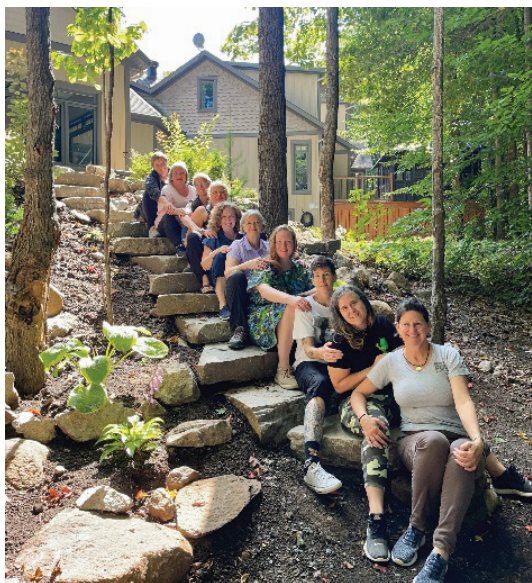


PEPPER POD

SitRep



Welcome Lifeshop II Grads!



“The sequel is normally not as good as the original, but in this case, the sequel was even better!” - Lifeshop 2 graduate.

At the end of September, we hosted another Lifeshop II session at the Pepper Pod and it was a resounding success.

Through a series of experiential exercises, Lifeshop II helps partici-

pants get clear about values, discover strengths and release limiting beliefs. Based in the principles of neurolinguistic programming (NLP), Lifeshop™ II allows the time, space and tools to gain a deeper understanding of one’s purpose and values.

Our participants experienced a clearer vision of purpose and fulfillment as they boldly enter the next chapter of their lives with confidence.

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TRUE PATRIOT
LOVE

CANADA'S FOUNDATION FOR
THE MILITARY COMMUNITY

Thank you to True Patriot Love for providing funding to assist with the development of this program.



Beyond Trauma

Beyond Trauma is a transformational one-day retreat for women who have experienced military sexual trauma. It is offered in a private, safe, and confidential manner designed and facilitated by Sandra Perron, founder of the Pepper Pod.

The program is open to women serving in the Canadian Armed Forces as well as women veterans. It provides tools to help participants in healing trauma, building connections, and growing relationships.

After the retreat, your group of 6-10 women will have the opportunity to continue their journey together. You'll celebrate successes, have each other's back, reduce feelings of isolation and build a community of well-being and support. The day's journey enables participants to see what is possible when they go beyond what they experienced in their lives. They can put old wounds to rest and start living with new opportunities and adventures.

Upcoming Dates:

- 6 December 2023
- 17 January 2024
- 31 January 2024

If you feel like Beyond Trauma is a good fit for you, we welcome you to register.

Register here: <https://pepperpod.ca/programs/beyond-trauma/beyond-trauma-registration/>

If you have further questions, please contact us at info@pepperpod.ca.

The Pepper Pod is grateful to our valued partners. *This program is funded by the Department of National Defence's Sexual Misconduct Support and Resource Centre.*

Funded by the
Department of National Defence's
Sexual Misconduct Support and Resource Centre

Canada

Barry F. Lorenzetti 2023 Gala

Sandra had the honour of attending the Barry F. Lorenzetti 2023 Gala in Montreal last month. She's pictured here with June McCabe from the Quebec Veterans Foundation.



The spectacular evening was full of first-class entertainment, delicious food and exciting, spontaneous moments that elevated the gala to new heights!

The Barry F. Lorenzetti Foundation has been a champion of the Pepper Pod from the beginning, and we are grateful for their continued support.

Congratulations on such a successful evening!



Lifeshop Registration Pause

wow!



Your excitement, interest and support for the Lifeshop™ programs have filled our hearts... and our wait lists!

Due to an overwhelming response from across the country, we need to temporarily pause Lifeshop™ registrations so we can work to reduce our wait lists.

We hear you – you want more, and we are actively working to build capacity to serve even more women in the veteran community.

Thank you for your ongoing participation. We love that the Pepper Pod community is growing... it's just growing a little faster than our team right now.

Stay tuned to our social media and register for the SitRep, our monthly newsletter, so you'll be informed about the next round of Lifeshop™ intakes. 😊

Note: *If you have already registered for a Lifeshop™ or are on the wait list, fear not, we have your information and will be contacting you with an update.*

Ubique!

The motto of the Royal Canadian Artillery means “everywhere” and that includes lunch with Sandra. 😊

The Royal Canadian Artillery Association recognizes that as one of the combat arms with the most women and women veterans amongst its ranks, it needs to adapt the focus of its programs, events, and activities to be more gender inclusive.

And what a better place to start than to invite The Pepper Pod to have lunch with their team to explore ways to do this?

Stephane Boucher, a long-time champion of women and a great supporter of The Pepper Pod, connected us with the members of the RCAA executive committee and together they did a little “bracketing” to zero in on a few worthwhile ideas to support women veterans.

Partnering with groups, like this one, who are motivated to grow and challenge their traditional ways of doing things is one of our favourite things to do!



Photo Credit: Telah Morrison

Whatcha been up to?
Any neat get-togethers with your tribe?
I'd love to hear about your adventures!
Email: gunther@pepperpod.ca
Yep, that's right, I have an email address! Isn't that pawsome?

What a Ride!

We had the honour of hosting the Veteran Society Motorcycle Club – Section YGGDRASIL.

They arrived on bikes and in cars and trucks to visit the Pepper Pod and we had a great time. A little snack, a little chat and an amazing tour that included a trek through the magically lit Pepper Pod forest.

Together we shared stories about times in uniform and how far we've come. The conversations were warm, very personal and by the end of the evening we were so pleased to have welcomed our new friends into the Pepper Pod community.

In addition, the club raised funds through a dart tournament and when they heard about the Pepper Pod, they chose to donate a generous cheque to the wellbeing of women veterans.

I think it's safe to say we'll be seeing this beautiful group of people again... maybe even at the next work party.



Veteran Consultation Assembly

Thank you to The Royal Canadian Legion National Headquarters for the invitation to attend the Veterans Consultation Assembly.

We loved sharing information about the Pepper Pod, our programming, and the amazing women veteran community we serve. The opportunity to share our story and reach more veteran organizations is always a pleasure. We love to tell people what we do!

It was a privilege to be in the room with so many veteran organizations and it was especially exciting to meet the new Minister of Veterans Affairs, Ginette Petitpas Taylor. We look forward to her first visit to the Pepper Pod!

Spending time with fellow veterans and making new connections was a great way to spend a Saturday morning. When you love what you do, it never feels like work and the support we felt for the Pepper Pod was sincerely appreciated.



Servicewomen's Salute Aspire & Inspire Event

The Servicewomen's Salute Aspire & Inspire Event was held at the Ottawa Convention Center on October 13, 2023. Sandra and Cathy attended the full-day event and were delighted to meet so many familiar faces as well as make many new contacts.

We connected with fantastic women and had amazing conversations about collaborative opportunities, past military service and spent so much of the day smiling.

Thanks to everyone we met from Veterans Affairs Canada, Canadian Forces Morale & Welfare Services - CFMWS (Family Info Line), CAF Transition Group, The Royal Canadian Legion - National Headquarters, Canadian Veterans Peacekeepers Association, Quebec Veterans Foundation and many more.

It was great to see Christine Carignan from DIAKI Experiences - one of our loyal and original members of the Pepper Pod forest.

Shout out to Susan Young from the Sexual Misconduct Support and Resource Centre - our displays were directly across from each other, so we spent much of the day smiling at each other.

Thanks to the evening speakers - Counsellor David Hill, Associate Deputy Minister of Veterans Affairs, Ken MacKillop, LGen Lise Bourgon.

The entire event would not have been possible without Rosemary Park. Thank you so much for organizing the day!



The Order of St. George, National Capital Region Priory

It was such a treat to walk into the room and instantly recognize familiar faces. The veteran community is close-knit and intertwined, and Cathy was immediately welcomed into a reception with The Order of St. George, National Capital Region Priory.

The priory invited VETS Canada and The Pepper Pod to join them for their most recent gathering. Both organizations made presentations to the hosts and shared stories about working with veterans.

The room was filled with incredible people who have dedicated themselves to serving military members, families, and veterans. Dame Kelly Williamson DStG guided the evening and shared updates about how the priory plans to move forward and thrive following the necessary Covid pause.

Our team is excited about welcoming the Priory to the Pepper Pod for a visit and we know we'll see this warm, hospitable, and generous group again soon.



An Evening on Parliament Hill!

The Pepper Pod team was invited to a reception in honour of women veterans on October 16, 2023, and it was a powerful gathering.

The event was hosted by MP Rachel Blaney and MP Luc Desilets, both member of the Standing Committee on Veterans Affairs and they shared touching, supportive and forward-thinking words about their experience on the committee.

In some ways, the reception was like a family reunion as we reconnected with people we knew in the veteran community. We also made some exciting new connections. We have a feeling we'll be setting up quite a few visits pretty soon.

We were grateful to have been invited to this incredible event in honour of women veterans and we're looking forward to the positive outcomes from the evening.



Worthy!

In its finest armoured tradition, Le Regiment de Hull welcomed a well-turned-out crowd of members and friends for its annual Regimental ball. The very charismatic General Natynczyk gave an inspirational speech that had the entire room cheering, including their Honorary Lieutenant-Colonel, Sandra Perron.

**“The world is becoming a very different place,” he said,
“more dangerous and volatile. Be vigilant and be there for one another.
On ne passe pas!”**

Given that the regiment has helped out the Pepper Pod on occasion, it was a wonderful opportunity for our team to help them set up a photo booth and decorate their “ballroom” with themed table centres.



Photo Caption:

*(H)LCol Sandra Perron
LCol Marc-André Blais (Commanding Officer)
Gen (Ret'd) Walter Natynczyk
BGen JP Meloche*

Photo Caption:

*(H)LCol Sandra Perron,
CWO Janique Larivière (Regimental
Sergeant Major),
LCol Marc-André Blais
(Commanding Officer)*



Wonder Woman Wednesday with Senator Patterson

Dear Rear-Admiral (Ret'd)
The Honourable Rebecca Patterson,

On behalf of all our guests who attended our Wonder Woman Wednesday webcast, we would like to say a heartfelt thank you for such a genuine interview.

Your words of wisdom on leadership, resilience, dealing with troublesome leaders, not finding balance (because we all know that is B\$!) and how you indulge in a little downtime was beyond inspirational.

You continue to be such an amazing role model to all of us and it brings us great comfort to know that you are our voice in the senate.

~~~~~

**To the participants on the call and those at dinner,**

Thank you for your brilliant and insightful questions.

We had viewers from across Canada and as far away as Manila!

Your participation in the call made those distances melt away as we come together to strengthen the women veteran community.

Thank you for being part of the Pepper Pod Forest!



## Holiday Open House

**EXCITING!**

The Pepper Pod is hosting a Holiday Open House on Sunday, November 19th (1:00 pm – 3:00 pm)

We'll have hot chocolate, a warm fire, tours of the Pepper Pod and the She Shed will be open for your holiday shopping needs.

If you've always wanted to visit the Pepper Pod, now's a perfect opportunity.

Parking will be along the road so you can enjoy the calming walk up the driveway.

Please register [HERE](#) so we know how many marshmallows to have ready.

**Hope to see you there!**



## Lumber Jill Work Party

Maintaining The Pepper Pod and its beautiful surroundings is a monumental task that requires many hands. We host volunteer Work Parties a few times a year and we'd love you to join us at the next one.

It's time to get the Pepper Pod ready for the winter. We're calling on our Lumber Jills (and Jacks) to help re-stock the wood piles, tidy fallen trees and put the building to bed for the winter.

**Lumber Jill Work Party!**

Sunday, 19 November 2023

10:00 am – 12:00 pm

Dress is plaid and Santa hats (no medals.) 😊

Bring your work gloves, a shovel or rake or chainsaw (if you have one) and weather appropriate clothing. We'll be outside most of the time. After a little work, we'll enjoy lunch with the crew.

**Note:** *The Pepper Pod Holiday Open House will begin at 1:00 pm on the same day so you may want to hang around for a bit into the afternoon.*

Please register [HERE](#) so we know how many people will be joining us for lunch.





# Upcoming Wonder Woman Wednesday with LGen Frances Allen

We are excited to announce that our next Wonder Woman Wednesday will feature the Vice Chief of Defence Staff, LGen Frances Allen.

**Save the date: 29 November 2023!**

LGen Allen has served in the Canadian military since 1983 and is the first woman to hold the position of VCDS in the Canadian Armed Forces.

We look forward to her sharing her experience, stories, and perhaps a few interesting tidbits from her life and her career.

The event will be held online so members of the Pepper Pod community can participate from all over the country.

We'll kick off at 7:00 pm (EST) with a short chat and then LGen Allen will take questions from the Zoom call participants.

**We hope to see you online! [REGISTER HERE!](#)**

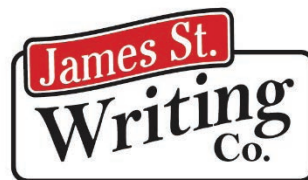


## HIGHLIGHTING OUR PARTNERS



### eLearnza

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### James Street Writing Company

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[www.jamesstreetwriting.com](http://www.jamesstreetwriting.com)

While Michael and Erika aren't part of the veteran community themselves, their enthusiastic commitment to The Pepper Pod's cause and mission enabled them to create a website that we—and the women we serve—absolutely love.

From the very beginning, they recognized that service is paramount to our cause and this understanding was clear in every step of the website development process.

To get a feel for our organization, Michael and Erika visited The Pepper Pod, a testament to their dedication and commitment to immersing themselves both in our space and our mission.

They gave us reasonable and manageable tasks, ensuring that we were active participants in the process, and Michael was always helpful in answering our technical questions.

What truly set Michael and Erika apart was their unwavering support and respect for the veteran community. They created a fabulous website and showed themselves to be allies who honour the incredible women we serve.

### NOTE THESE DATES!

**3-5 November**

Lifeshop I – Ottawa  
@The Pepper Pod

**11 November**

Remembrance Day

**19 November**

Lumber Jill Work Party

**19 November**

Holiday Open House

**24-26 November**

Lifeshop I – Ottawa  
@The Pepper Pod

**29 November**

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

**1-3 December**

Lifeshop I @The Pepper Pod

**6 December**

Beyond Trauma  
@The Pepper Pod

**22 December to 5 January**

Pepper Pod Holiday Break

### 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