

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

Celebrating 15 YEARS of Catapulting Leaders!

In 2009, Catapult held its first leadership camp. That very same year, our Class of 2023 were just being born! 750 incredible young leaders have attended camp, successfully launched into high school with greater confidence to get involved and pave a path towards a meaningful and happy life. And wow has our little organization grown since then. We expanded camp into a full 3-year Catapult PLUS program, introduced our post-secondary Alumni Conference, added online sessions throughout the school year, hosted some great social gatherings, nominated alumni for significant scholarships and awards, and so much more!

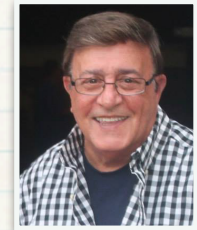
Catapult has been blessed with the best staff in the world (or so we think!!) We enjoy a high staff return rate as well as great speakers who love to inspire our youth. Mr. Phil was instrumental in helping Catapult get off the ground and for 11 years he returned to motivate and entertain us. Will Njoku and Nancy Regan have also been a part of the Catapult family since its inception. We'd like to thank EVERYONE who has helped make Catapult a success story, and we'd like to re-inspire you with some of the key messaging from these 3 resources.

Now a teacher in Moncton, **Will Njoku** is a former member of Canada's national basketball team and the first NBA draft pick from Halifax (Indiana Pacers, 1994). At Catapult, Will's hope was to inspire you to embrace discomfort and failures not as upsets, but as opportunities to learn. His focus is on a person's 'will' and not their win. "We must embrace challenges and be willing to stretch into zones of discomfort because that's where real growth happens. Shift the focus on what it takes to strengthen your will power and realize that winning means different things to different people." We're sure you all remember Will's life mantra 'S.A.F.E.' Set your feet, aim high, follow through, every day.

Will's journey to becoming one of Halifax's best basketball players did not always take a straight path. He faced many obstacles including the death of his dad, injury, and mental health issues. "You have to be willing to stretch if you want to reach your goals. Even if you don't achieve them, you're better off for having tried. Protect your dreams from those giants that will try to take them from you. (Who in your class stood on the stool pretending they were a 7'5" Yao Ming? or tried to dribble a ball with Will trying to steal it from you?) Stay focused on your goals every day and make a real effort to be as productive as possible. When you feel yourself becoming frustrated, rethink your perspective. This can broaden your frame of mind and give you new ways to see the bigger picture. And ... never be afraid to ask for help!"

Nancy Regan is an author, actress, journalist, news anchor, and television personality, most known for her 15-year tenure as host of CTV's Live at 5. Nancy shared '5 Top Things TV Taught Me' to help you discover how you can communicate, connect, and shine your own light.

"The best way to build your self-confidence is by embracing your authentic self. Not everyone thinks the same way (are you left-brained or right-brained?) and that's a good thing. Leaders will try to think outside the box. The loudest voice saying you aren't good enough is probably the one inside your own head. Treat yourself as you would a friend, be kind and speak nicely to yourself. Feeling some doubt or panic in a certain situation? Try power posing for several minutes (stand like a super hero



with hands on hips!). Or use music - it's a powerful tool to change your mood. Being uncomfortable is okay and is needed to get outside your comfort zone to grow."

A retired teacher, **Mr. Phil** (Gugliuzza) is Executive Director for the Louisiana Association of Student Councils. A native of New Orleans, Mr. Phil is also an award winning speaker, who has spoken in every US state as well as across Canada and Europe. Now retired from international engagements, Mr. Phil was a huge part of camp from 2009 through 2019, bringing his magic to 7 different sessions each year.

Mr. Phil taught you what it means to be a leader and how important it is for leaders to make choices rather than waffle on a fence. His hilarious Booger improv was always a huge hit, emphasizing the need for clear communication. He taught us how to touch webbies (for a strong handshake!) and to leave no evidence when we leave a room.

Mr. Phil's lesson on self-worth is always worth remembering. Mr. Phil presented each group with a crisp clean \$100 bill. When he asked who wanted his \$100 bill you screamed yes. He then proceeded to do questionable things to that poor money. "If I crumpled it up, if I spat upon it, even if I pitted it out, you'd still want it right? That's because regardless of what I do to it, it never loses its value. The exact same goes for you. People might put you down, make fun of you and talk about you behind your back. Regardless of what others do, you will never lose your value as a person."

We asked **Ashley LeBlanc '09** what she remembers 15 years later. "The biggest leadership lesson that I continue to reflect on was from Camp Director Julian. He talked about taking risks and jumping in when the pros outweigh the cons. This led to me applying for and winning a student assembly election. It also encouraged me to switch careers as a chemist and go back to school for a Masters in physio. I couldn't be happier with either of those decisions. I've grown every time I've taken a risk whether a good outcome or not. I had a great time at camp and am still in regular touch with the best friend I made at camp, Robyn."

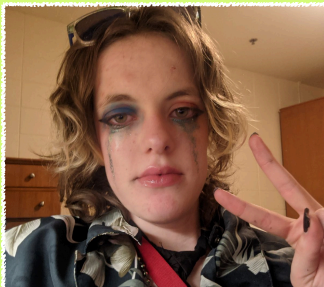


JOEY RYAN - 2021



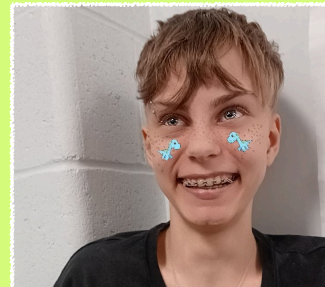
School: Dalbrae Academy
Cool Fact: I can speak 3 languages!
Fave Camp Memory: SHEEP!
What inspires me: Reading about the great things people in the past have done.
Future Plans: Diplomat and politician.
Fave quote: " Sometimes, history needs a push" - Vladimir Lenin

DAKOTA TOWER - 2022



School: Woodlawn High
Cool Fact: I'm my dad's only female child. **Fave Camp Memory:** Meal hall (especially the applause whenever someone dropped something).
What inspires me: The show 'Villainous' inspires my goal to do animation. **Fave quote:** "If all pork chops were perfect we wouldn't have hot dogs." - Greg, Steven Universe

GREY SHEPPARD - 2023



School: Eastern Shore Dist. High
Cool fact: I love meerkats! **Fave Camp Memory:** Cook-off, family groups, closing and the whole thing.
Future Plans: Open a bakery. Or youth worker. **What inspires me:** My two beautiful nieces and their mom. **Fave Quote:** "Chickens and chainsaws, I'm juggling chickens and chainsaws."



Introducing our new Camp Director Nate!

We were thrilled to welcome Nathan Goudreau as our new Camp and PLUS Conference Director this summer! Nate has extensive experience overseeing camps in NB as well as athletic camps at Acadia University. While an undergrad at St FX, he was named a two sport varsity athlete in football and basketball.

In 2012 he completed a Bachelor of Education at the University of Calgary focused in physical education and coaching. His resume also includes 4 years as Athletic Director at the Canadian International School in Beijing where he provided leadership to over 20 coaches. Currently, Nate is a teacher in the Annapolis Valley and is completing a Masters degree in Leadership at Acadia University. He's also a pilates instructor, an assistant coach with Acadia's men's basketball team, husband to Alison and doggy-dad to Luna. "My experience at Catapult was extremely rewarding. I feel proud to be a part of an organization dedicated to providing such a positive life experience. Catapult truly is making a difference in communities all around Nova Scotia."

Cool Fact: I've climbed on the Great Pyramids of Egypt and slept on the Great Wall of China.

Fave Camp Memory: Epic Games of Mafia

Fave PLUS memory: Closing night dance.

What inspires me: Resilience.

Future Plans: Create more balance in my life.

Fave quote: "You put water into a bottle, it becomes the bottle. You put it in a teapot, it becomes the teapot. Water can flow, or it can crash. Be water, my friend." ~ Bruce Lee

CATAPULTERS IN THE NEWS

Ali Taha '13 hosted a successful launch party for his new literary journal "Archetype". **Kye Clayton '17** dropped his new hip hop album "B.A.M." that includes 15 songs. **Erykah Boomer '23** joined her school's soccer team. **Vivian Ethridge '23** is a student ambassador at Hants North. **Neveah Johnston '22** has a co-op placement working with plants which also happens to be a hobby. **Jordan Young '22** is excited to have a new baby sister. **Asiah Sparks '19** performed her poetry during Emancipation Day and at Hope Blooms. **Chloe MacEachern '22** is Vice President of her Student Council. **Sahi Chakarvarty '22** is on student council executive. **Katie Black '14** moved to Ottawa after volunteering as PLUS Counsellor. Other alumni Counsellors this summer included **Graci Fleet '15**, **Nova Nguyen '19**, **Tyrel McLellan '20**, **Leykey Beals '17**, **Erika Pineo '15**, **August Clarke '15**, **Caylin Chisholm '12**, **Adam MacNeil '16**, **Patrick (Joey) Patten '20** and **Tarelle Sterling '20**. Counsellor **Kevan Henshaw** is now volunteering with speaker **Elsie Morden's** anti-bullying organization 'No Time For That'. **Tyler Sweeney '10** married his best friend **Troy Harrett**. Catapult was well represented at the wedding (pictured):

Jane Roy (Officiant), **Nikki Shahin '12**, **Tyler, Lori**, Counsellor **Alyssa Barker**, and **Kath Ednalgium '13** (photographer). Missing is **Justin Moser '10** (groomsman).



Welcome Catapult Class of 2023! 50 more inspiring student leaders have joined our special group. Camp remained relatively unchanged from prior years (though sadly, the weather caused us to cancel mud sliding). Our new campers said how special it was to feel so supported and accepted. They loved making such strong friendships and 100% felt their confidence had been boosted. "Camp changed my attitude and helped me realize my own worth. It was more than I expected - it was amazing!"

PLUS'23 was our biggest conference yet with 55 attending. Tyler Hayden brought his hilarious energy back and we also learned about communication, compassionate leadership, allyship, money management and the payoff of post-secondary education. No surprise, the hypnotist session was the crowd favourite. Robyn called it "an overall incredible experience as always".



Community Corner Kudos

One of Lori's favourite sessions each summer is when our PLUS students present their community service projects. The projects are about helping others but in helping others, you also help yourself. You learn leadership skills, life skills and it's just plain good food for the soul. We were all inspired by each and every one of you no matter the size of your project. You went out there and you did it and you're a better person for it! And as a result, you helped **131** organizations, raised **\$26,120** and gave a whopping **8428 hours** of service!

Projects ranged from volunteering at schools, hospitals, churches and local charities, volunteering at NAIG, helping coach children's sports, mowing and raking, becoming a volunteer firefighter, donating blood, organizing food drives, free tutoring and babysitting, and more. Rhianna helped elementary students shop for Christmas gifts for their families. Haden worked with his dad on chimney work to raise money to help a local family with a daughter living with a rare medical condition. Arin played a significant role in expanding her school's GSA Club and focused much time on educating other students in order to reduce bias against non-traditional gender identities and sexualities.

Several catapulters focused their efforts towards helping seniors. Akeelah made baked good for them, Daniel offered to help an elderly man move, Parker helped with garden & yard work, and Scarlette volunteered at a seniors home. Kai visited seniors in senior homes, interviewing them about their life. They then chronicled the stories into newsletters that the homes proudly shared.

Many others took time to beautify their communities. Chloe, Jakob, Robyn and Eli picked up trash. Eli even recruited a friend to help. Chloe also raked leaves and mowed lawns in public spaces. Rylan made art to be hung around school. Maddie applied for a \$1000 grant that was not only used to build a greenhouse for her agriculture 11 class but the vegetables grown were also used in the cafeteria. Olivia applied for a Catapult CLIFF Fund grant that was used to build flower planters in front of her school.

Neveah organized a food drive at school while Landon started a bottle drive. Lai organized a clothing drive for BBBS. Joey and Olivia organized book drives. Joey admitted to the group that his drive did not meet his goals - but that he learned a lot from his mistakes and looks forward to doing it better next year.

Amanda decided to speak to the junior high students about what high school is like. Her teacher ended up asking her to deliver her presentations to several more classes and so her project grew to include much more than she had planned.

Well done everybody!!! As Chloe said, "It is really awesome to see just how much small call-to-actions can help out."

What I Learned as a Junior Counsellor

By Tyrel MacLellan '20

Being a J.C. was one of the best experiences I've ever had. Not only was it fun, it was an amazing learning experience. You learn new ways to lead and communicate which are very useful things to know as well as getting to meet so many new and amazing people who bring their own cultures, opinions and ideas to camp. It's also really interesting to see all the work that is put in from the staff side, such as setup for all the activities and speakers, as well as the coordination and punctuality needed to get to all the different places. One of my highlights was to see the change in campers, from arrival to departure, from a different perspective. I loved all of it but my favourite camp memory was Rock Night - seeing everyone come out of their shells throughout the night. Being a J.C. is life changing and I highly recommend it to all the campers around the province reading this!



Catapult's Board of Directors is excited to welcome **Leykey Beals '17** as our newest Alumni Rep. Having been both a camper and a counsellor, Leykey brings a valuable and unique perspective that will help us make Catapult the very best we can be.



The NEW
CATAPULT TEXTBOOK FUND
Presented by the Durland Family Foundation

What? A \$150 grant to any Catapulter towards the cost of post-secondary textbooks.

How?

- Simply email us with your school, program and name of textbook you bought (or will buy)
- We will e-transfer you \$150
- No deadline
- One request per Catapulter per year!

Jay Shetty's "On Purpose" Podcasts dive into relevant topics related to mental health and self-improvement. Recommended by Kayley Dixon '16.



Did you hear about the kidnapping at school?
It's okay, he woke up.

"There for You"

(Written & performed for Rock Night '23)

All these feelings that you're feeling now. Will float away somehow. You're broken down and your knees are weak, but I'll be your solid ground. Good times may have rolled on by. They'll soon come back, back to you. Feeling so down that you want to melt but we all know how you felt.

So keep smiling, keep shining. You're where you're meant to be. Keep pushing, keep trying. The storm will pass, you'll see.

Cause life won't be this hard, you will get through. I'll make sure that you do. So keep smiling, keep shining. You will make it through. We'll all be there for you.

Your mind is cold, but my heart is warm. You're battling this storm. My arms will surely be your home. And I'll help you win this war. The scars will hurt but in time they'll fade. You'll get back to you someday. You may have tried and you may have failed. But anyone else would have bailed.

So keep smiling, keep shining. You're where you're meant to be. Keep pushing, keep trying. The storm will pass, you'll see.

OCTOBER IS Mi'kmaq History Month!



Mi'kmaq History Month educates and celebrates NS's Indigenous history and culture.

October 1 is Treaty Day. The annual ceremony reaffirms the historic presence of the Mi'kmaq who have occupied our land for thousands of years. By celebrating Treaty Day, we give thanks to the Mi'kmaq and the Crown for signing treaties of peace and friendship.

People continue to gather in Halifax on October 1st to participate and enjoy various cultural events in celebration of Treaty Day. It is a reunion for many Mi'kmaq and a time for people to learn some of Nova Scotia's 12,000 year-old history.

Orange Shirt Day was established in 2013 in an effort to promote awareness and education of the Canadian residential school system and the impact it has had on Indigenous communities for over a century.

Kayla Bernard '11 and her company KitKat Creations is selling shirts for \$20 with all profits going to support Mi'kmaq and Indigenous youth in NS.

Contact goldfinchbeads@gmail.com to get yours! (Payment is due when ordered and ONLY available for pickup at the Indigenous Student Centre at 1321 Edward Street, Halifax.)



UPcoming EVENTS

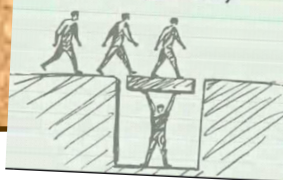
Contact Lori to register for an event. PLUS workshops will be held on Zoom.

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|------------------|--|
| Sun Oct 22 7-8pm | Personal Goals - a PLUS workshop online |
| Sat Nov 4 TBA | Alumni Conference (stay tuned for details!) |
| Sun Nov 26 7-8pm | Getting Involved - a PLUS workshop online |
| Sun Jan 14 7-8pm | Wellness Focus - a PLUS workshop online |

A special shout out to our volunteer bus chaperones Emma Blakeney '12, Adam MacNeil '16 and Nova Nguyen '19. You are so very much appreciated!

Starting school got you stressed? Check out page 4 of the Sept 2013 Round Table issue for helpful tips. (Find it on our website catapultcamp.com/newsletter.)

Leadership is not about power,
it is about responsibility.



You're back in school! Are you getting involved??? The benefits of participating in extracurriculars:

- ✓ Improve Academic Abilities:
- ✓ Expand Possibilities for Identity Development:
- ✓ Bolster Personal Growth:
- ✓ Cultivate Character Development
- ✓ Build Relationships

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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