

## 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: *Wilderness is a treasure to be preserved rather than a resource to be plundered.*

Thoreau

### Background Notes on Group Name Species

**Cedars:** Our native cedar on Salt Spring Island is western redcedar. It is a coniferous tree (has cones for reproduction) and is considered a soft wood. First Nations people used cedar wood for building their dug-out canoes, house planks, and totems. They used the bark for making clothing and roots for baskets. First Nations people said the power of this tree was so strong that a person could receive strength by standing with his or her back to the tree. Settlers use this wood for building boats, houses and making shingles, shakes and siding. Cedar continues to be used today for similar purposes.

**Maples:** Our native maple, the bigleaf maple, is a deciduous (drops its leaves every fall) tree, also considered a hard wood. They have hanging clusters of greenish yellow flowers in spring. They have golden brown winged seeds that slowly float down like helicopters in autumn. First Nations people rubbed maple leaves on boys' faces so they wouldn't grow thick whiskers and used the wood to make paddles. Settlers used maple wood for making furniture, flooring and tool handles. Some people tap the bigleaf maple for sap to boil into maple syrup.

**Alders:** Our native alder, red alder, is a deciduous tree, and considered a very soft hardwood. Alder is unusual because it has catkins and cones. First Nations people used Red Alder to smoke salmon. They used the wood to carve bowls, masks and rattles. They used the bark to make red or orange dye and to make medicinal teas for the treatment of tuberculosis, skin infections and wounds.

**Oaks:** Our native oak, Garry oak, is an endangered species although common on Salt Spring Island. It is a deciduous tree and a hardwood. It likes to grow on sunny, rocky slopes. Its tap root allows it to dig deep into the rocky ground for moisture. First Nations people ate the acorns after soaking them to get rid of the bitter taste. The bark was used for medicine.