

PEPPER POD

# SitRep



## ATLAS VETERAN FAMILY SUMMIT

The Pepper Pod was thrilled to attend the Atlas Veteran Family Summit on January 27 & 28, 2023. We hosted a virtual booth at the conference and shared information and resources for veterans and families.

The Atlas Institute for Families and Veterans works with veterans, families, service providers, and researchers to identify mental health care and supports for the veteran community. You can learn more about their role and check out their extensive list of resources on their website: [HTTPS://ATLASVETERANS.CA/](https://atlasveterans.ca/)

We'd like to extend our appreciation to the Atlas Institute for Families and Veterans for inviting us to participate in this event and we look forward to many more opportunities to work together.

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## JOIN OUR ONLINE TRIBE!

*Follow us on social media, talk to your friends and help spread the word!*

Instagram

[https://www.instagram.com/le\\_thepepperpod/](https://www.instagram.com/le_thepepperpod/)

Facebook

<https://www.facebook.com/pepperpod.ca>

**NEW!** LinkedIn

<https://www.linkedin.com/company/pepper-pod/>



## Request For Proposals – New Pepper Pod Website

We're refreshing the Pepper Pod website and looking for a fabulous website partner to help.

In the next few weeks, we'll release a Request For Proposal (RFP) inviting skilled, qualified, proven businesses to bid on the project and preference will be given to veteran-owned companies.



The project will require a skilled project manager to tackle, customer service, scheduling, design, development, testing and launch.

If you know of an organization that may be interested, please email their contact info to [cathy@pepperpod.ca](mailto:cathy@pepperpod.ca).

Thanks!

## Snow-SHE-ing in February!

Time to get moving again? Join us at the Pepper Pod on February 18<sup>th</sup> for an evening of snowshoeing under the stars.

This is a great chance to get moving, make new connections or rekindle friendships. We'll meet at the Pepper Pod at 6:00pm, go for a good, long trek and wrap-up with some hot chocolate by the fire.

Spaces are limited and please bring your own snowshoes.

Contact us at [info@pepperpod.ca](mailto:info@pepperpod.ca) if you'd like to join us!



## No Agenda Weekends

Do you long for an opportunity to unplug and relax? For a chance to hangout with like-minded women? For a guilt-free weekend just for you?

Our No Agenda Weekends for Lifeshop™ grads have become very popular!

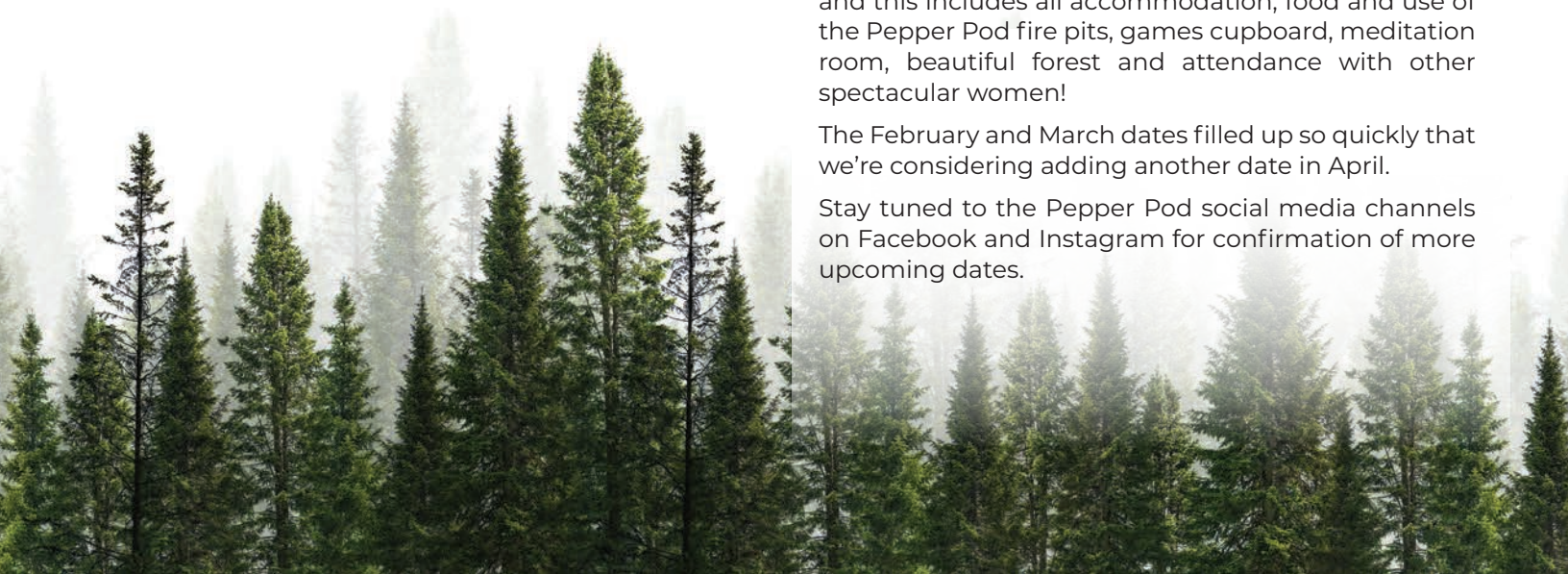
- Arrive on Friday evening...
- Do nothing...
- Depart late Sunday morning.

You can sleep in (or not), read (or not), go for a hike (or not), visit the [NORDIK SPA](#) or just be!

There is a reservation fee of \$50 to hold your reservation and this includes all accommodation, food and use of the Pepper Pod fire pits, games cupboard, meditation room, beautiful forest and attendance with other spectacular women!

The February and March dates filled up so quickly that we're considering adding another date in April.

Stay tuned to the Pepper Pod social media channels on Facebook and Instagram for confirmation of more upcoming dates.





Centre de ressourcement des vétérans  
Retreat Centre for Women Veterans

## DID YOU KNOW? Pepper Pod by the Numbers

Here are a few  
interesting tidbits  
about the  
Pepper Pod.

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250+ Women veterans  
have participated in  
LifeShops™

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17 Lifeshop™ locations  
across Canada and  
counting

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8 rolls of toilet paper  
used, on average,  
per Lifeshop™

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1 victorious Dragon  
Boat Team

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Average of 2,376,367  
hugs per year exchanged  
between tribe members  
(according to our  
algorithms, this is a very  
accurate guesstimate)

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480+ Guests attended  
our 1st Gala

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Limitless connections  
made, bonds formed,  
steps taken, lives altered...



## Visiting the Pepper Pod

The Pepper Pod is a welcoming space for all women veterans and sometimes the sessions we offer are quite personal. Our participants require a safe environment that provides a sense of security and trust.

For this reason, although we love to welcome visitors, we ask that you always schedule ahead and make an appointment. It helps us ensure visitors don't accidentally pop-in during confidential sessions and provides an added level of confidence that time at the Pepper Pod is private and secure.

Thanks!

## Upcoming Lifeshops™

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

- Ottawa (French): 10-12 Feb 2023 \* **waiting List**
- Valcartier/Montreal (French): 3-5 Mar 2023 \* space available
- Borden (English) 14-16 Apr 2023 \* space available
- Comox/Esquimalt (English): 12-14 May 2023 (→ Note New Date!)

*We look forward to welcoming you!*

Welcome to our  
new Lifeshop™  
tribes from Ottawa  
& Gagetown!

# 2022 – A Year in Review

Thank you to everyone who contributed to growing the Pepper Pod forest this year!





### HIGHLIGHTING OUR PARTNERS

#### AURELIUS FINE OLIVE OILS & BALSAMIC VINEGARS

has been a supporter of the Pepper Pod from early days. The company is veteran owned and Mike himself drops by to replenish our supply in the She Shed.

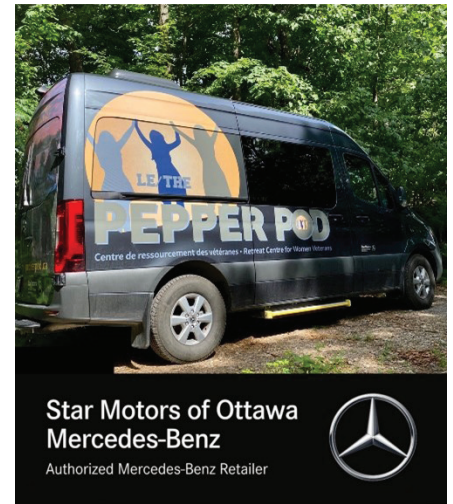
If you can't pop by the Pepper Pod to make your purchase, you can also find their delicious products in their store at 1283b Wellington St. W, Ottawa.

Drizzle with the good stuff!

## Star Motors of Ottawa is the generous source of our fabulous Pepper Pod van!

Used to move people, trees, tools, paddlers, hope and dreams – we ask a lot from our van and it always delivers.

A true supporter from the beginning, **STAR MOTORS** has consistently been there for the Pepper Pod and we feel honoured to partner with them



## Become Part of Our Forest

### Here are a few ways you can get involved...

1. Become a voice for women veterans.
2. 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.
3. Already a Lifeshop™ grad? Consider organizing an event in partnership with us: an outdoor activity, a social gathering, a learning opportunity. If you have an idea, reach out to [cathy@pepperpod.ca](mailto:cathy@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.

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