

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

IS TRADE SCHOOL FOR YOU ???

Choosing the type of education to pursue is one of the most important decisions you'll ever make. Trade schools are getting a lot of attention lately. There is a shortage of skilled workers right now and jobs in the trades are booming. If you're the type of person who enjoys working with your hands, is creative and prefers work outside of an office setting, then a trade might be a great option.

We asked some Catapulters why they decided to pursue a trade and what their experience has been like.

Elyssa Wilson '16 studied motor vehicle body repair at NSCC, a 1-year program plus a co-op term. Elyssa currently works at a fibreglass boat shop doing finishing work. "After I graduated (during covid) I looked for a job in auto-body but wasn't able to find something that suited me so I started at the boat shop. The work is very closely related so I already had a base knowledge, I just needed to apply the skills I had learned in auto-body to working with different materials. I enjoy my work because every day brings something new. Some days I may be making moulded parts, other days I'll be prepping materials, and some days I'm finishing a project."



Dylan MacKenzie '17 completed a 2-year NSCC diploma in pipe trades, an integrated program that builds skills in steamfitting/pipefitting, sprinkler systems and plumbing. "Since graduating, I have been working as a Level 2 Pipefitter Apprentice. I was inspired to study a trade because I like working with my hands. There is nothing more satisfying than visible progress or completion of a task. Some of the biggest challenges of the job is the diversity between tasks. The variety often requires an extremely creative mind."

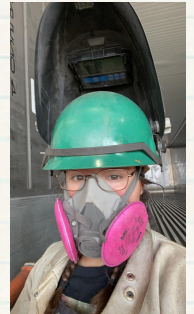


When **Emma Niles '11** finished high school she first went into the security field hoping to become a military MP. As so many people discover once they begin working, she didn't find the work fulfilling. So she switched directions and completed a welding pre-employment program that also provided the option to take the first year apprenticeship exam. Emma is now working with MacDougall Steel Erectors in PEI as a welder/fabricator.

Emma said welding stood out to her for a few reasons. "Compared to other trades, there's still not very many women in the industry and I wanted to be part of that change. I wanted a career that would challenge me on a daily basis and I've certainly found that. There's so many different routes to take in welding, both professionally and artistically. Plus, playing with fire and molten metal

everyday is pretty cool! I studied at Northwestern Polytechnic in Alberta. The program was called 'Women of Steel' and lasted 4 months. I love taking a strong material like metal and being able to form it into something new, often times without being able to tell what form it originated from. The biggest challenges of my job are the physical strain, the harsh welding chemicals we are exposed to daily, and the long hours. As a woman in the trade, it can also be a challenge to prove that I belong just as much as any other person there."

Raven Ethridge '19 can relate. Raven completed NSCC's 2-year program in metal fabrication and is now considering a move to the oil camps in Alberta. "My grandfather and I once did an art project with scrap from a dump. That's when I fell in love with welding. But I wanted to know how to fabricate the pieces we used. I love to create and learn about how certain things are built. I love the feeling of accomplishment after completing a project. I wish I had known though, when choosing my course, that in the real world I'd mostly be creating parts to be put together. It's not often I get to put the parts together myself."

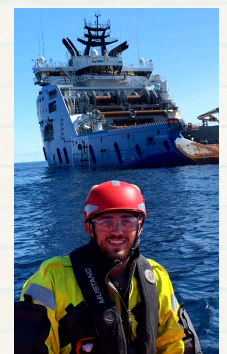


Raven warns that welding and fabricating can be very hard on your body (eyes, lungs, joints). "Personal protective equipment like respirators, welding shields and ventilation are very important. Sexism can be another issue as unfortunately some people still believe the trades are for men. But I'm still glad I chose this career as I really enjoy welding."

Evan Gray '14 studied Marine Navigation. Not really a typical trade, it's the art and science of steering a ship to its destination. It's a 3-year program at NSCC's Strait Area Campus with an additional year of required sea time. Evan is now working with Horizon Maritime as an Able-Body Seaman with only 10 weeks of sea time left until he becomes a Navigating Officer.

"I always enjoyed being around the water and living on the coast of Nova Scotia. Being able to enjoy that while working has been amazing. I love the opportunity to travel and see the world and getting paid while doing it. I've already spent a few months in Scotland and I'm excited to see where else I'll end up. At the same time though, being away from home is definitely the biggest challenge to this career. When I first decided to take the course, I was a bit nervous and hesitant that it may become isolating by being away and on a ship. However, that is not the case and my crew mates have become a second family."

NSCC offers 140 different programs (not all are trades). Trade schools focus on specific hard-skill training versus



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the broader education that universities offer. Trade school is also a shorter time commitment and therefore costs less overall. As an example, a carpentry diploma at NSCC will take 2 years at a total cost of \$13,018.

Ultimately, your choice should be based on the career that you believe will be most fulfilling for you. The NSCC website is a terrific source of information on the trade programs they offer and the related job market. It also offers a 'Career Quiz' to help your decision.

A good resource to research wages and job availability among the trades is www.explorecareers.novascotia.ca. The median wage in NS for common trades are \$23 to \$30 per hour, with the higher pay scales at \$33 to \$39. And if you are entrepreneurial, all kinds of trades work well for small business ideas.

Emma wishes she had given more thought to trades when she first explored career options. "The trades are stable, important careers and there's a position for anyone who puts in the work. Learn as much as you can and you can build the life you want. It may take a few years, but it's worth it, and you'll be proud of what you do."

2023 Alumni Conference



Last November we hosted our Catapult Alumni Conference at Mount Saint Vincent University. The conference program is created by alumni for alumni to help explore essential life skills needed to be successful after high school. This year the committee brought in speakers to provide advice on Resumes/Job searches, Making the Most of your Food Dollar, and,

Navigating Apartment Rentals. Of course we added some fun with opening icebreakers and Board Director Kevin Duffie kept us up to date with all things Catapult through an interactive Family Feud game. And we had lots of food and snacks (including a Happy 15th birthday cake for Catapult) and even a "mocktail hour" to finish off the day. Thank you to our planning committee members for making it happen: **Rihanna Hamilton '21**, **Leykey Beals '17**, **Jaxon Gomez '21**, **Emma Blakeney '12**, **Asiah Sparks '19**, **Tarelle Sterling '20**, and **Kai Barkhouse '21**.

A special kind of Catapult Care Card!

Participants in our 'Getting Involved' session decided to make Holiday Cards for seniors. In the spirit of spreading joy and brightening someone's day, Catapulters across the province participated by creating small groups to create cards that could be delivered to seniors' homes from Yarmouth to Sydney. Catapulters created over 100 cards at the kick-off event in Halifax and was featured on Global News. **Christian Marchant '23** took the initiative to collaborate with Halifax West's 'Sending Sunshine Club' and delivered over 250 cards to seniors across HRM. Chris said, "To me, the project was all about harnessing the power of creativity to bring smiles to those who may need it the most over



the holidays." Other Catapulters joined in by creating cards on their own for our delivery. In all, over 400 Catapult-made cards were delivered. Watch our Instagram channel for more Catapult Community Projects that you can join us in!

CONGRATULATIONS TO MARIA

AUCOIN '18 for winning the 2023 Catapult Alumni Award! Maria is currently attending Memorial University for a Bachelor of Science degree. "Catapult is where I first found home. Catapult has given me an immense amount of support, both during and after camp, that I could have never imagined or would have gotten otherwise." The Catapult Alumni Award is created by, funded by, and awarded by Catapult Alumni.



Catapult sponsor Fisher Transport extended 2 tickets to Catapult for the Annual Peter Wilson Dinner hosted by the Family Business Association. **Kayley Dixon '16** and **Tarelle Sterling '20** accepted the invitation. "It was a privilege listening to speaker Kevin Murphy from the Murphy Hospitality Group. He owns the PEI brewing company, 2 hotels, 16 restaurants, is part owner of Cavendish Music Festival and more. It's inspiring to hear the stories and the struggles of people who are now successful", said Kayley. "And we got to sit with the funniest and most lively group of people from Fisher Transport Ltd. which was just the cherry on top." Tarelle said he had a wonderful time representing Catapult Leadership Society.

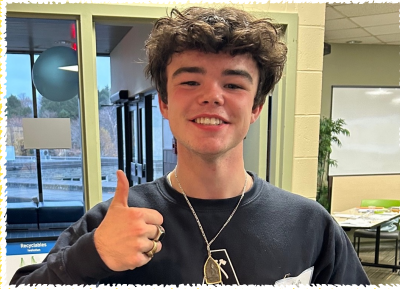


Attending business dinners like this is a great opportunity to network. In this case it was also a bit of a reunion. Tarelle and Kayley first met many years ago, when Tarelle (front centre) was a young student in a youth program that Kayley (front left) worked at, and both are highly engaged in their shared community of Dartmouth North.

Thanks Fisher Transport for providing this opportunity!

* * * * * **SNAPSHOTS** * * * * *

JAKOB DeGRUCHY - 2021



School: East Antigonish Ed. Ctre.
Cool Fact: I run my own business!
Fave Camp Memory: Everybody singing 'Riptide' and skit night.
What inspires me: The prospect of a better life.
Future Plans: Nursing degree hopefully at McMaster or UNB.
Fave quote: "Dreams don't work unless you do."

NEVEAH JOHNSTON - 2022



School: Sackville High
Cool Fact: I love plants, especially cacti. **Fave Camp Memory:** Getting hypnotized. **What inspires me:** All the amazing people I met at Catapult.
Future Plans: Open a restaurant, and name it Dajhia's specialty!
Fave quote: "Don't chase butterflies. Build a garden so butterflies will come to you. If butterflies don't come, don't worry you still have a garden"

KAI ARSENAULT - 2023



School: Halifax West
Cool fact: I have a cat named Dd!
Fave Camp Memory: Rock Night and my family group.
What inspires me: People around me.
Fave Quote: "Everything has beauty, but not everyone sees it"

Heading to NSCC? Be sure to ask Lori to nominate you for a Donald R. Sobey Award! It's a \$6,000 scholarship over 2 years designed for students with financial need. To be eligible, applicants must be referred by a NS community service organization. We've already helped 7 Catapulters earn this valuable scholarship.



Congratulations to **Kye Clayton '17** who received the 2023 NS Talent Trust Lieutenant Governor's Award. This \$1500 award recognizes "someone, who among all others, demonstrates exceptional commitment and potential to become an established artist". Wow, well done!

CATAPULT SCHOLARSHIP

The CPA Nova Scotia Education Foundation has created a new scholarship just for you!

\$1,000 Renewable Annually 

Criteria:

- Catapult Alumni who have been accepted to, or enrolled in, a business program at NSCC or one of NS's universities
- Overall average of 65% or more
- Has an interest in a career in accounting or business
- Is involved in school and community activities



Apply online at cpans.ca/foundation

Application Deadline: February 28, 2024

COMM(UNITY) BUILDERS - A Catapult Contest

Take a meaningful look around your community. What do you see? Beauty? Adversity? Hope? Opportunity? Or lack thereof? Nova Scotia has a wide variety of communities, large and small, urban and rural. Each one has something that makes them unique. We want to learn more about our communities from our Catapulters' point of view. Consider your community with the following question in mind:

WHAT ARE THE CHANGES YOU WOULD LIKE TO SEE IN YOUR COMMUNITY?

It's important to understand ... we are not asking you to make the change. If you want to, that's great! But we want you to dream big. With the right resources, what would improve your community above all? What are the needs, wants, hopes and dreams you have for it? That's what this contest is all about.

We want to inspire your creativity to tell a story through media or the arts. Present your ideas through a short video, presentation, collage or piece of writing.

Entries will be judged on idea, description of issue, creativity, research and knowledge of the issue, and presentation, with bonus marks going to those who suggest solutions to the issue.

Entries are due MARCH 31st to lori@catapultcamp.copm. Prizes will be awarded and will be featured on our social media channels. **The hours you spend on your entry can be used as volunteer hours for your PLUS report!** More information can be found on our website.

Good luck!

- 1st prize: a Catapult hoodie
- 2nd prize: \$20 Subway gift card



February is Black History Month : a time to honour and celebrate the diversity, history and culture of

Black people in Canada and to acknowledge their many everyday contributions. This year's theme is 'Black Resistance'. Catapult is proud to celebrate the rich diversity of our alumni, staff and Board and their valued contributions.



A blast from the past ... 2018 Plus Conference.
Julian, Tyrell, Kiara, Noah and Taliyah

CHECK THIS OUT



Looking for a job? Check out Linda Raynier's YouTube channel. It's a series of videos with great advice for interviews and other job related advice. Her focus is on professionals - but her tips are good for anyone!

Did you apply for a grant from the Catapult Textbook Fund yet???

\$150 available to any Catapult each year towards any college or university textbooks. Simply email us with your school, program and textbook title and we will e-transfer you. Easy peasy. No deadline.



Here's what you missed: Last month, we hosted a 'Wellness Workshop' for PLUS participants with activities to help motivate and inspire confidence and identify things we can do to help us respond instead of react.

"This session was a productive one, at least for me. Lori introduced the idea of writing down 3 things that will make the present day be great and I think that will be a positive change for me in my life in the near future." Connor L '23

"We learned a lot of strategies to combat the negative things in our lives as well as a lot of different prompts for journaling that are very helpful. We figured out things that we can do to make ourselves feel better as well as strategies to respond to the things that don't." Joey R '21

A letter from Camp Director Nate

As I sit in the midst of January's chill, my mind is already wandering to the warmth and excitement of summer adventure. Let's approach this journey with a bit of reflection inspired by Taoist principles. Resilience, my friends, is a key player in the game of life. Think of it as the ability to weather storms and come out stronger on the other side. Life's a rollercoaster, and resilience is the seatbelt that keeps you secure when the twists and turns hit. Perseverance is that steady drumbeat beneath the melody. It's the grit that keeps you going when things get tough. Like a long-distance runner, you pace yourself, knowing that each step gets you closer to the finish line. Risk-taking, well, that's where the spice of life is. Camp was your canvas to paint with bold strokes. Don't shy away from trying new things and stepping out of your comfort zone. Some of the best stories come from taking a chance. Let's not forget the essence of fun. It's the sweet spot in the balance of life. Laugh, make friends, and create memories that'll be etched in your heart. Here's to all of life's seasons being filled with growth, camaraderie, and a whole lot of fun.

~ Nate

UP coming EVENTS

Contact Lori to register for an event.

- Sun Feb 11 7-8pm **Your Personal Mission - a PLUS workshop online**
- March Break **Catapult Volunteer Day (stay tuned!)**
- Sun Apr 14 7-8pm **Money Management - a PLUS workshop online**

The secret to getting ahead is getting started.

*Need to talk?
kidshelpphone.ca

Don't forget to file your income tax return by April 30th. Visit simpleton.ca for an easy, free way to file.

Check this link for a factsheet of income tax benefits and credits for students.



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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