

PEPPER POD

# SitRep



## New Pepper Pod Website!

We are pleased to announce the launch of the new Pepper Pod website. [www.PepperPod.ca](http://www.PepperPod.ca)

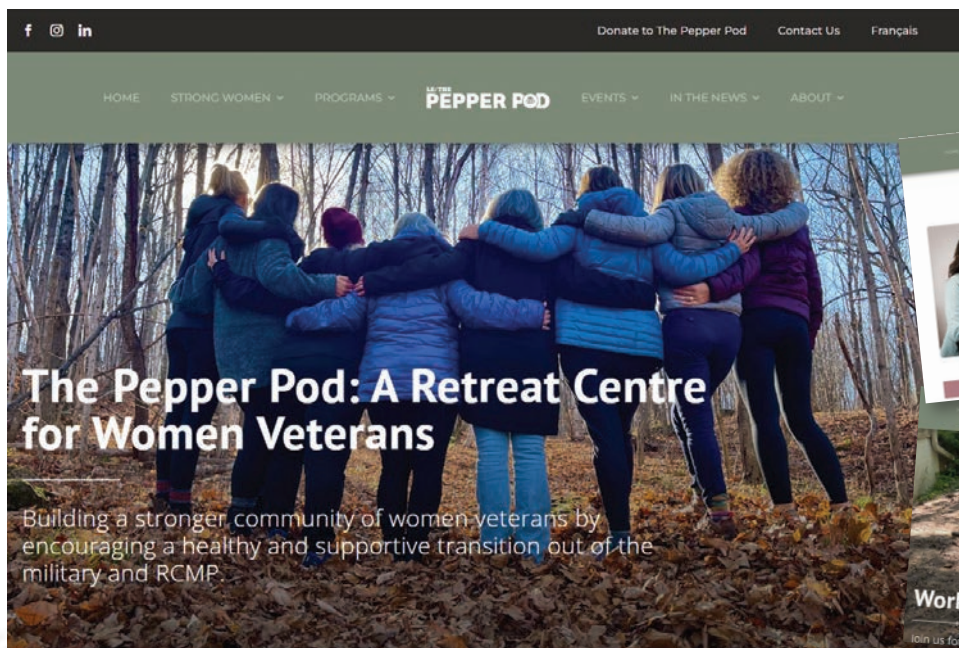
We invite you to browse and discover what's coming up at the Pepper Pod.

Our profound thanks to the talented team that worked for months to bring this project to life: Michael Foley (eLearnza), Erika Cuccaro (James Street Writing Company), Jennifer Yates (Juniper Writing and Editing) and Francois Comeau (Comeau Translation.) The team was incredible to work with and truly represented the feel of the Pepper Pod online.

Check out the new site – poke around, look for your photos, register for upcoming programs and - you are not going to want to miss Gunther's bio on the Team Page!

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# Registration is Open – Lifeshops I & II and Beyond Trauma

The Pepper pod is excited to announce our upcoming program schedule. Registration is now open for Lifeshop I, Lifeshop II and Beyond Trauma.



**Here's a list of upcoming events this year:**

## Lifeshop I

**27-29 October 2023**  
Ottawa (English) (FULL)  
At The Pepper Pod

**3 -5 November 2023**  
Ottawa (English)  
At The Pepper Pod

**17 – 19 November 2023**  
Halifax (English)  
In Halifax

**1-3 December 2023**  
Kingston/Trenton (English)  
At The Pepper Pod

**12-14 January 2024**  
Montréal/Québec (Français)  
At The Pepper Pod

**26-28 January 2024**  
Ottawa (English)  
At The Pepper Pod

**23-25 February 2024**  
Ottawa (Français)  
At The Pepper Pod

**22-24 March 2024**  
Petawawa/North Bay (English)  
At The Pepper Pod

**12-14 April 2024**  
Edmonton (English)  
In Edmonton

## Lifeshop 2

**22-24 September 2023**  
Ottawa (English) (FULL)  
At The Pepper Pod

## No Agenda Weekend

**17 – 19 November 2023**  
At The Pepper Pod

**12-14 April 2024**  
At The Pepper Pod

## Beyond Trauma

All Beyond Trauma workshops are held in Chelsea, Quebec at the Pepper Pod.

**13 September 2023**

**18 October 2023**

**6 December 2023**

**17 January 2023**

**31 January 2023**



## Welcome to the Pepper Pod!

In early July we welcomed a great group of visitors. Major General Jeannot Boucher, Director General Culture Change was accompanied by Col Marie-Eve Begin, CWO Crystal Harris, and David Gilbert on a tour of the Pepper Pod.

Sandra shared the mission of the Pepper Pod and together they discussed culture change, women veterans and many more forward-moving ideas. We are always pleased to welcome members of the CAF to our forest.

## Army Run Reminder

The Pepper Pod has a team registered for the Army Run. You can join the Pepper Pod and run/walk or stroll at your own pace. We'll have a common meeting area to gather, rehydrate and tell tales.

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.*

[Register Here](#)

**YOU CAN  
REGISTER ON OUR  
NEW WEBSITE:  
[www.pepperpod.ca](http://www.pepperpod.ca)**

## Pepper Pod Block Leave! Wow, that was a busy spring!



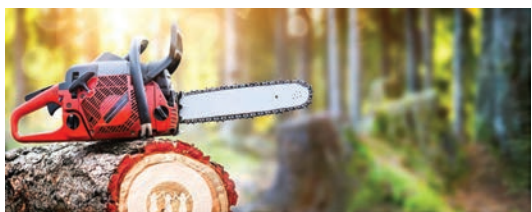
**So** fulfilling. **So** inspiring. **So** many incredible experiences.

And so... The Pepper Pod Team will be taking block leave from 24 July to 8 August 2023.

Please know that email responses may be delayed because we're really going to try to take a break.

We'll come back re-charged, full of ideas, and ready to continue serving the women's veteran community.

## Summer Work Party



Sunday, August 13

10:00 am – 3:00 pm.

**Register:** [www.PepperPod.ca](http://www.PepperPod.ca)

It's time for some clean, summer fun.

The Pepper Pod is hosting a summer work party and lunch on Sunday, August 13 (10:00 am – 3:00 pm.)

We have some fallen trees to deal with, a bit of landscaping and some general maintenance.

If you'd like to pitch-in or even assist with lunch, we'd love to hear from you.

BYO – BUG SPRAY! Register on our NEW WEBSITE! [www.PepperPod.ca](http://www.PepperPod.ca)

## Women's Health, Nutrition and Well-being Event

The Pepper Pod is pleased to host a full-day event about women's health, nutrition and well-being. Together, we'll dive into nutrition, sleep, exercise, skin care and much more. Topics specific to menopause will be sprinkled throughout some of the presentations, and you'll come away feeling vibrant and inspired.

The day includes a delicious continental breakfast, lunch, and afternoon appetizers and mocktails. We'll also have special entertainment to wrap up the day.

We'd like to extend our profound gratitude to our facilitator, Carine Watier, BBA, MSc, Certified Health Coach and to the Barry F. Lorenzetti Foundation for sponsoring, coordinating and presenting this event.



### Schedule

08:30	Continental breakfast
10:00	Global Wellness Session – Part 1
12:00	Lunch
13:00	Global Wellness Session – Part 2
15:00 to 17:00	Appetizers, mocktails & fireside entertainment

Spaces are limited and we'll request payment via e-transfer once participants have been confirmed.

Register on our new website: [www.PepperPod.ca](http://www.PepperPod.ca)

We look forward to seeing you at the Pepper Pod!

## SAVE THESE DATES!

**13 August**

Summer Work Party

**30 August**

Women's Health, Nutrition  
and Well-being Event

**13 September**

Beyond Trauma

**17 September**

Army Run

**22-24 September**

Lifeshop II (FULL)

**12-14 October**

Servicewomen's Salute  
Aspire & Inspire Event

**18 October**

Beyond Trauma

**27 – 29 October**

Lifeshop I (FULL)

## 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.



The program offers groups of 8-10 women the opportunity to continue their journeys together following the retreat. They celebrate successes, have each other's back, reduce feelings of isolation and build a community of well-being and support.

If you feel like Beyond Trauma may be a good fit for you and you'd like more info, check out our FAQs below.

- **Who can apply for the program?**

Women serving in the Canadian Armed Force and veteran women.

- **Where is the program held?**

Beyond Trauma is offered at the Pepper Pod in Chelsea, QC., 15 minutes from downtown Ottawa. The program is also offered at select locations across Canada and you can find these locations on the Pepper Pod calendar.

- **How long is Beyond Trauma?**

Beyond Trauma is a 1-day program with a facilitated follow-up session a few weeks later. The follow-up session is coordinated with the group and lasts a few hours.

- **How much does Beyond Trauma cost?**

The program is free and includes meals, refreshments, materials and supplies.

- **Is Beyond Trauma right for me?**

Although Beyond Trauma is beneficial for many people, it is not a substitute for medical or psychiatric treatment and will not cure or alleviate mental illness. If you are going through a crisis, are feeling unstable or unwell, and/or are experiencing a serious mental health event or illness (e.g., major depression, acute anxiety, psychiatric disorder), Beyond Trauma is not for you at this time. As a non-profit organization, we are not equipped to provide medical or psychiatric treatment to participants needing that type of care.

It should be noted that this retreat is not a religious gathering, nor is it therapy.

- **How do I sign-up?**

Registration is open now with bookings beginning in September 2023.

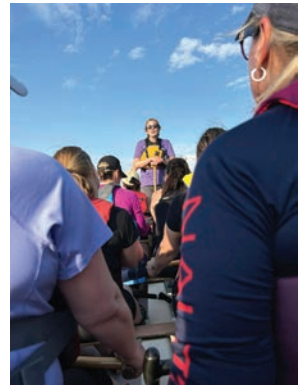
[www.PepperPod.ca](http://www.PepperPod.ca)

# Pepper Pod Paddlers Dragon Boat Team

The Pepper Pod Paddlers rocked it again this year! Battling air quality, aging bodies and other boats, we qualified for the finals again this year. Although we fell short of a trophy, we're pretty sure it's because the final race was canceled because of the smoke from forest fires – clearly, we were saving it all for the grand finale!

We'll be back next year with a relentless drive and 2-years of experience under our lifejackets. Watch for our wake!

Registration for the next Dragon Boat Team will open in the spring of 2024.

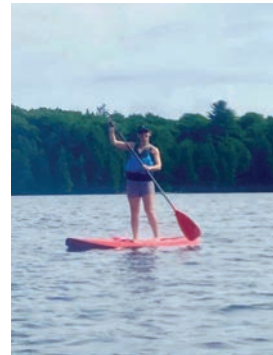
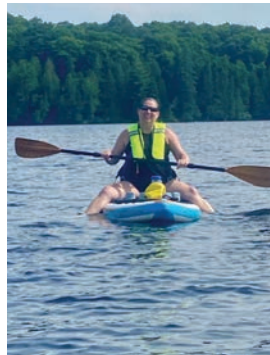
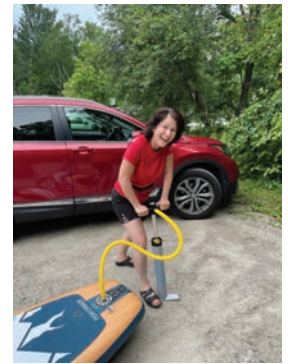
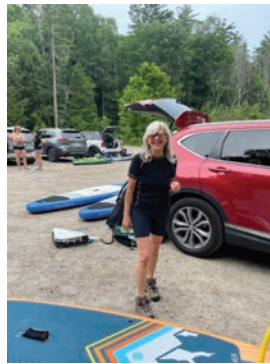


# SUP Ladies?! Stand-Up Paddleboarding

We had a blast on the water! On July 8<sup>th</sup> a group of fabulous Pepper Pod Paddlers met at Meech Lake for a 5km stand-up paddleboarding trip followed by lunch at the Pepper Pod.

There was great weather, great food and great company.

Special shout outs include Bianca Vachon for organizing the event, Liz Priestman (Cathy's Mom) for baking all the desserts and we'd like to extend a sincere thank you to our event sponsor, the Legion. Their generous support made this event possible.



# HIGHLIGHTING OUR PARTNERS

## ROSS MACDONALD

Ross is a member of our board of directors and has been a longtime supporter of strong women. He's also our official photographer. You may have met him in the photo booth at the Pepper Pod gala last fall.

Ross loves to shoot! His passion is covering rock bands in concert and he's incredibly good at it! Check him out on Instagram: <https://www.instagram.com/rossmtbiker/>



## STAR MOTORS

Star Motors has been a supporter of the Pepper Pod since the beginning. We're so happy they are part of our forest. They helped out during the early days with a great deal on the Pepper Pod Sprinter van and more recently, Cathy purchased a new car from their sister dealership.

*"I could have purchased a car from any dealer in town but I wanted to give my business to a company with a leader who gives back and has like-minded values. Star Motors and Dow Honda – it was an easy choice for me and I LOVE my new vehicle." Cathy Priestman, Executive Director*



**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.

