

PEPPER POD

SitRep



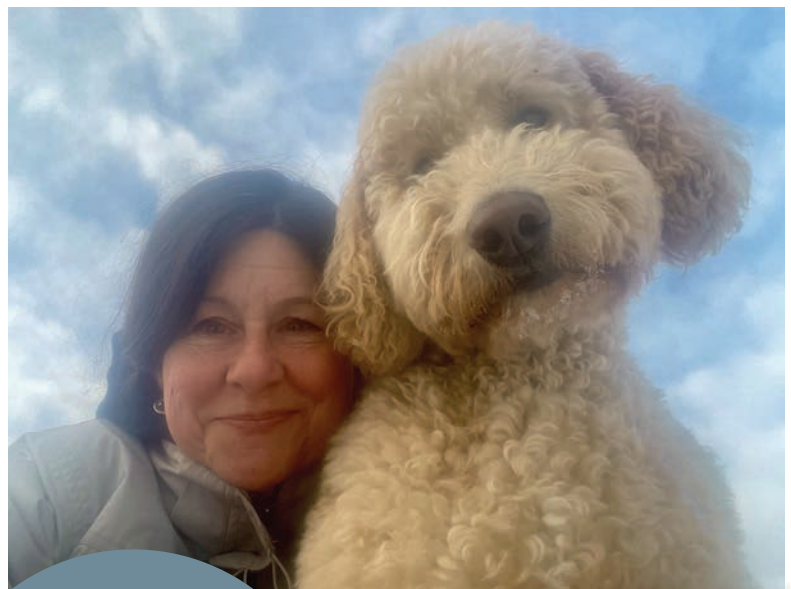
FROM OUR HOME TO YOURS

Hygge is a word in Danish and Norwegian that describes a mood of coziness and “comfortable conviviality” with feelings of wellness and contentment. – Wikipedia

For me, the holiday season is the perfect time to indulge in that Hygge coziness, to cuddle with my puppy, to appreciate all that I have been blessed with this year (a healthy family, new friends, an amazing network of women veterans, a gifted team with such generous hearts, the pleasure of seeing so many volunteers come to help out at the Pepper Pod, etc) and to make plans for wonderful adventures in the New Year.

As I have been going at warp speed lately, I also know that this holiday season is an important time for me to recharge my batteries and one of the ways I do that is by starting the year doing a Mind Map of what I would like to attract to my life in 2023. I love new beginnings!

So, from my home to yours, I wish you much Hygge, with a million magical moments throughout the holiday season! I look forward to our New Year together.



**Do you have
a fun story from
your tribe?**

We'd love to hear
about it!

Email Julia@pepperpod.ca



UPCOMING LIFESHOPS™

Ottawa (English)

6-8 Jan 2023

*Waiting List

Gagetown (English)

13-15 Jan 2023

*Waiting List

Ottawa (French)

10-12 Feb 2023

*2 places left

Valcartier/Montreal (French)

3-5 Mar 2023

Borden (English)

14-16 Apr 2023

Comox (English)

28-30 Apr 2023

Please note our Lifeshops™ do fill up quickly. We recommend that you sign up for our wait lists all the same because spaces open up regularly. Sign up [HERE](#).

Welcome to our new Lifeshop tribes from:

- Petawawa/North Bay
- Kingston

MND Visits the Pepper Pod

We were thrilled to host the Honourable Anita Anand, Minister of National Defence at the Pepper Pod in November for our Wonder Woman Wednesday. She kicked off her shoes and curled up by the fire to share her thoughts on leadership, motherhood and the importance of kindness.

“Open the lid and pour love in.” It’s a phrase she borrowed from a good friend, and she tries to live by it everyday.

She spoke about how DND is open to working with more and more Canadian businesses, how tensions around the world are ever-changing and how the CAF is working to address issues of sexual misconduct.

Minister Anand also mentioned that despite her busy schedule, she feels it’s important to make time for calls from her four children ... unless, of course, she’s in a secret room with no cell coverage.

It was a pleasure to spend the evening with her and to be able to share the mission and successes of the Pepper Pod. We look forward to more visits in the future as we endeavour to “open the lid and pour love in!”



VETERANS HOLIDAY MARKET

Come rain or more rain, nothing stopped these holiday shoppers from indulging in our first Veteran Christmas Market. The She-Shed was stocked to the rafters with a diverse assortment of veteran goods, from artisanal candles, stationary, soaps, bath bombs, jewelry, and Christmas decorations to cheeseboards, locally roasted coffee, dried herbs and spices.

In between perusing and mingling, guests helped themselves to hot chocolate and sweet treats while Mike George of Aurelius Fine Oils, showcased his olive oils and balsamic vinegars with a live tasting. Also on offer was the limited holiday edition of the Pepper Pod Gala centre piece. Proving to be very popular, it is now being highlighted in photos shared by buyers across social media. We are so pleased to see such a wide spread of Pepper Pod holiday cheer!

A big shout out to our volunteers who helped with set up, clean up and sales, as well as all our guests for coming out and making the day so merry and bright!

Still interested in a Pepper Pod centre piece? There are just a last few left! Email us to snatch one while stocks still last: julia@pepperpod.ca





LUMBER JILL WORK PARTY

(Photo Credits: Telah Morrison)

Thanks for chopping by! We are so plaid you came!!

The November 13th Lumber Jill Work Party was a huge success! The sun was shining, the air was crisp and the crowd full of smiles and beans. More than 30 guests arrived on the grounds with work gloves, shovels, axes and chainsaws. We were so pleased to see Lifeshop™ graduates, Pepper Pod Paddlers (from last June's Ottawa Dragon Boat race), those who had attended our first Lumber Jill back in February, some new faces, and even some furry friends.

Amidst a whirlwind of checkered-shirt activity, a blazing bonfire, and sweet aromas of piping coffee and apple cider, this crew did not stop all day. Lumber Jacks and Jills divided into 9 teams across the grounds to complete a myriad of tasks, including tree planting, wood chopping and cording, firepit building, leaf blowing, trench digging, cleaning and organizing.

We also had a dedicated kitchen crew, who not only cleaned out and re-organized the fridge and pantry, they washed the entire kitchen and main level floors, and dished out a hot lunch for the crew. Star item on the work party lunch buffet this year was dear friend, Louise Mercier's *Famous Chicken Chili*. Delish!

After the flurry of activity was done, party go-ers sat around a freshly engineered bonfire fit to enjoy the fruits of their labour. A big thank you to all for coming out and helping us keep the Pepper Pod looking beautiful. (Special shout out to Chantal and René for showing up with a wood splitter!) We are now all revved up, stoked and ready for this next winter season of Pepper Pod programming!





From the moment they learned about the Pepper Pod, Herbal Maker has been an active supporter of everything we do. A bronze level sponsor at our gala and regular supplier of fresh dried herbs in the She Shed, Nancy and her husband Shane even came to chop wood at our LumberJill event. Nancy is the founder and owner of Herbal Maker and Shane served in the CAF for over 23 years. We're thrilled to have them as part of our forest!

Check out the Herbal Maker [WEBSITE](#) for neat Christmas ideas.

It's a great time to check-in with your tribe! The holidays can be a difficult period for some people – a gentle moment may be appreciated.

PARTNERS IN 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...



**Veterans Affairs
Canada**

The Pepper Pod Transition Lifeshops would not be possible without VAC's generous support. Since the retreat centre's opening last year, VAC funding has helped to keep the lights on, the internet going, the water running, not to mention keeping our bonfires and hearts ablaze. We have now run 27 Lifeshops and follow ups, for over 250 women at 15 bases across the country with at 99.8% positive feedback rate, not to mention a slew of Wonder Women Wednesdays, work parties, She-Shed sales, No Agenda weekends and other networking events (such as this year's dragonboat race). Our wholehearted thanks to VAC's [VETERAN FAMILY WELL-BEING FUND](#) for helping the Pepper Pod touch so many lives.

WANT TO BE A PART OF OUR FOREST?

Here are a few ways you can help...

- Follow us on social media, talk to your friends and help spread the word:
Instagram - https://www.instagram.com/le_thepepperpod/
Facebook – <https://www.facebook.com/pepperpod.ca>
- Consider taking a Lifeshop™. These weekend sessions are designed to connect you with other participants, offer a unique post-military experience and provide resources to facilitate transition from the CAF... even if your release was many years ago.
- Organize an activity in partnership with us. For example, Snow-she-ing Under the Stars was a huge success last winter and so was the Dragon Boat Race. Both were led by Lifeshop Graduates.
- Connect us with corporate sponsors who share our values.
- Donate [HERE](#) - Your support goes a long way. Every dollar is directed to our veteran programming.

Contact us today to share your ideas at info@pepperpod.ca

YOUR Photos from to the Gala!

(Photo Credits: Ross MacDonald)

Reminder: If you haven't downloaded your photos from the photo booth yet, you can do so [HERE](#).



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.

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