

IY, SØÁCEL! Good day POL students and parents!

Throughout this slideshow, is written, audio, and visual information about the Garry Oak, our Indigenous plant of the week. Please feel free to read and listen to all of the information in any order, and try out or skip any activities or information at your discretion!

(The following two slides are an example of a scientific writing and drawing journal template. It is completely optional, but some students who enjoy doing written journals and drawing might want to try this format, either printed out or in a personal notebook - ***we encourage students to use the photos and info in the powerpoints to do any plant journal activities indoors***)

Indigenous Plant of the Week _____ TĚE NE SNÀ

Plant name (common name):

(My name is _____)

SENĆOŦEN:

Scientific name:

My Scientific Drawing of the plant:

Plant-sketching tips:

Accurate – looks like the plant

Big

Colourful

Detailed – see all the small parts

Explained – with labels, questions, observations

Indigenous Plant of the Week

Plant name (common name):

SENĆOTEN:

Scientific name:

Some Indigenous uses of the plant:

Other uses:



Indigenous plant of the week: Garry Oak

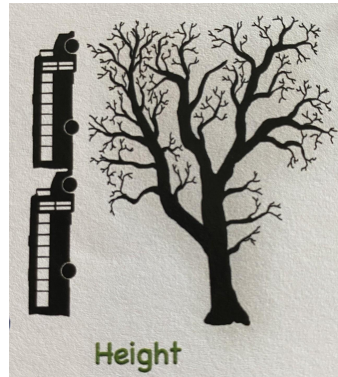
SENĆOTEN: ĆENÁLC

Scientific name: Quercus Garryana



What does it look like? How to identify it: [Click Here](#) to hear Miss Adams.

- The Garry Oak is a [deciduous](#), broadleaf hardwood tree.
- It has lots of bent and twisted tree limbs (branches).
- Did you know? Garry Oak trees can live for 200 years!
- Garry Oak trees can also grow to be as tall as two large school buses!



Garry Oak Bark and Leaves:

- The bark is a brownish-grey colour with deep and skinny grooves.



- The leaves are a thick, round-lobed oak leaf.
- The leaves are very shiny.



Garry Oak Flowers:

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- Flowers appear on the tree when new leaf and twig growth happen.
- The flowers stay on the tree until late June.
- The Garry Oak tree has both male and female flowers.
- The male flowers are a yellow-green colour.
- The female flowers are tiny red flowers that are covered with white hairs.



[Click Here](#) to hear Miss Adams.

Garry Oak Fruit:

- The fruit of the Garry Oak tree are called acorns.
- The acorns are smooth and brown with a rough (or bumpy) cap.
- They are between 1.5 cm and 3 cm wide.
- The acorns fall from late summer to November and begin to grow in the ground soon after.



Traditional Indigenous uses of ĆENĀLC (Garry Oak):

- Coastal Indigenous populations used Garry oak wood for fuel and for utensils such as combs and digging sticks.
- The Indigenous people also roasted or steamed the acorns for eating.
- They managed the Garry oak ecosystem by using fire to generate a supply of camas bulbs, an important food source that grows in the Garry Oak ecosystem.
- Tea (see the next slide for more info on the process of using Garry Oak for tea).

[Click Here](#) to hear Miss Adams.

ĆENĀLC (Garry Oak) Tea:

Herbal Tea Recipe:

Ingredients: One and a half tablespoons of Garry Oak bark, per 1 cup of water.

If possible, use fallen tree branches and carefully use a knife to scrape off the bark. (If not possible then remove bark from the South side of the trunk where it will regenerate lost bark fastest, while doing this take caution as to avoid removing too much or going through to the cambium layer and potentially damaging it.)

Dry the bark for a week minimum and then grind or pound the bark until it is broken up into a mixture of smaller pieces and/or powder.

Either directly place one and a half cups into a boiling cup of water, or fill an empty tea bag with the bark and steep it for about 10-15 minutes.

If directly placed in water, strain the tea first and enjoy!



[Click Here](#) to hear Miss Adams.

Legend of Camossung as told by Brianna Bear*:

Camossung was a young girl whose home site was destroyed by the great flood. After searching and scouring the land for food they found none and were left starving. Camossung went to the water pleading to Hayles the transformer, who was a sun at this moment, to provide her with food, and Hayles responded to her pleadings. Hayles leaned down and offered her sturgeon. The girl said she did not like fish, so Hayles threw it somewhere on the mainland. Then they offered cranberries and again she refused, so they threw it towards what is known as Shawnigan Lake. The things she did not refuse were ducks, herrings, coho, and oysters, which grew in abundance before colonization.

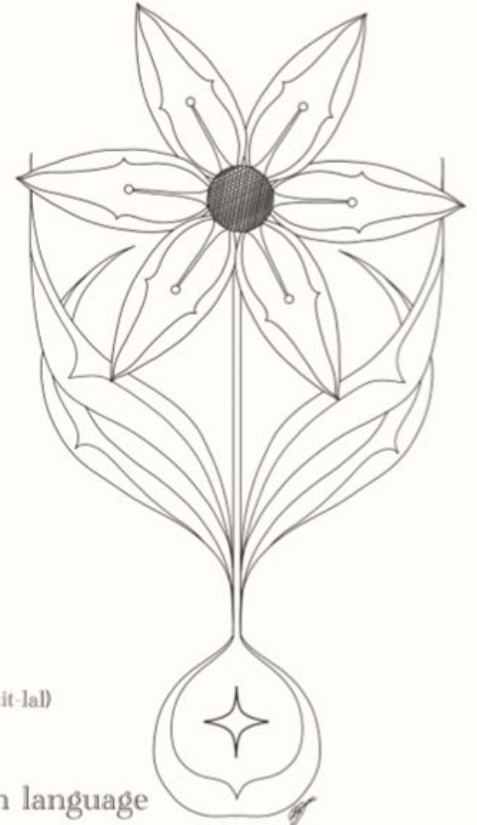
***TEALIE (ta-a-th-le-ut) / Brianna Bear is an Indigenous youth from the Songhees/Lekwungen Nation and the Namgis Kwakwaka'wakw people in Alert Bay (more information on TEALIE in speaker notes).**

[Click Here](#) to hear Miss Adams.

Legend of Camossung continued:

Before Hayles punished her for her greed Camossung, thinking of her people, asked Hayles for trees that would ‘touch the sky,’ flowers to cover the rocks, a good harbour to protect the canoes, and for milder and warmer winds. Taking these into consideration, Hayles nodded; they changed some of Camossung’s people into trees known today as Garry Oaks. They transformed others into flowers, such as blue camas and the Easter Lily, and finally Hayles bade the northwest wind warrior spirit not to deal too harshly with the land of Camossung.

q^wł̄aʔəl (q^w-uit-lal)
Camas
l̄ək^wəniʔnən language



Legend of Camossung continued:

[Click Here](#) to hear Miss Adams.

With those changes, Hayles made the harbour of the Gorge and then sprinkled water onto Camossung, turning her into a rock so she could protect the plentiful things that would feed and heal her people. Camossung's grandfather was also someone who was close to her, so he too changed into a rock with her. At one point in time these rocks could be seen under the water of the Gorge where the reversible falls are; however, the rocks were blasted in the 1900s.



[Click Here](#) to hear Miss Adams.

ĆENĀLĆ (Garry Oak) Ecosystems:

-A number of other plants typically grow with Garry Oak trees, and are interconnected as part of an ecosystem.

-A ***Garry Oak Ecosystem*** refers to one that is intact (still exists close to its original form), or is somewhat intact, after settlers came to this area.

-Unfortunately, many areas where Garry Oak ecosystems grew were destroyed over time as this area was settled *see upcoming slides for restoration efforts.



What other plants typically grow with **ĆENĀLĆ** (Garry Oak)?

-In the spring, various wildflowers, including camas, are found in Garry Oak meadows; the meadows also contain grasses, shrubs, and moss

-Other trees, such as Arbutus and Douglas Fir, often grow with Garry Oak

-Which of the following plants do you recognize?

(Answers are in the speaker notes)



[Click Here](#) to hear Miss Adams.

Where do you find ČENĀLĆ (Garry Oak) ecosystems?

[Click Here](#) to see a map of where Garry Oak grows in North America.

Where are some examples of places with Garry Oak meadows to visit on Southern Vancouver Island?

Can you guess where any of the following pictures are taken? (They are all in parks/hiking trails). *See speaker notes for answers!



Important facts about the Garry Oak Ecosystem:

Did you know...

- The Garry Oak ecosystem and other ecosystems associated with it are home to more plant species than any other land-based ecosystem in coastal BC?
- This ecosystem supports 104 species of birds, 7 amphibians, 7 reptiles, and 33 mammal species
- There are 800 insect and mite species associated with Garry Oak trees!
- Unfortunately, less than 5% of the original land mass of Garry Oak ecosystems remain - this is due to colonization and land development. They are the most endangered ecosystems in Canada :-(
- Over 100 species associated with this ecosystem are at risk.

[Click Here](#) to hear Miss Adams.

Garry Oak Ecosystem Restoration:

Want to know what you can do?

- Beautify your garden with [native plants](#)
- Plant and care for [Garry oak trees](#)
- Remove harmful [invasive plants](#)
- Restore [Garry oak habitat](#)



[Click here](#) to learn more about these beautiful “Coast Salish Gardens”.

[Click here](#) to see what Parks Canada is doing at Fort Rodd Hill in Victoria to help restore the Garry Oak ecosystems.

Activities to try at home:

[Click Here](#) to hear Miss Adams.

Lines in Nature:

Materials needed: Paper and Pencil

Take a good look at a photo of a Garry Oak tree. Notice where the tree grows from the root, where the branches are connected, and how they break off into different branches where the leaves are connected? Now pretend there is a squirrel running along each of those branches, your pencil is going to trace the path of that squirrel! **Go to slide 4 or 5 and see if you can follow the lines of nature in the photos of those Garry Oak trees!**

