

PEPPER POD

SitRep



JULY 2024
EDITION #24



IN THIS ISSUE

1. Note from Sandra
2. National Lifeshop I Schedule
3. Beyond Trauma – NEW DATES
4. Women's Wellness Day
5. Ottawa Athletico Soccer Game
6. SUP Ladies?!? Stand Up Paddleboarding
7. Call for BuildHERS – August Intake
8. Transformative Workshop (en français)
9. Peppurette Day at the Pepper Pod
10. Outdoor Classroom Update
11. New Items in the She Shed
12. Pepper Pod Team on Vacation
13. This is What a Feminist Looks Like!
14. Highlighting Our Partners
15. Upcoming at the Pepper Pod

Note from Sandra

Have You Noticed the Girl Vibe This July?

Whether you were celebrating the appointment of General Jennie Carignan as the new Chief of Defence Staff, cheering on Kamala Harris as she became the Democratic nominee for the upcoming US elections, or praising the 50% representation (finally!) at the Olympics in Paris, the "girl vibe" seemed to be everywhere in July. And we felt it at the Pepper Pod too! Women from the veteran community came from everywhere in the region to Stand-Up Paddleboard on Meech Lake, the WiDS executive held their annual strategic planning in our boardroom, and a group of women with a rich tapestry of backgrounds, military careers and life experiences gathered at the Luxe restaurant to celebrate the smashing of the glass ceiling on the day General Carignan stepped into her new role. Representation matters, and July rode in on a wave of vibrant, feminine energy that was hard to miss! ***Let's embrace that femininity in all its forms, use it to discover our passions, pursue our dreams and be empowered!***

National Lifeshop™ I Schedule

You've been asking and we heard you!

The Lifeshop™ I schedule for the next several months has been planned. Below are the dates of the upcoming sessions for the next several months.

6-8 Sep	Edmonton (English) in Edmonton
4-6 Oct	Gagetown (English) in Fredericton
1-3 Nov	Ottawa (English) at the Pepper Pod
15-17 Nov	Borden (English) at the Pepper Pod
29 Nov – 1 Dec	Ottawa (English) at the Pepper Pod
17-19 Jan	Ottawa (French) at the Pepper Pod
7-9 Feb	Trenton/Kingston (English) at the Pepper Pod
21-23 Feb	Montreal/Quebec (French) at the Pepper Pod
28-30 Mar	Vancouver Island (English) on Vancouver Island

We'll contact women on the waitlists for each location to book seats. If you are not yet registered on the waitlist and would like to attend a Lifeshop™ I in your area, please register online at <https://pepperpod.ca/programs/lifeshop-1/>



Beyond Trauma Course – NEW DATES!

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. This program was personally designed by Sandra Perron, founder of the Pepper Pod and it is specifically for women currently serving in the Canadian Armed Forces and women veterans.



New dates have been scheduled and we welcome you to register.

9 Sep	Edmonton (English)
7 Oct	Gagetown (English)
23 Oct	Pepper Pod (English)
4 Dec	Pepper Pod (English)
22 Jan	Pepper Pod (French)
5 Feb	Pepper Pod (English)
19 Feb	Pepper Pod

If you don't see your location on the list, you can still register and please note your location in the comment section on the online form. If we have enough interest in your area, we may be able to come to you!

If you think Beyond Trauma may be helpful for you, we encourage you to register.

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

If you have any questions, please get in touch with 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





Women's Wellness Day

REGISTER TODAY!

The Pepper Pod will host its second Women's Wellness Day on 29 August, and we'd love for you to attend!

The day will begin with a two-hour training session led by Carine Watier, BBA, MSc (Certified Integrative Nutrition Health Coach). We'll learn about the digestive system and the connection between gut health and the immune system, stress, hormonal balance, mental health and more. Lunch will follow, and then we'll head out for a hike in the gorgeous maple forests of the Gatineau Hills.

You can register here: <https://pepperpod.ca/event-calendar/womens-wellness-day/>

Ottawa Athletico Soccer Game

Thank you to Coding for Veterans for the tickets to the Athletico Ottawa soccer game on June 28th. The Pepper Pod Dragon Boat team celebrated their recent win at the game, and it was nice to be together outside of the boat.



SUP Ladies?! Stand Up Paddleboarding Day

On 6 July, we met a bright-eyed group of paddleboarders at Meech Lake for a beautiful morning on the water. Then we returned to the Pepper Pod for lunch, laughs and camaraderie. It was so good for the soul to gather with new faces and returning members of the Pepper Pod forest.

A great big Pepper Pod thank you to Bibi Vachon for pitching the idea and helping with organizing, and to Liz Priestman for her delicious home-baked cookies. We also want to extend our thanks to the Royal Canadian Legion for sponsoring the event.





Call for BuildHERs – AUGUST INTAKE!

Are you handy with tools? Got a bit of a green thumb?

If so, the Pepper Pod has a neat new program.

We're looking for fabulous BuildHERs to help with some exciting outdoor projects in August. The dates may be fluid due to construction timelines. It's okay if you can't make it everyday.

You'll help prep the outdoor classroom, including site maintenance, light construction work, and landscaping.

We'll provide safety equipment and everything you need to do the work—oh, and a yummy lunch and snacks to keep you going through the day. We may expand this program to include other projects, so check it out and share your ideas.

Register today at <https://pepperpod.ca/event-calendar/buildhers/>

Transformative Workshop (en français)

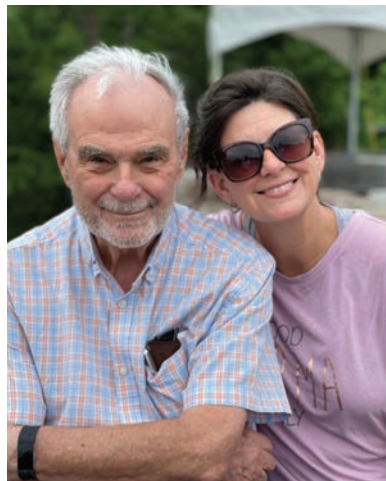
WOW! That may be a new Pepper Pod record for the fastest course booking!

Marcellin may be challenging Taylor Swift for ticket sale records.

We're thrilled to announce that the one-day workshop led by Master Neurolinguistic Practitioner Marcellin Perron is already full. We'll be contacting the lucky attendees shortly.

This immersive and experiential workshop will be conducted entirely in French at the Pepper Pod. Participants can expect to challenge limiting beliefs, uncover core values, release emotional burdens and make meaningful change in their lives.

Date: 24 August
Time: 9:00 – 15:00
Language: French
Cost: \$25



Pepperette Day at The Pepper Pod!

Do you have a daughter or granddaughter in the serving community between the ages of 10 and 17?

We call these young ladies Pepperettes—and they're going to want to check out our special Pepperettes Day on Wednesday, 21 August, 2024.

This fun, physical and rewarding day will have a summer camp vibe and include team building, small party tasks 🥳 gardening and lots more. Lunch, snacks and s'mores and all supplies will be provided!

For high school aged students, the day will also qualify for up to 5 volunteer hours towards the Ontario High School graduation requirements.

Mark your calendars and stay tuned for the opening of online registration at [PepperPod.ca](https://pepperpod.ca)





Outdoor Classroom Update

We are thrilled to announce that the construction of our new outdoor classroom is underway! It'll be a sanctuary for learning and connection, surrounded by the beauty of nature.

The outdoor classroom represents our commitment to creating enriching experiences for our community, fostering growth and education in a serene and inspiring environment. It will allow us to serve more women and will offer much-needed protection in inclement weather.

Thank you to our generous partners for helping to support this exciting initiative:

- Canadian Legacy Project
- Royal Canadian Naval Benevolent Fund
- Quebec Veterans Foundation
- Barry F. Lorenzetti Foundation
- Leacross Foundation
- Legion National Foundation

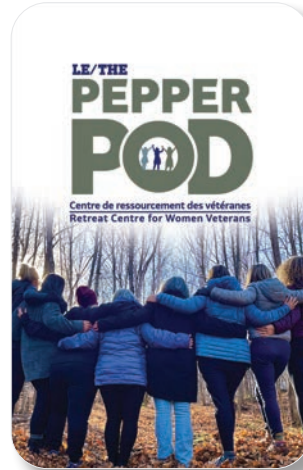
We are so excited to share this new structure with you!

New items in the She Shed!

Thanks to our She Shed Tiger Team, new items from more veteran and military vendors are on their way. The next time you are at the Pepper Pod, check out our new products, including:

- Scarfs
- Headbands
- Beaded bracelets
- New coffee
- New honey
- New candles
- Pottery
- Custom Pepper Pod playing cards and more!

We're also working on some new t-shirts including a special run on "Out Standing" shirts for the upcoming movie!



Pepper Pod Team on Vacation

The Pepper Pod crew will be on block leave from 21 July to 3 August 2024.

Our team will recharge our batteries and practice self-care after a busy and fulfilling first half of the year. Email responses may be delayed during this time as we fully embrace our break. We'll return full of energy and ready to continue serving the women's veteran community.





This is what a feminist looks like!

We have some proud new fans!
 When their spouses came home from the Pepper Pod picnic with a gift, the gentlemen were happy to don their new gear.

Left to right
 RJ Martin, RCR LCol ret'd,
 Jeff Chalmer, SOF CWO ret'd,
 Gary Hardwick RCA LCol ret'd.

HIGHLIGHTING OUR PARTNERS



The Legion
National
Foundation

La Fondation
nationale
Légion

The logo of the Legion National Foundation represents remembrance, honour and assistance.

LEGION NATIONAL FOUNDATION

What an incredible organization! The Legion National Foundation is dedicated to serving Canadian veterans and generously donated \$20,000 to the Pepper Pod Outdoor Classroom project. Their impact will last for years as more and more women veterans come to the Pepper Pod to use the new space for learning, socializing, exercising, and coming together. We are very grateful to the Legion National Foundation for trusting the Pepper Pod with such a generous gift. We look forward to hosting them at the ribbon-cutting ceremony in September.



Environment Friendly
Community

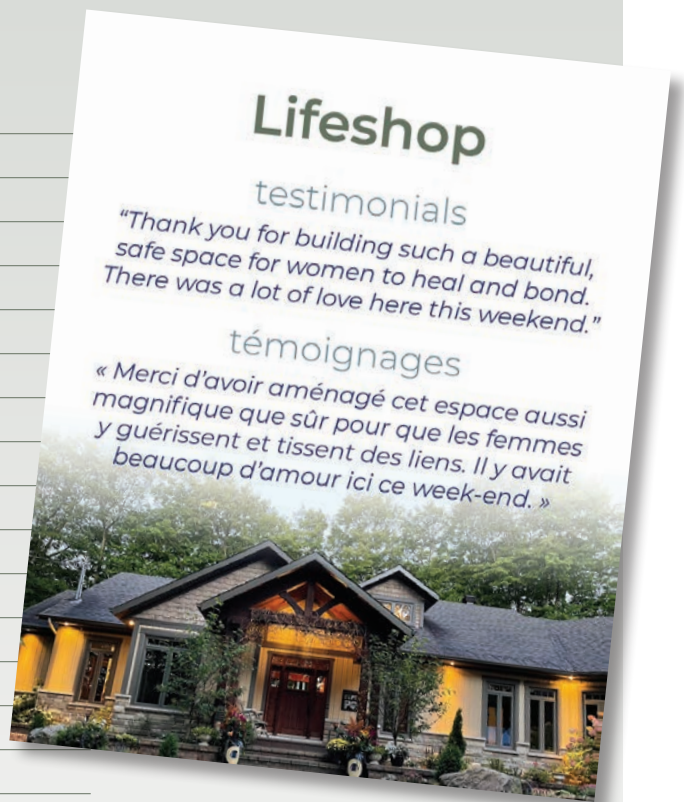
THE MUNICIPALITY OF CHELSEA

Whether we need parking assistance, advice or construction permits, the Chelsea municipality has always been a cheerleader and supporter of the Pepper Pod. We are grateful for our relationship with the mayor, counsellors and helpful municipal staff. Thank you for always having our back and for embracing the Pepper Pod into your community.



UPCOMING AT THE PEPPER POD

17-23 Aug	Potential BuildHERs Days
21 Aug	Pepperette Day at The Pepper Pod
24 Aug	Transformative Workshop (en français)
29 Aug	Women's Wellness Day
6-8 Sep	Lifeshop – Edmonton (English)
9 Sep	Beyond Trauma – Edmonton (English)
14 Sep	Outdoor Classroom Ribbon Cutting
21 Sep	Visit - Gender Advisor Course
22 Sep	Army Run
30 Sep	National Truth & Reconciliation Day
4-6 Oct	Lifeshop – Gagetown (English)
7 Oct	Beyond Trauma – Gagetown (English)
23 Oct	Beyond Trauma – Pepper Pod (English)
1-3 Nov	Lifeshop - Ottawa (English) at the Pepper Pod
15-17 Nov	Lifeshop - Borden (English) at the Pepper Pod
29 Nov – 1 Dec	Lifeshop - Ottawa (English) at the Pepper Pod



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

Instagram https://www.instagram.com/le_thepepperpod/

Facebook <https://www.facebook.com/pepperpod.ca>

LinkedIn <https://www.linkedin.com/company/pepper-pod/>

Long live strong women!

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.