

PEPPER POD

SitRep



JULY 2022
EDITION #1



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BRONZE MEDAL FOR PEPPER POD PADDLERS

Under the expert coaching of Team Captain Cheryl Bush, the Pepper Pod Paddlers won the bronze medal in the 100m race at the Tim Horton's Dragon Boat Race last weekend. That is quite remarkable given that 20 out of the team's 22 paddlers had never participated in such an event, and the team rowed together for the first time during the race!



WONDER WOMAN WEDNESDAY

Major-General Lise Bourgon was our Wonder Woman guest for June. Many women from her RMC graduating class surprised her when she walked into the Pepper Pod. An evening full of inspiration, laughs, and memories!



OUR TEAM IS GROWING!

The Pepper Pod has a new Executive Director!

Julia Thomas has been volunteering with The Pepper Pod since last October, but now she will be joining us full time! We feel very blessed to have her on our team! A former ICU nurse, she comes with some pretty impressive skills, is fully bilingual and is a beautiful human being!

WELCOME JULIA!



Come meet our new-ish Executive Director, Julia Thomas (right), and Cathy Priestman (left).

SUMMER IS RELATIVELY QUIET AT THE PEPPER POD!

We do some upkeep, renovations, and take a deep breath or two before the adventures begin again in full force come Fall!



GARDEN PARTY & OPEN HOUSE

The Pepper Pod will be holding a **Garden Party & Open House on August 6th from 1-4pm.** Many people have asked to visit the centre and this will be a perfect time to do so, enjoy refreshments and meet the team! Bring a friend or two!

[REGISTER HERE!](#)



Want to spend a weekend with 7 of your women friends at The Pepper Pod?

With a \$50 donation, you get a free raffle ticket and could win an all-inclusive weekend getaway for 8 women, with spa passes, bathrobes, and everything you need for a perfect pyjama party!

JOB OPPORTUNITY

The Beechwood Physical Medicine (BPM) is a new innovative, interdisciplinary physical medicine and pain clinic which will be opening in July 2022 in Vanier, ON. The BPM will be focused on supporting veterans affected by complex persistent pain and living with moral injuries. They are looking for a woman veteran champion to work with the team to develop their client base. Interested? Contact richard@bpmottawa.ca for more info.



Centre de ressourcement des vétérânes
Retreat Centre for Women Veterans

An Evening in the Forest!

The beautiful LeBreton Gallery at the War Museum is filling up fast. Sponsors such as Mouvement Desjardins, Star Motors, Commissionaires, and Black Ridge Defence Inc. have signed up to support our anniversary gala.

We can finally get all decked out and enjoy an enchanted evening! Lovely music, great food, and all sorts of surprises! Wear your favourite green accessory and get ready to spend a magical evening in the forest!

THE PEPPER POD ANNIVERSARY GALA

10 Sept 2022, 6:30pm
Canadian War Museum

*Have you bought
your tickets or
your table yet?*

[BUY YOUR TICKETS HERE](#)



Thank you to our valued sponsors!



COMMISSIONAIRES



Can't join us?

Why not donate to
support our mission?

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Lifeshops are partially funded by Veterans Affairs Canada, but we are doing so much more: No Agenda Weekends, Wonder Women Wednesdays, Snowshe-ing, Lumber Jill Parties, respite, etc. We need your help to maintain this centre and to keep developing our services. We want to grow intelligently, diversify our services, and keep the retreat centre beautiful.

