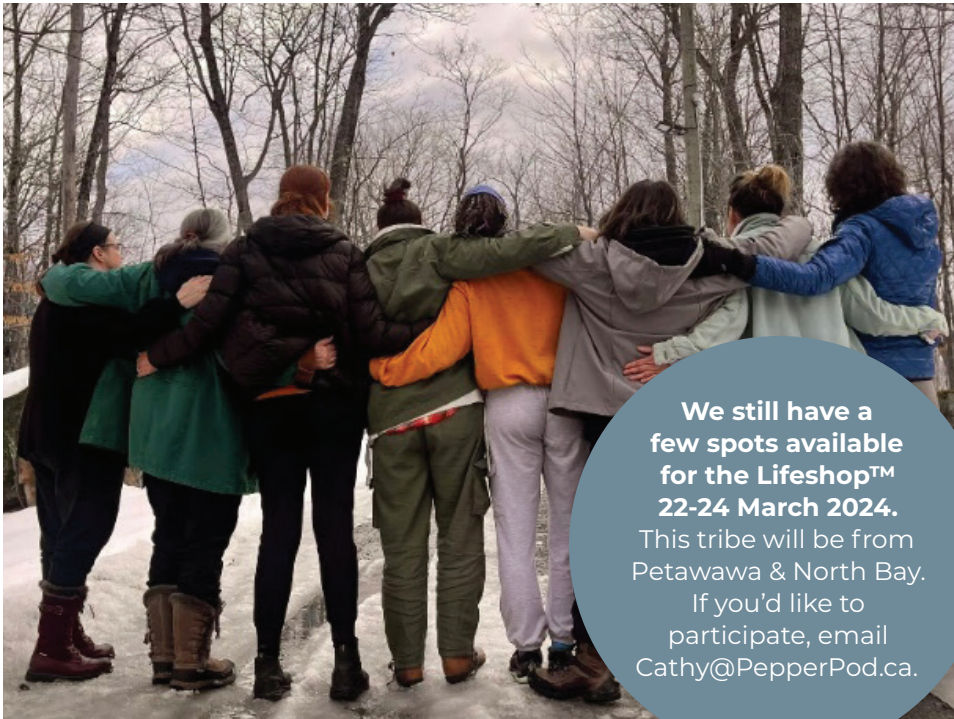


PEPPER POD

SitRep



FEBRUARY 2024
EDITION #19



We still have a few spots available for the Lifeshop™ 22-24 March 2024. This tribe will be from Petawawa & North Bay. If you'd like to participate, email Cathy@PepperPod.ca.

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A Message from a New Lifeshop Tribe

We came, strangers bearing hidden scars and questions about an uncertain future. Gradually, we became more. More confident in our own skin. More willing to share. More open to possibility. We have become a tribe through laughter, tears, and shared experiences.

Thank you, Sandra, for crafting such a warm, safe space where we could just be. Thank you to your core team, your volunteers, your partners, and your family for their tireless efforts in supporting such an amazing community. And thank you for the opportunity to participate in the immersive experience that was Lifeshop February 9-11, 2024. Love, The Pink Pod (aka The Pink Warriors).

P.S. Thank you for offering us chocolate even though you've decided to give it up for the year. But you know what? You're already sweet enough!



LE/ THE
PEPPER POD
Centre de ressourcement des vétérans
Retreat Centre for Women Veterans

The Gagetown Gals Hold a No Agenda Weekend!

The Gagetown Gals are an active tribe that gathers often to check in and spend time together. Recently, they decided that a few hours together was insufficient, so they decided to host their own *No Agenda Weekend*.

They rented an Air BnB, packed up their gear, and spent a great weekend together. They have also decided to go "snowSHEing" the same evening as the group at the Pepper Pod. (Too bad we had to cancel the Pepper Pod event due to weather.) It's heartwarming to see how the Pepper Pod forest is growing and staying connected! Great photos Gals!



Ottawa Tribe Maps Out Their Vision!

One of the Pepper Pod tribes from Ottawa got together on Valentine's Day to catch-up, share some hugs, and create vision boards for the upcoming months. Scissors and paper and glue sticks, oh my! They missed the absent members of their tribe but still had a special Galentine's Day together.



What has your tribe been up to?

If you'd like to share your adventures in the Pepper Pod Sit Rep, please email an update and photos to Cathy@PepperPod.ca.



Lifeshop Grad in Action! (Soldier On vs Ottawa Senators)

WOW, what a game!

On February 23rd the Soldier On hockey team battled it out with the Ottawa Senators' Alumni at the Canadian Tire Centre.

The Soldier On bench was packed with serving and retired women and men from the CAF. We were particularly excited to see Kim Hardy. Kim is a Lifeshop™ Grad and was one of three goalies on the team.

She stood firm between the pipes withstanding a solid hammering and several trick shots from Chris Neil and other Senator Alumni.

When Kim's cheering squad waved to her through the glass, she beamed and revealed that she was wearing her Pepper Pod necklace for good luck. Congratulations to Kim and the entire team for a great game and thank you to Soldier On for organizing such an awesome event.



Celebrate International Women's Day with Your Lifeshop™ Tribe!

Celebrate International Women's Day with your Lifeshop tribe – any day in March!

- You pick the date.
- You pick the activity.
- We help make it happen!

Thanks to the generosity of Lockheed Martin Canada, the Pepper Pod is supporting Lifeshop™ tribes across the country as they come together to celebrate.

Your Lifeshop™ tribe might like to go out for dinner, attend a paint nite, go axe throwing, visit the spa...the only limit is your imagination! Each participating tribe will assign a coordinator to be the main point of contact for The Pepper Pod. The coordinator will register the tribe for the event using this website. (It's ok if you don't know what your event will be yet – you don't need to have a plan before you register.)

Remember that only one coordinator per tribe needs to register for the International Women's Day event so have a chat before you start clicking! We are so excited to see photos of your event—and we'll share them on our Facebook and Instagram feeds so you can see how tribes across the country have celebrated!

Register Your Tribe Today!

Check out the details and register at <https://pepperpod.ca/event-calendar/celebrate-international-womens-day-with-the-pepper-pod/international-womens-day-with-my-tribe/>

International Women's Day Celebration at The Pepper Pod

The big day is almost here!

If you have registered for the International Women's Day celebration at the Pepper Pod, here are some bits of info for you:



DATE | 6 March 2024.

TIME | 6:00 pm – 8:30 pm.

PARKING | along the road.
Please walk up the driveway.

DRESS | casual and cozy.

EVENTS | inside and outside
so dress accordingly.

PRIZES | will be won.

FIRES | will be a-blazin'!

If you have not yet registered, we have very few spaces left.
Go to this [LINK](#) to secure a spot.

Gunther Hosted the Quebec Commissionaires

Gunther hosted the Board of Directors from the Quebec Commissionaires for a full-day meeting at the Pepper Pod this month.

He was a present and gentle host, working his way around the room and welcoming every member at the table. He was especially present at lunch checking in to make sure everyone was taken care of, and he personally attended to any dropped crumbs.

Although he would have loved to join the group for dinner at a local restaurant, he chose to remain at the Pepper Pod while his guests enjoyed their meal and met with members of the Regiment de Hull.



Lifeshop

“Every military woman transitioning out of the CAF should do this retreat. It has helped me make connections in a environment that has been very lonely.”

Lifeshop™ Grad



GBA+ Training Available Online

GBA PLUS

GENDER-BASED ANALYSIS PLUS

Did you know that you can take Gender Based Analysis Plus training online at no cost?

The course is self-directed and takes less than 2 hours to complete. Here's an excerpt from the course description.

“This course is designed as an introduction to GBA Plus aimed at federal government public servants, but other stakeholders, such as academia, for profit and not for profit organisations as well as the general public may also find it useful. Depending on previous experience, you may find the content familiar while others find it new and challenging. Also, depending on your job, you may be required to take additional training in GBA Plus.

Regardless of your experience, education and current situation, this is your place to begin. The course includes video, graphic and written material for your review, as well as exercises to test your knowledge. Character profiles and case studies will assist you in applying some basic GBA Plus concepts and processes.”²

Check out the link below from the government of Canada to learn more and take the course. <https://women-gender-equality.canada.ca/en/gender-based-analysis-plus/take-course.html>

1. Image from: Government of Canada website: <https://women-gender-equality.canada.ca/en/gender-based-analysis-plus/take-course.html> (Date modified 2022-06-16)
2. Government of Canada website: <https://women-gender-equality.canada.ca/en/gender-based-analysis-plus/take-course.html> (Date modified 2022-06-16)

Visit from CAF Transition Group

The Pepper Pod greeted members from the CAF Transition Group for a visit on February 26th.

The Transition Group plays a significant role in the well-being of departing CAF members and there are similarities between the Transition Group mission and that of the Pepper Pod. It was great to welcome their team and share more about the services we offer.



Photo Caption: We were so enthralled with our conversations with members of the CAF TG team that we forgot to take a photo. Please enjoy this shot we lifted from our doorbell feed while we were chatting outside.

HIGHLIGHTING OUR PARTNERS



Quebec Commissionaires

The Quebec Commissionaires have been supporters of the Pepper Pod even before the doors first opened. They have been consistent cheerleaders and have provided moral support, as well as financial support to the centre. The beautiful beds, blankets, sheets, pillows, and nightstands in the sleeping area of the Pepper Pod were possible because of the generosity of the Quebec Commissionaires. If you've had a great sleep at the Pepper Pod, you have them to thank!

Join our Online Tribe

Join our online tribe to remain current on upcoming events.

LIFESHOP REGISTRATION will be opening soon, and we'll announce it on our social media so please follow the Pepper Pod to receive the info soonest.

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/>



Note: Our self-esteem is not tied to the number of followers we have, we just want to make sure you receive the info in your feed as soon as it's available. 😊

Registration Opening Dates @PepperPod.ca

15 March 2024 registration opens for:

- Lifeshop™ I,
- Lifeshop™ II,
- National Pepper Pod Picnic Day,
- No Agenda Weekends

15 April 2024 registration opens for:

- Dragon Boat Team

If you'd like to learn more about the Pepper Pod, visit our website at www.PepperPod.ca



Lifeshop

"This retreat was amazing! I am leaving here with a tribe of women after feeling alone for so long. You cannot imagine how much that means to me!"

Lifeshop™ Grad

UPCOMING AT THE PEPPER POD

All March	Celebrate International Women's Day with your Lifeshop™ tribe
1 Mar	Women in Defence and Security (WiDS) Breakfast in Ottawa
6 Mar	Celebrate International Women's Day @ the Pepper Pod
8 Mar	International Women's Day – Pepper Pod Display @ Carling Campus
15-17 Mar	Lifeshop™ I (Halifax) in English in Halifax (FULL)
15-17 Mar	No Agenda Weekend @The Pepper Pod (FULL)
18 Mar	Beyond Trauma in Halifax (English) (FULL)
22-23 Mar	Lifeshop™ I (Petawawa/North Bay) in English @The Pepper Pod
27 Mar	Beyond Trauma @The Pepper Pod (English) (FULL)
12-14 Apr	Lifeshop™ I in Edmonton (English)
12-14 Apr	No Agenda Weekend @The Pepper Pod
15 Apr	Beyond Trauma in Edmonton (English)
26-28 Apr	Lifeshop™ I (Ottawa/Gatineau) in English @The Pepper Pod (FULL)
9 Jun	National Pepper Pod Picnic Day!
6 Jul	SUP Ladies?! Stand Up Paddleboarding at Meech Lake

Long live strong women!

Lifeshop

"This retreat doesn't just open your eyes, it opens your soul. The Pepper Pod is a space of love, understanding and lays the groundwork for deep and meaningful connection and healing."

Lifeshop™ Grad

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.