



Getting Artsy at Artemis, Maria (Principal - Teacher)

The art room was very active this spring. Our students created fabulous art works: painting, collage, drawing, screen printing, and photography. One of our students, Petra, created a series of six impressive multimedia canvasses. For the third year in a row we are grateful to receive a grant from Art Starts. It allowed us to have a very gifted and inspirational artist (www.farheenhaq.com) for 8 weeks work with our students. She taught our students about the principles of art design, collage and photography. It culminated with our students exhibiting in the Limelight Youth Arts Festival, at the Arts Centre at Cedar Hill, a photography exhibit complete with artist statements.



Artemis Brownie Recipe

Artemis Place is fortunate to have so many amazing bakers and cooks working as staff members. Here is a new favourite family recipe shared by Amber Allan, a counsellor and savvy cook at Artemis Place.

Ingredients:

- 1/2 C butter
- 1 C sugar
- 2 eggs
- 1 tsp. vanilla

- 1/3 C cocoa powder
- 1/2 C flour
- 1/4 tsp. salt
- 1/4 tsp. baking powder

Directions:

Preheat oven 350 F. Melt butter, then add other ingredients. Grease square pan and bake for 30 min. Let cool before frosting.

Frosting:

- 3 T butter
- 3 T cocoa
- 1 T honey
- 1 tsp. vanilla
- 1/2 C icing sugar



End of Year with the Daycare, (Daycare Staff)

Here we are at the end of another school year – my how the time flies. Along the way the children have grown from babies to toddlers, developed new skills and made friends, some of which may last a long time. This year we enjoyed trips to Butterfly World and Beacon Hill Park. How wonderful it was to witness the connection between the children, the animals, nature and each other. At the petting zoo the older toddlers brushed the goats



while the younger ones delighted in the gentle touch of their fur. Delicious treats were enjoyed by all as we celebrated our annual picnic on the grass. The crows joined our food fest and especially enjoyed the extra treats provided by the children. As we prepare to wind down these last few days we are left with very happy memories of a fulfilling year.

Artemis School Garden, Daya (Youth & Family Counsellor)



This year at Artemis we watched our gardens (and garden space) grow! A new raised bed was built (thanks to our Telus Community Grant), adding about 36 sq ft of accessible growing area. We added an irrigation system, allowing our garden to thrive even over the hot weekends and summer holidays. We also moved the small raised bed over from the daycare area and planted some strawberries (yum).

In early spring students amended the soil and planted a variety of salad greens, including red and green lettuces, arugula, mustard greens, spinach, baby kale and mizuna. For weeks we enjoyed a fresh salad option nearly every day with our lunch. We also made dressing from our own basil and cilantro. Currently we are enjoying fresh snap peas, also planted in March. The babies in the daycare love to reach through the fence to get a crunchy pea to snack on!

As the weather warmed, we planted some zucchinis and squashes, tomatoes, a few hot peppers and cucumbers - the summer school students will likely get to enjoy this bounty. Tomorrow we will harvest our beautiful broccoli to munch on during our end-of-year picnic. It will be exciting to come back in September to see if we have any winter squash or pumpkins awaiting us – and to continue to harvest our kale over the fall and winter. Kale chips for all!

Mom's Group, Cayley (Artemis Student)

Mom's group is offered every Thursday afternoon, and to me, is an extremely valuable asset to any young mom also finishing their education. The mutual bond we all share makes it a comfortable and inviting space to be. The moms get input on what we learn and our counsellors, Daya and Amber, are very flexible with us - always trying to make it as useful and enjoyable for every mom. Our outings into the community, whether with the babies or not, are always a memorable experience. Gayley's Farm, Butterfly World, beach trips, and complimentary hair and nails are just a few of the opportunities given to us through this group. One of our main themes is learning ways to be more present and mindful parents. Empathy, non-violent communication, letting go, and healthy ways to cope are just a few of the things we get to learn and apply to our lives. We are also given the time to make and document things for our babies, something that otherwise probably wouldn't get done, and I think I speak for all of us when I say how grateful I am for that opportunity. Mom's group has made an extremely positive impact on my life. Without it I wouldn't be half the mother or person I am today. We are continually learning beneficial information for ourselves, our children, and how we parent.



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