

# RapSit SitRep

du PEPPER POD

PEPPER POD

Édition spéciale | Special Edition

## LA JOURNÉE INTERNATIONALE DES FEMMES INTERNATIONAL WOMEN'S DAY

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



## DANS CE NUMÉRO SPÉCIAL

1. Célébrons notre journée!
2. Ad Astra Stables – Larissa Brown
3. Veteran Farm Project - Jessica Simpson
4. Women Warriors Healing Garden – Erin Kinsey & Elaine Waddington
5. Veteran's Elite Canines - Cindy Weir
6. Women Rock - Empowering Women Veterans Through the Power of Music – VETS Canada
7. Women's Mentoring Network Canada - Amanda Kalhous
8. Rosemary Park - Servicewomen Salute
9. Nurse Next Door - Kathy Litalien
10. Herbal Maker – Nancy Livingstone
11. Diaki Experiences - Christine Carignan
12. Breaking Boundaries: Women Leading the Way in Disaster Response – Helen Lialias
13. Trailblazing Towards Equality: Camp Courage's Inspiring Journey - Andréa Speranza
14. Veterans Affairs Canada - Women and 2SLGBTQI+ Veterans Team Manager - Tanya Wiltshire
15. Women in Defence and Security (WiDS) - Julia Scouten
16. Barry F. Lorenzetti Foundation – Corine Watier Lorenzetti and Susan Dabrowski
17. Leacross Foundation – Roslyn Burn
18. The Legion Foundation – Sam Laprade
19. Fondation québécoise des vétérans – June McCabe
20. Lockheed Martin Canada – Lorraine Ben
21. Au sujet du Pepper Pod
22. Calendrier d'activités du Pepper Pod
23. Dates d'ouverture des inscriptions sur le site PepperPod.ca

## IN THIS SPECIAL EDITION

1. In Celebration of International Women's Day!
2. Ad Astra Stables – Larissa Brown
3. Veteran Farm Project - Jessica Simpson
4. Women Warriors Healing Garden – Erin Kinsey & Elaine Waddington
5. Veteran's Elite Canines - Cindy Weir
6. Women Rock - Empowering Women Veterans Through the Power of Music – VETS Canada
7. Women's Mentoring Network Canada - Amanda Kalhous
8. Rosemary Park - Servicewomen Salute
9. Nurse Next Door - Kathy Litalien
10. Herbal Maker – Nancy Livingstone
11. Diaki Experiences - Christine Carignan
12. Breaking Boundaries: Women Leading the Way in Disaster Response – Helen Lialias
13. Trailblazing Towards Equality: Camp Courage's Inspiring Journey - Andréa Speranza
14. Veterans Affairs Canada - Women and 2SLGBTQI+ Veterans Team Manager - Tanya Wiltshire
15. Women in Defence and Security (WiDS) - Julia Scouten
16. Barry F. Lorenzetti Foundation – Corine Watier Lorenzetti & Susan Dabrowski
17. Leacross Foundation – Roslyn Burn
18. The Legion Foundation – Sam Laprade
19. Quebec Veterans Foundation – June McCabe
20. Lockheed Martin Canada – Lorraine Ben
21. The Pepper Pod
22. Upcoming Dates at The Pepper Pod
23. Registration Opening Dates

**Note : Les articles sont publiés dans la langue de l'organisation ou de la personne.**  
**Note: Articles are published in the language of the organization or individual.**



## Célébrons notre journée!

Les femmes ont une prédisposition unique à s'entraider tout au long de leur vie. Le savoir se transmet de génération en génération, que ce soit au sujet des produits d'hygiène menstruelle, de l'allaitement ou de la ménopause, sans oublier les limites saines, les façons de surmonter les embûches et la guérison d'un cœur brisé. Cela dit, pourquoi cette entraide ne se manifeste-t-elle pas davantage dans notre vie professionnelle?

Nous sommes des alliées, des championnes, des confidentes et des amies exceptionnelles. La réussite de chaque femme est notre réussite commune. Nous entrons dans une nouvelle époque où les femmes ouvrent de plus en plus de possibilités d'affaires les unes pour les autres. Je suis privilégiée d'être témoin de ce phénomène en pleine éclosion, et j'en ai fait le fil conducteur de ce numéro spécial publié à l'occasion de la Journée internationale des femmes.

Une amie très chère, Louise Mercier, a affirmé un jour que mon superpouvoir était de savoir m'entourer de personnes extraordinaires. Vous trouverez aux pages suivantes des profils de femmes aussi remarquables qu'inspirantes. Les côtoyer m'apporte une joie et une satisfaction difficiles à rendre en mots, ainsi qu'une immense gratitude.

***Vive les femmes fortes!***

(En d'autres mots, vive nous toutes!)



## In Celebration of International Women's Day!

Women are naturally and uniquely poised to help other women throughout life. We pass on generational wisdom on everything from how to use menstrual hygiene products, breastfeeding and menopause hacks, to establishing boundaries, overcoming adversity and healing a broken heart. So why don't we do more of this in the workplace?

Being our best allies, champions, cheerleaders, confidentes, and

friends will propel us to a new era of making place for each other at the business table. I've been blessed to witness this happening and I wanted our special International Women's Day edition to reflect this theme: women championing women.

A good friend of mine, Louise Mercier, once highlighted that I had a superpower: an ability to surround myself with amazing humans. The following are but a small sample of the incredibly strong, inspirational, and empowered women with whom I get to connect.

***Long live strong women!***

(And aren't we all?)

*Sandra*





## Ad Astra Stables - Larissa Brown



On Valentine's Day in 2018, Soldier On was at Ad Astra Stables to film a video about the impact horses have on soldiers with Post-Traumatic Stress Disorder (PTSD). This was a life changing moment for Larissa and Robert Brown. With the lifetime of experience that Larissa has with horses and with the couple's PTSD challenges, they decided that they needed to be a part of this evolutionary process. This was the birth of Ad Astra Stables and the Regain the Reins program.

Through Ad Astra Stables, Larissa provides equine-assisted coaching. She and her horses use an interactive method that guides a person or couple toward awareness.

- Awareness leads to understanding.
- Understanding leads to self-compassion.
- Self-compassion leads to healing.

Ad Astra Stables focus on military members, veterans and their spouses or partners, and specifically, those facing challenges with their mental health. The work is especially meaningful, effective, and fun when the military member can complete the program with their family. Often, injured serving and retired members are treated through clinical means, alienating their family. At Ad Astra Stables, families are fully present in the healing process, if possible. The programs are tailored to the needs and desires of the family. It is not a one-size-fits-all program but rather curated to meet the needs of individual people.

If you would like to receive more information about As Astra Stables and their upcoming events, please email Larissa to be put on her VIP list. You can unsubscribe from at any time and they only send info emails occasionally.

Ad Astra Stables is unique and anyone who has been there can attest to the calm, serene, safe environment on the shores of Lake Nosbonsing in Corbeil, Ontario. It is difficult to describe equine-assisted coaching using words. It must be seen, felt, and experienced to be understood.



*Photos are by Phoxie Photos by Tiffany Champagne*

**Larissa Brown**  
Ad Astra Stables

<https://adastrastables.ca/>  
[larissa.brown121@gmail.com](mailto:larissa.brown121@gmail.com)  
705-477-5289





# The Veteran Farm Project – Jessica Miller



*Veteran farm project*

Retired Sergeant Jessica Miller served in the army as a Med Tech and medically retired in 2018 after 22 years' of service. Once out of uniform she felt lost and isolated. She couldn't find a space that felt safe and wanted to continue her service of helping others. As a survivor of both physical and mental traumas, she knew firsthand how important it was to have a supportive community. That's why she created a place in nature for women to heal and grow. The farm is committed to promoting wellness and self-care, and she believes that it can make an impactful difference in the lives of women.

The Veteran Farm Project was established in 2018 in Sweets Corner, Nova Scotia as a way for veterans to continue helping others. The farm is focused on addressing food insecurity, while also providing a healing environment where people can connect and share experiences.

The farm has made it their mission to uplift and help those in need. They work with veteran families who need a helping hand and have been providing veteran families with much-needed We Care packages. It's a service all the staff and volunteers are incredibly proud of, as it allows them to give back to those who have given so much to their country.

In January 2023 Jessica was presented with the Queen's Platinum Jubilee medal for her dedication to serving the veteran community. In September 2023 Jessica was 1 of 3 recipients to receive the very first Pepper Pod ELLE-vation Award, which recognizes women who lift up other women to make a difference in the world. There was a lovely ceremony followed by a magical dinner in the forest.

Jessica's personal journey has led her to where she is today and has a sense of purpose and community. It is her hope that places like the farm can be created in other parts of the country and provide programs and activities for women veterans to feel they belong, that they are important and that they are deserving of programs designed to help them heal and find their new community.

## Jessica Miller

Founder & Director

Veteran Farm Project  
902.240.6521







## Women Warriors' Healing Garden – Erin Kinsey & Elaine Waddington

The Women Warriors' Healing Garden (WWHG) was founded to offer ongoing survivor-led support for Women and 2SLGBTQIA+ people who have served in the Canadian Armed Forces. Like *The Pepper Pod*, we aim to provide a safe environment where women can support each other. Our activities include in-person and virtual programs such as gardening, animal-assisted therapy with farm animals (equines and chickens), beekeeping, art therapy, horticulture therapy, building, crafting, and more.

Our 2-acre Garden, located on a 150-acre farm in the National Capital Region Green Belt, has been successfully operating in its current location since 2019. Many have volunteered their time to build the infrastructure of the Garden, including our glorious chicken coop, "Chateau Poule," which houses our flock of rare Icelandic chickens. They also helped fence the pasture that our equines Bert and Neco call home.

Winter months at the Garden are busy, with donkey walking, equine-assisted psychotherapy, and fireside chats. Indoor and virtual activities are also available, including workshops in arts and crafts, and virtual art therapy. From May-October, gardening enthusiasts can grow fruits, vegetables, and flowers. Participants with physical mobility challenges can use the raised garden beds or sit at the gardening table and enjoy getting their hands in the dirt. And if you are curious about bees and honey, our beekeeping program may be of interest to you, conducted at our apiary in South Ottawa.

The food we grow is made into preserves like strawberry jam and pickled beets and sold to raise funds for our programs or donated to food banks. You can find some of our products for sale in the *She Shed* at The Pepper Pod, or through our online store, *Bert's Old Country Boutique* (<https://women-warriors-healing-garden.myshopify.com>).

If you would like to learn more about WWHG, please look us up on Facebook, Instagram, LinkedIn, or at our website [www.womenwarriorshg.org](http://www.womenwarriorshg.org), or contact us at [wwhg@womenwarriorshg.org](mailto:wwhg@womenwarriorshg.org).

**Erin Kinsey**, Director and Co-founder

**Elaine Waddington Lamont**, Director and Co-founder  
Women Warriors' Healing Garden

[www.womenwarriorshg.org](http://www.womenwarriorshg.org)





## Veteran's Elite Canines – Cindy Weir



If you ask me how I am doing these days, I'm apt to respond, "Living the dream"! Whilst sporting a big smile on my face, and a lot of gratitude in my heart. My name is Cindy Weir and I am the Founder of Veteran's Elite Canines.

What makes life so wonderful you ask? Second chances, and I have been given one of the greatest second chances of all, the opportunity to serve my country again.

This feeling of gratitude and peace certainly has not always been the case. In fact, I can honestly say if it weren't for my dog Gracie, chances are I wouldn't be here today. Thanks to her, and a series of events, we are here today with a mission to provide Canadian Military Veterans suffering for Post Traumatic Stress Injuries with specifically trained and supported Service Dogs, that will not only assist our Veterans through their individual healing journey. They will also be a potential source of future income as a K9 working team in our workforce redevelopment program.

The path to Veteran's Elite Canines was a rocky one. I found myself struggling mentally and was in the US trying to find an organization that would assess and train Gracie as a service dog. Just when I was ready to give up, Steve Kotowski the owner of *What's up Dog* and the Founder of the American organization, *Pawsitive Love Foundation* agreed to help us... and their foundation covered all the costs. When I tried to explain that I was Canadian, Steve answered, "A veteran is a veteran."

Thanks to Steve's generosity and kindness, Veteran's Elite Canines began its mission, and I realized that I had to help other Veterans here at home. We became a Nationally Incorporated Not-For-Profit in the fall of 2019. By 2021 we had matched our first dog with a veteran in Newfoundland. In 2023 we were able to pair 2 more service dogs with veterans. Luna went to Newfoundland and Hope found a home in Ontario. Both of those dogs were generously sponsored by Boeing Canada.

There have been a lot of twists and turns since the adventure of Veteran's Elite Canines began. As I'm finishing writing this, Gracie is by my feet, the only thing that is missing is a fireplace and a crackling fire. Perhaps we should include that in our list of ideas while we continue to search for our new Canadian Headquarters.

If you'd like more information about Veteran's Elite Canines, I invite you to go to our website or contact me.

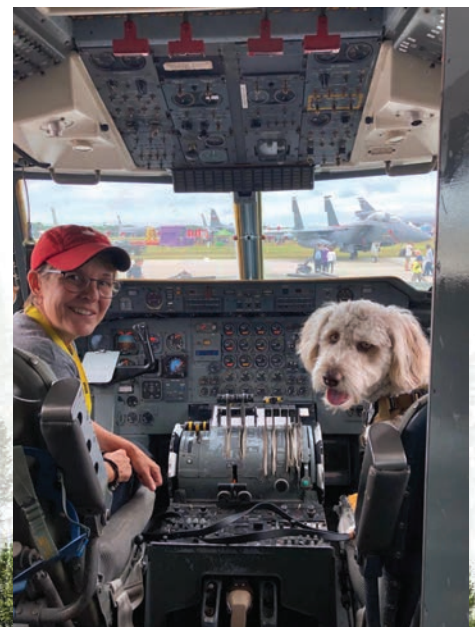
### Cindy Weir

Founder & CEO

Veteran's Elite Canines

[www.veteranselitecanines.ca](http://www.veteranselitecanines.ca)

Tel: (226) 998-7422







## Women Rock - Empowering Women Veterans Through the Power of Music – by Kelly Williamson

International Women's Day is an opportunity to shine a light on the unique challenges we know women and military spouses face through all stages of our service to Canada both in the armed forces and beyond.

The transition to civilian life can be particularly daunting, which is why the Pepper Pod and its unique programs including: Wonder Woman Wednesdays, No Agenda Weekends, Lifeshops, and their Beyond Trauma workshop, along with the Pepper Pod's mission to foster a healthy, vibrant community by strengthening the ties between women with close connections to our armed forces has become such a positive game changer for so many of us.

I fell in love immediately with Cathy, Sandra and the entire Pepper Pod crew. I was surrounded by kindred spirits and it just felt like home. I was blessed with an opportunity to visit the Centre during a visit with the Women In Defence and Security (WIDS) Executive Committee in July 2023 and again enjoyed the magic of the Pepper Pod during an incredible Wonder Woman Wednesday in November. The Team at the Pepper Pod are more than champions and advocates, they are master-connectors that bring people with diverse perspectives together to support our highest good.

Another organization working tirelessly to help veterans – women, men, and military families at various stages in their service to successfully transition to civilian life is Veterans Emergency Transition Services (VETS) Canada. Founded in 2010, VETS Canada is a national charity that was initially dedicated to assisting homeless, in-crisis and at-risk veterans through an array of tailored supports.

VETS Canada is a grass-roots organization with a dedicated network of volunteers from, coast to coast. I have been a volunteer with VETS Canada since 2015 and know, that like the Pepper Pod, its work is both lifesaving, and life changing.

Beyond supporting veterans in-crisis, through their Ground Support efforts, another one of their signature programs is their Guitars for VETS program, which provides free guitars and music lessons to veterans and serving members of the Canadian Armed Forces as a therapeutic outlet for coping with PTSD and other service-related injuries and challenges.

VETS Canada is pleased to highlight this program to members of the Pepper Pod community and encourages women veterans and service members who want to explore their creative side to sign up. Whether you're an experienced musician or a novice, Guitars for VETS welcomes veterans of all skill levels – as both students and if you've got skills – instructors

too. Our supportive community fosters a safe space for women (and men) to explore their musical talents, provides opportunities to bond with others, and to embark on, or, continue a personal journey of healing, transformation and self-discovery.

We're also excited to tease that we (VETS Canada + The Pepper Pod) have some exciting news on the horizon – and while it's a little early to spill the beans – there is a Pepper Pod / VETS Canada collaboration in the works. This collab is set to feature some exciting talent and additional support and resources tailored for women interested in experiencing the healing power of music through the Guitars for VETS program. Together, we're set to show that music is a powerful instrument of healing and empowerment for women veterans in Canada – because – **Women Rock!**

By participating in and supporting initiatives like those developed by the Pepper Pod and VETS Canada, we strengthen connections within our community, foster a culture of inclusivity and support, and ensure that every woman receives the recognition, respect, and support she deserves. If you're looking to explore your musical side and connect with a supportive community, reach out to VETS Canada to learn more, and sign up for the Guitars for VETS program. Your musical journey begins here. Top of Form

Sign up for the [Guitars for VETS](#) program today and embark on a journey of healing, connection, and transformation.

**Kelly Williamson**

National Director on the VETS Canada Board & Volunteer

VETS Canada

[www.vetscanada.org](http://www.vetscanada.org)





# Women's Mentoring Network Canada – Amanda Kalhous



WMN (Women's Mentoring Network) Canada began with a desire to connect women who had attended military college so they could share their experiences, challenges, and successes to support each other.

Settling in Toronto after releasing from the CAF, I struggled to find women mentors in my field. When I read Kate Armstrong's memoir, *The Stone Frigate*, I was struck by how similar our experiences were, even though separated by a decade. This realization prompted me to create a podcast for women ex-cadets to share their stories, not only of their college time, but of all the varied career and life trajectories that had started the same way – by visiting a recruiting centre.

By March 8<sup>th</sup>, we will have featured 57 stories. Most are from women who entered the military college system, but we're expanding to include other women who have a connection to the CAF and/or Military college such as Pepper Pod founder, Sandra Perron (Ep 43), Exec Director and Lifeshop Graduate, Cathy Priestman (Ep 21) and several other Lifeshop alumni (myself included).

Our private Facebook community has over 400 members and we recently launched a partnership with Elletourage – a women-only mentorship platform to help increase access to mentorship, sponsorship, and coaching. You can listen to WMN podcasts on Apple, Spotify, Google or directly at [anchor.fm/wmn~canada](https://anchor.fm/wmn~canada). Check out our website at [wmncanada.ca](https://wmncanada.ca) for past episodes, our blog, show notes, and to sign up as a guest. We would love to share your stories!

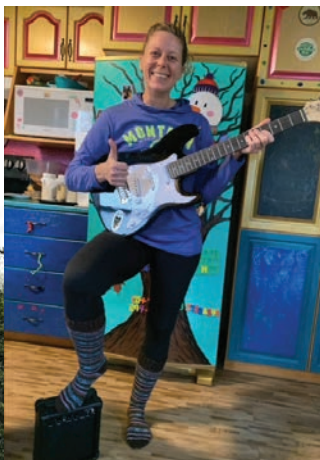
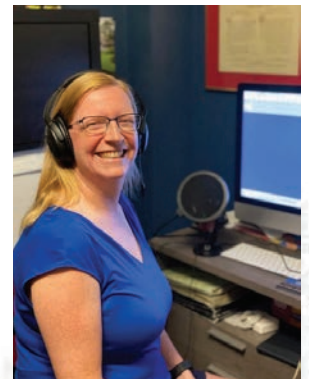


## Amanda Kalhous

Founder WMN Canada

<https://www.wmncanada.ca/>  
[wmncanada@gmail.com](mailto:wmncanada@gmail.com)

**WMN Podcast:** Apple, Spotify, Google or directly at [anchor.fm/wmn~canada](https://anchor.fm/wmn~canada)







**Servicewomen's Salute**  
**Hommage Aux Femmes Militaires**  
C A N A D A

## Servicewomen Salute – Rosemary Park

Welcome to *Servicewomen's Salute – Hommage aux Femmes Militaires Canada* and our mission to know, honour, care and strengthen the contribution of servicewomen to Canada. As military women, stakeholders and supporters, we dedicate ourselves to Canadian uniformed women who serve this country. Following WWII WD, CWAC and WRCNS servicewomen Associations, we are building Servicewomen's Salute as a non- profit proxy military association and veteran-serving support.

The history of *Servicewomen's Salute – Hommage aux Femmes Militaires Canada* begins with eight servicewomen organizing a sold-out Canada 125 October 8, 1992 formal commemorative Reception and Dinner on Parliament Hill. In 1998, *servicewomensalute.ca* ran for three years profiling servicewomen's contribution to Canada and story. Thirteen red maple leaves on the homepage honoured the courage of 13 women veterans and servicewomen profiled in Maclean's magazine 1998 series titled "Rape in the Military". On December 13, 2017, eight women and men volunteers organized another sold-out Canada 150 formal commemorative Reception and Dinner plus 12 exhibit displays at the Canadian War Museum attended by 470 guests and dignitaries.

In 2018, *Servicewomen's Salute – Hommage aux Femmes Militaires Canada* volunteers shifted from occasional legacy commemorations to join Queen's University and allied researchers in a five-year Servicewomen's Salute Portal Project. 45 online and in- person problem-solving, connection and celebration projects have occurred filling research gaps, production of digital photo, short story and documentary of women veterans' military service, *Help Us Know* servicewomen's history and legacy crowdsourcing, COVID-19 and Library and Archives Canada learning webinars, Servicewomen's Salute commentary, testimony and advocacy Calls to Action, mentoring workshops, and trusted spaces including October 2023 Servicewomen Aspire and Inspire 38-organization and artist showcase and networking event.

2024 begins with two new opportunities inviting veteran and serving women, supporters and stakeholders' participation recognizing, supporting, and honouring Canadian servicewomen's large skills, dedication, and service to Canada.

For more information, please contact:

### **Rosemary Park**

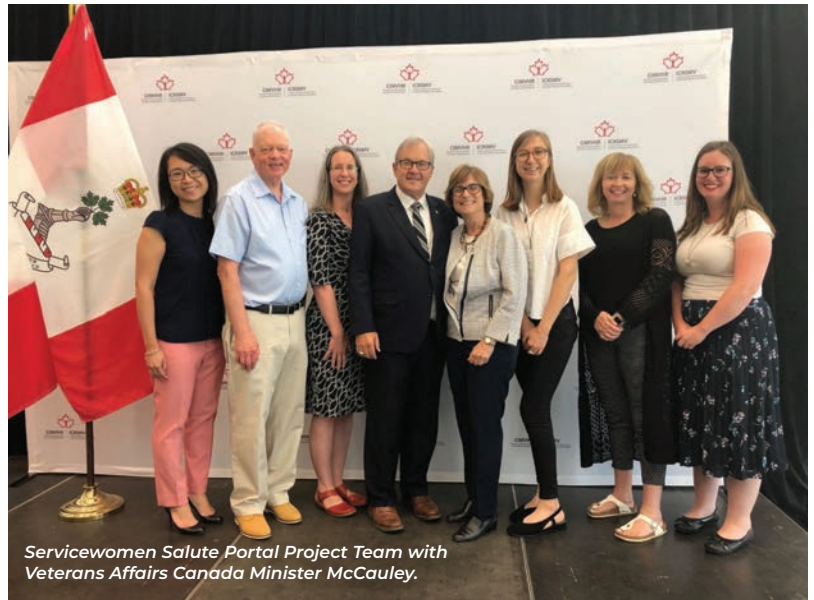
Founder

Servicewomen Salute

[info@servicewomensalute.ca](mailto:info@servicewomensalute.ca)

<https://www.facebook.com/ServicewomensSaluteCanada>

<https://www.servicewomensalute.ca/> (reopening April 2024)







## Nurse Next Door – Kathy Litalien

Kathy Litalien, a Pepper Pod Lifeshop™ Grad, recently began a new chapter in her career as an entrepreneur and launched several franchise territories for Nurse Next Door, a home health care company. NND is a globally admired brand that helps seniors retain their independence and Age Happier at Home. Kathy's territories include the underserved Rural Communities of Eastern Ontario and Prince Edward County, as well as Belleville and Trenton. Kathy's vision is to become an employer of choice and provide these much-needed services in a rural area and building a rock-solid team of care providers in the region.

She is a mom of twin 18 year old boys. She is French Canadian with a non-military lower middle-class upbringing and joined the military at 16 to learn English, get an education and leadership experience, and to see the world.

And see the world she did! Kathy's previous careers included being a graduate of CMR/RMC and then a Logistics Army Officer serving in Gagetown and Rwanda. She then did an MBA in France, worked as a Marketing then Sales Leader at Procter & Gamble in Geneva, Morocco and Toronto. Then she again reinvented herself as a Commercial Banker then Senior Operations Leader at RBC.

### **Kathy Litalien**

Franchise Owner  
Nurse Next Door

[Kathy.Litalien@NurseNextDoor.com](mailto:Kathy.Litalien@NurseNextDoor.com)  
[NurseNextDoor.com](http://NurseNextDoor.com)







## Herbal Maker – Nancy Livingstone

Herbal Maker was born of a question. If I could do anything I wanted, how would I spend my time? The answer came instantly - it had to relate to gardening. From watering the houseplants and mowing the lawn as a kid, to helping my grandparents edge their flower beds, to studying herbal medicine, to growing and drying culinary herbs in my garden, my hands and heart have been in the soil for years. It's my happy place.

Gardening connects us – to the Earth, the soil, the plants, and ourselves. Nothing is more satisfying than growing your own food, and nothing tastes better. I want to share that with others through Herbal Maker.

In 2021, I grew basil; rosemary; thyme and a few other culinary herbs to dry and sell. When my first year's harvest sold out quickly, I knew I was on to something.

I am proud to offer garden-grown herbs that I carefully dry and package by hand; delicious small-batch honey produced in the Gatineau Hills; note cards featuring nature photos I have taken; and my labour of love – The Herb Lover's Agenda. A planner created for those of us who love plants, gardening and enjoy putting pen to paper. It offers recipes, tips and information about a variety of herbs.

Herbal Maker was a proud sponsor of the Pepper Pod's Evening in the Forest Gala in 2022, and supplied fresh basil for the salad for the magical Dinner in the Forest last Fall. I am the spouse of an army veteran, a proud Lifeshop™ graduate, and serial Pepper Pod volunteer.

To see what Herbal Maker has to offer, check out our website and place an order: <https://www.herbalmaker.ca/collections>

### Nancy Livingstone

Founder & Owner  
Herbal Maker

[www.Herbalmaker.ca](http://www.Herbalmaker.ca)





# Diaki Experiences – Christine Carignan, CD, MBA

**“Leading with Heart, Serving with Purpose.”™**



Christine, a 29-year veteran of the Canadian Armed Forces (CAF), is the Co-Founder and Owner of DIAKI Experiences. Her journey from the military to civilian life was challenging, but meeting Sandra Perron in 2018 was a turning point. Christine played a pivotal role in supporting Sandra's Lifeshops and continues to be an active member of the Pepper Pod community.

Now a Certified Professional Executive Coach and Facilitator, Christine specializes in Psychological Safety, Inclusive Leadership, and Gender-Based Analysis Plus. In 2019, she co-founded DIAKI Experiences with the aim of supporting veterans, particularly women veterans, in their transition to civilian life. Her mission is clear: to ensure others don't face the same challenges she did.

While Christine continues to support women veterans through coaching, DIAKI has expanded its focus to guide organizations in creating psychologically safe and inclusive workplaces. Additionally, the company provides opportunities for coaches, facilitators, and veterans to share their expertise at their own pace, fostering collective growth—an important value for Christine.

Recently, Christine co-facilitate the GBA Plus course for the CAF, a priority for the Chief Professional Conduct and Culture (CPCC) in fostering a safer and more inclusive workplace. She also co-facilitated the Military Gender Advisor Course for the United Nations, witnessing transformative changes in participants, particularly young women.

DIAKI Experiences prides itself on being IWSCC Certified and boasts a team predominantly composed of women, including veterans. They offer bilingual services and specialize in using lifelong learning and experiences to build more inclusive and high-performing teams.

At DIAKI, they believe in translating the philosophy of Diversity, Equity, Inclusiveness, and Belonging (DEIB) into action. They achieve this by promoting psychological safety, conducting psychometric assessments, offering coaching and mentoring, and facilitating team-building exercises. Their work has been recognized by various federal departments and agencies, including the Canadian Armed Forces, Canadian Forces Moral & Welfare Services (CFMWS), and the House of Commons.

To learn more about DIAKI Experiences and their initiatives, visit their website at [Diaki Experiences \(diaki-experiences.com\)](https://www.diaki-experiences.com) or follow them on LinkedIn.

## Christine Carignan, CD, MBA

President and Managing Director  
Diaki Experiences

[www.diaki-experiences.com](https://www.diaki-experiences.com)

<https://www.linkedin.com/company/diaki-experiences-inc/>



*Christine and her team, working in collaboration with VO2, after a workshop at the House of Common, 2023.*



*Christine with LtCol Bineta Ndiaye from Senegal, Paris 2024.*



*LGen Lise Bourgon, Brigitte Boutin (Ret's Cdr) DIAKI's Team and Christine at the Aspire & Inspire - Service Women's Salute Event, fall 2023.*





## Breaking Boundaries: Women Leading the Way in Disaster Response – Helen Lialias

In celebration of Women's History Month and International Women's Day, we proudly shine a spotlight on the remarkable women of Team Rubicon Canada. As a veteran-led humanitarian organization dedicated to serving global communities before, during, and after disasters and crises, we take pride in the exceptional women who fuel our mission both in and out of the field.

In our commitment to empowering and celebrating the women of Team Rubicon Canada, one impactful initiative takes center stage—the SWEAT (Service Women Education and Training) program. SWEAT was created to connect a diverse community of women with shared values who advocate for women's advancement, enhance leadership skills through women-led education and training events, and create a dedicated support system that empowers Greyshirt volunteers, personally and professionally. The inaugural event empowered women to build their skillset in chainsaw operations and learn the tools of mental health first aid. By breaking down the obstacles to participation, SWEAT helps women build the confidence to step up on operations and provides the tools for positive mental health, on and off deployment.

Melissa, a dedicated Team Rubicon Canada Greyshirt volunteer and SWEAT program participant, reflects on her transformative experience: "This was my first all-women training event ever! Witnessing women let down their guard and genuinely support one another made it the greatest training I've ever attended—it was freeing and empowering." Melissa's testimonial highlights the significance of fostering spaces where women can learn and serve without limitations. It also speaks to the core values deeply embedded in Team Rubicon's culture—values of inclusion, respect, and collaboration, which are indispensable when navigating the unpredictable nature of humanitarian missions.

Our commitment extends beyond programs to leadership roles in the field, where women are stepping up to lead massive disaster operations, saving down trees, mucking out flooded homes, and providing essential training for our growing volunteer base. Witnessing the women of Team Rubicon lead the charge on operations and thriving in our programs not only amplifies the hope we bring to the communities we serve, but also vividly illustrates the profound and lasting impact of women continuing their service, infusing our mission with both heart and grit.

To learn more about Team Rubicon Canada visit **Team-Rubicon.ca** or follow us on social media **@TeamRubiconCan**.

**Helen Lialias**

Team Rubicon Canada

[www.Team-Rubicon.ca](http://www.Team-Rubicon.ca)



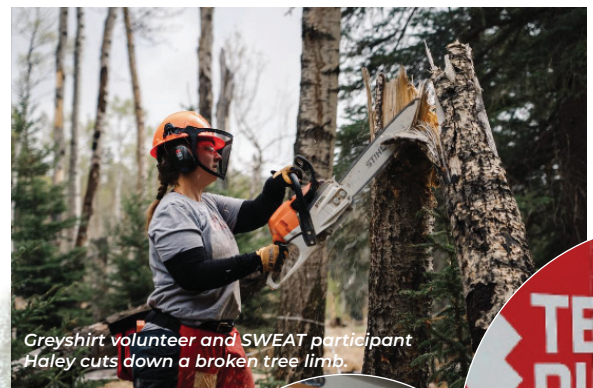
*From left Greyshirt volunteers Yolanda, Karen, and Rachel inspect chainsaw equipment.*



*From left Greyshirt volunteers and SWEAT participants Karen, Rachel, Haley, Jane, Yolanda and Melissa pose for a group photo.*



*Greyshirt volunteer and SWEAT participant Melissa poses with her chainsaw.*



*Greyshirt volunteer and SWEAT participant Haley cuts down a broken tree limb.*





# Trailblazing Towards Equality: Camp Courage's Inspiring Journey - Andréa Speranza

Camp Courage stands as a beacon of hope, offering a transformative experience that ignites passion and curiosity among underrepresented youth. Through immersive engagement, education, and empowerment, our nine-day program for 24 female and gender-diverse youth aged 15-19 fosters growth in a nurturing environment. Guided by 60 professionals from diverse emergency service agencies, participants emerge with expanded horizons and a deep sense of confidence. They gain practical skills, but more importantly, they embody inner strength and resilience—an 'I can do anything' mindset.

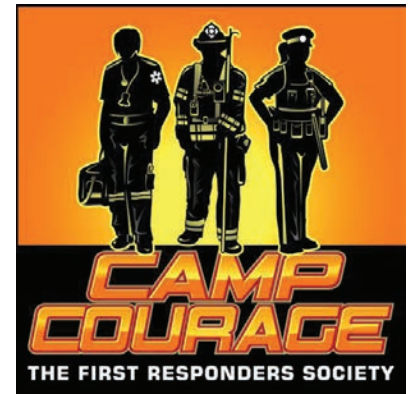
Graduates receive access to educational resources, bursaries, and mentorship programs, preparing them for careers in emergency services. Remarkably, 36% of our graduates find themselves in roles as firefighters, paramedics, police officers, military personnel and more—becoming catalysts for progress in their communities. Many become advocates for important causes such as suicide prevention and women's safety, while also assuming leadership roles and championing change.

As Camp Courage expands across Canada and beyond, our impact continues to grow. Graduates return as mentors, passing down our principles and creating a supportive community. If you're ready to embrace diversity, empowerment, and excellence in your emergency services and community, visit them online or reach out to Andréa Speranza, Operations Fire Captain, Founder/Executive Director of Camp Courage and **Pepper Pod Lifeshop Graduate**.

Remember, there's no shortage of potential—just the need for appropriate encouragement and support.

**Andréa Speranza**  
Founder/Executive Director  
Camp Courage

<https://campcourage.ca/>  
[andrea@campcourage.ca](mailto:andrea@campcourage.ca)  
902-488-1188



Cindy LaVine is a member of Team Rubicon and a Pepper Pod Lifeshop™ Grad. Cindy has deployed with Team Rubicon twice to Nova Scotia to assist with disaster relief following devastating floods and more recently to pitch-in with snow removal.

**Cindy, you rock!**







## Veterans Affairs Canada - Women and 2SLGBTQI+ Veterans Team Manager - Tanya Wiltshire

Hi, I'm Tanya.

I have two jobs that intersect on the daily. I am a public servant by day and a part-time CAF reservist by night.

During the day, I build and maintain stakeholder relationships with Veterans as the Women and 2SLGBTQI+ Veterans Team Manager in the Community Engagement Division at Veterans Affairs Canada. It is a job I take a great deal of pride in because I want to support my fellow women during and after service.

My favourite part of the job is stakeholder events, where I get to spend time with women Veterans and hear their stories. Every story is different but has one common theme: purpose.

We all want to have a purpose. Whether that's in motherhood, our community, careers, or relationships, and in this case, our military service, women seem drawn towards it.

It's a great attribute to possess. Sometimes when women leave the military, there can be a sense of loss of purpose.

That's where my team comes in. We foster a community of women Veterans through engagements. There is no event too small or too big that we won't champion if it's to help connect women Veterans together and to the organizations that support them.

The Pepper Pod is a great example through its programming and commemorative activities such as the Elle-vation Awards which recognize amazing women Veterans who lift up other women. The Pepper pod Lifeshops and events help women make a healthy transition to civilian life. I can speak to that personally, as I'm a recent Lifeshop Grad from November 2023. It was an incredible experience that gifted me with a tribe of incredible women I can call on to support me anytime.

As women, we deserve to be recognized for our service, sacrifices, and triumphs and I'm so pleased to have two jobs that do just that.

### **Tanya Wiltshire, CD**

Manager, Women and 2SLGBTQI+ Veterans Team

Community Engagement  
Veterans Affairs Canada  
Tel: 782-377-0389



*Tanya Wiltshire and Dea Isai staffing the VAC booth at a Women Veteran engagement event.*



*Pamela Harison, Tanya Wiltshire and Cathy Priestman at the VAC booth at a Women Veteran engagement event.*





## Women in Defence and Security – Julia Scouten

### We are all connected.

I first met Sandra in 2020 when she was the guest speaker of a virtual Professional Development event for Women in Defence and Security. She spoke about how there are no bad decisions and about how sometimes we may think we're falling apart, when we're actually falling into place. I was also just starting out on the WiDS Executive Committee as VP of Public Sector Relations for DND/CAF and was still being introduced to the community.

Fast forward to four years later where I am now the President of WiDS and Sandra and her team are now close friends, where we both champion for each other causes. As a life shop graduate in October 2022, I'm a huge fan of what the Pepper Pod is doing to support women veterans and to help with a healthy transition out of the military and RCMP.

WiDS supports the same community based on our three strategy pillars, Creating Connections, Recognizing Excellence, and Developing Talent. It is through these pillars that WiDS has given out a \$10,000 scholarship each year to a woman studying within defence and security, along with a Fellowship at the Canadian Global Affairs Institute (CGAI). We also have a national mentoring program where we connect women from all over the country and a Speed Mentoring event in Ottawa and the East coast to connect the community. We celebrate our achievements and recognize excellence through our highly popular Emerging Leaders campaign each year at our Awards Breakfast in March.

The power of our two organizations has had a huge impact on our community. For example, both WiDS and the Pepper Pod competed in the Ottawa Dragon Boat Festival last year. While we were competing against each other and participated in some friendly banter, we both cheered each others' teams and collectively celebrated our successes. The impact of this event introduced our members to each other's organization and allowed us to spend more time with our community in a fun, unstructured manner.

The strengths of our organizations have shown me the power of collaboration and how we're all searching for the same thing. To be recognized, heard, and supported. I'm so proud to be leading an organization such as WiDS and to be part of the Pepper Pod family.

### Julia Scouten

President

Women in Defence and Security

<https://www.wids.ca/>







## Barry F. Lorenzetti Foundation - Corine Watier Lorenzetti & Susan Dabrowski

In the fall of 2022, two beautiful souls, Corine Watier Lorenzetti, and Susan Dabrowski, visited the Pepper Pod. Susan, the Executive Director of the Barry F Lorenzetti Foundation had been at our grand opening the year prior and with Corine, they wanted to see how they could continue supporting the Pepper Pod.

Sandra didn't miss a beat, asking Corine, a certified expert in nutrition, to design a workshop for women's wellness as they go through menopause. Through that winter, Corine and Susan concocted an adventure and last summer, with the help of their team, they delivered the most amazing one-day, all inclusive, Wellness Workshop. It included a healthy breakfast, scrumptious lunch and fun mocktails.

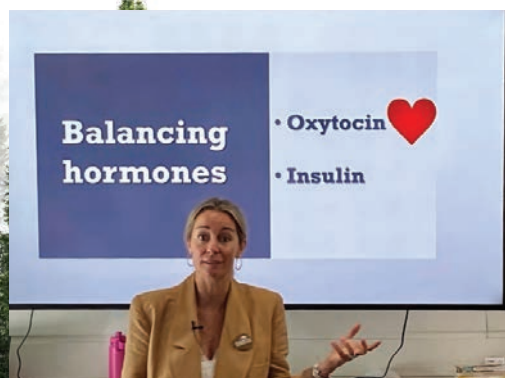
More than that, they delivered a wellness event that allowed women to feel good about themselves, laugh at the havoc their hormones are creating, and finally realize that the roller-coaster that is menopause is normal.

Corine and Susan are two of the most inspirational partners in our Pepper Pod family. They are the force behind the Barry F Lorenzetti Foundation, an organization that is committed to improving mental health care in Canada, including that of veterans. Every year, they dedicate their energy to raising funds for grass-roots organizations who have mental health at the core of their programming. They exemplify passion and a purpose-driven life.

### Corine Watier Lorenzetti & Susan Dabrowski

Barry F. Lorenzetti Foundation

<https://fondationlorenzetti.org>







## Leacross Foundation – Roslyn Bern

We've featured Roslyn Bern in our newsletters before, but she's such a champion of women and the Pepper Pod, we want to highlight her again! As President of the Leacross Foundation, Roslyn Bern has been creating opportunities for women and girls throughout Canada.

She has worked on initiatives for over 20 years, as an educator, a businesswoman, and as a philanthropist. She has focused on developing scholarships and bursaries for girls in under-represented career fields. She has been instrumental on sending teenage girls to the Arctic and Antarctic with Students on Ice, and created a partnership with colleges and corporations to certify STEM women in Electrical engineering.

At every opportunity where a girl or woman can be educated, Roslyn develops a program that allows them to succeed, from setting up well paid internships at the Ottawa Heart Institute in Biomedical Engineering, providing IT classes to young mothers who had to leave school to raise their children, or coordinating schools with creative authors and illustrators.

She has assisted with Habitat for Humanity NCR, coordinating youth construction with retrofitted homes, and served on the Family Selection Committee for 5 years. She had been a board member for Canadian Women's Foundation for 6 years, served on their Economic Development Committee to move women out of poverty for 5 years, and is currently looking at future opportunities for training of women in STEM careers.

How lucky we are to have her as a mentor, partner and friend!

### Roslyn Bern

President

Leacross Foundation

<https://leacrossfoundation.ca/>

[info@leacrossfoundation.ca](mailto:info@leacrossfoundation.ca)



## The Legion National Foundation – Sam Laprade



The Legion National Foundation (LNF) is a national organization that is dedicated to enriching the lives of Veterans in the Canadian Armed Forces and the Royal Canadian Mounted Police.

Through generous gifts from donors and fundraising initiatives the Foundation supports Veterans and their families. Areas of impact include Veterans' health and wellness, scholarships and bursaries for students and education for children and youth and pilgrimages.

During the Remembrance Period, the LNF inspires Canadians to donate to the Digital Poppy campaign. This on-line coin can be dedicated to a Veteran such a loved one or someone that served in the community. The campaign has raised over \$2M since 2018 and this support impacts Veterans from coast to coast to coast.

The funds are distributed through grant applications reviewed by volunteer board members to ensure they match the Foundation's criteria, mandate, and make the most impact as possible to Veterans.

Disbursements to date have included important issues such as homelessness prevention for Veterans, frailty care for Veterans and Seniors, education for youth and children, bursaries for Cadets, Veterans transition services and pilgrimages.

The Legion National Foundation was created to meet the needs of both beneficiaries and donors across Canada. Royal Canadian Legion officials, over the years, were asked by prospective corporate and individual donors about philanthropic gifts that would result in both national impact and a tax receipt. Many generous people including corporate leaders are interested in making an impact on Veterans. The National scope and an official tax receipt were key to their philanthropic vision.

Recently, representatives from the LNF spent time at the Pepper Pod and left inspired by the incredible commitment, in-depth programming, and thoughtful details to support Veterans sometimes in an hour of need.

Visit The Legion National Foundation on Facebook and Instagram or to learn more, reach out to the LNF directly and visit LNFCanada.ca.

### Sam Laprade

Legion National Foundation

[www.LNFCanada.ca](http://www.LNFCanada.ca)







## Fondation québécoise des vétérans – June McCabe

June McCabe, qui dirige la Fondation québécoise des vétérans, est une membre précieuse de la forêt du Pepper Pod depuis les humbles débuts de notre centre. En un mot, June s'investit pleinement dans la vie. Nous ne manquons jamais d'inviter June aux activités spéciales du Pepper Pod, comme le Gala du premier anniversaire ou le Souper en forêt, parce qu'elle dégage une énergie contagieuse, a un cœur d'or et est passionnément dévouée au bien-être des vétéranes et des vétérans.

June est à la tête d'une petite équipe composée de deux femmes inspirées, Farah Cader et Rosa Sarchese, qui appuient des projets novateurs aux quatre coins du Québec pour aider les vétérans à connaître une transition fructueuse à la vie civile. Nous avons certainement de la chance de compter sur des partenaires comme ces femmes fortes qui nous soutiennent, nous ouvrent des portes et sont devenues nos amies. Merci à vous, June, Farah et Rosa, d'être des championnes pour les vétéranes!

### June McCabe

Directrice générale  
Fondation québécoise des vétérans

<https://fqv-qvf.ca>



## Lisa Cyr, Propriétaire Café Félin Ma Langue au Chat

Le Café Ma Langue Aux Chats est un café félin à Québec où le temps se suspend littéralement. Propriétaire du café depuis 2019, Lisa Cyr a accompli plus de 10 ans dans les Forces armées canadiennes et elle est désormais vétérane. En achetant le café, elle a choisi de poursuivre son service envers notre pays avec une mission particulière; accompagner, soutenir et surtout venir en aide aux vétérans et vétéranes avec la zoothérapie.

Bref, elle a un penchant pour les petites boules de poiles et les clients qui les aiment autant!

**Un endroit à mettre sur ta liste lorsque tu visiteras la Basse-Ville de Québec la prochaine fois!**

### Lisa Cyr,

Propriétaire  
Café Félin Ma Langue aux Chats

<https://cafemalangueauxchats.ca/>







## Lockheed Martin Canada – Lorraine Ben

Lockheed Martin Canada has been a supporter of the Pepper Pod from the early days. Both teams connected immediately over shared values and a commitment to supporting women and mental health and wellbeing. This year, Lockheed Martin made a generous contribution to the pepper Pod's International Women's Day celebrations. So, in our continued celebration of strong women, we thought we'd ask Lorraine, Lockheed Martin Canada's Chief Executive, a few questions about this important partnership with Pepper Pod and her background.

### 4 Questions with Lorraine Ben, Chief Executive, Lockheed Martin Canada and Regional VP Latin America

#### How did you start out in this industry and how has it brought you to where you are today?

In 1998, my husband and I were pursuing our professional careers which led us to upstate New York where I first joined Lockheed Martin. Ironically, I wasn't supporting defence at that time – I was supporting a division of Lockheed Martin building large complex automation solutions for the United States Postal Service. Despite the focus of the postal service project, I still had the opportunity to work alongside many former military leaders at Lockheed Martin. They instilled a passion in me, and I felt this instant desire to want to support our military in Canada. When I moved back in 2004, with my husband and son, I took a role that allowed me to help our service members in uniform get the right technology and equipment to achieve their mission success. In some small way I was part of a mission to help bring our brave military members home safely. I'm honoured to be part of this industry and to be in the role that I'm in today.

#### What is your role at your organization today?

As Chief Executive in Canada and Regional VP for Latin America I am responsible for delivering on country-specific strategies; maintaining and strengthening strategic customer and partner relationships, and partnering with business areas on key pursuits, program campaigns and government relations. I also serve as co-executive chair of Lockheed Martin's Women Impact Network that provides a spectrum of thoughtful and relevant programs to employees across the organization through intersectional advocacy, professional development and active allyship. I am passionate about women in leadership and passionate about mental health – I'm committed to helping broaden Lockheed Martin's global diversity, inclusion and wellbeing initiatives.



#### Why are partnerships, like the one with The Pepper Pod, so important to you and Lockheed Martin?

When it comes to Lockheed Martin's community relations support, our focus on military family and Veteran causes reflects the values embodied in our employees and is intrinsic to the Lockheed Martin culture. In addition to providing donations and sponsorships, the company encourages its workforce to volunteer both time and expertise to supporting local community groups and actively encourages employee fundraising events and activities. Stated simply, our employees care. They are talented professionals, but it is their genuine concern for others that helps make Lockheed Martin an exceptional contributor to our communities.

We're so thrilled to partner with Pepper Pod again this year, and support the amazing women who lead the organization and the amazing women who participate at the retreat center.

#### What is the one thing that has you most fired up – personally or professionally?

Ensuring support for mental health and wellbeing - for myself, my family, and my colleagues.

#### Lorraine Ben

Chief Executive  
Lockheed Martin Canada and  
Regional VP Latin America

<https://www.lockheedmartin.com/en-ca>



## Au sujet du Pepper Pod

Le Pepper Pod est un centre de ressourcement qui sert, soutient et inspire les membres de la communauté canadienne des vétérans, ainsi que celles qui s'apprêtent à faire la transition à la vie civile et les conjointes de vétérans. Notre organisme sans but lucratif accueille les anciennes des Forces armées canadiennes et de la GRC, où qu'elles en soient dans leur parcours, qu'elles aient réintégré la vie civile tout récemment ou il y a plusieurs années.

Le Pepper Pod forme des groupes tissés serrés dont les membres s'entraident pour naviguer les aventures de la vie après le service militaire. Nous servons notre communauté en concevant des programmes sur mesure pour les vétérans et en donnant à ces femmes l'occasion de nouer des liens lors d'une multitude d'événements tout au long de l'année.

Le Pepper Pod a été fondé par Sandra Perron, la toute première femme officière de l'infanterie canadienne. Le centre représente la concrétisation de la vision de Sandra, qui souhaitait créer un lieu douillet et sûr où les vétérans pourraient se poser en douceur, se rassembler, tisser des liens autour d'expériences communes et trouver un soutien soigneusement conçu pour elles.

Notre port d'attache est un chalet accueillant niché dans la forêt des collines de la Gatineau, à Chelsea (Québec), un village sympathique situé à seulement 15 minutes du centre-ville d'Ottawa. C'est un centre de ressourcement chaleureux, doté d'un dortoir confortable de huit lits pour héberger les participantes à nos Lifeshops<sup>MD</sup>. Dans son écrin forestier d'érables luxuriants, le Pepper Pod dispose d'un foyer extérieur, d'un coin de méditation, d'une cuisine entièrement équipée et de tout le nécessaire pour organiser une fin de semaine de ressourcement inoubliable.

Nous nous employons à joindre le plus grand nombre de femmes possible. Nos programmes et activités se déploient en personne, ainsi qu'en mode hybride et virtuel. Cependant, il n'y a aucun substitut au contact humain. C'est pourquoi nous nous déplaçons également à travers le Canada pour aller à la rencontre des vétérans. Nous formons ainsi des groupes de femmes fortes disséminés d'un océan à l'autre, qui se joignent à la grande famille du Pepper Pod.

Pour en savoir plus sur le Pepper Pod et ses programmes, consultez le site [www.PepperPod.ca/fr](http://www.PepperPod.ca/fr).



Merci infiniment à toutes les personnes qui ont contribué à la production de ce numéro spécial du RapSit. Notre communauté de femmes fortes et dynamiques s'agrandit constamment. Nous vous remercions de votre implication et de tout ce que vous faites pour le bien-être des vétérans.

*Cathy*

**Sandra Perron**, Fondatrice et  
**Cathy Priestman**, Directrice  
**Linda Dumouchel**, Admin  
**Martine Denis**, Spécialiste en

Le/The Pe  
[www.PepperPod.ca](http://www.PepperPod.ca) |





## The Pepper Pod

The Pepper Pod is a retreat centre that serves, supports, and inspires women in the Canadian veteran community—including women veterans, soon-to-be veterans and spouses of veterans. We are a non-profit organization that assists women who are transitioning out of the military or RCMP into civilian life and welcome you wherever you are in your journey—even if your release was many years ago.

Our mission is to connect women in tightly knit tribes that support one another as they navigate life’s adventures. We serve our community by creating programs specifically designed for women veterans and give them an opportunity to connect through a multitude of events throughout the year.

The Pepper Pod was founded by Sandra Perron, Canada’s first female infantry officer. It embodies Sandra’s vision of creating a soft and safe space for women to land, come together, bond over shared experience and find support tailored especially for women who served.

Our home base is an inviting cottage nestled in the woods of Quebec’s Gatineau Hills, in Chelsea—a cozy village just 15 minutes from downtown Ottawa. It’s a warm and welcoming retreat centre, complete with a cozy eight-bed bunkie for our signature Lifeshops™. Surrounded by lush maple forests, The Pepper Pod has a firepit, meditation nook, fully-functional kitchen and everything else you need to host a rejuvenating weekend retreat for women.

We do our best to reach as many women as we can with our programs and events, which are available in-person, and through hybrid and virtual delivery. There’s no substitute for human connection though, so we also travel across Canada to deliver programming in person. As a result, there are communities—or “tribes” as we call them—of strong women peppered from coast to coast across Canada.

For more information about The Pepper Pod or register for our programs, please go to: [www.PepperPod.ca](http://www.PepperPod.ca).



Présidente | Founder & CEO  
Directrice générale | Executive Director  
Administratrice | Board Member  
Logisticienne | Logistics Catcher

**The Pepper Pod**  
[info@PepperPod.ca](mailto:info@PepperPod.ca)

Thank you to everyone who contributed to this Special Edition of the Sit Rep. This community of strong, vibrant women continues to grow. We are grateful for your participation and all you contribute to the well being of women veterans.

*Cathy*





## CALENDRIER D'ACTIVITÉS DU PEPPER POD

<b>1er au 31 mars</b>	Célébration de la Journée internationale des femmes avec votre groupe!
<b>1er mars</b>	Déjeuner de Femmes en défense et sécurité à Ottawa
<b>6 mars</b>	Célébration de la Journée internationale des femmes au Pepper Pod
<b>8 mars</b>	Journée internationale des femmes – kiosque du Pepper Pod au campus Carling
<b>15 au 17 mars</b>	LifeshopMD I (Halifax) en anglais à Halifax
<b>15 au 17 mars</b>	Fin de semaine sans horaire au Pepper Pod
<b>18 mars</b>	Au-delà du traumatisme à Halifax (anglais)
<b>22 et 23 mars</b>	LifeshopMD I (Petawawa/North Bay) en anglais au Pepper Pod
<b>27 mars</b>	Au-delà du traumatisme au Pepper Pod (anglais)
<b>12 au 14 avril</b>	LifeshopMD I à Edmonton (anglais)
<b>12 au 14 avril</b>	Fin de semaine sans horaire au Pepper Pod
<b>15 avril</b>	Au-delà du traumatisme à Edmonton (anglais)
<b>21 avril</b>	Corvée du printemps au Pepper Pod
<b>26 au 28 avril</b>	LifeshopMD I (Ottawa/Gatineau) en anglais au Pepper Pod
<b>9 juin</b>	Journée nationale du pique-nique du Pepper Pod
<b>6 juillet</b>	Sortie en planche à pagaie au lac Meech

### Dates d'ouverture des inscriptions sur le site **PepperPod.ca**

Dès le 15 mars 2024, inscrivez-vous aux activités suivantes :

- LifeshopMD I
- LifeshopMD II
- Journée nationale du pique-nique du Pepper Pod
- Fins de semaine sans horaire

À compter du 15 avril 2024, les inscriptions seront ouvertes pour l'activité suivante :

- Courses de bateaux-dragons

Pour en savoir plus sur le Pepper Pod, rendez-vous sur notre site : [www.PepperPod.ca/fr](http://www.PepperPod.ca/fr)

*Vive les femmes fortes !*

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

## UPCOMING AT THE PEPPER POD

<b>All March</b>	Celebrate International Women's Day with your Lifeshop™ tribe
<b>1 Mar</b>	Women in Defence and Security (WiDS) Breakfast in Ottawa
<b>6 Mar</b>	Celebrate International Women's Day @ the Pepper Pod
<b>8 Mar</b>	International Women's Day – Pepper Pod Display @ Carling Campus
<b>15-17 Mar</b>	Lifeshop™ I (Halifax) in English in Halifax
<b>15-17 Mar</b>	No Agenda Weekend @The Pepper Pod
<b>18 Mar</b>	Beyond Trauma in Halifax (English)
<b>22-23 Mar</b>	Lifeshop™ I (Petawawa/North Bay) in English @The Pepper Pod
<b>27 Mar</b>	Beyond Trauma @The Pepper Pod (English)
<b>12-14 Apr</b>	Lifeshop™ I in Edmonton (English)
<b>12-14 Apr</b>	No Agenda Weekend @The Pepper Pod
<b>15 Apr</b>	Beyond Trauma in Edmonton (English)
<b>21 Apr</b>	Spring Work Party @The Pepper Pod
<b>26-28 Apr</b>	Lifeshop™ I (Ottawa/Gatineau) in English @The Pepper Pod
<b>9 Jun</b>	National Pepper Pod Picnic Day!
<b>6 Jul</b>	SUP Ladies?! Stand Up Paddleboarding at Meech Lake

### 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 [PepperPod.ca](http://PepperPod.ca)

*Long live strong women!*