

PEPPER POD

SitRep

Spring Is in the Air at The Pepper Pod

As the last traces of winter melts away and the warmth of the sun returns, The Pepper Pod is coming alive with all the vibrant energy of spring. Deer are making their way to our budding hostas and crocuses are blooming across the property. There's a renewed sense of purpose and joy that flows through our community like the fresh spring breeze!



Of course, the true magic of spring at The Pepper Pod is the people. We called on our peeps to help prepare the centre for all our summer activities and they showed up with the usual energy, enthusiasm, and industrial-sized brooms! And of course, Gunther got spoiled by the attention of our Pepperettes.

This season, we're especially excited about our upcoming programs that encourage outdoor exploration and inner growth. From spirited Dragon Boat training to meaningful fireside conversations, spring invites us to step outside and breathe deeply. We do that particularly well at the Pepper Pod.

The Pepper Pod has always been a place of restoration and strength for women who serve and have served, and in spring, that mission takes on even deeper meaning. ***Like the world around us, we too can bloom again—together.***

Sandra



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Learn About the Connect-HERs Volunteer Outreach Team!

We're hosting a second Information Session for those who were unable to attend the first session.



SECOND SESSION
Same Info

Do you still have a passion to serve?

This exciting initiative is about to launch, and it may be of interest to you.

Women veterans share a genuine connection with one another. Based on this unique bond, the Connect-HERs program is designed to reach women veterans who are experiencing or at risk of experiencing homelessness and link them with support services.

We are seeking strong, empathetic, compassionate Pepper Podders to join the program.

Interested in learning more? Please join us for a Connect-HERs information session where you can learn about the program, the commitment, and how you can continue to make a difference.

- Who:** Women veterans who want to volunteer and give back
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- What:** Connect-HERs Information Session
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- When:** 2 May 2025 at 1:00 pm
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- Where:** The Pepper Pod, 35 chemin Nordik Chelsea, Quebec

Registration and information can be found on our website at: <https://pepperpod.ca/event-calendar/connect-hers/>

NEW DATES - Upcoming Beyond Trauma Courses

The Beyond Trauma Course is a one-day session for women serving in the CAF and women veterans who have experienced sexual trauma. Designed specifically for women who have served, the course is offered in a private, safe and confidential manner. The program offers tools to help participants overcome trauma, build meaningful connections, and foster healthy relationships.

"I made more progress in six hours than I made in three years of therapy."

BEYOND TRAUMA PARTICIPANT, 2023

WHO: Beyond Trauma is for women serving in the Canadian Armed Forces (CAF) and women veterans who have experienced sexual trauma.

WHAT: This one-day retreat gathers groups of 6-8 participants in a private, safe, and confidential space to begin healing and connect with women who share similar experiences.

WHERE: The Pepper Pod Retreat Centre for Women Veterans—just 15 minutes from downtown Ottawa in Chelsea, Quebec, and at select locations across Canada.

WHAT'S INCLUDED: Meals, refreshments, materials and supplies.

COST: There is no cost. The program is funded by a grant from the Department of National Defence's Sexual Misconduct Support and Resource Centre.

UPCOMING DATES:

- 12 May - Halifax (English)
- 13 May - Halifax (English)
- 2 June - Vancouver Island (English)
- More dates coming in the fall.

REGISTER TODAY! If you have already registered for Beyond Trauma, you do not need to register again. We're moving quickly through wait lists at some locations, and we hope to send you an invitation soon for a course in your area.

For more information, please visit our website at:

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

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

Canada



Transformative Workshop (en français)

We're thrilled to announce another one-day workshop led by Master Neurolinguistic Practitioner, Marcellin Perron!

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.

If you're looking for deep personal transformation, this is an opportunity you won't want to miss!

Date: 7 June
Time: 9:00 – 15:00
Language: French
Cost: \$25

Registration closing date is 23 May 2025. Space is limited. We'll update participants and provide details via email after the closing date.

Registration is open on our website:
<https://pepperpod.ca/fr/calendrier-dactivites/atelier-transformateur/>



Nominations Open – 2025 ELLE-vation Awards

Celebrating women who champion other women!

Celebrate sisters, empower souls, raise spirits, and champion amazing women. The Pepper Pod ELLE-vation Awards were created to recognize women from the military and veteran community who lift up other women. Nominations for the 2025 ELLE-vation Awards are open until June .

Nominate women who made a difference in your life and the lives of others: Women who lift you up, women who advocate, support, comfort and celebrate other women. Women champions can be found at all ranks, all positions, and all levels...who is your champion?

This program was made possible by YOU – fabulous women who support each other – by generous assistance from Veterans Affairs Canada and by other kind donors. ELLE-vation Award Winners from across the country will gather in Ottawa for a special event this fall.

Nominate her today:
<https://pepperpod.ca/strong-women/elle-vation/>



2023 ELLE-vation Awards Winners



WO Penelope Stuart
Role model and beacon of positive leadership



Sgt. (Ret'd) Jessica Miller
Creating a safe and inclusive space for women veterans

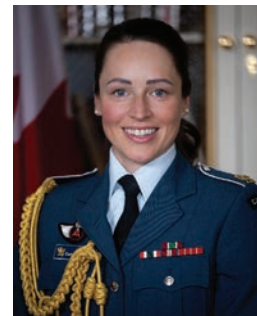


Rear-Admiral (RAdm) Josée Kurtz
Exemplifying service before self

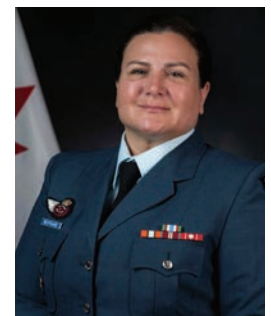
2024 ELLE-vation Award Winners



Marty Keates
Leading by example, with strength and compassion



Major Catherine Cabot
Creating open, collaborative spaces where all voices are heard



Chief Warrant Officer Micheline Bertrand
Paving the way for future generations of female aviators



Veterans Affairs Canada

Anciens Combattants Canada

Dragon Boat Dry Land Meeting!

We had a great time getting together to remember last year's season and welcome new members to the Dragon Boat Crew. Sandra prepared a great video full of fun memories and we all had lunch together.



This year's team is looking really strong as we meet with Bellefleur Fitness and track our progress online. We hit the water on 3 June to ramp up our training in another quest for the podium.

Thank you to the Royal Canadian Legion Dominion Command and Bellefleur Fitness for your support.



SUP Ladies Paddleboarding Day

SUP Ladies!?!

Registration is now open for our Stand Up Paddleboarding adventure.

- 8 June 2025
- 8:30 am
- Meech Lake (P12)
- BYOB – Bring Your Own Board 😊

8:30 am	Meet at Meech Lake P12 - arrive early as parking is limited at P12 and it is the only place you can unload your paddleboard.
9:00 am to 11:00 am	Paddle, chat, laugh and follow Bibi's map 😊
11:30 am	Return to the Pepper Pod and join National Pepper Pod Picnic Day!

Kayaks are welcome too!

If you are bringing a guest, please ensure that she is 18+ years old.

Remember to bring your boards (washed before entering a new lake), towels and life jackets (obligatory).

Register here:

<https://pepperpod.ca/event-calendar/sup-ladies-paddleboarding/>





It's National Pepper Pod Picnic Day!

The last day to register for your picnic kit is Friday, May 9th 2025.

Wherever you are, gather your Lifeshop™ tribe for a picnic on Sunday, June 8th, 2025—as we celebrate the third National Pepper Pod Picnic Day!

For Lifeshop™ Tribes Across Canada

Find a nice park, field, backyard, dock, treehouse, any perfect place for a picnic and collect your peeps. Consider sharing the love and inviting a nearby Lifeshop™ tribe to join you.

For every remote Lifeshop™ tribe, please have one representative register for the picnic so we can send you the picnic kit. The last day to register for your picnic kit is Friday, May 9th 2025.

For Everyone in the Ottawa/ Gatineau Region

The Pepper Pod team invites everybody in the Ottawa/Gatineau area to join us at the Pepper Pod at 11:00 am on Sunday, June 8th, 2025.

Haven't done a Lifeshop™ yet?

No problem, the Ottawa/Gatineau gathering is for everyone!

We'll be supplying the food. Please register here so we can plan the menu: <https://pepperpod.ca/event-calendar/national-pepper-pod-picnic-day-open/>

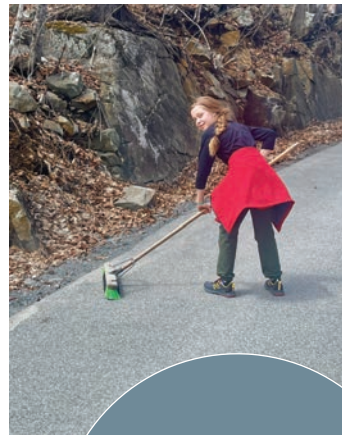
Photos are from the 2024 Pepper Pod Picnic.

The picnic is free to attend, thanks to our fabulous sponsor, Versatil.

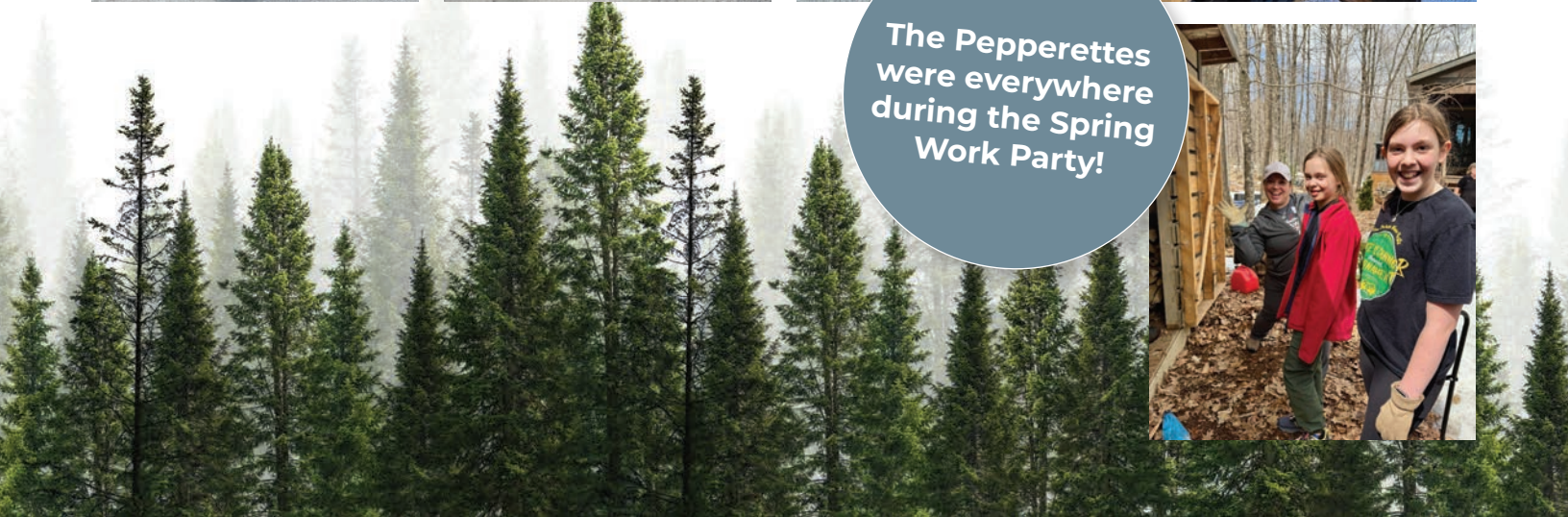


The Spring Work Party Sprint!

Thank you to everyone who joined us for the mini-Spring Work Party. You moved so quickly that we ran out of jobs!



The Peppernettes were everywhere during the Spring Work Party!





The Pepper Pod Out & About!

Let's see photos of your
tribes Out & About!

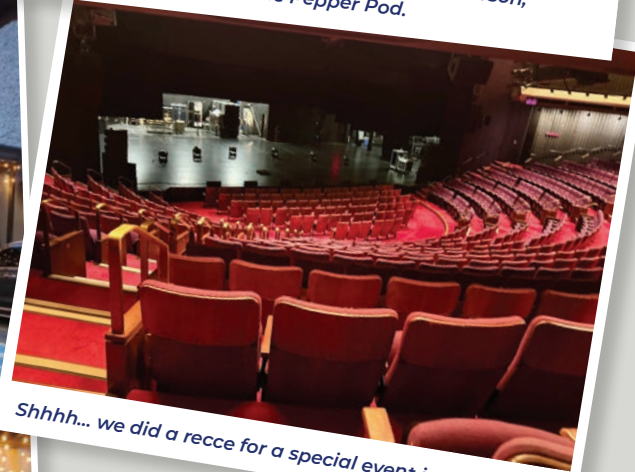
Email your pictures to
Cathy@PepperPod.ca



We were honoured to host Germany's ambassador to Canada, Ambassador Tjorven Bellmann, the Ukrainian ambassador to Canada, Ambassador Yulia Kovaliv, and Rear Admiral (Ret'd) Rebecca Patterson, Senator for Ontario to lunch at the Pepper Pod.



Hello from the Homie Gnomie's tea party!



Shhhh... we did a recce for a special event in September.



Pam Hatton diving in at the Spring Work Party.



Three of the "8 Peas in a Pod" out for a yummy Italian dinner at a restaurant where they make their own mozzarella cheese.



Ramona & Michelle from "The Pepper Pod's Fabulous 50" tribe helped out at the spring work party.

Upcoming at the Pepper Pod and Beyond

1 May	Dragon Boat Team visits Bellefleur Fitness
2 May	Second Connect-HERS Information Session
9 May	Last day to register your tribe for a picnic box (outside of the Ottawa/Gatineau area)
12 May	Beyond Trauma (English) in Halifax
13 May	Beyond Trauma (English) in Halifax
24 May	The Pepper Pod hosts spouses of the RCAF Association
30 May – 1 Jun	Lifeshop (Vancouver Island - English) on Vancouver Island
1 June	Last day to register the picnic at the Pepper Pod (Ottawa/Gatineau area)
2 June	Beyond Trauma (English) on Vancouver Island
3 June	Dragon Boat Practice
5 June	Dragon Boat Practice
7 June	Transformational Day with Marcellin @ The Pepper Pod (en français)
8 June	Gunther's Birthday!
8 June	SUP Ladies Paddleboarding Morning @ Meech Lake
8 June	National Pepper Pod Picnic Day @ The Pepper Pod and across the country!
10 June	Dragon Boat Practice
11 June	Connect-HERs Planning Meeting
12 June	Dragon Boat Practice
17 June	Dragon Boat Practice
19 June	Dragon Boat Practice
20 June	Nominations close for 2025 ELLE-vation Award
20-22 June	Ottawa Dragon Boat Festival
JULY	ENJOY YOUR SUMMER! No formal programming.
8 August	Women's Wellness Day with Carine Watier

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

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

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

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

Long live strong women!

Gunther had fun hanging out with Uncle Mike while Sandra was in Gagetown for a Lifeshop.



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