

PEPPER POD

SitRep



CDS and Leadership Team Visit the Pepper Pod

On the evening of March 27th, Cathy Priestman, our Executive Director and I welcomed some very special guests to The Pepper Pod, and I wanted to share with you some of the outcomes of that evening given that you are our valued partners.

The Chief of Defence Staff, Gen Wayne Eyre, as well as the Vice Chief of Defence Staff, LGen Frances Allen, and ALL their L1 leaders including Commanders of the Navy, Air Force, Army, CMP, CJOC, CPCC, SOF and CFInt, as well as all their respective Chiefs, attended a “Fireside Chat” in the living room of the Pepper Pod. The top 20 leaders of the CAF came to listen about the journeys that women go through during their careers in the military (without compromising the confidentiality of our participants’ stories).

IN THIS ISSUE

1. CDS and Leadership Team Visit the Pepper Pod
2. We're Hiring!
3. NEW – Lifeshop™ II Program
4. National Pepper Pod Picnic Day
5. Spring Workparty Party
6. ELLE-vation Awards - Now Accepting Nominations
7. Dragon Boat Race
8. Highlighting Our Partners

Upcoming Events

Spring Workparty Party!
29 April

**Lifeshop
Vancouver Island**
11-13 May

**Lifeshop™ II
(inaugural session!)**
26-28 May

**National Pepper Pod
Picnic Day**
11 June

Dragon Boat Race
23-25 June

Of course, the Pepper Pod's mission is to give women a safe place to land after their career in the CAF and to offer them a tribe with which they can navigate life's challenges. This event, however, enabled all of us to focus upstream, to discuss some of the practices and policies which are detrimental to women's careers, families, health and lives so that the next generation of women won't have to endure some of the challenges faced by our generation.

Through general themes gathered from over 250 graduates of our signature Lifeshop retreats, the subjects we discussed were difficult, uncomfortable and sometimes heartbreaking.

Nevertheless, they listened. They asked questions. They sought to understand. They brainstormed ideas for change. They grew. And they want to keep talking.

Thank you for your continued support of The Pepper Pod. If you ever had any doubt that we are making a difference in the lives of women from the veteran community as well as the women of future generations, events like this should blow those doubts out of the water.

- Sandra



WE'RE HIRING!



Our team is looking for an awesome new member – might you be the perfect fit?

The Pepper Pod is seeking an experienced, bilingual, motivated and confident individual to fill the contracted position of **Administrative Assistant**.

- If you love to make a difference in peoples' lives, care about others and are sensitive to privacy and confidentiality – this job is for you.
- If you have a ridiculously large collection of Post-It Notes and get excited at the thought of organization and planning – this job is for you.
- If you thrive in an innovative environment that provides variety, frequent change and lots of fun - this job is for you.

As a contracted Administrative Assistant with the Pepper Pod, you will work side-by-side with the CEO and Executive Director, as well as closely with all members of the Pepper Pod team, to provide support in the organization's mission to "build a stronger community of women veterans."

The complete job posting and application instructions can be found on **the Pepper Pod website**. – About US → Join Our Team!

Closing Date: April 23, 2021

For a copy of the job description or to submit your resume, please contact:

Cathy Priestman

613-791-5670

Cathy@PepperPod.ca

The NEW Lifeshop™ II Program

With the generous assistance of **True Patriot Love** and the **Captain Nichola Goddard Foundation**, we are proud to announce the launch of Lifeshop™ II – *Live your passion!*

This weekend retreat is a follow on to our first Lifeshop™ program and guides participants to discover their passion and purpose.

Lifeshop™ II launches in May 2023 with additional sessions rolling out in the fall. Participants must have completed the initial Lifeshop program in order to register for Lifeshop™ II. We'll announce the opening of registration on our social media, in our newsletter and via email to previous Lifeshop Grads.

We're thrilled to offer this program as we continue our mission to build a stronger community of women veterans.

**Welcome to
our new tribe
from Borden!**



National Pepper Pod Picnic Day

The Pepper Pod community spans across the country with tribes located in many provinces. Although the physical Pepper Pod building is located in Chelsea, our hearts are with all of our graduates and we'd love to gather together.

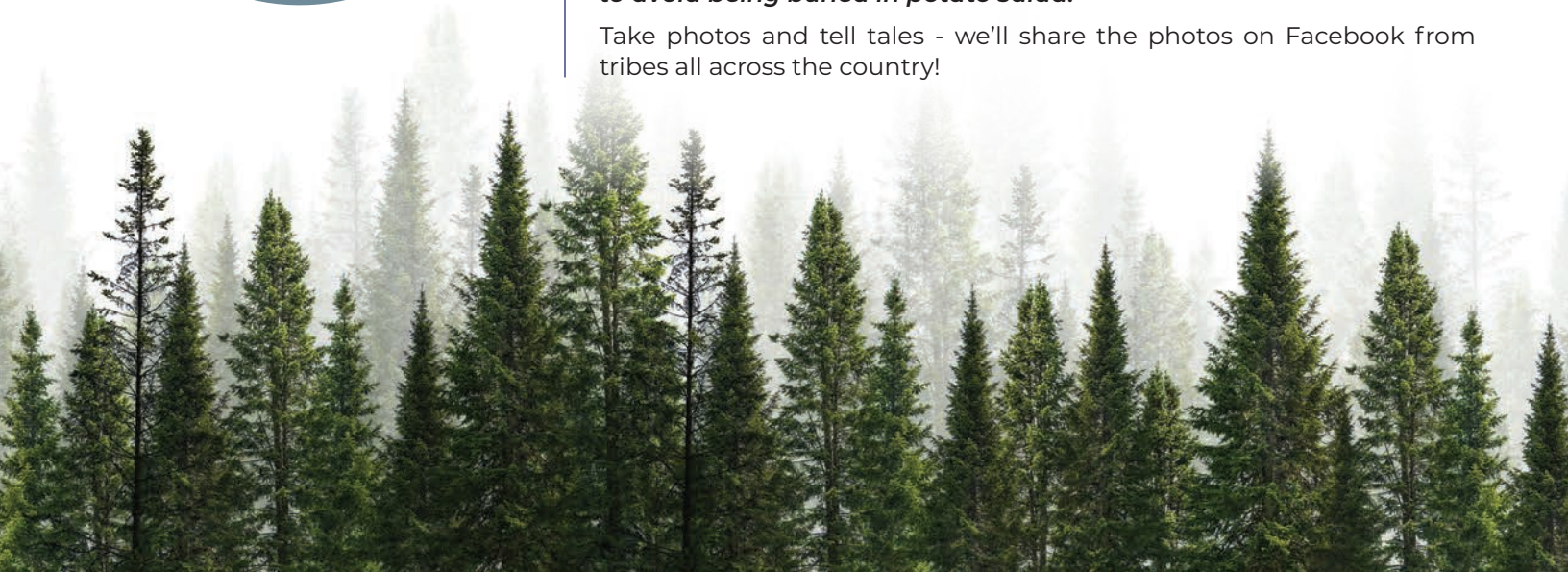
A huge shout out to Ann Arsenault, from the Cheeky Peppers, who suggested the awesome idea of a giant picnic. We're taking it one step further and declaring National Pepper Pod Picnic Day on Sunday, 11 June 2023.

Gather your tribe for a picnic in your area. You can share the love and consider reaching out to other tribes in your region. Find a nice park, field, backyard, dock, treehouse, spot for a picnic and collect your peeps.

For those in the Ottawa/Gatineau area, we'll be meeting at Lac Leamy at 11:00 am on Sunday, 11 June 2023. Look for the Pepper Pod flag!

Of note... We're not coordinating a menu so talk amongst yourselves to avoid being buried in potato salad!

Take photos and tell tales - we'll share the photos on Facebook from tribes all across the country!



Spring Workparty Party

**It's time for the Pepper Pod
Spring Workparty Party**
**Grab your boots and
roll up your sleeves!**

29 April 2023
10:00 am - 4:00 pm

Maintaining the Pepper Pod is an ongoing task and thankfully, we have a dedicated group of volunteers who join us for Work Party Parties.

Sometimes outside, sometimes inside, volunteers are the backbone of the Pepper Pod and we greatly appreciate the assistance. Together, we organize, repair, paint, tidy, and prepare the inside of the centre. Outside we chop and stack wood for the fire pits, prune plants, trim trees, tidy the grounds, prep the area for the next season and much more.

If you'd like to join us, please [REGISTER HERE](#) so we know how many people are coming and we have enough snacks 😊



Nominations are Open for the ELLE-vation Awards

The ELLE-vation Program is now accepting nominations for serving and veteran woman who:

- make a difference in the lives of other women
- regularly build up those around her
- champion the success of other women

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.

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.

Let's celebrate them! [Nominate here!](#)





Dragon Boat Race

Paddles up!

Tim Horton's Dragon Boat Race
23-25 June 2023
Mooney's Bay Beach in Ottawa

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.

We'll be launching online registration for paddlers, support team and set-up crew shortly, so stay tuned.

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

Practice dates have been confirmed:

- **One Tuesday and three Thursday evenings in June - 6:15 pm**
(June 1, 8, 15, 22)
Rideau Canoe Club
804 Hog's Back Rd, Ottawa



A big shout out to Heddle Shipyards for sponsoring the crew this year. We're very grateful for your support and hope to bring home the "Mettle!"



HIGHLIGHTING OUR PARTNERS

TRUE PATRIOT LOVE

CANADA'S FOUNDATION FOR THE MILITARY COMMUNITY

TRUE PATRIOT LOVE

Thank you to **True Patriot Love** and the **Captain Nichola Goddard Foundation** for financially contributing to the development and implementation of the Lifeshop™ II Program. We look forward to continuing to work together.



Atlas Institute for Veterans and Families

– We are pleased that the Atlas Institute for Veterans and Families are members of the Pepper Pod forest. Sharing information, research, ideas and a common goal is important as we work together to improve the lives of veterans and their families.

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.