

SSI Conservancy Stewards in Training Program

Information for Group Leaders

Reflection

Writing in a journal is an example of introspection. To write in a journal means to write in a purely personal dialogue. This is where many writers do more than record daily activities. They let their feelings as well as their thoughts interact on the paper, without restricting their flow.

There are 10 minutes allotted for reflection. Groups stay at their final station. The leader recalls the day with students, reads an inspirational quote, and then students find their own place to sit for their self reflection, using the last page of their journal.

Quote: *Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not.*

Dr. Seuss, *The Lorax*

Background Notes on Group Name Species

Blackberries: There are two kinds of blackberry on Salt Spring: Himalayan and Trailing. Himalayan is an introduced species that generally grows upright with large juicy berries. First Nations used the blackberry stems, roots and leaves to make medicine for fevers and sores in the mouth. The berries were eaten fresh and dried.

Hawthorn: There are two kinds of Hawthorn on Salt Spring: Common and Black. The Common Hawthorn was a favorite hedgerow of settlers. First Nations used Black Hawthorn thorns for piercings, herring rakes and game pieces. They used the wood for tool and weapon handles and the bark for medicines to strengthen the heart and reduce swelling.

Horsetail: Ancient Romans ate the shoots of young horsetail and used them to make tea and thickening powder. It is one of the most widespread plants in the world and was the first plant to send up green shoots after the eruption of Mt. St. Helens.

Huckleberry: There are Black and Red Huckleberry shrubs in British Columbia. First Nations used the Red Huckleberry berries for fish bait in streams and ate them dried, fresh or mashed with fish grease. The juice was used as a mouth wash. A tea made from the leaves and bark was used for sore throats and gums.