












Hey Kids!

Could you survive a **Zombie Apocalypse** using just the native plants here at **Swan Lake**?

There are dozens of native plants that the *lək'wəŋən* (*ləkwungen*) and *xʷsépsəm* peoples have cultivated to be edible, medicinal or useful for providing the materials necessary for meeting all human needs.

Can you find them all?

✓	Can you find the name of the plant in <i>lək'wəŋən</i>	# of uses	QR
	Thimbleberry	water+	
	Coastal Strawberry	food+	
	Douglas Fir	shelter+	
	Yarrow	medicine	
	Oregon Grape	dye+	
	Ocean Spray	weapons, tools+	
	Snowberry	sanitizer+	
	Yerba Buena	medicine	
	Garry Oak	medicine+	
	Camas	food+	
	Red Flowering Current	food+	
	Can you find the tree of life: xpéy'	transportation+	

Tell us how you did!
Get Social @swanlakenature

We acknowledge the *lək'wəŋən* peoples (represented by the Songhees and *Xʷsépsəm* Nations) on whose territory Swan Lake Nature Sanctuary stands, and whose historical relationships with the land continue to this day.

We hope that visitors grow alongside us in our understanding of the cultural and ecological richness of the ancestral territories that have been lovingly cultivated by the *lək'wəŋən* and *xʷsépsəm* peoples, as well as our neighbours, the SENĆOŦEN-speaking WSÁNEĆ peoples, represented by the WJOŁŁŁP (Tsartlip), BOKEĆEN (Pauquachin), STÁUTW (Tsawout), WSIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

We respect the vital relationships of First Peoples with these lands and waters for countless generations. We are honoured to receive Indigenous guidance and welcome collaboration in stewardship and appreciation of the Nature Sanctuary.

If you see any words, plant values, pronunciations, or anything else on these signs that are incorrect or cause you concern, please let us know! These signs are biodegradable and this is a living project that will grow and be updated along with our learning.

This project was made possible by the generosity of Swan Lake Nature Sanctuary donors and additional support from Nature Victoria.



WELCOME TO SWAN LAKE NATURE SANCTUARY'S Native Plant Garden

Please enjoy our new interpretive signs

#1,2,3,4,5,7,8,9



čséy' (*lək'wəŋən*)
JSA, İLĆ (SENĆOŦEN)
Ts'sey' (*Hulqum'num*)
Douglas Fir (English)
Le douglas taxifolié (French)
Pseudotsuga menziesii (Scientific)



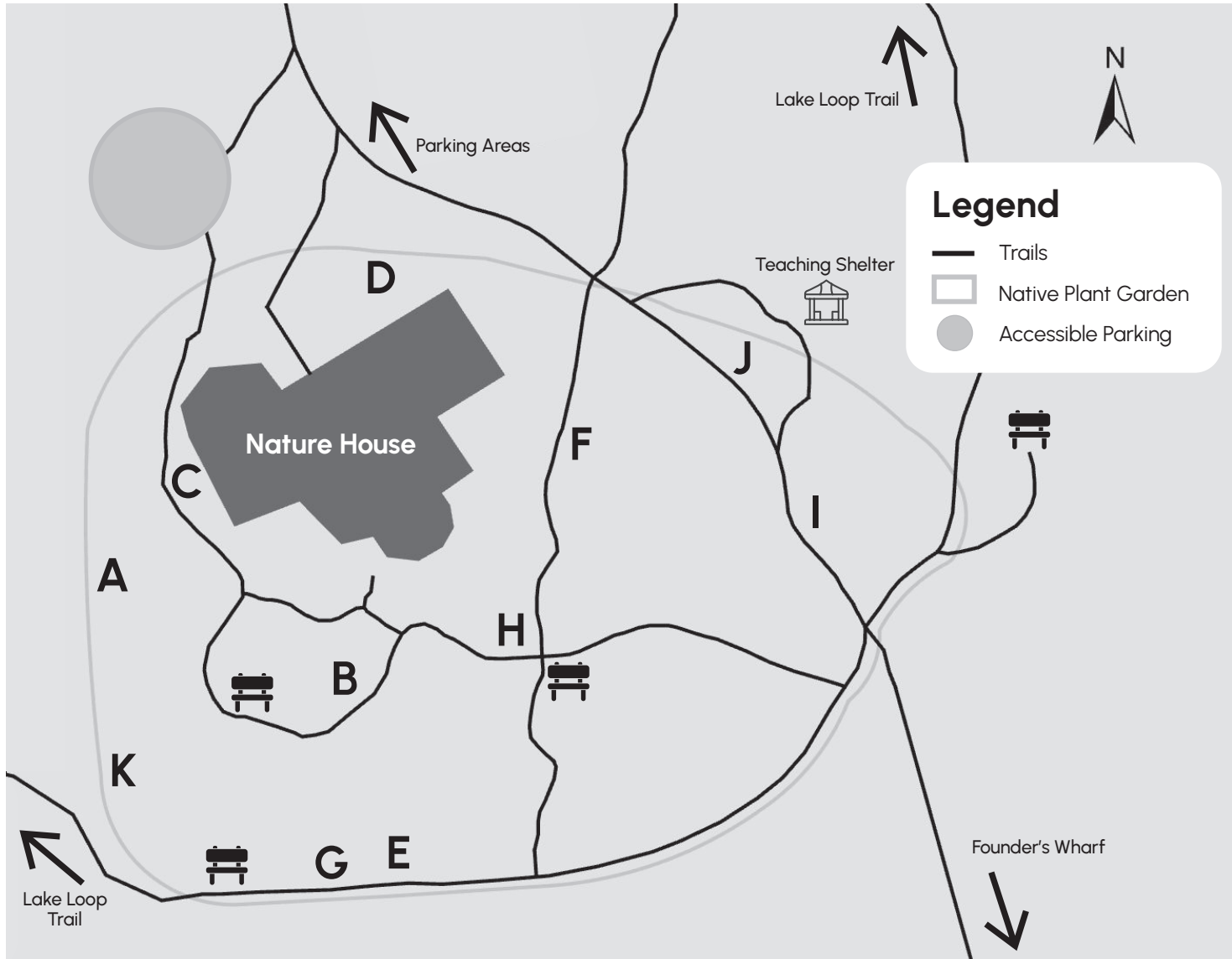
You can use this brochure as either a scavenger hunt-style game called **Zombie Apocalypse**, or as a self-guided tour of eleven culturally and ecologically significant native species.

This Restorative Education project was created by teachers Mx. Emily Menzies, Mr. Levi Wilson and their students from Shoreline Middle School, Colquitz Middle School and Ditidaht Community School (2019-2024). For more info, please visit www.restorativeeducation.com.

This project is dedicated to all the First Nations young people who are working to reawaken and become fluent in their ancestral languages, including Mx. Menzies' and Mr. Wilson's children and extended family. This is an effort towards Truth and Reconciliation, whereby First Nations and non-Indigenous students have the opportunity to learn the Indigenous names and value of culturally-significant native plants.

May these signs inspire and help you on your journey!

Swan Lake Native Plant Garden



Grab a pencil!

As you find each plant sign on the trail, notice its names. Check it off on your map, then flip your brochure over and try your hand at writing the *lək'wəŋən* name for that plant.

Notice what each plant can be used for by the number(s) showing its cultural significance and the icons that show its ecological value.

In the box beside the plant name, write down the numbers for uses of this plant. Collect them all to survive the Zombie Apocalypse!

Cultural Significance Icons: which native plants can provide humans with ingredients or materials to fulfill our basic needs?

Look for these numbers when playing *Zombie Apocalypse*:

- | | |
|-------------------|--------------------------|
| Need # 1: Air | Need #6: Dye / Clothes |
| Need #2: Water | Need #7: Tools |
| Need #3: Food | Need #8: Weapons |
| Need #4: Shelter | Need #9: Entertainment |
| Need #5: Medicine | Need #10: Transportation |

Ecological Relationship Icons: learn which native plants can provide wildlife with food and habitat, reduce damage or attract pollinators to your garden

- | | |
|------------------|----------------------|
| hummingbirds | wildlife winter food |
| pollinators | food for people |
| birds | butterflies |
| wildlife shelter | food for wildlife |
| fall colour | evergreen |
| deer resistant | medicinal uses |
| privacy hedge | prevent erosion |

For more info about our plants & programs:



Swan Lake Nature Sanctuary

3873 Swan Lake Road, Victoria, BC. V8X 3W1
 (250) 479-0211 | info@swanlake.bc.ca | swanlake.bc.ca
 @SwanLakeNature