

2010 Design Alaska Holiday Concert

The 2010 Design Alaska Holiday Concert was held on Sunday, December 5th at the Davis Concert Hall. The Fairbanks Symphony Orchestra and local choirs performed an array of holiday music for a packed audience. After the show, Design Alaska employees handed out our annual holiday ornament designed by our very own Skye Sturm. Anita Tabor carved the miniature sculpture.



2010 Ice Sculpture - Sculpted by Anita Tabor

For the past 9 years, Design Alaska has had their annual ice sculpture modeled after the Design Alaska Holiday Concert Ornament. This year it was a trumpet. Skye Sturm designed and Anita Tabor sculpted. Here are some pictures of the process - from beginning to end - more pictures on the following page.



2010 Ice Sculpture Pictures (Continued)



What's happening around the office...



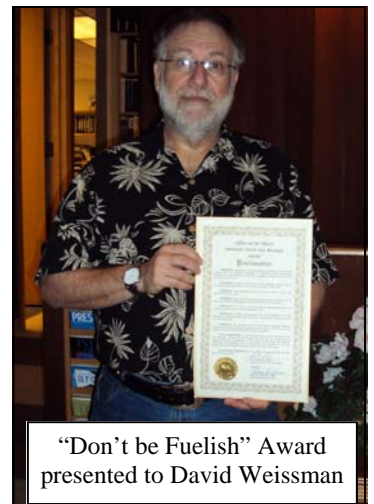
Decorating the Christmas Tree in the Annex



Project Schedule Meeting



Cement Santa courtesy of Civil Department



"Don't be Fuelish" Award presented to David Weissman



Happy 40th Anniversary to Loraine and Winston



Decorating the Tree in the Main Building


Design Alaska Holiday Turtle Club Dinner

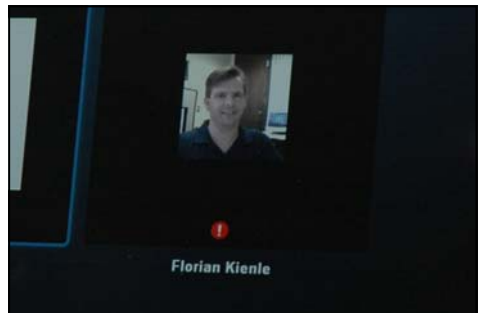
This year, Design Alaska held its annual holiday dinner at the Turtle Club on Friday, December 17, 2010. 123 employees and guests met to celebrate the holiday season. Design Alaska reserved the entire dining area for maximum enjoyment. Drinks and appetizers started at 6pm; dinner orders began at 7pm; fun festivities followed. Design Alaska experimented with a new arrangement this year with the addition of an appetizer/dessert/mini bar - to give the employees a room to mingle away from the main dining area. The food was great and everyone had a great time. Thank you to Design Alaska for a wonderful evening!

Pictures courtesy of Marilyn Fye. To see more, follow this link: <K:\Photographs\Design Alaska\Design Alaska Functions\Christmas\2010\Turtle Club>.

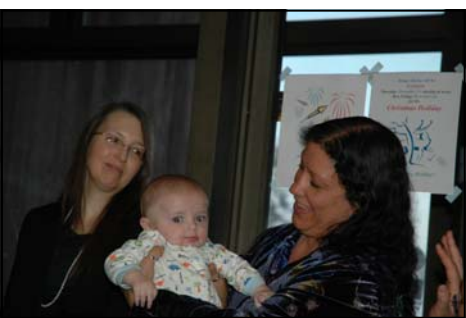


Design Alaska Christmas Potluck and Gift Exchange

On December 23rd, Design Alaska closed at noon and the entire staff and their families joined together for the annual Christmas potluck and gift exchange. We even had Thomas Schubert and Florian Kienle (tele-commuting employees)  in for the festivities. Each child under 12 received a gift from Design Alaska and each person who brought a gift joined in in the gift exchange. Hot items this year were the ceramic knives and cutting board and tools. The food was great and the gift exchange was a blast. Pictures courtesy of Marilyn Fye; to see more, follow this link: [K:\Photographs\Design_Alaska\Design_Alaska_Functions\Christmas\2010\Christmas Eve Party](K:\Photographs\Design_Alaska\Design_Alaska_Functions\Christmas\2010\Christmas_Eve_Party).



Christmas Potluck and Gift Exchange (Continued)



On December 14, 2010, Wallace “Wally” Thomas, our Wells Fargo 401k representative, came to do an informational lunchbyte to a packed Large Conference Room. He discussed *Navigating Volatile Markets*, *Target Date Funds* and the current market status. He passed out handouts and presented a powerpoint presentation on the new TV/computer set-up - he was the very first person to use this equipment. Afterwards, he met with people individually who had questions regarding their 401k.



Organize yourself in the New Year

You don't want to spend every weekend doing chores, so it's imperative you are efficient when it comes to the areas of the house you do want to focus on—especially in terms of how much time you spend on each task. Use this handy checklist to help you knock out as many of these activities as you can, and your house will be in tip-top shape in no time.

Storage organizing	Quickly (really—6 minutes per drawer, no more) go through drawers, cabinets and closets, shaking out items and drawers, and making piles of stuff to donate.	30–45 minutes per room. That’s it.
Turning mattresses	Flip mattresses (rotate the no-flip kind) to extend their life, and vacuum the surface with a vacuum extension.	8 minutes
Clothing storage	Clean out the closet and put lighter-weight clothing front-and-center. Move heavier clothing to the back or to storage.	45 minutes per person
Kids’ stuff organizing	Ruthlessly collect toys, games and equipment that are no longer used (donate them later). Reshelf the rest in a loose order, organizing small pieces in clear plastic bins and placing items within kids’ reach.	90 minutes
Paperwork review	Go over insurance policies and other annual household paperwork, including mortgages or leases.	90 minutes, to make sure it’s all up to date
Paper toss	Go through your piles of paper, wherever they may be, and toss what you don’t need. File or scan the rest. (If you haven’t read it yet, you’re probably not going to!)	10 minutes per pile
Wood care	Wax or dust wood floors and furniture.	Furniture: dust 30 seconds, wax 10 minutes; floors: 1 hour
Polishing	Polish silver and fine knickknacks.	30 minutes (keep moving!)
Inventory	Use all this drawer-opening as a chance to quickly jot down what valuables are in the house. Store the sheet in a safe place, like a safe-deposit box.	10 minutes per room (if you’ve got a lot of stuff, 13 minutes)
Mirrors and windows	Wipe them down (perfection not necessary!).	5 minutes per window or mirror
Household laundry	Wash pillows, mattress covers, winter bedding, duvet covers, couch pillows and blankets.	One day of six or so loads while you work on the rest of the house
Garbage cans	Take them outside and give them a good blast with a hose.	10 minutes
Light cleaning	Clean lampshades and light fixtures.	One hour per dozen
Oven cleaning	Do it by hand or use your oven’s automatic cleaning cycle.	Two 15-minute efforts
Upholstery and rug cleaning	Arrange to shampoo carpets and upholstery, either by renting a carpet cleaning machine or hiring a carpet cleaner (which is sometimes cheaper!).	5 minutes to make an appointment; 3 hours to clean them yourself
Hard-to-reach cleaning	Dust all the high-up surfaces, including ceiling fans, and under furniture and appliances.	7 minutes per room
Refrigerator	Oh, yes. Clean it out.	20 minutes
Window coverings	Clean blinds and shades.	15 minutes per pair

Math Camp

Here are two photos of David Weissman's class at the Math Camp at J.P. Jones Center in South Fairbanks, on December 28th and 29th. It is an enrichment math program for boys grades 3 - 6.

David did a lesson in "practical math". The boys learned to measure the length of their stride or pace then measured an unknown distance using their known pace. They did division and multiplication. Then David talked a few minutes on how he uses math in his job every day.

Great fun for all.



Number of Skills For the Workplace – Resiliency

By: Susan Fenner
IAAP Headquarters

With all the changes that have taken place in the workplace over the last few years, it is obvious that things will never go "back to normal" – instead, we are living the New Normal. Cost-cutting measures that got us through the economic recession will stay in place. Companies will be slow to replace full-time staff, keep finances pared back, expect more, faster, and continue to hold us accountable. The days of the past are just that... past. So, we have to learn to live and thrive in the New Normal.

The Definition of mediocrity today is meeting expectations. Employers expect that we will innovate, embrace technology, and work to achieve results, not just stay busy. So what is the top skill that will get us through this demanding time? The answer is resiliency.

Resiliency is the art of bouncing back after a challenge, a mishap, or a disappointment. It requires that you change your mind set and live the new reality. Here's how to develop resiliency.

- Be 100% committed to your employer, your profession, your values and goals. It requires knowing the game and staying focused.
- Look at mistakes and failures as learning experiences. Be transparent – even with your customers.
- Keep honing new skill sets. As the times change, so must you.
- Keep pace with technology, but don't be overwhelmed by it. Find a colleague who is tech savvy and stay in touch to find out the latest programs and most useful apps.
- Learn to let go. In this sped-up world, today's disaster can be tomorrow's road to greatness. Don't dwell on it, move on.
- Work on developing self-confidence. The better you feel about yourself, the more you can handle ambiguity and change.
- Collaborate. It takes a village (or a good work team) to produce results. Don't try to go it alone – nobody can know everything – just know who to call on.

The art of being resilient will allow you to Bounce Back – Bounce Higher!



VENDOR SPOTLIGHT

James McKinney – IKON Master Technician – is seen here doing major maintenance on our Ricoh C6000. He has been with IKON over eight years and currently covers a territory 250 miles wide (down from the previous 400+ miles coverage). He is married and has three kids; he has lived in the area off and on for about 18 years.



FULL MOON NAMES AND THEIR MEANINGS



In light of the Lunar Eclipse that happened on December 21st, 2010, here is some interesting info about moons.

Full Moon names date back to Native Americans, of what is now the northern and eastern United States. The tribes kept track of the seasons by giving distinctive names to each recurring full Moon. Their names were applied to the entire month in which each occurred. Here is the Farmers Almanac's list of the full Moon names.

- **Full Wolf Moon – January** Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon. Sometimes it was also referred to as the Old Moon, or the Moon After Yule. Some called it the Full Snow Moon, but most tribes applied that name to the next Moon.
- **Full Snow Moon – February** Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.
- **Full Worm Moon – March** As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation.
- **Full Pink Moon – April** This name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn.
- **Full Flower Moon – May** In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the Full Corn Planting Moon, or the Milk Moon.
- **Full Strawberry Moon – June** This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!
- **The Full Buck Moon – July** July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the Full Hay Moon.
- **Full Sturgeon Moon – August** The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.
- **Full Corn Moon – September** This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon.
- **Full Harvest Moon – October** This is the full Moon that occurs closest to the autumn equinox.
- **Full Beaver Moon – November** This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.
- **The Full Cold Moon; or the Full Long Nights Moon – December** During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

Winter's harvest: Veggies that stand out this season by Melanie Polk, M.M.Sc., R.D., F.A.D.A.

You may not think of December as the peak of produce season. But, some vegetables are actually abundant — and favorable — during the winter months.

Root vegetables

What these veggies lack in looks, they make up for in nutrients. They're high in dietary fiber and vitamins — and low in calories and fat. Here are some ways to savor them:

- ✦ Parsnips can be steamed with carrots — then tossed with a bit of olive oil, a pinch of salt, and pepper.
 - ✦ Beets can add a tasty twist to salad. Or, roast them with a drizzle of olive oil and some fresh thyme.
- Sweet potatoes creamed with orange juice are a fresh take on mashed potatoes. Or, add thin, cooked slices to a sandwich.

Winter squash

Zucchini is a favorite summer squash. But, winter has some star varieties, too — especially when it comes to nutrition. For example, a half-cup of baked butternut squash has more than twice the recommended daily amount of vitamin A. And, acorn squash has 5 grams of fiber for the same half-cup serving. Winter squash goes well in pies, soups or mixed with grains and beans.

Cooking greens

Why not turn over a new leaf with a healthful crop of greens? They're full of vitamins A and C — and are very low in calories, too. Typically, greens are slowly simmered or boiled until they're soft. But, there are other ways to make them part of a meal. For instance, you could use:

- ✦ Mustard greens to give a fresh, peppery flavor to pasta
- ✦ Kale to add body and texture to stews

Swiss chard to dress up a burrito

And, there's good news if you find a veggie you especially enjoy. Many varieties are available year-round.

Start here: Lose a little to gain a lot

Call it the *5 to 10 percent factor*. It's a weight loss goal that can make an important difference in your health.

Are you carrying extra pounds? Maybe you even have quite a bit to lose. By shedding just this small percentage of your starting weight — 5 to 10 percent — you can begin to reduce your:

- Blood pressure
- Blood sugar
- Cholesterol

So, for example, a person who weighs 200 pounds may start to see these impressive benefits from losing 10 pounds.

And, these improvements add up to a lower risk of heart disease, stroke and diabetes. Plus, pounds off can also help protect you from other conditions, such as joint problems and some cancers.

Start today!

To begin tipping the scales in your favor, you'll need to burn more calories than you take in. Try not to think of it as dieting. It's best to find healthful eating and exercise habits that you can make a way of life.

Four steps you can take right away:

1. **Move more.** Sneak activity into your day whenever you can. You might start with 10-minute walks and build up from there.
2. **Choose foods you favor.** Make a list of healthful items you know you like. And, stock up on these. This approach will help you feel satisfied — instead of deprived.
3. **Dish up less.** You can still have some of your favorite treats. Just make your portions smaller.
4. **Note it.** Try writing down what you eat and when. A food diary can help you spot habits that lead to overeating.

Aim for a slow, steady weight-loss — such as a pound or two a week. Try to be patient — and remember, the health rewards are well worth it.

*For safety's sake, talk with your doctor before significantly increasing your level of physical activity.


January 2011 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Years Day
2	3	4	5 Ice Bridge over Tanana River - SAME - 12pm	6	7	8
9	10	11	12 Arctic Winter Games Community Event - 4:30 pm at Big Dipper Ice Arena SAME Lunch Meeting - 12pm	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Business Managers Meeting	28	29
30	31					

Design Alaska Anniversaries

Jennie Seay	5 Years	January 2nd, 2006
Bill Payton	32 Years	January 8th, 1979
Florian Kienle	9 Years	January 10th, 2001
Tony Mustered	5 Years	January 16th, 2006
Skye Sturm	5 Years	January 16th, 2006

January Birthdays

Tony Mustered	January 9	
Kristina Gearhart	January 20	
Bill Payton	January 22	
Brian Rossiter	January 23	

CONGRATULATIONS!!

Congratulations to Billy Brookins, Jason Colquhoun and Wendy Presler!! Billy and Jason have become Design Alaska's newest PE's and Wendy has become Design Alaska's newest EIT. Well done to all!

February Upcoming Events

- Mon., Feb. 14 – Valentine's Day
- Sat. - Sun., Feb 15-16 - Cold Regions Design Forum
- Mon., Feb. 21 – Presidents' Day – Design Alaska, Federal, Post Office, State, FNSB & City of Fbks. Closed
- Mon. – Sat., Feb. 21-26 – E-Week
- Sat., Feb. 26 – Engineers' Banquet
- Go RED Event