



Artemis Place Society  
 3020 Richmond Road  
 Victoria, B.C. V8R 4V1



t:(250) 598-5183  
 f: (250) 388-9153  
 info@artemisplace.org  
 www.artemisplace.org



### Connectedness, by Daycare Staff

At Artemis Place, the students have an array of circumstances that lead them to the program and there is a subset of students with a unique situation that creates a bond - the young parents of infants and toddlers. It is heartwarming to see these connections start at the beginning of the school year and develop as time goes on. It starts with small gestures - passing on clothing that their own child has outgrown, offering formula or diapers when another runs out or making plans to go to the park or rec centre together. Just recently we had a past student drop in with her 7-year-old son. Along with her welcomed visit she let us know about several families she has stayed in touch with over



the years through play dates and outings. As well she brought in a bag of gently used clothing items and toys to pass on to the current families. The support and connectedness continue, laying the groundwork for lifelong friendships.

### Updates From Moms' Group, by Daya and Amber (Counsellors)

Moms' group continues to be something we look forward to on Thursday afternoons at Artemis. It's been a steady group this year, with between six to eight moms attending weekly. We have spent a good part of this year building a trusting, supportive community by developing respectful group guidelines, sharing our parenting accomplishments and challenges, and doing fun things together! If we don't have a speaker or outing planned, we try to start off each group with a ritual of each lighting candles and placing them in the centre of the table to represent our arrival in the circle. When the group is at school a focus has been to work through our Power Source Parenting curriculum, material aimed at helping young parents become effective at managing emotions, relationships, communication, and of course the daily ups and downs of raising a happy healthy child. Other groups have included a monthly visit from the nutritionist, Swati Scott, a visit from the Camosun dental hygiene students, a guest from the Young Parent Support Network, Jaqueline Green, and of course scrapbooking and treats with the moms! We are looking forward to learning first aid as well as safe media for children later this month.



### Clara's No Knead Bread ☺

#### INGREDIENTS:

- 3 cups flour
- 2 tsp salt
- 1/4 tsp instant yeast
- 1 1/2 cup warm water

#### INSTRUCTIONS:

In a large bowl combine flour, yeast and salt. Add water, stir until blended - dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest over night at room temperature. Next, roll dough and knead just a few times. Cover with plastic wrap and let rest about 2 hours. Finally, preheat oven to 450° F. Place Corning Ware or La Creuset in the oven as it preheats. Carefully remove very hot pot from oven. Slide your hand under dough, fold into sphere, and gently place into pot. Shake pan once or twice if dough is unevenly distributed - it will straighten out as it bakes. Cut top with scissors and sprinkle with salt. Cover with lid and bake 30 minutes, then remove lid and bake



another 15 minutes, until loaf is beautifully browned. Cool on a rack. Serve warm with butter.

### Artemis Program Wish List

- ♥ Bamboo poles
- ♥ Netting
- ♥ String
- ♥ Garden Tools (shovels, spades, good gloves)
- ♥ Perennial plants
- ♥ Herbs & flowers
- ♥ Ear thermometer

## Museum Trip, by Alison (Practicum Student)

In February students went on a field trip to the Royal BC Museum where we had a guided tour of the First Peoples Gallery. Leslie McGarry of the Kwakwaka'wakw - Kwagiulth First Nation was our guide, and she shared her vast knowledge of pre- and post-contact Indigenous histories in BC with us. Members of Leslie's family have made integral parts of the First Peoples Gallery, such as the cedar plank big house and the carvings inside it.

Student feedback about the trip was that they loved it, they learned things about Indigenous culture that they didn't know, and that Leslie's personal connections to the pieces made it more real. One student asked Leslie why one eye of the sea eagle at the top of a totem pole had been left purposely unpainted by the artist. She told us that it was as an act of resistance against the museum's decision not to label the pieces in the big house. The artist's intention was that observant visitors would notice the unpainted eye and ask a museum staff member about it, who could then explain more about the important cultural significance of the pieces in the First Peoples Gallery. We are grateful for the teachings Leslie shared with us!



## Trans Tipping Point Presentation and Sharing, by Rachel (Executive Director)

As a witness (and volunteer note taker) for the Trans Tipping Point working group and Ministry of Children and Family Development (MCFD), Minister Conroy meeting, I was completely impressed, moved and inspired by the youth work and presentation. The youth presented relevant and supporting research and made links to their personal experiences and shared stories. This combination of research and sharing of personal experiences was a powerful way to advocate for policy change. I have no doubt there will be changes to language within MCFD publications, policy and hopefully to practice as well. The youth were asked if they would participate in policy analysis/review for MCFD to further the inclusion and safety of trans\* youth who access or receive services through the Ministry. In addition to a few tears, I had many take-aways; one of them was to support the normalization of identifying preferred pronouns and besides including pronouns in rounds of introductions, was also to include them in one's signature line. I want to sincerely thank and acknowledge each of the youth who participated in that meeting, especially Avery, for engaging in this important work to make our communities safer and more inclusive. You will now see my signature line as follows and I encourage you to do the same:

Rachel Calder, MSW, RSW  
Executive Director  
Pronouns: she/her

## Students Convey a Moving Message, by Avery (Artemis Student)

As part of the Transgender Tipping Point research project, Artemis students spoke with MLAs Katrine Conroy, Andrew Weaver and Rob Fleming. We talked about trans and non binary youth, the problems they face, and how those people in positions of power can help. As a result of our work, Andrew Weaver introduced two bills that we co-wrote to protect and acknowledge diverse gender identities. We were at question period to watch them get unanimously passed on the first reading. It is an amazing feeling, getting to speak truth to power, to be heard and listened to. I'm glad to have had the opportunity to make changes in the way our province is run. It has been amazing to learn and be a part of something so important.



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