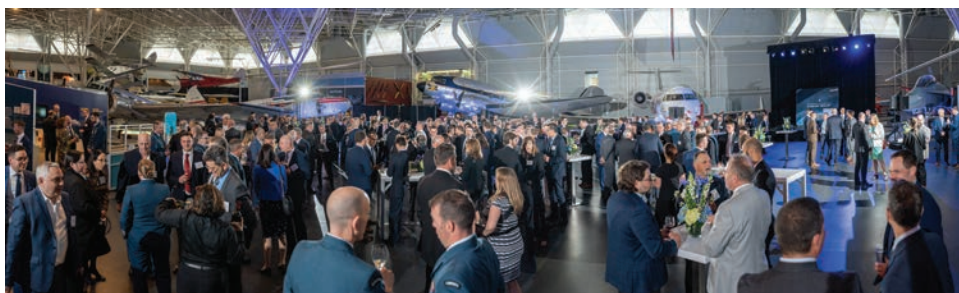


PEPPER POD

SitRep



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Lockheed Martin's Generous Donation!

Photo Credit: PHOTOVANBEEK STUDIO

Shocked! Thrilled! Emotional!

The Pepper Pod was invited to attend the Lockheed Martin Canada Annual Reception on May 11th at the Canadian Aviation Museum.

Sandra was invited on stage by Stephanie Hill, Executive Vice President of Rotary and Mission Systems, Lorraine Ben, CEO of Lockheed Martin Canada and Greg Ulmer, Executive Vice President of Aeronautics. Stephanie then presented Sandra with a cheque for \$25,000 in support of the Pepper Pod.

The generously donated funds will be used to enhance the reach of Pepper Pod services across the country and to help



develop outreach materials to share information about the organization and programming opportunities.

To say that we are grateful, appreciative and so very thankful feels insufficient.

Over the past few months, not only have we built a professional relationship with many members of the Lockheed Martin team but we also consider them friends and members of the Pepper Pod forest.

Standing Committee on Veterans Affairs



Sandra was invited to present to the Standing Committee on Veterans Affairs, on behalf of the Pepper Pod on May 8th. It is important for this committee to hear the perspectives of women in order to explore what can be changed for the next generation of Canada's military. Some practices need to stop, some need to be improved, and some need to be celebrated. She shared them all, as did her panel colleagues, Elaine Waddington Lamont from Women Warriors Healing Garden, Carolyn Hughes from the Legion, and Dawn McIlmoyle.

Menopause Nutritional Workshop

Are you waking up at night?

Experiencing hot flashes?

Feeling a little unsettled or tired?

You are not alone!

We're with you!

A good portion of the Pepper Pod team is also experiencing some of these challenges so if you register for this in-person session, dress in layers and bring some cozy socks because we keep this building chilly during the day!

More information and registration available soon.

SAVE THE DATE
30 August 2023
Daytime Event
- details TBC -
At the Pepper Pod
Space is limited.



ELLE-vation Awards – Accepting Nominations

Nominate a deserving woman for the Pepper Pod's first-ever ELLE-vation Awards.

The Pepper Pod's ELLE-vation™ Awards recognize the achievements of women from the Canadian veteran, military and RCMP community who have supported, empowered and lifted women around them.

We celebrate women from diverse backgrounds, ranks, and stages of career who go out of their way to be a champion of other women.

An ELLE-vation™ woman is an extraordinary woman who celebrates sisters, empowers souls and raises the spirits of other amazing women. She is a leader, mentor, ally, coach, game-changer, role model and everyday hero who elevates others with compassion, confidence and commitment.

Nominate her today!





National Pepper Pod Picnic Day

Sponsored by **Versatil Inc.**

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

Wherever you are, gather your tribe for a picnic on **Sunday, 11 June 2023**—a date that will go down in history as the first ever **National Pepper Pod Picnic Day!** A huge shout out to Ann Arsenault, from the Cheeky Peppers, who suggested the awesome idea of a giant picnic.

Pepper Pod Picnic Kit

We're so grateful to our incredible sponsors for our first-ever event. Thanks to **Versatil**, every tribe will get a Pepper Pod Picnic Kit, complete with plates, napkins, forks and a \$100 gift card to go toward your feast.



How to Join the Fun

For Tribes Across Canada

Find a nice park, field, backyard, dock, treehouse, any perfect place for a picnic and collect your peeps. Consider sharing the love and inviting a nearby tribe to join you.

For every remote tribe, please have one representative register for the picnic **BEFORE MAY 27** so we can send you the picnic kit.

[Across Canada Tribes - Register Here](#)

For Tribes in the Ottawa/Gatineau Region

The Pepper Pod team invites everybody in the Ottawa/Gatineau region to join us at Lac Leamy at 11:00 am on Sunday, 11 June 2023. Look for the Pepper Pod flag!

The picnic is free to attend, and we ask that you register in advance to help with planning. Please bring a dish to share and talk amongst yourselves to avoid being buried in potato salad! (Unless, of course, you like that sort of thing.)

[Ottawa/Gatineau Individuals - Register Here](#)

VERSATIL

Analytics & AI-Driven Decision Making

On 11 June, be sure to take photos, tell tales and share them with us! We'll post photos of tribes all across the country on our Facebook and Instagram feeds!



Pepper Pod Paddlers!

After a successful inaugural year at the Ottawa Dragon Boat Festival, the Pepper Pod Paddlers are set to make waves again! We have a full boat and we're welcoming cheerleaders in the stands.

23-25 June 2023

Mooney's Bay Beach in Ottawa

Paddler Practices

Paddlers, practice are scheduled for **June 6, 8, 15 and 22, 2023** at the Rideau Canoe Club (804 Hog's Back Rd., Ottawa). Practices will begin at 6:15pm sharp and will go for about 60 minutes.

Pepper Pod Pavilion

The Pepper Pod Pavilion will be your home base for the race weekend. You'll have a comfy place to rest, and share food, drinks and laughs. Our dedicated Race Day Supporters will watch over personal items like phones and purses while Paddlers are on the water.



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!"



ARE YOU A LIFESHOP™ GRAD?

We'd love to share your thoughts with our readers.

Send us a little blurb on what the retreat meant to you.

Cathy@PepperPod.ca
or Gunther@PepperPod.ca
(He loves to receive email!)

SUP Ladies?! Stand UP Paddleboarding



Thanks to the awesome idea from Bibi Vachon, the Pepper Pod is pleased to offer stand-up paddleboarding on July 8th.

We'll all gather at the Pepper Pod at 10 am – bring your boards & gear!

Then we'll zip down the road in the magnificent Pepper Pod van and paddle for a bit at Meech Lake.

After paddling, we'll return to the Pepper Pod for a chat by the fire and some lunch.

If you'd like to join us, please register so we know how many paddlers to expect.

Rather not paddle?

You're still welcome to [register and join us](#) 😊

Country Hoedown

Woo hoo!
Mark your calendars!

Join us for an evening of summer fun and dancing on the driveway!

Bring your friends... yes, even your civilian friends 😊

We're hosting an outdoor, country concert featuring Canadian country singer, Brittany Kennell!

You may know her from her incredible 2016 run on *The Voice*.

You can check out her amazing performance here
<https://youtu.be/Omk781FY3vI>

Pepper Pod Country Hoedown
30 August 2023 - 7:00 pm
At the Pepper Pod

Registration opening soon.

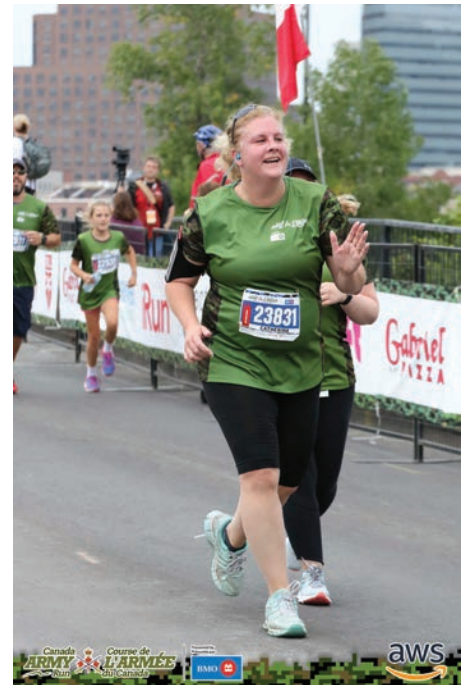


Visiting the Pepper Pod

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!



Army Run Team

It's almost Army Run Time in Ottawa!

Date: 17 September 2023

We welcome everyone in the Pepper Pod extended family to join this 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.

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!

[Register Here](#)

SAVE THESE DATES!

11 June

National Pepper Pod
Picnic Day

15 June

Deadline for nominations for
ELLE-vation Awards

24-25 June

Dragon Boat Weekend

8 July

SUP Ladies?!
(Stand Up Paddleboarding)

13 August

Summer Work Party

17 August

Evening Open House

30 August

Menopause Cooking Workshop

30 August

Hoedown Country Bash

9 September

Dinner in Our Forest

17 September

Army Run

HIGHLIGHTING OUR PARTNERS

LOCKHEED MARTIN



Lockheed Martin Canada is a true friend of the Pepper Pod. They are supportive, personally, financially and emotionally. It's

a true partnership when both sides feel seen and valued and we feel very strongly that Lockheed Martin Canada and their team are behind the Pepper Pod and our mission to support the women's veteran community.

CANADIAN ARMED FORCES (CAF)

The Pepper Pod has received funding from the Sexual Misconduct Support and Resource Centre (SMSRC) to develop and offer a new program – Beyond Trauma.

Beyond Trauma is a transformational one-day retreat for women who have experienced sexual trauma and is offered in a private, safe and confidential manner. The program is open to women serving in the Canadian Armed Forces as well as women veterans. Beyond Trauma provides tools to help participants in healing trauma, building connections and growing relationships.

Beyond Trauma will launch in the fall of 2023 and we look forward to continuing our partnership with the CAF.



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/
- **Facebook** - <https://www.facebook.com/pepperpod.ca>
- **LinkedIn** - <https://www.linkedin.com/company/pepper-pod/>

If you know of someone who may be interested in the Pepper Pod, please tag them in a post... but not that annoying way where they have no idea what you are talking about and they get bombarded with messages that drive them nuts. We're thinking more like a "hey, you might be interested in this" tag. 😊



Thank you to our Spring Work Party Crew

A huge thank-you to the amazing crew that showed up to help at the Spring Work Party. The rain and cold didn't slow anyone down and we are so grateful for your help and support.

Photo Credits: Telah Morrison



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 vétéranes
Retreat Centre for Women Veterans