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Artemis YYP, by Daycare staff



The year began slowly with 4 children and 2 staff, giving the infants and toddlers a large space to roam and explore. The highlight of the fall was our annual field trip to the pumpkin patch with the moms and other school staff and students. By December the group had grown to 8 and with a wide range of ages, 2 weeks to 2.5 years, we decided to move the shelves together to form a dividing wall. The children continued to explore inside and out, engaging in lots of physical activities as well as enjoying music, painting, books and cuddles. We supported two Camosun practicum students as well as an Artemis student doing work experience in the daycare. With spring came a new staff member, Corina - our first new ECE staff in over 18 years. She has slipped into the team seamlessly, instilling new energy and spirit into the program. The year is ending with a number of field trips as well as our favourite outing to the Beacon Hill Petting Zoo.

UVic Community Project, by Heather (Program Coordinator)

This winter I had the opportunity to work with 3 amazing U. Vic students, Alexandra Haupt, Lucy Clothier and Megan McGarry. They were enrolled in a Sociology Course that required them to go out into the community and partner with an



agency on a project. Creating a 3-5 centre has been a long-term vision for our society and we thought that this would be a good project for the students to work on. After several meetings we decided that the best way to begin would be to research the experiences of staff and families in the Young Parent Program and their visions for the daycare's future. This information was gathered by interviewing two current staff members, one past mother, and two current mothers in the program. We are very happy with their final document "It's Just an Amazing Place to Be": An Exploration into the Community at Artemis Place Society's Young Parent Program, and it can be read in full on our website.

Cashew - Carrot Loaf

Cashew-Carrot Loaf is commonly served as a side item for our holiday feasts and other celebrations at Artemis. This delicious recipe is courtesy of the Salt Spring Island Cookbook, and is customarily prepared by Daya (one of our youth and family counsellors and talented cooks). The loaf is vegan and it is a favourite with students and staff alike.

INGREDIENTS:

- 6 cups chopped carrots
- 2 cups ground cashews
- 3 Tbsp oil
- 1 cup finely chopped leeks
- 1 cup finely chopped celery
- 1/2 cup whole wheat flour
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 tsp crushed sage
- 1/2 tsp thyme
- 1 tsp basil

INSTRUCTIONS:

Steam the carrots until tender, then mash them using a fork, potato-masher, blender or food-processor. Six cups of the raw carrots make about 3 cups of mashed. Grind the cashews in a food processor or blender until they are quite fine. Add the oil to the blender if necessary to help with the grinding. Mix all the ingredients together and place in an oiled loaf tin. Bake at 350 F for 35-45 minutes, or until the top edges begin to look dry.



Photo courtesy of: <http://www.chilliroso.com/recipes/2015/12/14/carrot-and-cashew-nut-roast>

Power to Be, by Emily (Educator)

On May 7th, we took a small but excited group to Prospect Lake for an outdoor education session. The site is located on an old golf course, and we learned about land restoration activities that have been taking place. Students participated in a short mindfulness activity in the forest. As the sun gleamed through the trees, students took time to engage their senses and connect to the wilderness. Lastly, students worked together to build a tarp shelter, using only a blue tarp, four ropes and what they could find in the forest. The job required all students to work together and bring their creative minds to the task. It was a laughter-filled afternoon.



Medicine Horse Visit, by Daya (Counsellor)

On a beautiful day in Mid-May a group of students and staff went to visit the Medicine Horses, special horses from a lineage of animals who do energy healing work. Our host, Tina Barnes, welcomed us at the horses' new home in North Saanich. We began our visit with a tour of the land, a lush acreage of fields and trees, while Tina shared with students a bit of history



about her involvement with these incredible horses, as well as about the various gifts of other wild creatures who visit the farm. Next, we formed a circle, offered introductions, and then brought our attention to the horses as they worked their healing magic on us. The circle became very still. Even Jae's baby remained alert, but quiet. After our session was complete, students reported feeling more relaxed and peaceful. Some noticed their anxiety had reduced or dissipated. We are so grateful to Tina at Thirteen Moons Farm for continuing to share the unique gifts of the medicine horses with Artemis students. What a gift!

Animals at Artemis, by Clara & Tara (Educators)



Artemis place has been entertaining a variety of animals in our halls over the semester. For several weeks, on Mondays and Tuesdays, we have

been home to approximately 24 small heritage breed chicks. Students enjoyed having the "therapy chickens" in the building. They could handle the chicks, and on several occasions the chicks fell asleep in their hands and students were then challenged to read novels or do math very carefully in order not to wake their sleeping feathered friends.

The last few weeks, we have had Painted Lady Caterpillars, Chrysalis and then butterflies in the classroom. Students released the butterflies and were encouraged to use the opportunity to reflect on transformations in their own lives. By identifying and releasing an old pattern that no longer serves us we make room for creating new, healthy, and empowering ones.



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