

PEPPER POD

SitRep



IN THIS ISSUE

1. Dinner in Our Forest
2. Veteran Contributions – Dinner in Our Forest
3. 2023 ELLE-vation Awards
4. Pepper Pod Army Run Team
5. Women's Nutrition and Wellness Day
6. Ground-Breaking - LCol William G. Barker, VC Park
7. Invictus Games Launch
8. Save These Dates
9. Highlighting Our Partners

Dinner in Our Forest

On the beautiful evening of September 9th, the Pepper Pod hosted a special Dinner in Our Forest for some special people and organizations who helped make the dream of the Pepper Pod a reality.

It was a magical evening complete with fairy lights, delicious food, warm company, and a once-in-a-lifetime musical concert. We were honoured to share our forest and welcome these sponsors and donors.

The guests were served by Lifeshop™ graduates and members of the Pepper Pod community, who shared their stories with our partners and explained the impact of their generosity on the many women who have been to the Pepper Pod.



The meal was prepared using as many veteran sourced suppliers as possible, including honey, herbs, lamb, bison and balsamic vinegars and oils. This was a great way for us to support their businesses and to say thank you to our guests (See more on the story below).

We were also grateful to have concert master violinists Jessica Linnebach and Yosuke Kawasaki, who shared their incredible talent with us by providing music throughout the evening. We were honoured to share our forest with them.



Photo Credits: @Telah Morrison and Ross MacDonald



Veteran Contributions – Dinner in Our Forest

One of the most unique and special aspects of the Dinner in Our Forest was the wonderful food prepared by Geoffroy Charbonneau from Lindocile Catering. We sourced ingredients from veteran-owned businesses and integrated them into every course. Here's a summary of the wonderful veteran-owned suppliers who helped make this evening so special:



White Pine Bison - Derek Weidhaas says watching the bison herd is his zen. He went from being a military mobile support equipment operator to driving a farm tractor and to watching over his new "troops". <https://www.whitepinebison.ca/>



Herbal Maker – Nancy Livingstone is the spouse of a 23-year military veteran and the owner of Herbal Maker. Nancy cultivates herbs that add a taste of nature to whatever you're cooking. You can find some of her wonderful items in the She Shed. For the Dinner in the Forest, she provided the fresh basil in the salad. <https://www.herbalmaker.ca/>

Les Rûches de B & T – Brigitta Lemay, the spouse of a 35-year Navy veteran, is a proud and dedicated caretaker of bees. The bees show their gratitude by producing honey as sweet as... well... honey! You can also discover her soaps and lip balm in our She-Shed! <https://lebarasavon.ca/>

AURELIUS

Aurelius Fine Olive Oils & Balsamic Vinegars - Mike George is a military veteran and the owner of Aurelius Oils, located in Ottawa (Westboro.) You can find many of his items in the She Shed. He supplied the oils and vinegars in the meals. <https://aureliusfineoils.com/>

Érablière Guylaine Bilodeau et Fabien Roy – A combat clerk, a Vandoos from the legendary Royal 22nd Regiment, a little magic and 17,000 maple trees... that's the recipe for maple syrup as good as liquid gold!



Steel Pot Coffee – Joseph Eric Tremblay and Stephanie Bouchard (Royal 22nd Regiment). Steel Pot Coffee provided some of its signature blends, "Stand To", "The Warrant Officer" and "Black Powder". An always-welcome jolt of caffeine and a feast for the tastebuds! <https://cafesteelpot.ca/en>

Thank you to all our suppliers. Your contributions made the event even more memorable.



2023 ELLE-vation Awards

On September 8, 2023, The Pepper Pod honoured three inaugural recipients of the ELLE-vation Award.

The ELLE-vation award supports the Pepper Pod's mission by recognizing strong women in the Canadian veteran, military and RCMP community who elevate the women around them.

This year's recipients are:



Sgt. (Ret'd) Jessica Miller:

for creating a safe and inclusive space for women veterans and veteran families through her Veteran Farm project. Based in Nova Scotia, the Veteran Farm empowers women today, and it will also inspire the next generation to give back to their community tomorrow.



WO Penelope Stuart:

for being a role model and beacon of positive leadership by sparking important conversations about inclusion in the workplace. Her passion for the aviation mechanic trade and practical support paves the way for the next generation of women in the Royal Canadian Air Force.



Rear-Admiral Josée Kurtz:

for exemplifying service before self by creating a safe and respectful workplace through empathetic leadership. Josée's intuitive approach to leadership supports her team while encouraging optimal performance, blazing a trail that actively shapes the next generation of leaders.

Congratulations to The Pepper Pod's 2023 ELLE-vation Award recipients and thank you for your efforts to uplift others with compassion, confidence and commitment.

We'd also like to extend a sincere thank you to Veterans Affairs Canada for their contribution to the ELLE-vation Award program. VAC assistance enabled the Pepper Pod to develop this program, convene a review panel, share the program on our website, reach out to the award recipients and bring them to the Pepper Pod. We are appreciative of the ongoing encouragement, support and valued relationship we have with Veterans Affairs Canada.

Know a remarkable woman who deserves recognition?

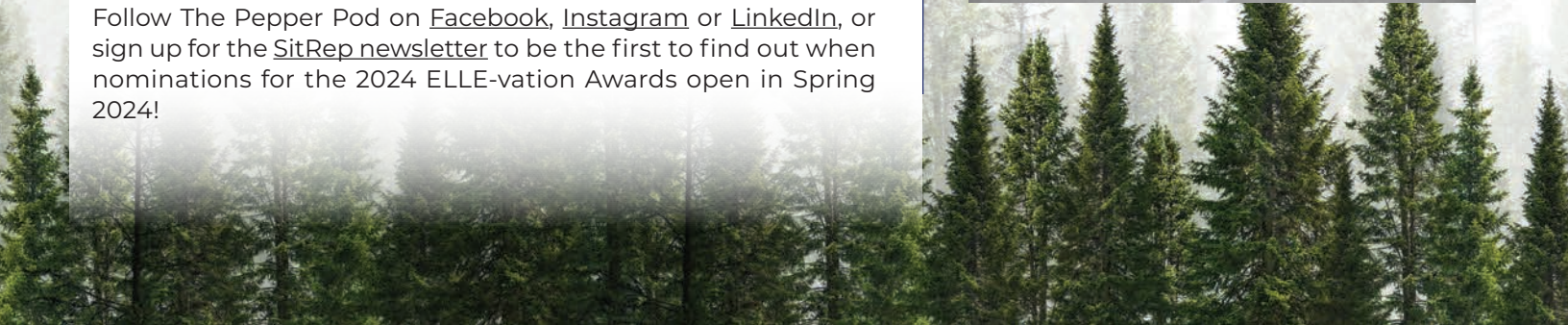
Follow The Pepper Pod on [Facebook](#), [Instagram](#) or [LinkedIn](#), or sign up for the [SitRep newsletter](#) to be the first to find out when nominations for the 2024 ELLE-vation Awards open in Spring 2024!

Pepper Pod Army Run Team

The first ever Pepper Pod Army Run team took to the streets on Sunday, September 17th for the 2023 Army Run. Thank you, Chantal Charron for organizing, rallying and leading this activity!

We ran individually and celebrated together!

Congratulations to everyone who participated with the team and we're looking forward to next year already.



Women's Nutrition and Wellness Day

With generous support from the Barry F. Lorenzetti Foundation, the Pepper Pod recently hosted a Women's Nutrition and Wellness Day.

It was wonderful - rich with learning, bonding and laughter! Delicious food, fun stories and great presentations. We've already been asked to do more.

The Barry F. Lorenzetti Foundation team came out in full force. Carine provided the informative and highly participative instruction for the day and Susan Dabrowski, Susan Fuda and Katrina Lorenzetti planned, cooked and served all of the yummy food. We even had Julien Garofalo film part of the day.



Ground-Breaking - LCol William G. Barker, VC Park

Cathy Priestman, Executive Director of the Pepper Pod, attended the ground-breaking ceremony for the new LCol William G. Barker, VC Park.

The park will be located on the former Rockcliffe Air Base, now known as Waterridge Village and will provide a historic area where people can learn about LCol Barker while enjoying the outdoors. The ground-breaking was a great opportunity to meet new veterans and veteran organizations, build connections and celebrate the history of an incredible Canadian.

At the lunch following the event, Cathy was invited to join the 410 (LCol William G. Barker, VC) Wing of the RCAF Association as a member and, was warmly welcomed by the gentlemen as one of the first women veterans to join the Wing in a long time.

This project is possible thanks to the Barker Estate, 410 (LCol William G. Barker, VC) Wing of the RCAF Association, RCAF Foundation and the Canada Lands Company.





Team Canada - Invictus Games in Düsseldorf, Germany!

Now that the victors are home, let's have a flashback to their departure.

They were bold, confident, and unconquered!

The team had a big send-off ceremony on Wed, Sep 6th, MC'd by Cathy Priestman, Executive Director of The Pepper Pod. The emotional event was an opportunity for friends and family to wish the team well as they embark on an adventure to represent a proud nation.

The room was filled with well wishes for the competitors, stories of personal growth and triumph and most of all warmth, acceptance and pride in those heading off to represent the country.

In attendance at the event were the Deputy Chief of Mission from the German Embassy, this year's host country, Karina Häuslmeier, Rear-Admiral Chris Sutherland, Deputy Commander Military Personnel Command and Assistant Chief of Military Personnel and representatives from the many team sponsors: BMO, ATCO, TECH, Canadian Tire, Soldier On, and True Patriot Love. Thank you for supporting Team Canada.

Congratulations to Team Canada on the success each and every one of you had in Germany!

And.... Our two Lifeshop™ Grads, Joanna and Natalie rocked it!

- Joanna won GOLD in discus!
- Natalie blasted through preliminary heats and qualified for the finals in swimming in both breaststroke and backstroke - placing 5th and 8th!



Photo Credits: Soldier On and J. Labonte



NOTE THESE DATES!

30 September

National Day for Truth & Reconciliation

13 October

Servicewomen's Salute
Aspire & Inspire Event

18 October

Beyond Trauma –
@The Pepper Pod

25 October

Wonder Woman
Wednesday – Guest TBC

27 – 29 October

Lifeshop I – Ottawa (FULL) -
@The Pepper Pod

3-5 November

Lifeshop I – Halifax, NS

3-5 November

No Agenda Weekend –
@The Pepper Pod

6 November

Beyond Trauma – Halifax, NS

11 November

Remembrance Day

19 November

Lumber Jill Work Party -
@ The Pepper Pod

19 November

Holiday Open House -
@The Pepper Pod

24-26 November

Lifeshop I – Ottawa -
@The Pepper Pod

29 November

Wonder Woman Wednesday
LGen Frances Allen,
Vice Chief of Defence Staff

HIGHLIGHTING OUR PARTNERS

BARRY F LORENZETTI FOUNDATION



The Barry F. Lorenzetti Foundation has been a champion of the Pepper Pod from the beginning. The foundation has provided funding, support, and friendship over the past few years and most recently, they sponsored, created and delivered the Women's Nutrition and Wellness Day. They very kindly prepared and provided all the delicious healthy food and beverages and Carrine also created the content for the day specifically for the Pepper Pod and our community. This team is truly part of the Pepper Pod.

LINDOCILE CATERERS

We struck gold when we discovered Lindocile last year. Geoffroy Charbonneau and his team catered our 1st Anniversary Gala at the Canadian War Museum. The food was delicious, their team was also fabulous and able to adapt to several last-minute changes. Fast forward to the Dinner in Our Forest when we asked Geoffroy for his assistance again. They provided the tables and chairs, a delicious meal and were gracious when we requested our team of Lifeshop™ Grads serve our guests. Not only that, but Geoffroy worked with our many veteran suppliers to gather their input for the meal and then created a menu that showcased their contributions. We look forward to our next exciting event with Lindocile.



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.