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Artemis Child Care, by Daycare Staff

As we're a few months into the school year we find the infants and toddlers settled into their routines and enjoying their time in the daycare. With the busy holiday approaching it is easy to join into the hustle and bustle of the season which can add some stress on little ones and their families. In the daycare we keep it simple, the large windows offer natural light, the soft background music and our quiet voices are some of the ways we try to keep the space relaxed and tranquil.

In the spirit of keeping things simple we have noticed that when a young child receives a gift there is often more interest in the box than what's inside. We embrace the box and other everyday items in the daycare such as containers, lids, baskets, scarves etc. Safe household



items can be offered to young children to explore and create their own toys rather than battery powered, costly purchases. The next time you go out to find a gift for your young one - consider something simple and safe.

Creative Flow at Artemis Place, by Maria (Educator) and Amber (Counsellor)

The art room is always buzzing with a diverse number of activities. We can often find students painting with water colours, acrylic and oil. Some are drawing, collaging. Some folks are tinkering with metal, copper, brass pounding out rings, necklaces and bracelets. Once again we are pleased to welcome our Artist in residence Farheen Haq who is exploring photography with our students. The most recent and exciting addition to the buzz is having a fabulous new sewing teacher Joanne who comes once a week to help our students design and make clothing, baby quilts, blankets, lavender eye pillows and whatever else they can dream of!

It is wonderful to witness students creating and expressing themselves in diverse media.



GINGERBREAD PEOPLE

INGREDIENTS:

- 3 cups flour
- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. baking soda
- 1/4 tsp. ground nutmeg
- 1/4 tsp. salt
- 3/4 cup butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup molasses
- 1 egg
- 1 tsp. pure vanilla extract



DIRECTIONS:

1. Mix flour, ginger, cinnamon, baking soda, nutmeg and salt in a large bowl - Set aside. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg, and vanilla - mix well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.
2. Preheat oven to 350 degrees F. Roll out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread people shapes and place 1 inch apart on ungreased baking sheets.
3. Bake 8 to 10 minutes or until edges of cookies are set and just begin to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks - cool completely. Decorate cooled cookies with icing, raisins, currants or cinnamon candies for buttons or eyes.



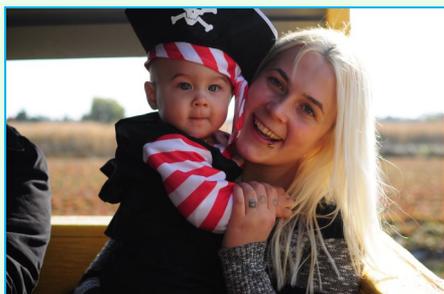
Photo courtesy of <http://cookdiary.net/gingerbread-cookies/>

Pet Therapy at Artemis Place, by Emily Tench (Educator)

This month we had a visit from the Greater Victoria Animal Crusaders. GVAC is a local animal rescue organization that offers fostering, adoption and assistance with spay/neuter costs. Sharene brought in two kittens and two dogs for a hands-on session about pet care and rescue, animal therapy and volunteer opportunities. Everyone enjoyed spending time with animals and discussing the therapeutic benefits of having pets. This is the second visit from Shereen and the Greater Victoria Animal Crusaders, and we look forward to more opportunities for partnering with them.



Artemis Visits Gayley's Farm, by Emma (Educator)



On Halloween this year, we took a field trip to Gale's Farm. We had 21 students attend – most

of them in costume – and 4 parents brought their little ones. We picked a beautiful day to spend outside at the farm, with the sun shining and the temperature unseasonably warm. We had a lovely picnic pizza lunch and followed up with some classic Halloween activities – including a train ride through the farm's Halloween village, a hay ride to the pumpkin patch, where we all picked out pumpkins to take home, and tours through the corn maze and the petting zoo. Student feedback from the field trip was that it was a blast and they look forward to it next year. We also look forward to our next set of holiday-themed events through the month of December.



#icommit2nonviolence #reena, by Rachel (Exec. Director)

November 14th 2017 marked the 20th anniversary of the murder of Reena Virk. As a poignant tragedy in our community, Artemis Place Society is interested in ensuring awareness, prevention and learning continue, both on the school and community level. We partnered with the non-profit organization Learning Through Loss to co-organize a community memorial at the site by the Craigflower Bridge, Kosapsom Park, to mark the date with an awareness of and commitment to non-violence and community healing. It was clear that this resonated with many as over 200 community members attended despite a deluge of rain and a location with little parking. In addition to the Executive Directors of both organizations speaking, we were honoured to have Minister Rob Fleming



and Professor Mandeep Mucina share valuable insights, reflections and perspectives. Manjit Virk, Reena's father, was the last speaker of the event and shared his thoughts and experience to make a positive impact in the lives of youth. We were grateful that many of the Virks were in attendance, and supportive of the event. Some Artemis Place students attended and were interviewed by the media on their thoughts about bullying and non-violence. It was a terrific opportunity for positive community discussion.

For more information on Learning Through Loss: <http://learningthroughloss.weebly.com/>

For more information about Artemis programs or articles in our newsletter, please call (250) 598-5183 or email info@artemisplace.org.