

PEPPER POD

# SitRep



## ELLE-**VATION**

### Program

Celebrating women who champion other women!

Celebrate sisters, empower souls, raise spirits, and champion amazing women. The Pepper Pod has created a program to recognize women from the military and veteran community who lift up other women.

Women who... ELLE-vate other women!

Nominations for the ELLE-vation program open in March 2023. Keep your eyes open for the opportunity to nominate women who made a difference in your life and the lives of others: Women who lift you up, women who advocate, support, comfort and celebrate other women. Women champions can be found at all ranks, all positions, and all levels...who is your champion?

This program was made possible by YOU – fabulous women who support each other – and by generous assistance from Veterans Affairs and other donors.

ELLE-vation finalists from across the country will gather at the Pepper Pod for a special event this summer.

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### Upcoming Lifeshops™

These are the final Lifeshops™ for our spring session. We'll be pausing these events through the summer and will ramp-up again in the fall.

**PLEASE REGISTER FOR THESE**

**Borden** (English)  
14-16 Apr 2023

**Comox/Esquimalt** (English)  
12-14 May 2023

*More dates to come in the fall!*

Welcome to our new Ottawa and OSISS tribes.!

## Cabinet Shuffle at the Pepper Pod

There's been a "Cabinet Shuffle" at the Pepper Pod. At our most recent strategic planning session we reviewed our team and tasks. As we planned the way ahead, we decided to juggle a few roles and the revised portfolios are working well. It's wonderful to work with such a dynamic team!

- **Vision Stuff** – Sandra Perron, Founder and CEO
- **People Stuff** – Julia Thomas, Lifeshops™ and Programs Manager
- **Money Stuff** – Linda Dumouchel, Financial Manager
- **Other Stuff** – Cathy Priestman, Executive Director
- **Feel Good Stuff** – Gunther the Wonder Dog



We are honoured to deliver quality programming and services to the women veteran community and continue to advance the future of the Pepper Pod.



## 2023 Women and 2SLGBTQI+ Veterans Forum

Thank you to Veterans Affairs Canada for the invitation to participate in the 2023 Women and 2SLGBTQI+ Veterans Forum. The virtual meeting on Feb 9<sup>th</sup> and a face-to-face gathering on Feb 16<sup>th</sup> were both informative and it was great to see familiar faces.

Pepper Pod alumni on February 9<sup>th</sup> included MGen Lise Bourgon who was a previous guest on our Wonder Woman Wednesdays and Colonel (ret'd) Telah Morrison, a long-time Pepper Pod supporter, Lifeshop grad and incredibly dedicated member of our forest.

At the virtual event, MGen Bourgon discussed the state of inclusion for women and 2SLGBTQI+ Veterans and Col (ret'd) Morrison shared her perspective as a veteran with lived experience.

The in-person event on February 16<sup>th</sup> was an excellent opportunity to learn more about challenges and solutions to issues facing women and 2SLGBTQI+ veterans. We also made some great, new connections and rekindled existing relationships.



**\*\*\*CORRECTION\*\*\***

### Pepper Pod by the Numbers

In last month's newsletter we stated that:  
*An average of 2,376,367 hugs per year were exchanged between tribe members (according to our algorithms, this is a very accurate guesstimate)*

**In actual fact, it's closer to 2,376,368 hugs.**

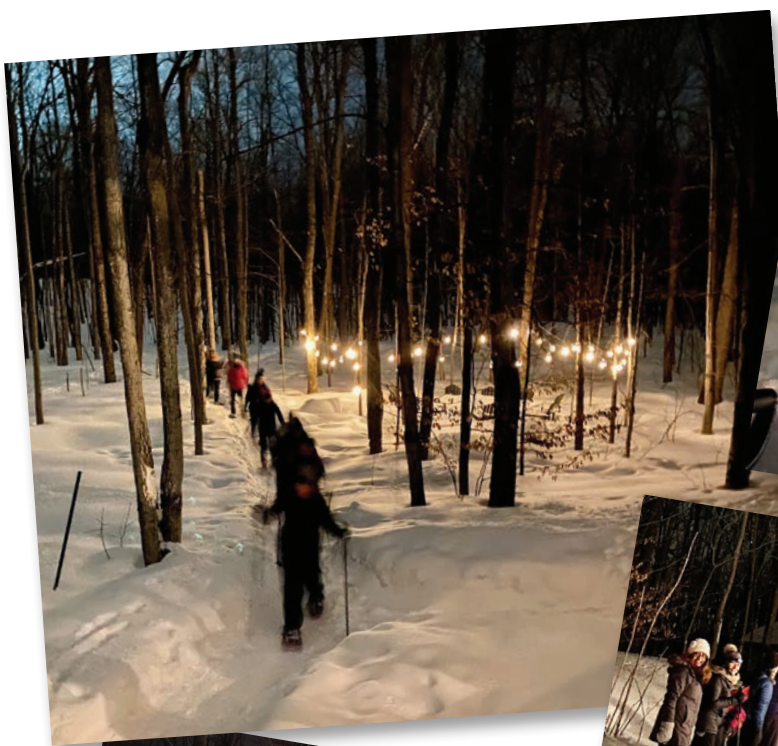
The Pepper Pod regrets this error and if you were the one hug we missed, we owe you an extra one next time you visit. 😊

## Snow-SHE-ing Photos!

It was a perfect winter night. We had the tiniest sliver of a moon to help guide us through the forest.

The trek went through the back woods adjoining the Gatineau Park, and it was followed by well-deserved hot chocolate and s'mores! A lovely evening with enthusiastic adventurers! We look forward to future events such as this.

Have an idea for something fun outdoors? Reach out to [Cathy@PepperPod.ca](mailto:Cathy@PepperPod.ca).



## HIGHLIGHTING OUR PARTNERS



**City of Chelsea** – The City of Chelsea has truly been a champion of the Pepper Pod! We are so grateful for their assistance and support with our unusual parking requests and general cheerleading. Special shout out to the Chelsea Public Works division officer, **Joey Connolly**, for their continued support. Thank you for making the Pepper Pod feel welcome and at home in this wonderful city.

**Mylène Levesque** – This incredible woman is always ready to help with her magical hands! Of special note is her dedication to hand-knit over 150 hearts for sale in the She Shed. These items were very popular at Christmas and we had a number of people buy in bulk. Thanks so much Mylène! We love that you are part of the Pepper Pod forest!

**Interesting Tidbit:** *Mylène, Sandra Perron and Linda Dumouchel (our Finance Manager) did their Lifeshop together 31 years ago! (Ummm, yeah, they were 5 years old LOL)*



## Become Part of our Forest

- 1. Tell your friends** – We love it when people chat about the Pepper Pod. Sharing your personal experiences and reaching out to friends will help connect more members of the women veteran community. Also, it's fun!
- 2. Connect us with potential sponsors** - The Pepper Pod receives some funding from Veterans Affairs Canada and other organizations for its programs. Given that those grants are restricted to non-capital costs, additional funds are required to keep the Pepper Pod Centre operational.

The centre relies on personal and corporate donations to support the upkeep and maintenance of its infrastructures, including roof repairs, window cleaning, snow removal and landscaping. The Pepper Pod considers each of its donors as partners to support the women veteran community and it strives to build lasting relationships with organizations that share similar values.

If you know of an organization that may be interested in supporting and partnering with the Pepper Pod, please reach out to [Cathy@PepperPod.ca](mailto:Cathy@PepperPod.ca).

### 3. Follow us on social media

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

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

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



### 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 programs. We want to grow intelligently, diversify our services, and keep the retreat centre beautiful.

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