

PEPPER POD

SitRep



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GALA! GALA! GALA!

What do you get when you fill the Canadian War Museum with 30 humungous trees (“they looked small at the tree farm!”), a She Shed replica full of veterans’ wares, and an emcee that brilliantly captures the attention and enthusiasm of nearly 500 guests? A Pepper Pod Anniversary Gala!

In solidarity with our brothers and sisters in arms who lost their Commander in Chief two days before the gala, our own Catherine Priestman, sporting a gorgeous green sparkly dress with green sneakers, tempered the evening with equal parts respect, humour and fun. She teased the Vandoos, highlighted our sponsors, and offered a moment of silence for the departed Queen.

A big thank you to Ross MacDonald for taking all the photos at the Gala!

Check out his Instagram Page:
<https://www.instagram.com/rossmtbiker/>

The Pepper Pod - Retreat Centre for Women Veterans

WONDER WOMAN WEDNESDAY

We're starting the new season with a bang!

Minister Anand will be our very special guest of honour to kick off our Wonder Woman Wednesdays this October.

The date is still being confirmed (she's a little busy!) but she will come wow us for sure.

You'll be able to register here: [HTTPS://PEPPERPOD.CA/EN/EVENTS/](https://pepperpod.ca/en/events/)



LE/THE
PEPPER POD
Centre de ressourcement des vétérânes
Retreat Centre for Women Veterans

The guest of honour, General Wayne Eyre, spoke about his unwavering support of the Pepper Pod and of all women who are serving or who have served in the military.

Sandra shared her vision of building a network of strong women for the next generation of young women joining the military. "We're going to be a force to be reckoned with. We will be their mentors, their allies and their coaches. Most of all, we will be their sisters-in-arms."

Sandra also expressed her gratitude to the women who participated in Lifeshops. "You have gifted me with your courage, your trust, your vulnerability and your stories. I have gifted you with a new tribe."

A new song, "I'm a Soldier", co-written by Lifeshop graduate Jessica Hewitt, was launched during the evening. Sung by Amy Bishop of Calgary (OMG, that voice will give you goosebumps!), it will be released on Spotify in the coming weeks. We'll share as soon as it is!

By all accounts, the evening was a huge success.

So, what next? Shall we celebrate again next year?
Hmmm, the trees will have grown even bigger by then...





Fall LifeShops™

The Transition Lifeshop™ is a two-day, two-night retreat composed of eight women and one facilitator. The participants are put through a series of exercises that enable them to:

- Recognize how transitions challenge our sense of identity.
- Embrace transitions as a wonderful opportunity for growth.
- Remind participants why they chose to make the change.
- Learn to create mind-maps as a way forward to eliminate limiting beliefs.
- Identify and build a unique support system.
- Become vulnerable and connected to the other participants in the Lifeshop™.

Transition Lifeshops™ are designed for women: veterans, soon-to-be veterans, spouses of veterans, and members of the RCMP.

Want to know more about these signature retreats?

Go to [HTTPS://PEPPERPOD.CA/EN/LIFESHOPS/](https://pepperpod.ca/en/lifeshops/)

Or write to us at JULIA@PEPPERPOD.CA



Are you a graduate of the LIFESHOPS?

We'd love for you to share your experience with our readers.

Send us a little blurb on what the retreat meant to you?

We'd love to hear your thoughts!

The Pepper Pod Forest

The Pepper Pod Retreat Centre is in the Gatineau Forest. When you look outside, you can see how the immense trees lean on and support one another during storms and strong winds.

We do that too! We lean on partners who believe in our mission, who endeavour to support us in so many ways. Every month we'd like to highlight some of these precious partners...

- Our relationship with the **Quebec Veteran Foundation** and the **Barry F. Lorenzetti Foundation** began before we even opened our doors! In 2020, without even the smallest "proof of concept", they committed to fund our entire workspace and boardroom.
- **Commissionaires** – Commissionaires Ottawa and the Quebec Division have also been instrumental in making the Pepper Pod what it is today. From the onset, they funded the cozy Bunkie and a million other projects such as lighting, signage, dining table, outdoor campfire area, etc.

For those who have visited us, you know how beautiful and comfortable that space is! The two foundations partnered up again to be the official platinum sponsors of the Pepper Pod Gala on September 10, 2022 at the Canadian War Museum in Ottawa. We are so grateful for their continued support. Thank you!

Commissionaires have a long tradition of providing meaningful employment to veterans and their families. Their commitment towards the well-being of veterans is something we both have in common and it brings us immense joy to have them as our precious partners.



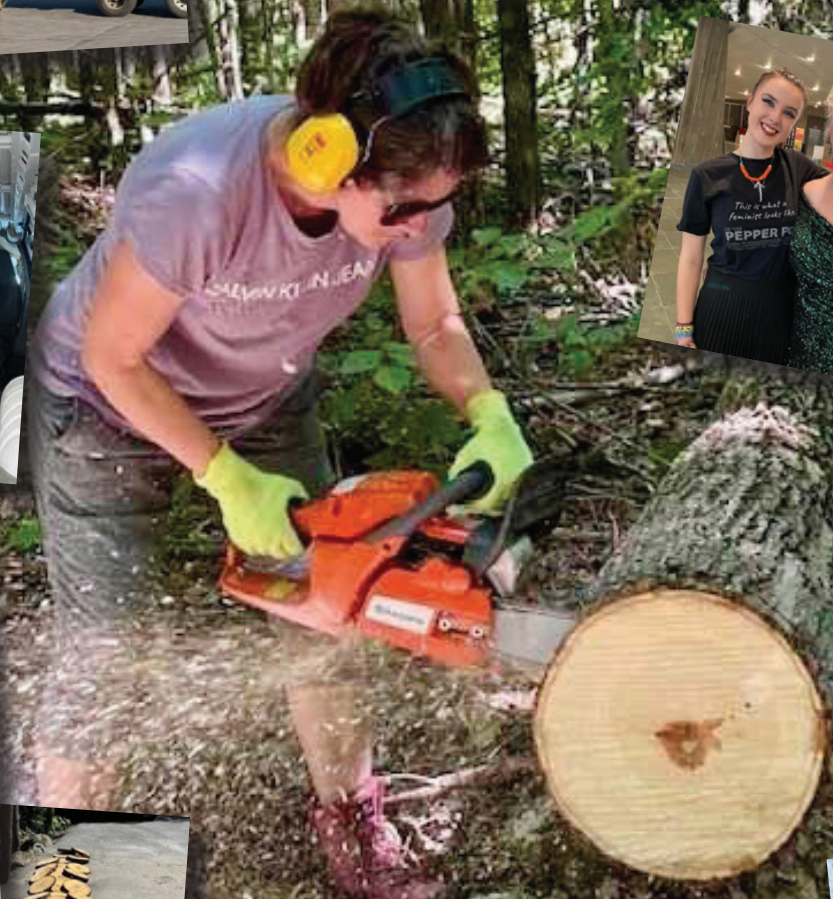
COMMISSIONAIRES



COMMISSIONAIRES

Behind the Scenes – Gala Version

We had almost 500 people at the gala.
Here's a glimpse of what it took to get there!
Thank you to all of the volunteers!



MEET THE PEPPER POD TEAM...

yeah, they all have quirks.



Sandra Perron

Loves cheese, hikes in the Gatineau Park every day, painted her toes green for the anniversary gala.

Julia Thomas

Loves to cook, lives on a hilltop with a driveway that should be an Olympic luge run, has two beautiful boys who are growing at the speed of light.



Linda Dumouchel

has three different lives, one in Beaumont, one in Montreal, and one in Chelsea. (We really like her Chelsea life). Also, she's a whiz at Bananagrams...



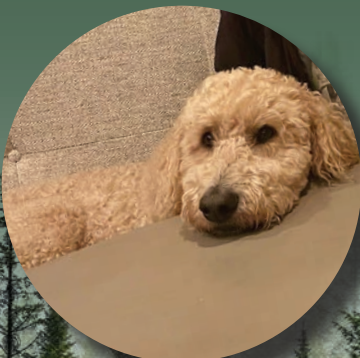
Cathy Priestman

Does not love cheese. Thinks that orange is the new EVERYTHING. Can often be spotted in a shirt with a huge chicken on it.



Gunther the Wonder Dog

Loves to sit on people's feet. On occasion, digs a little. Scared of human babies but will gladly chase a bear.



LIFESHOP II PROGRAM AND NEW PARTNERSHIP WITH TRUE PATRIOT LOVE

We are pleased to announce our new partnership with the True Patriot Love Foundation (TPL).

Thanks to TPL's Captain Nichola Goddard Fund, the Pepper Pod will be launching its Lifeshop II Program in 2023. Open to all Lifeshop graduates, Lifeshop II retreats will be a little more experiential, just as impactful, and breathtakingly powerful.

That's all we're sayin' for now, so stay tuned at PEPPERPOD.CA!

Can't join us?

Why not donate to support our mission?

[DONATE HERE](#)

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.