

PEPPER POD

SitRep



Women's Impact Network - Lockheed Martin

Lockheed Martin sure knows how to celebrate International Women's Day!

... And they were named one of America's Greatest Workplaces for Women 2023!



The Lockheed Martin Women's Impact Network 20th Anniversary event was held at the corporate headquarters just outside Washington, DC. They brought over 900 women together - onsite and online - for a 2-day power event celebrating women in the company. Attendees from all over the US, Canada, Israel, India, Australia, United Kingdom and more joined together to make the event spectacular.

Hosted in the beautiful Centre for Leadership Excellence, Lockheed Martin showcased examples of strong women within their company and invited the Pepper Pod's Sandra Perron to deliver the keynote address.

Sandra's presentation was warm, funny, real, emotional and most of all impactful. "She showed us all what unbreakable resilience looks like", said Christina Chang, one of Lockheed Martin's Engineering Managers. Sandra followed up with a book signing and many personal conversations throughout the evening.

A huge thank you to Lockheed Martin for the invitation to attend WIN 2023 and we look forward to celebrating events together in the future.



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Upcoming Lifeshops™

These are the final Lifeshops™ for our spring session and the next session begins in the fall.

If you are from the Borden area or Vancouver Island – we'd love to see you!

Borden (English)
14-16 Apr 2023

Comox/Esquimalt (English)
12-14 May 2023

ElleVATION

ELLE-vation Program

Do you know a woman who:

- makes a difference in the lives of other women?
- regularly builds up those around her?
- champions the success of other women?

Please let us know because we'd love to celebrate HER!

The ELLE-vation Program will be accepting nominations in April. Keep your eyes on our social media and the April Newsletter to learn more and nominate a woman who has made a difference for you and others.

Nominations will remain open until June 15th and then a panel will meet to review all the fabulous submissions. Finalists will be announced in the summer and will be invited to the Pepper Pod for a special celebration. Yes, even if they are from outside the Ottawa area, we'll be flying in these amazing women to celebrate their awesomeness.

This is an opportunity to thank the champions in your life. The women who help others find a voice. Women who have your back, lift you up and cheer you on. Women who are driven to help other women succeed and excel.

Let's celebrate them!

The Next Generation of Strong Women

It started with a few questions about her past service. Followed by some stories of time in uniform. And then a trip to the Pepper Pod.

Who knew how impactful that visit would be?

Who knew that it would change the career path of a talented young woman?

Who knew that stories and strength and a welcoming environment of the Pepper Pod would contribute to the enrolment of a future CAF member?

Private Bianca Belanger, a recent graduate of basic training, is close to her Aunt Diane and was interested in her military service. Diane Welburn, like many of us, had a range of experiences during her service and is still an advocate and strong supporter of the CAF so, when her niece had questions about a potential career, Diane was thrilled.

Diane brought Bianca to the Pepper Pod for an event one day, long before she had even considered enrolling, and they were welcomed by a group of women veterans who shared their experiences, advice and encouragement.

A week later, Bianca was signing on the dotted line.

We're so please to welcome Bianca to the Pepper Pod forest and we look forward to following the career of another strong woman!



Lifeshop Graduate Becomes New President of WiDS

The Women in Defence and Security (WiDS) breakfast was held on March 2, 2023, with over 1100 people celebrating women in the defence industry.

At the helm of this women-empowering organization is Julia Scouten, a proud graduate of our Lifeshop™ retreats and the new WiDS President. She exemplifies the event theme: “Be You, Be True, Belong”. We are so proud of you Julia!

A number of Lifeshop graduates, former Wonder Women Wednesday guests, and the Pepper Pod’s own Sandra and Cathy celebrated the accomplishments of emerging leaders in the industry.



Sandra schmoozes with Louise Mercier (original founding member of WiDS), Julia Scouten, and Kelly Stewart Belisle.



Cathy and Sarah Bardelli, CEO of IDS North America, enjoyed breakfast and a great conversation.

Jody Thomas, National Security and Intelligence Advisor to the Prime Minister, gave the keynote address and she captivated the entire audience with her message about offering opportunities and even more so, grasping opportunities.

A special shout out goes to KF Aerospace’s Heather Larmer, WiDS VP, for the wonderful invitation to lunch with SkyAlyne.

Aerospace, defence & security giant and sponsor of the Emerging Leader Awards, Leonardo, also shared a seat to the event with the Pepper Pod. In addition to hosting, they also celebrated over 100 Emerging Leaders in the industry – an award they have been supporting since the inception of the category.

The room was filled with a powerful, contagious energy as so many skilled, talented, and driven women came together to celebrate. We can’t wait for next year! Long Live Strong Women!

Pepper Pod Paddlers 2023

Yes, we’ll be paddling again!

Save the dates 23-25 June 2023 at Mooney’s Bay Beach in Ottawa.

- The boat has been reserved.
- Practices have been requested.
- Our team captain, Cheryl Bush, is back.

We anticipate significant interest in the team this year and we’re welcoming paddlers, support team members, set-up crew and of course cheering fans.

The team will consist of 22 paddlers and 1 drummer. We’re hiring the steersperson again ... fingers crossed for the return of the mighty Clara!

Priority for paddler positions will be as follows:

- ✓ **Pri 1** – Last year’s paddlers
- ✓ **Pri 2** – Lifeshop™ Grads
- ✓ **Pri 3** – The Greater Pepper Pod Community

Please be patient while we arrange all the tidbits and details. Please do not reach out yet, we’re putting a system in place to share information, gather registrations and confirm team members.

More information will be available soon.

Paddles up!



P.S.
If you are really excited and just can't contain yourself... start some dry-land training so we can leave the other teams in our wake!

HIGHLIGHTING OUR PARTNERS

Dog House Brewing Company – Big news from the Dog House! Select labels of their beer is now available in the LCBO! This awesome company brews beer out of Petawawa and is owned by veterans. They were the first beer sponsor to step up for last year's Pepper Pod Gala and we were thrilled to have them onboard.

Check out their cool beer – each label tells a story.



Pilote et filles – You may have seen the Pepper Pod team hangin' out in these fabulous pink, plaid, lumberjill jackets and wondered... How can I get one? Pilote et filles is your solution.

Specializing in workwear for women, this amazing company has all the cool gear you need to feel great and be safe. Steel toed boots, clothing and accessories – they have you covered.

The owner of Pilote et filles, Marie-Lise Pilote supported the Pepper Pod with a donation at the Gala in September 2022. The collection of workwear and boots was so popular that we had a lively bidding situation that resulted in everyone winning in the end.

Fabulous gear. Fabulous company. Owned by a Canadian woman!

It's almost Army Run Time!

Date: 17 September 2023

We welcome everyone in the Pepper Pod extended family to join our team – children and families included!

We won't be running in formation 🤪 so you can be a radical runner, gentle jogger, whimsical walker or even push a stylish stroller. You choose the distance too.

Participants are responsible for their own registration and fees. Note: Early Bird Registration closes March 31, 2023.

To join the Pepper Pod Army Run Team – follow the link below and register. The team opt-in is near the bottom of the form.

Team Name: Le/The Pepper Pod.

Team Code: Pepper2023

More info to follow as the big day approaches.

A special shoutout to the dedicated, Chantal Charron – Thanks for the great idea and for leading the charge!

<https://armyrun.ca/>

Upcoming Events

14-16 April
Lifeshop™ (Borden)

12-14 May
Lifeshop™ (Comox/Esquimalt)

TBA May
Spring Work-Party Party

23-25 June
Dragon Boat Weekend

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.

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