



LOST VALLEY
EDUCATION CENTER

WELCOME



Welcome Guidebook

81868 Lost Valley Ln.
Dexter, OR 97431

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Poison Oak



Poison oak is a native plant whose leaves produce an irritating oil that causes mild to severe skin rashes, blistering, and itching that can last up to three weeks. It is best to avoid it if you stay on the paths you will be fine, but it does sometimes grow beside paths, and in the meadow around fir trees. If you stray from the paths, be mindful.

In the spring, the newly emerging leaves are shiny and reddish, in the summer, the leaves are deep green and slightly shiny. Late in summer, it can also make tiny clusters of flowers and pale berries. It can grow as a bush or a vine, and sometimes climbs trees.



Lost Valley Nature Center Trail Map

COMMON SPACE GUIDE

Check it out!

We recommend to check out the natural building techniques used in Earth Hall, Eco Resource room, Cob phone booth with pizza oven and hangout area, Welcome Booth and Cob Meadow Shed.

Also look for the gardens; swimming hole; trails; Anthony Creek Road during sunset; also look for the carved informational signs about and on many structures, indoors and near gardens & trees.

Best places to meet folks...

Main Lodge & Lawn (especially during meals); outdoor stage /kitchen; Guest House Kitchen; "Jersey" (the overgrown sports court); and for families with children: the Solplex, yurtville swing set.



Cob Welcome Booth

At entrance, and between parking lots. Meet here when you arrive. Read literature about Lost Valley and the surrounding areas. Take a map, shared spaces or other guides but leave binders here.

Lost Valley Store

A place for you to purchase produce, food, drinks, snacks (some homemade by residents). There may be resident and local artwork offered as well. Cash, honor box or log book.

Guest House

A space for you to cook, eat & store food. Here you'll find the shared personal foods kitchen, fridges & dry storage shelves (put your name on each item). Shop in our free room & tend to injuries in the infirmary.

Lodge / Lawn

A space for you to hang out, take a nap, meet people, read, play, play music & games, eat, gather for meetings or activities, and lots more... Here you'll find the emergency meeting area, community information boards, meetup (community decisions) meetings, main kitchen (vegetarian only, be with a resident to enter), community meals dining, snack & tea station w/ toaster oven & hot water tap, filtered water (blue tap), indoor stage, books, games, "living room" w/ fireplace, lodge area toilets & shower.

Meadow

(clothing optional)

A space for you to relax, hang out & meet people or find solitude, cook & eat, practice yoga & meditation, contemplate, sunbathe & more... Here you'll find the seasonal outdoor shower/bath, trampoline, tent pitch sites along the tree line, outdoor stage, outdoor kitchen(ODK), barn, fire pit, gardens, trailheads, Resident RV sites, clothesline for sun-dried laundry.

Sacred Yurt

(remove shoes, available for events or to reserve for private use)

A space for you to contemplate, practice yoga or meditation, host or attend a class or gathering or be in silence. Be attentive and respectful to others in this space if it's occupied, ask if you can enter/join.

Eco Resource Room

(remove shoes, available for events)

A space for you to study in the resource library, play piano, sip tea, watch a movie, lounge, read. Good for kids and adults.

Classrooms / Offices Space

for you to attend gatherings, activities, meetings & workshops. Here you'll find the main offices, small & large classrooms, bathrooms (no showers).

Sports Court

(smoking area, only one on campus)

A court with a natural appeal! Space for you to hang out, sunbathe, play basketball, lounge & access trailheads. It's a beautiful walk just past the classrooms/offices. Nicknamed 'Jersey'.

Solplex

(resident townhomes)

Homes are private, but you are welcome to join residents in conversations, lounging, gardening or chores.

Cabinville

(residential housing)

Private housing. Located in 'downtown' Lost Valley.

Tiny-Homeville

(residential housing)

Variation of on and off grid RV sites.

Dorm Area Bathhouse

Space to bathe/shower & do laundry. Bring your own BIODEGRADABLE soap and try the clothesline in the meadow for drying!

Gardens / Trees

You are welcome to go into any of the gardens and tour around. Please do NOT disturb the veggies or pick anything from the trees. Fruit on the ground is fair game.

Small Dorm

(remove shoes)

1st floor, *Summer Camp Hall* - Living Space for Guests / Visitors / Students

2nd floor, *Lofts Hall* - Living Space for Residents only

Large Dorm

(remove shoes)

1st floor, *Harvest Hall* - Living Space for Residents, Interns & Events.

2nd floor, *Earth Hall* - Living Space for Students, Interns & Events.

GUEST RULES AND GUIDLINES

LIFE IN AN EDUCATION AND EVENT CENTER

1

Practice **non violence** towards others through respectful action and speech.

5

Treat all **plants, animals, and fungi** with reverence and respect. Acknowledge the beings that we cannot see that are integral to the health of the land and thus our community and the planet.

2

Proactively work to **resolve conflicts** and misunderstandings.

6

Respect Lost Valley's buildings, common spaces, infrastructure, equipment, tools, supplies, bedding, etc., so that others may continue to use and benefit from them.

3

Take **responsibility** for emotions, ideas, beliefs, and behaviors and their effects on others.

7

Clean up after myself, children & pets, leaving things in better condition than I found them

4

Treat **children** with love and respect.

8

Help maintain the health of residents and visitors by **washing hands** before meals as well as before each trip to the buffet table.



Use of Community Property

- (i.e. bikes, tools, cleaning equipment, etc.)
- **Obtain permission** before using any property of Lost Valley—and if doing so, will keep it in good working order, cleaning and returning it to the location it came from in the condition in which I borrowed it.
- Be proactive in compensating as asked for loss or damage of Lost Valley property if it is due to my negligence.

Roads

- Observe a **speed LIMIT of 7 MPH** on Lost Valley driveways, and be aware that these are shared with pedestrians, bikes, garden carts, elders, children, ducks, chickens, and other occasional livestock.

Emergencies

- Drop whatever I am doing & come to the **lodge lawn** immediately, if the “meal-time” bell is rung repeatedly.

Laundry

- (Laundry facilities are located in the dorm bathhouse.)
- Follow posted instructions for using the honor box or bicycle operated washer and dryer.
- Clothes lines are available during summer months when rain is sparse.
- Please use **biodegradable products**.

Toilets

- Wash my hands every time I use the toilet.

Phones

- Not use a cell phone in the Lodge, Sacred Yurt, Kitchen, or in other spaces when people are present who are not involved in my conversation..

Sustainability

- **Compost:** Sort food scraps into the appropriate compost bins—orange for items that can be fed to the chickens, white for all other items.
- **Recycling:** CLEAN and sort recyclables correctly into bins behind the kitchen, by paying attention to the signs!

Food and Community Kitchens

- If using a communal kitchen, be oriented first, remember that we are all sharing the space and **clean up** any dishes or other messes immediately.
- Cook meat and fish in the Guest House or Outdoor Kitchens only, as **all meat and fish must be kept out of the Lodge kitchen**. I will NOT put meat scraps or dairy in the regular compost.

Children

- My children or I will pick up toys and dishes we've used at the Lodge and on the property and put them away in agreed-upon places.
- Leave no bikes, wagons, or other toys on the pathways, as they create a potential hazard in the dark. Kids' space in public areas will be left in relative order after my children have been playing there.
- Quiet time during meals is 45 minutes starting when the meal starts.
- Not use loud voices, running, roughhousing, or utilizing the toy vehicles by me or my dependents during this time.

Quiet Hours

- Be quiet during campus quiet hours which are between **10pm to 7am** every day of the week.

Neighbors

- Please be conscientious of property lines and **DO NOT TRESSPASS** neighboring properties.

Hot Tub

- Use tub **only with a resident-staff** who has been given an orientation and knows how to operate the stove and maintain the water level.
- Shower or bathe before getting into the hot tub.
- Not dunk my head, unless I've just washed my hair.
- Have no glass or alcohol at tub.
- Stay out if I am contagious with anything or if I have open wounds or other source of leaking bodily fluids (small nicks/scratches are fine).
- Clean up after myself (personal items, towels, wood chips, etc.).

Sauna

- Sauna may be used by community residents or guests, with **prior permission** and wood stove use instructions.
- Not take any glass bottles into the sauna.
- Not overheat the stove.
- Water may be poured on the rocks on the stove to make steam.

Alcohol and Criminalized Drug Use

- **Not use alcohol in shared/common spaces**, except during gatherings where it has been approved by the Community.
- We do not allow criminalized drug use on the property.

Tobacco

- Not smoke inside any Lost Valley property or facilities, or anywhere on the property **except at the basketball court**.
- Dispose of tobacco waste in the proper containers, and I will not toss any waste on the bare ground (lit or otherwise).

Marijuana

- Although marijuana is now legal in Oregon, Lost Valley maintains its own policy regarding areas where marijuana may be used. **Marijuana may be smoked only in the designated smoking zone at the basketball court, or in private spaces** (such as cabins, apartments, or personal dorm rooms) in such a way that others are not exposed to secondhand smoke or otherwise affected or bothered by it. At Lost Valley, we agree that the air space of common areas (such as dorm hallways, libraries, lodge, outdoors, etc.) should not be impacted by marijuana smoke and any feedback that the odor of smoke from marijuana use is affecting someone else negatively must be honored and accompanied by better containment of such activity. We support each person's right to breathe air free of tobacco or marijuana smoke (or odor) when in shared spaces at Lost Valley, with the exception of the **designated smoking zone at the basketball court**.

Swearing

- We do not consider swearing appropriate behavior as an everyday language pattern, especially if done in an angry or threatening way. Choose appropriate language, especially in shared spaces.

Nonviolence

- We at Lost Valley are committed to a nonviolent way of life through our speech, thoughts, and actions. Violence to oneself, others, property, or the environment is responded to with Zero Tolerance.

Guests may be asked to evacuate the property immediately if anyone in their party is found to be in violation of any of the above.

PET POLICY



The community establishes the pet policy and proposed changes must be approved at Meadowsong Village Meetup. Residents and applicants requesting to bring a new pet into the community must obtain approval at Meadowsong Village Meetup prior to doing so. These requests will be reviewed on a case-by-case basis, taking into consideration the current pets in the community, the character of the pet(s) being evaluated, and the owner's/owners' relationship with the animal(s).

Service and Emotional Support animals are not considered pets and may be protected by law. When approving an applicant's service animal we will be in full compliance with the law.

1. Lane County has codified pet regulations. It is up to the owner to comply.

2. Each residence requires a Pet Deposit for mammals. The deposit amount is determined by the Plenary at the Meadowsong Village Meetup and administered by the Site Manager. The current deposit schedule remains in effect until a change is determined.

3. In order to consider other types of pets, the Site Manager may need to confer with the Residential Approval Panel and Land Steward.

4. It is the responsibility of pet owners to be proactive about the impact of their pets on any given space and its occupants. The pet owner who desires to bring a pet into an indoor common space must address the varying needs of the people present in the space and request agreement of the pet's presence. No pets are allowed on INDOOR community furniture, unless permitted by those who are present and the pet owner

covers the furniture to prevent direct contact between the pet and furniture. Furthermore, pet owners must ensure that anyone present or entering the room is given priority for seating there and consents to the pet being on the furniture. No pets are allowed in indoor community kitchens.

5. Pets are considered an extension of their owners. If pets are in conflict, normal LV modes of intervention and consequences will be used between the owners.

6. Cruelty toward an animal will be treated as cruelty toward a human.

7. Outdoor feeding of pets and farm animals may impact the populations of rodents and other wildlife around our dwellings and kitchens.

8. Fines, as determined by Meadowsong Village Meetup, may apply for violations of any pet policy found herein.

9. All mammals must be spayed or neutered before being approved to live on the property.

Dogs

10. It is the responsibility of dog owners to keep dog poop out of sight and smell of footpaths, roads and lawns.

11. When in common spaces, inside and out and whether on or off leash, dogs must be with their masters or handlers, and both must demonstrate "LVEC-desired dog/human behavior".

Achievement of this behavior is the responsibility of the master/handler.

We briefly define "LVEC-desired dog/human behavior" as:

- A. have a leash accessible at all times
- B. use NVC/compassionate communication
- C. dog and master/handler respond to commands/requests from each other in a timely manner
- D. obey the 6' rule as described below or, if exempted, be in earshot and/or sight of each other
- E. dog and master/handler are at ease with each other as well as pets, wildlife, livestock and children.
- F. master/handler clearly communicates whether dog can safely be approached by other people or animals.
- G. honor restrictions given by garden managers
- H. honor posted "wild areas" as defined on the map on the next page

12. *On leash 6' Rule:* New dogs to the land, when utilizing indoor and outdoor common spaces, should be kept on leash within 6' of their master/handler until they and their master/handler have consistently exhibited "LVEC-desired dog/human behavior" which is at the discretion of the Meadowsong Village Meetup for residents; respectively, the proper head of department for guests. Removal of the *on leash 6' Rule* restriction is accomplished as follows:

For residents and interns, the Behavior Test: At least 3 days in advance of a Meadowsong Village Meetup meeting, submit an agenda item for this test. If approval via consent is given, dogs may be allowed to go farther than 6' from their master/handler, but must be in earshot and/or sight of each other.

13. Dogs are not allowed in wild areas which are temporarily defined by green stripes and the trails marked in red until wild areas are officially defined. Dogs must be kept on leash on the section of the Elderberry trail marked in orange on the map below.

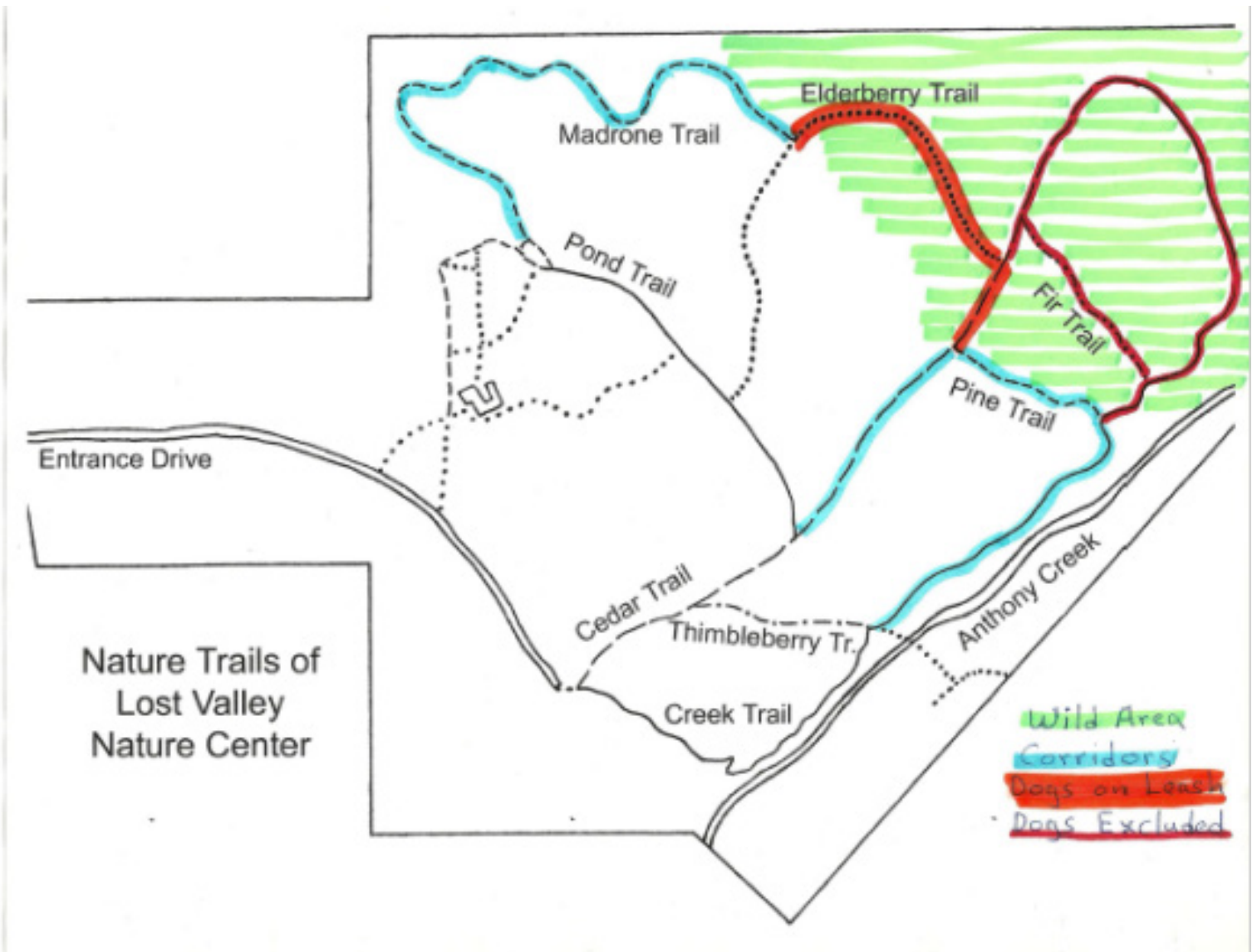
Cats

1. During nesting season for birds and other small mammals (Mar 1 - Jul 31), all cats (including approved mousers) must be kept indoors or wear a cat bib or a cat ruff while outside. Year-round wearing of the Cat Ruff has been shown to prevent further damage to the ecosystem and is highly encouraged by many fellow eco-villagers to reduce the threat to native songbirds.

2. A cat owner whose cat is not wearing a ruff or a bib by March 1st will be fined \$20 each month not in compliance.

3. Homemade cat ruffs must include either red or yellow as a primary Color and stand 2 inches off the top of the cat's neck at all times.
4. The cat caregiver will replace the cat's ruff by ordering/making a new one to avoid consequences like Pet Policy violation. If ordering online, Cat caregiver must provide proof to the Property Manager of having ordered a replacement ruff within 7 days. The Policy infraction Resolution Process begins if this is not adhered to.
5. If an outdoor cat is caught eating a bird, Meadowsong Village Meetup may consent to take actions proposed.
6. There will be a photo inventory online or in the Lodge of the name and owner of all cats on property.

TRAIL MAP GUIDE FOR DOGS



EMERGENCY PLAN

WILDFIRE: In the event of a wildfire, evacuate the property immediately and meet at the Pleasant Hill Elementary School parking lot on Hwy 58.

OTHER FIRES: (grass / structure / kitchen etc) MEET AT LODGE LAWN

RESPONSE TASK LIST

Person A. CALL 911

- Address: 81868 Lost Valley Lane - 87 acres of land
- Where is the fire located? (FD has aerial map of LV)
- Is anyone in immediate danger?
- Stay on phone until FD arrives.

Person B. Grab Fire Emergency Box from Infirmary

Person C. LV Point Person for Fire Dept

- From near the kiosk, direct fire dept staff to the location of fire.

Person D. Alert Campus (Ring Bell)

- Ring Lodge Bell constantly
- Headphones in Emergency Box

Person E. Alert Campus (Solplex, Megaphone #1, Walkie Talkie #1)

- With Megaphone & Walkie Talkie, walk to Solplex using the siren & voice feature on Megaphone.
- Proceed to end of LV Lane to meet fire truck. Give them update if anyone is trapped/ in danger & update on fire.
- Use Walkie Talkie to communicate with Roll Call people

Person F. Alert Campus (Dorms Megaphone #2)

- With megaphone Emergency Box run to Dorms to sound alert.
- If safe, walk through dorms & check for people.
- Tell everyone to come to lodge lawn immediately.

Person G. Roll Call at Lodge Lawn (Roster List w/ Walkie Talkie #2)

- Roster list & pens in Roster Binder in Box
- Calling out names & checking off list
- Communicate names of missing persons to LV Search Team

Person H. Roll Call at Lodge Lawn

- Is keeping D & Search Team updated from lodge lawn

Person I. Extinguish Fire w/ LV Fire Hose

- Use closest Fire Hose to put out fire
- Locations: dorms, by the cabins, behind the shop, solplex, sidewalk by offices

Person J. Increase Water Pressure in Pump House

- Open door to pump house, look immediately to left wall. Locate larger metal gray box towards the end of the walk. Open Box. Flip switch on left side to on (this is pressure 5), listen for it to go on (a loud hum noise). Flip the switch on the right side OFF (turning off pressure 2).

Person K. Search Team Person A. (Walkie Talkie #3)

- Roll Call alerts Search Team of who is missing
- Search Team goes together to find persons
- Grab bikes from bike stand behind the lodge

Person L. Search Team Person B

- Roll Call alerts Search Team of who is missing
- Search Team goes together to find persons

HEALTH AND SAFETY

1. Please stay out of shared kitchens with symptoms of any contagious illness, cold, or flu. If there seems to be a trend (“something’s going around”), let H&S know about this pattern so they can address it community-wide.
2. Infirmary: Located in the Guest House, next to the Lodge. LV does not offer trained medical staff, but the infirmary is stocked with emergency equipment and basic remedies. The door is open to all LV residents.
3. Emergency signal: The Lodge meal bell ringing non stop (or three blasts on an airhorn) means grab others near you and gather immediately at the Lodge/Lodge lawn. This is for drills or real emergencies.
4. Drive slowly: In the interest of good neighbor relations and the safety of children and animals, please drive 20-30 mph on Lost Valley Lane and 7 mph on Lost Valley driveways. Be especially careful approaching the workshop area, where children and animals tend to play in the road.
5. Water filtration: LV’s water comes from a well on the property. It is disinfected with a small amount of chlorine, according to Public Health standards. Due to high arsenic levels, we recommend drawing drinking water from the spigots equipped with an arsenic filter, which means the Lodge Kitchen, ODK, and Large Dorm Kitchen (?).
6. No bare butts on shared surfaces such as Outdoor Kitchen & Lodge furniture, the trampoline, or sauna benches.
7. COVID: LV follows Oregon State guidelines plus in-house protocols that are set by the Board or Meetup and can change over time. Updates are sent via campus email.
8. Mold: If you have particularly high sensitivity or are feeling symptoms, please discuss this with your residency contact person (Visitor Coordinator, Site Dept. or the Internship Coordinator).





ABOUT US

Lost Valley Educational Center is a non-profit 501(c)3 in Dexter, Oregon, 20 minutes east of Eugene. We take a holistic approach to sustainability education, engaging students in ecological, social, and personal growth. The center is host to an intentional community inspired by Sociocracy and guided by the avenues for achieving the mission of the non-profit. The community is comprised of resident staff, other renters, and volunteers. Since 1989, Lost Valley has been a place for experiential learning through participation in community development, formalized educational programs, and volunteer opportunities.

Our programs have included: Permaculture Design Course Certification, Holistic Sustainability Semester, Social Forestry Workshop, gardening, natural building, festivals, benefits, meditation retreats, seminars, and concerts. We are a unique retreat and conference facility offering 2 dormitories, multiple kitchens, sacred space indoor and out, Nature Center with labeled trails, and a diverse eco-system. Many of our events have an educational focus.

LVEC uses a permaculture approach of ecological design and restoration to care-take our beautiful 87 acres of gardens, meadows, forests, pond, creeks, and trails located 18 miles southeast of Eugene. LV inherited much of the existing infrastructure and seeks to make slow changes to the land with the goal of water, food, and planetary sustainability. We seek funds for the development of a large-scale water catchment system for our metal roofing, as well as backing for off-grid composting toilets for the event center.

VISION

Lost Valley is a learning center, educating youth and adults in the practical application of sustainable living skills. We take a holistic approach to sustainability education, engaging students in ecological, social, and personal growth.

MISSION

Our mission reflects the holistic nature of our vision and most of our offerings come from the intersection and dynamic relationships between the following three focus areas:

- Educate the general public in the practical application of sustainable living skills ~ including, but not limited to, personal growth skills such as maintaining health of body and mind, social skills such as communication and governance, and ecological skills such as farming and forestry.
- Serve as a regional and national model in land stewardship, sustainable living, and community development by providing information, resources and expertise.
- Provide affordable housing and access to land for low income people to use for ecologically-responsible housing, sustainable agriculture and forestry, cottage industries and co-operatives.

Meadowsong Ecovillage - We are an intentional community that provides affordable housing, access to land, and facilities for community development. We are an intentional community of educators, entrepreneurs, and cultural evolutionaries, committed to creating a life together in a sustainable way.



HISTORY

The site of Lost Valley was originally a part of the Shiloh Youth Revival Centers. Known as "The Land" to its members, the original late '60s buildings were made from the recycling of donated houses.

In the 1980s the Shiloh organization sold the property to a group of people intent on starting their own eco-village. The intent was for the Lost Valley Educational Center to be both a community and an educational center.

For years the main educational focus of Lost Valley was a heart-centered workshop program called, "Naka Ima" which evolved into an evolutionary interpersonal growth workshop called, Heart of Now, which is currently run off-site, in the city of Eugene.

Today, Lost Valley employs 3 pillars that inform both our educational programs and operation of our ecovillage. These are...

PERMACULTURE, SOCIOCRACY, and NONVIOLENT COMMUNICATION.

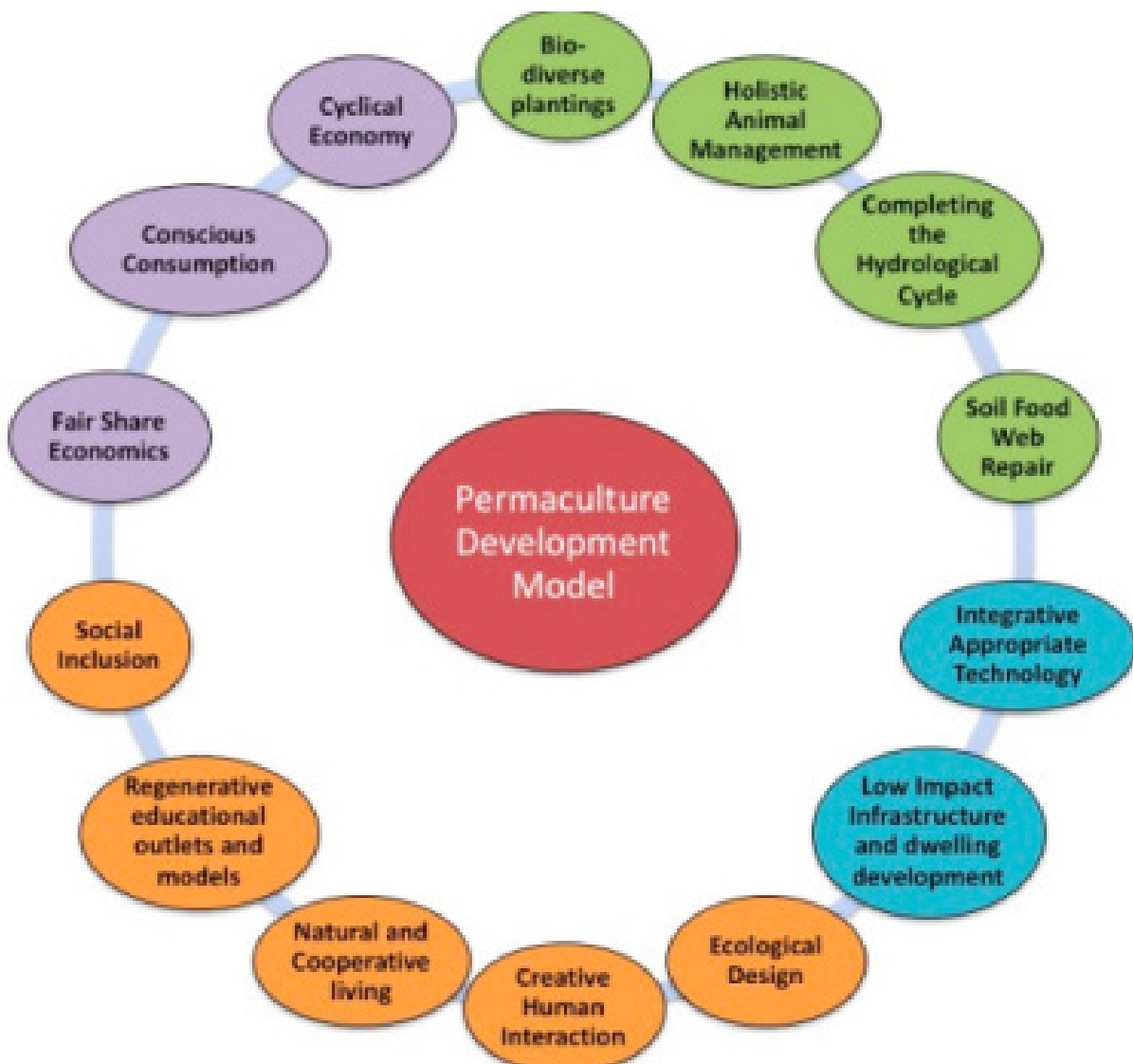


WHAT IS PERMACULTURE ?

Permaculture is a system of agricultural and social design principles centered on simulating or directly utilizing the patterns and features observed in natural ecosystems. The term permaculture (as a systematic method) was first coined by David Holmgren, then a graduate student, and his professor, Bill Mollison, in 1978. The word permaculture originally referred to “permanent agriculture”, but was expanded to stand also for “permanent culture”, as it was understood that social aspects were integral to a truly sustainable system as inspired by Masanobu Fukuoka’s natural farming philosophy.

It has many branches that include but are not limited to ecological design, ecological engineering, environmental design, construction and integrated water resources management that develops sustainable architecture, regenerative and self-maintained habitat and agricultural systems modeled from natural ecosystems.

Mollison has said: “Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labor; and of looking at plants and animals in all their functions, rather than treating any area as a single product system.”



Twelve Permaculture design principles articulated by David Holmgren in his *Permaculture: Principles and Pathways Beyond Sustainability*:

1. Observe and interact: By taking time to engage with nature we can design solutions that suit our particular situation.

2. Catch and store energy: By developing systems that collect resources at peak abundance, we can use them in times of need.

3. Obtain a yield: Ensure that you are getting truly useful rewards as part of the work that you are doing.

4. Apply self-regulation and accept feedback: We need to discourage inappropriate activity to ensure that systems can continue to function well.

5. Use and value renewable resources and services: Make the best use of nature's abundance to reduce our consumptive behavior and dependence on non-renewable resources.

6. Produce no waste: By valuing and making use of all the resources that are available to us, nothing goes to waste.

7. Design from patterns to details: By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go.

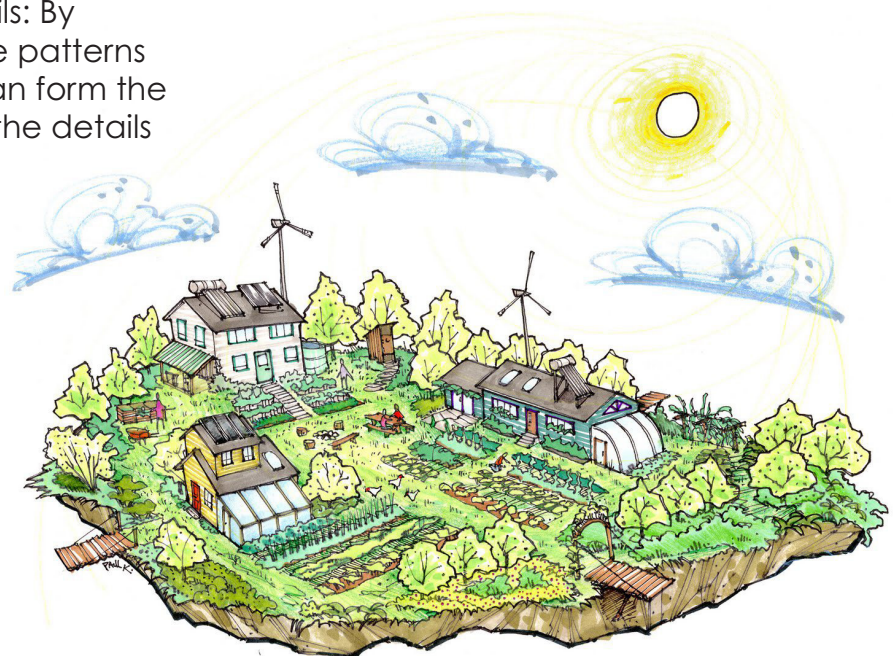
8. Integrate rather than segregate: By putting the right things in the right place, relationships develop between those things and they work together to support each other.

9. Use small and slow solutions: Small and slow systems are easier to maintain than big ones, making better use of local resources and producing more sustainable outcomes.

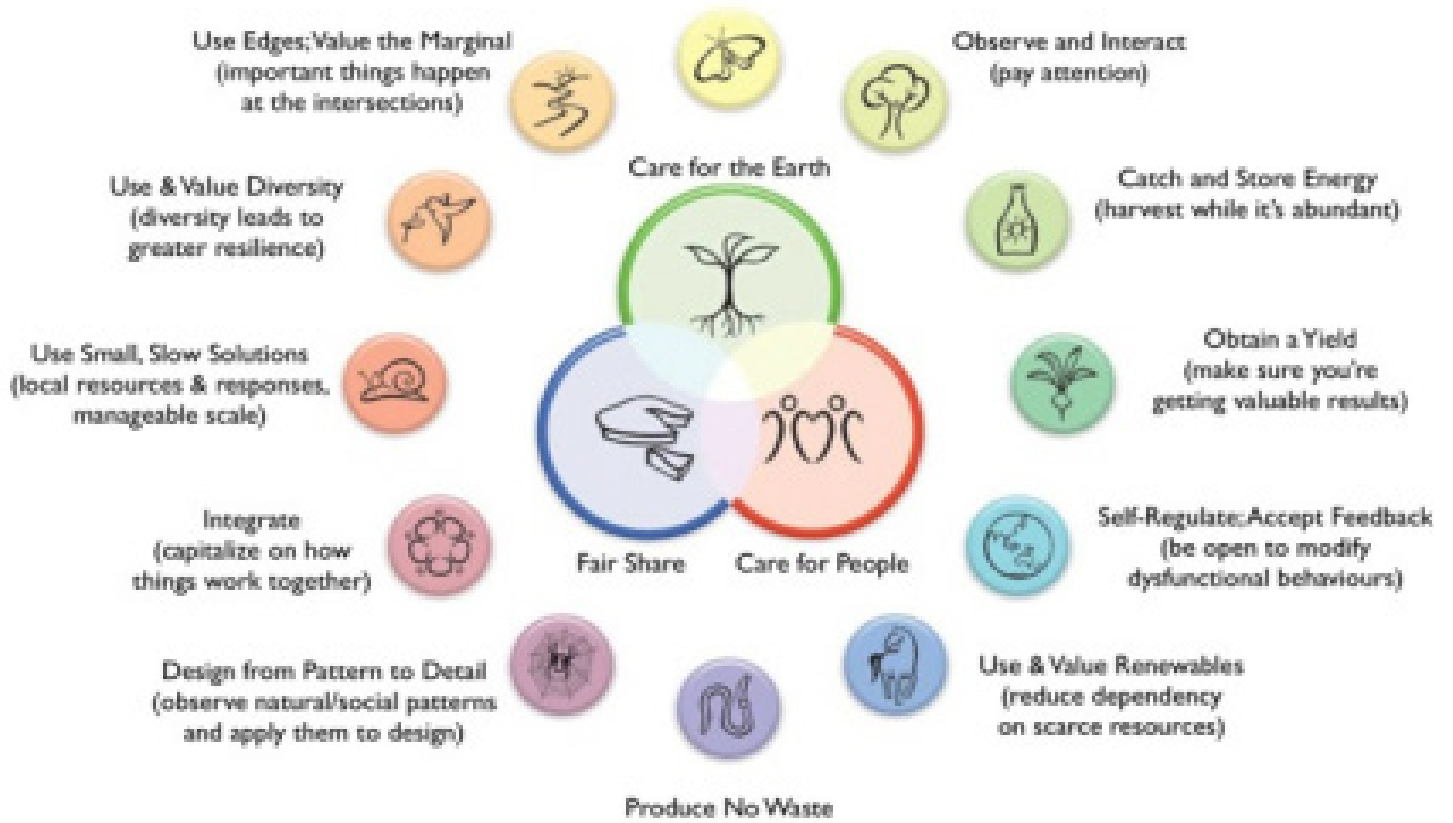
10. Use and value diversity: Diversity reduces vulnerability to a variety of threats and takes advantage of the unique nature of the environment in which it resides.

11. Use edges and value the marginal: The interface between things is where the most interesting events take place. These are often the most valuable, diverse and productive elements in the system.

12. Creatively use and respond to change: We can have a positive impact on inevitable change by carefully observing, and then intervening at the right time.



Creatively Use & Respond to Change
(envision possibilities and
intervene in effective ways)



WHAT IS SOCIOCRACY?



Definition

Sociocracy vests power in the “socius” (from Latin, socius, “companion”) - companions, colleagues, associates, people with an identifiable social relationship. The “socios” regularly interact with one another and have a common aim. Decisions are made in consultation with each other, in consideration of the needs of each person in the context of the aims of the group or organization.

Design

Sociocracy is a whole systems design for organizational structure and decision-making, based on the values and principles described above. In other words – a way to organize work by producing organization. Sociocracy is an organizational design system, and a project management system.

Policy Decision

Governs (constrains) a set of future operational decisions (getting stuff done) by setting aims, standards, limits, parameters, constraints. May allocate resources, clarify values, establish plans, grant authority, and specify general procedures for repetitive (production, operational) processes.

Operational Decision

Executes specific policy decisions in day to day functioning of an organization. May determine daily job assignments, handling of correspondence, operation of machinery, production and delivery of specific products and services, etc.. In other words, an operational decision flows and/or follows from a consented policy.

VALUES

Equivalence

Individuals function as peers in deciding how to accomplish their collective aims.

Effectiveness

Focus on policies and actions that accomplish collective aims; steering towards collective aims through action, feedback and adaptation; continual self-improvement.

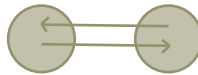
Transparency

Direct access to all policy documents and records relating to one's work. No secrets! This supports equivalence, effectiveness and responsibilities of co-leadership.

PRINCIPLES

Circles

- A circle is a semi-autonomous and self-organizing unit that has its own domain and aim. It makes policy decisions within its domain; delegates leading, doing and measuring functions to its own members; maintains its own memory system (decisions, records, logbook, etc.); plans its own development (learning, adapting, improving).
- Circles correspond to working groups, such as departments, divisions, teams, committees, etc.. Each circle has its own aim(s) and steers its own work by performing functions of leading, doing, and measuring for itself. The cycles of "lead-do-measure" activity are feedback loops, making the circle self-regulating and self-correcting.



Double-linking (feedback)

- A double link between one circle and another is formed by two people who are full members of both circles. For a given circle, this is normally the operational leader of the circle and another member elected to be a link. There can be more than two links.
- Double-linking ensures that information moves in both directions between circles and increases integrity of information transfer. Through double links, feedback travels up, down and across the circles within an organization.



Consent

- Policy decisions are made by consent. Consent exists when there are no remaining objections to a proposed policy decision.
- Objections must be relevant to collective aims.
- Objections must be explained so that all affected understand them, even if some disagree.
- An objection is not a veto or block; it is a reason why a particular decision will prevent a member of the group from supporting the collective aims and/or doing their job.
- Objections are solicited because they provide useful feedback. The reasons for an objection to a proposal contain information valuable for improving the proposal.

WHAT IS NONVIOLENT COMMUNICATION ?

At Lost Valley, we endeavor to foster a culture that deeply values Compassionate Communication,

including qualities such as...

- Taking personal responsibility, rather than blaming others, for one's feelings
- Refraining from unconscious reactions to unhealthy patterns of anger, resentment, or frustration
- Bravely addressing concerns directly, with honesty and flexibility
- Not letting resentments fester or expecting others to be responsive to unexpressed needs or values
- Using all modes of communication with intention to foster healthy, cohesive, & positive relationships

While Nonviolent Communication (NVC) is not our official language, it is in a sense a different language that effectively serves to support authentic, clear, and responsible relations within ourselves and with each other. Many hear the words 'nonviolent communication' and think it simply means not communicating violently, but NVC is much more than this. It focuses on three aspects of communication: self-empathy (defined as a deep and compassionate awareness of one's own inner experience), empathy (defined as listening to another with deep compassion), and honest self-expression (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).



The Basics of Nonviolent Communication (NVC)

Most of us have been educated from birth to compete, judge, demand and diagnose to think and communicate in terms of what is "right" and "wrong" with people.

We express our feelings in terms of what another person has "done to us." We struggle to understand what we want or need in the moment, and how to effectively ask for what we want without using unhealthy demands, threats or coercion. As founder of Nonviolent Communication (NVC), Marshall Rosenberg, Ph.D. says,

"What others do may be a stimulus of our feelings, but not the cause."

- Marshall B. Rosenberg, Ph.D.,
Nonviolent Communication: A Language of Life

At best, thinking and communicating this way can create misunderstanding and frustration, or simply keep us from getting what we want. It can also keep us from the fulfilling relationships we deserve. And still worse, it can lead to anger, depression and even emotional or physical violence.

Since developing the Nonviolent Communication (NVC) process in the 1960's, Marshall Rosenberg's vision has been to teach people of any age, gender, ethnicity or background a much more effective alternative. At present, hundreds of certified NVC trainers and supporters are teaching NVC skills to people from all walks of life around the globe.

Through our self-help communication books you'll learn to transform the thinking, moralistic judgments, and language that keep you from the enriching relationships you dream of. As you learn how to apply NVC through reading our books, you'll start to resolve conflicts with more ease, learn to ask for what you want without using demands, begin to hear the true needs of others with less effort, strengthen your personal and professional relationships, and start living your full potential.

"Violent" vs. "Nonviolent" Communication

If "violent" means acting in ways that result in harm, then much of how we communicate with moralistic judgments, evaluations, criticisms, demands, coercion, or labels of "right" versus "wrong" could indeed be called violent.

Unaware of the impact, we judge, label, criticize, command, demand, threaten, blame, accuse and ridicule. Speaking and thinking in these ways often leads to inner wounds, which in turn often evolve into depression, anger or physical violence.

Sadly, many of the world's cultures teach these "violent" methods of communication as normal and useful, so many of us find our communication efforts painful and distressed, but we don't know why.

What is “Nonviolent Communication”?

The concepts and tools of Nonviolent Communication are designed to help us think, listen and speak in ways that awaken compassion and generosity within ourselves and between each other. Nonviolent Communication helps us interact in ways that leave each of us feeling more whole and connected.

It ensures that our motivations for helping ourselves, and each other, are not from fear, obligation or guilt, but because helping becomes the most fulfilling activity we can imagine.

With its focus on interpersonal communication skills, a casual observer might suppose that the NVC process is only applicable to relationships or conflict resolution.

Yet people who practice the Nonviolent Communication process quickly discover its transformational impact in every area of the human experience — including transforming our classrooms and organizations, improving productivity in the workplace, transforming anger and emotional pain, enhancing our spiritual development, and creating efficient, empowering organizational structures.

Source: <http://www.nonviolentcommunication.com>



HOW TO USE THE NVC PROCESS...

Clearly expressing how I am without blaming or criticizing

Empathetically receiving how you are without hearing blame or criticism

1. OBSERVATIONS

What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:

“When I (see, hear) ... “

What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:

“When you see/hear ... “

(sometimes unspoken when offering empathy)

2. FEELINGS

How I feel (*emotion or sensation rather than thought*) in relation to what I observe:

“I feel ... “

How you feel (*emotion or sensation rather than thought*) in relation to what you observe:

“You feel ...”

3. NEEDS

What I need or value (*rather than a preference, or a specific action*) that causes my feelings:

“,,,because I need/value...”

What you need or value (*rather than a preference, or a specific action*) that causes your feelings:

“,,,because you need/value...”

Clearly requesting that which would enrich my life without demanding

Empathetically receiving that which would enrich your life without hearing any demand

4. REQUESTS

The concrete actions I would like taken:

“Would you be willing to ...?”

The concrete actions you would like taken:

“Would you like ...?”

(Sometimes unspoken when offering empathy)

STAFF CONTACT INFORMATION

Visitor Coordinator -- visit@lostvalley.org

- Primary contact for all guests and visitors
- Can answer questions regarding residency, and the application process.
- Responsible for processing bookings for outside and personal visitors.

Site Manager -- sitemanager@lostvalley.org

- Can answer questions regarding maintenance requests and needs.
- Can answer questions regarding leasing and rental matrix.
- Is responsible for hiring building & maintenance staff.

Business Administrator -- businessadmin@lostvalley.org

- Is responsible for hiring office staff.
- Can answer questions regarding employment.
- Can answer questions regarding renting LV space for events

Internship Coordinator -- internshipcoordinator@lostvalley.org

- Responsible for administering our internship program.
- Can answer questions regarding becoming an intern here.

Garden Manager -- garden@lostvalley.org

- Can answer questions about harvesting foods from the garden.
- Can answer questions about volunteering in the garden.

Land Steward -- landsteward@lostvalley.org

- Can answer questions about our land.
- Can answer questions about volunteering in our land projects.

Hive Coordinator -- hive@lostvalley.org

- Can answer questions about cleaning needs and requests for communal spaces.
- Can answer questions about applying for a hive (cleaning & maintenance) role.

Admissions Coordinator -- admissions@lostvalley.org

- Can answer questions about our educational programs.
- Responsible for processing student applications.

FAQ

Which kitchens are available for use?

- In general guests are permitted to use the outdoor kitchen and the guest house kitchen fridge and storage space may be allocated to guests depending on availability. Please ask before leaving your things in the kitchen.

May I receive mail at Lost Valley during my stay?

- No. If you will be at Lost Valley for an extended period of time we ask that you please rent a P.O. box at the nearby post office to receive mail.

Which bathrooms are available for use?

- We encourage guests to use our composting toilets during their stay which are located behind the lodge, by the classrooms, in the meadow, and by the tinyhouse village.
- Plumbing toilets are available in the lodge bathhouse, the bathhouse between the dorms, the classroom bathrooms, and for guests staying in the dorms there is a bathroom located on each floor.

Which showers are available for use?

- During the summer, we encourage guests to try our outdoor solar shower and bathtub.

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THINGS TO DO IN THE AREA

Dexter, OR (Bikeable distance)

Dexter Market -- 38830 Dexter Rd, Dexter, OR 97431

Dexter Lake Club --- 39128 Dexter Rd, Dexter, OR 97431

Dexter Post Office --- 38880 Dexter Rd, Dexter, OR 97431

Hot Springs

McCredie Hot Springs --- 30 min drive

Cougar Hot Springs -- 1 hr 15 min drive

Hikes

