

To Forest Valley's lucky, new interns,

Let's...get ready...to RUUUUMBLE –because you're stuck here now :)

Greetings from the interns of the past! At Forest Valley, interns do things. Many things. Some will be on the daily schedule. Some will be on the fly. It is ultimately up to YOU to complete them during your time here at FV. So, with that in mind, here are some tips to surviving from yours truly, the Spring 2016 dream team.

1. Write stuff down. Why? Cause there's A LOT to remember. Take notes about how different staff conduct program (some people are more structured, some people are more free flowing). Take notes about how people make their lemonade/hot chocolate/cedar tea (i.e. Melissa adds maple syrup to her tea, whereas Dean makes it strong enough to twist your beard –if you have one that is). Take notes about what you have to do every day/weekly (like the fish and plants, they're super important and can die if you forgo your fish/plant parent duties). By doing all of this, you can fill out your Daily Intern Feedback pages to perfection.

2. Don't be afraid to ask questions. Walking into this co-op, you may get overwhelmed. But do not fear, for you have something mightier than the sword. No, no, not the pen (unless your voice gives out and you have to wear a whiteboard sign around your neck). YOUR WORDS! Ask things! Ask staff if you need clarification, or help, or advice. Some of them have worked at Forest Valley for literally decades. They know the low-down, the skinny, the 411 about what goes where and what dog walker is the new menace for the season. Speak up and let your voice be heard (but don't be shocked if you get a gravelly smokers voice in the morning after a few weeks, because you do talk a lot at this job).

3. Take care of yourself. This job can be tiring. You're going to be digging, pulling, planting, watering, hiking, carrying, chopping, washing, talking, sweeping, organizing, running (a lot) and much, much more. So, get a good night's sleep. We recommend a 10:30 pm bedtime (for us it eventually became 9:30 pm because we're slothlike humanoids). Eat good food, but indulge in the Potato Chip Buffet if one comes around. Bring a water bottle with you daily (Katherine forgot her's for today as we're writing this and she is very sad). With our final recommendation being to have mindfulness. Take a step back and look at where you are. You're in a forest in the CITY. How crazy is that? It's jump the couch crazy. Try to find enjoyment every day, even if it's just one little thing (for Danielle, it was finding slugs). Your mind is just as important as your body when taking care of yourself.

June 30th, 2016

So, you've read this letter in its entirety. Good job! Give yourself a pat on the back. Here's hoping you're ready for one of the most interesting co-ops of your life! As long as you like the great outdoors...and don't mind the incessant bugs...or never having clean clothes at the end of the day.... But seriously, the stakes have been set high and it's up to you to follow in our footsteps.

GOOD LUCK!

Sincerely,

Danielle and Katherine

Spring 2016 UW Interns

PS: The solar panel carts suck, you might want to fix them. Also, please charge the battery so our project doesn't die like a lot of our fish did this semester. Thanks!

PPS: If the fish start to grow weird bumps and lumps, they're gonna be in for a bad time.