote or any other info, contact him through our FB or Insta page!

@CatapultLeaders

NEW! introducing the new **CATAPULT TEXTBOOK FUND!** Created by the **Durland Learning Foundation**

Why? To help Catapult alumni with the high cost of university or college textbooks.

What? Up to a \$250 gift per Catapulter per semester.

How? Simply email lori@catapultcamp.com: your name, the program you're studying, the school you're attending, and the amount of \$\$ you're requesting. We will then e-transfer your textbook gift.

When? Requests are open September 1, 2023.

A heartfelt THANK YOU to the Durland Family!

To our Classes of 2023,



"Go into the world and do well. But more importantly, go into the world and do good."

CONGRATULATIONS!!!!

Congratulations to Tegan Zinck and Jeremy Crowther who met at Camp 2010 and married in March! Talk about a lasting camp friendship!!



DON'T FORGET about this summer's **NORTH AMERICAN INDIGENOUS GAMES** from July 16-22. 5000 athletes, 756 Nations, 16 sports.

Venues throughout HRM, Millbrook and Sipekne'katik. Find the schedule at NAIG2023.com



Jessica Balsler and Alyssa Joudrey met at Camp 2012 and remain besties. Shown here celebrating Jessica's bachelorette!



Here's what you missed:

- Wellness Workshop - "The session was amazing. It made me really think about my own wellness and want to add more to what I can do for that. Everyone had a lot of great tips and comments." - Eunice. "I liked the 5-4-3-2-1 exercise to help people from spiralling and the deep breathing. All the tips you gave us were very good." - Jaxon

JUNE REMINDERS

- * June is National Indigenous History Month!
- * June kicks off PRIDE season to celebrate our 2SLGBTQI+ community!
- * June 21 is National Indigenous People Day
- * June 27 is Canadian Multiculturalism Day

GoodLife offers FREE summer gym memberships to students age 12-17!

5-4-3-2-1
GROUNDING EXERCISE

5 Things you can **SEE**

4 Things you can **FEEL**

3 Things you can **HEAR**

2 Things you can **SMELL**

1 Things you can **TASTE**

BELIEVE



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

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HAPPY SUMMER