

# Happy Retirement Janet



Congratulations to Janet! This month we celebrated Janet's retirement from Design Alaska. In honor of the occasion, there was an abundance of good meat from the grill (Thank you Tony) and other delicious food. Janet has been working with Design Alaska since May of 2004. We have all enjoyed having Janet here and she will be greatly missed. In her time here, Janet has brought special knowledge of preserving historical architectural designs.



Some of these projects include Creamers Field, Hangars 2 and 3 at Fort Wainwright and signage of historical sites for the Borough. Janet will be missed for many reasons, especially the starter plants she has generously given to us each spring, and the bounty of her own garden every fall. Even in retiring, Janet showed us her generosity when she gave a bouquet of roses to every department. Thank you Janet for blessing Design Alaska with 7 great years. We will miss you.



# Into the Future...

The moose, fox, birds, and rabbits who make their homes in the forest between UAF and Geist Road will soon be sharing their land with a few newcomers; the area is the future site of a new type of housing at UAF: the Sustainable Village. The village will be a testing center for new building techniques, renewable energy sources, and alternate water systems. It will be a living-learning environment, where students can focus research projects as well as practice and demonstrate living in a sustainable way.

Student involvement in the village doesn't begin with move-in, however. This fall, the Cold Climate Housing Research Center (CCHRC) and UAF's Office of Sustainability hosted a design competition for students to garner ideas for the village. After six weeks of designing, accompanied by a series of lectures from building and energy professionals, three teams of five students each presented their ideas to a panel of judges, members of the university faculty, CCHRC staff and interested public. The students were required to design four four-person houses, a central building with a classroom, and a site plan that incorporates a community garden. This represents the first phase of construction; with four additional houses each year, the village will eventually host 64 students.

Design Alaska's current and former employees Skye Sturm and Lyle Axelarris were members of the winning five person team for the design competition. Their design focused on creating a cohesive community, encouraging active student involvement in the village and serving as a model of sustainable living for the greater community of Fairbanks and the circumpolar north. With the classroom building, dubbed the Commons, as a pivotal element, their design centralized all the utilities and integrated the building systems to maximize output and allow for efficient use of resources. A large solar thermal array will harvest the sun's warmth and store it to heat buildings during the spring, summer, and fall. During the darkest, coldest winter months, an efficient pellet boiler will provide heat. The buildings will all be super insulated and the team proposed to test four different construction techniques in the houses: REMOTE wall, double stud wall, straw bale, and whole house trusses. In an effort to meet their vision of minimal impact on the site, the



*Skye Sturm, Lyle Axelarris, Erik Williams, and Garrett Evridge answer questions after presenting. Teammate Maura Sateriale is not pictured.*

**UAF Sustainable Village: Community**

Set among the peaceful birch and spruce trees, the community is a quiet place to appreciate nature. The proposed design allows the buildings efficient shading in summer and plenty of sunlight in winter.

**UAF Sustainable Village: Commons**

Incorporating research and learning with the energy and water systems of the site, the Commons features a classroom, community kitchen and laundry, a kitchen, and a Living Machine to clean waste water naturally. Large windows allow light and warmth to enter and an extensive array of solar thermal evacuated tube collectors supply heat to the entire site.

**Integrated Water Master Plan**

**First floor plan**

**Second floor plan**

foundation system the team proposed uses helical anchors that require only hand-held power tools to install. The team integrated all of the garden space into the roofs and walls of the buildings and a major feature of their design was a Living Machine – a biological wastewater treatment plant that will serve not only to recycle the majority of the water used and required by the village but will be an integral part of the community building, it's plants, wetlands, and fish-filled ponds acting as an atrium study area and an accessible learning opportunity.

As part of the first place reward, the team will continue to work with CCHRC to finish the first phase of the design and construct it in summer 2012. While the design will be highly evolved by the time construction begins in April, it will integrate the core ideas presented by Lyle and Skye's team and will provide an exciting opportunity to explore living sustainably with minimal impact on our earth.



Last year, Design Alaska and KUAC FM teamed up and set a record for the highest amount raised to support KUAC during an hour of fundraising, an incredible \$10K! But for 2011, Jack Wilbur was determined to do one better. A week prior, he emailed everyone he knew (which is, let's face it, just about everyone) encouraging them to make their pledge during the "Alaska Live" show which Design Alaska sponsors.

"Let's do it again, let's show the folks at KUAC FM how important 'Alaska Live' programming is to us and our community," he'd written in that email. Without hesitation, the community responded. On Wednesday, Oct. 19<sup>th</sup> he broke his own record during a phenomenal hour of what could only be described as "extreme pledging." From 10pm to 11pm, more than 80 calls came into the phone bank where Design Alaska staff members were answering phones, **bringing in a staggering \$18,511** in gifts to KUAC! That's twice as many phone calls and pledges as last year.

The biggest factor for this huge success was Design Alaska's matching support, with an additional \$125 donation kicked in for every person who made a gift of that much or more. With 75 of the gifts at the challenge grant level, Design Alaska's support added \$9,375 onto the amount of pledges called or given online, bringing the grand total to **\$27,886 in support of Alaska Live and KUAC!**

KUAC's FM Fall Fundraiser final tally was **\$305,797 – almost \$28,000 over the initial \$279K goal** – or pretty much the exact amount of the money raised during "Alaska Live!" It's easy to see how Jack's efforts and the generous support demonstrated just how valuable and appreciated "Alaska Live" and KUAC are to our community!

Lori said after the reality of this accomplishment had set in: "Those numbers were off the chart! It was amazing to watch, and awesome to be a part of it! I'm thrilled at what a force for public radio and local music Jack Wilbur is!" Heart-warming, she notes, were pledges and messages that came in from musicians and listeners who had always told her how important the show is when she ran into them on the streets or at the grocery store. "They were pledging and showing their support in that way, and that meant a lot," she said.

It's all the more meaningful because KUAC is ranked as the number one FM station in the Interior, another testament to the strong community behind our public radio. To keep it strong takes the support of organizations, individuals and business partners like Design Alaska. The phone bank alone necessitated over 600 volunteer-hours, with almost 250 on-air volunteer-hours for people who "pitched" on the radio.

KUAC extends a hearty round of applause to **Chris Miller**, who pitched on-air for the "Afropop Worldwide" show on KUAC during the fundraiser, and helped answer phones along with **Angie Schmidt, David Weissman, Ellen Weiser, and Jen Holmes**. And we deeply thank Jack Wilbur and Design Alaska for the ongoing support of "Alaska Live" .

**Yes, Jack, it does just keep getting better and better! Thank you.**

For more pictures visit: <https://www.facebook.com/media/set/?set=a.10150498314314922.462242.132219969921&type=1>



# Safety First!



Recently, the Mechanical department has had some questions about safety on the job site. So, to answer these questions Design Alaska invited Mike Cheek from Tanana Industrial Hygiene to come and talk to us about job site safety. Mike talked about proper job site attire, the need for Personal Protective Equipment (PPE) and the importance of knowing each site's safety requirements. Mike also brought damaged safety equipment for employees to look at.



Jason and Jeff, you can run, but you can't hide.

# United Way 2011!



Dave Gardner, Odette Butler, Barbara Schuhmann, & Lexi Miller



Odette Butler from BCDC brought door prizes, Marilyn won a ducky.

For this year's United Way drive we had Odette Butler, the Executive Director of Breast Cancer Detection Center (BCDC) of Alaska come and speak to us. Along with her, Barbara Schuhman and Lexi Miller from United Way and Dave Gardener, the Vice President of BCDC, came. Dave Gardener spoke to us about the impact of breast cancer from the husband's point of view. His story was very moving and eye opening to the reality of this devastating disease. Odette spoke about what the BCDC does, and how long it has been in Fairbanks, since 1976. She also spoke about the Mobile Mammogram truck, where it has been and where it is going. We are very excited to be supporting the BCDC of Alaska and look forward to seeing more great results of the mobile mammogram truck.

# Pink and SpecLink



Before...



After.



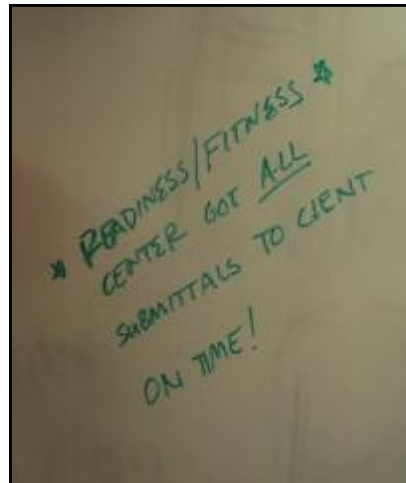
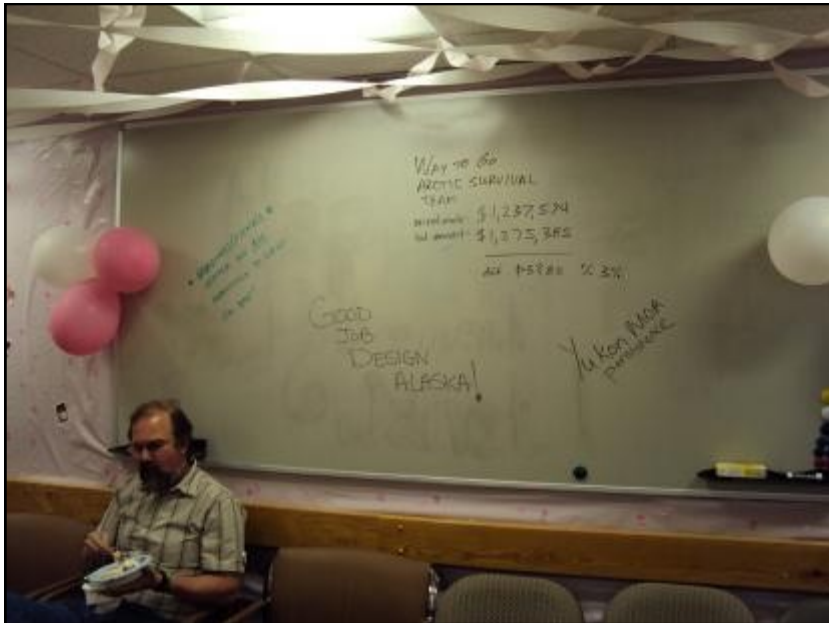
The decorators: Misty and Joyka.



On October 19-21 we had SpecLink-e training via teleconference. Those in the training were James, Curtis, Bill, Emily, Tom, Erskin, Misty and Joyka. SpecLink is a new way of writing specs that makes the process much easier by using links, templates and by having the ability to make changes that can affect all the specs at once for that project. The Architectural department is starting to use SpecLink and, if all works well in Architectural, SpecLink will be used in Civil and Structural as well.

# Way to Go Team!

Because Design Alaska is such an amazing team, we decided to celebrate with banana splits. We have done very well on several of our projects, some of those highlighted were the Yukon MOA project, with persistence that project was finished. All submittals for the Readiness/Fitness Center project were submitted on time. And for the Arctic Survival project, the cost estimate was within a 3 percent difference between the bid amount and our estimate. Way to go Design Alaska Team. Keep up the good work!



# Apprentices at Design Alaska



There were some new faces at Design Alaska this month! The Mechanical and Civil departments had two apprentices come in and work for a week. Jonathan Gates and Bradley Irvine are from Chinook School, a charter school, and in order to pass on into high school, as an assignment of the school they had to be apprentices at a company for one week. Bradley chose to be an apprentice at Design Alaska because his brother is an engineering student at UAF and his step-father is a residential general contractor in Fairbanks. He said that he would like to be an engineer later, and that Civil is what he is most suited for. While Bradley was here, he learned how to use the Sketch-up program and also learned about permafrost and the effects that it has on buildings. He also attended the monthly ASCE meeting at the Westmark with Linda. Bradley didn't seem to enjoy that much, but he and Jonathan did figure out why they are called "bored meetings". He was a big help to the Civil department on many projects, including some soil investigations at Pearl Creek School. Jonathan worked in the Mechanical department and after being shown how to use AutoCAD, he was able to help with some drafting for the Allen Airfield project on Ft. Greely. He was also able to go over our buildings and look at all of the mechanical systems. Jen shared that he was a fast learner, and Robin shared a quote from him, "It would take a lot more than that to bore me." Jonathan hopes to be a civil engineer someday. Opportunities like this are great for Design Alaska and answering questions of aspiring engineers helps us point the future generation in the right direction.



# Bouncing Baby Boys



On September 30, Wendy was blessed with a grandson, Payton Allen (left), 10lbs and 12oz. And on October 6 she was blessed with another grandson, Bryen Austin (top), he weighed 9lb, 2oz. Congratulations Wendy, they are some good looking guys!

## Zelpuz Mite!

### Puzzle Time!

For this puzzle, find and circle all of the Thanksgiving words (listed to the right) that are hidden in the grid. The words may be hidden in any direction. Enjoy!

AMERICA  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
MAIZE

MAYFLOWER  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
SAIL  
SETTLERS  
SICKNESS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS

S	M	K	E	Y	L	E	Z	I	A	M	C	N	N
P	U	M	P	K	I	N	G	G	K	A	O	G	Z
M	C	M	R	G	L	G	M	C	O	L	O	N	Y
O	M	O	C	R	H	L	F	F	T	T	K	I	X
B	S	D	S	Q	U	A	S	H	S	E	D	V	P
A	S	E	C	O	R	N	M	A	E	A	D	I	I
J	E	E	I	P	A	D	E	E	V	G	W	G	L
E	N	R	T	I	L	F	M	Y	R	N	J	S	G
O	K	F	D	T	K	Y	E	S	A	I	L	K	R
O	C	N	R	G	L	K	M	E	H	F	C	N	I
L	I	I	P	I	R	E	W	O	L	F	Y	A	M
B	S	G	M	U	L	A	R	B	U	U	W	H	S
Z	F	A	T	P	O	D	V	S	I	T	U	T	A
J	F	A	L	L	S	M	A	Y	H	S	H	Z	B

# Pet vs. Stress

## **Pets Can Improve Your Mood:**

For those who love animals, it's virtually impossible to stay in a bad mood when a pair of loving puppy eyes meet yours, or when a super-soft cat rubs up against your hand. Research supports the mood-enhancing benefits of pets. A recent study found that men with AIDS were less likely to suffer from depression if they owned a pet. Research supports the mood-enhancing benefits of pets. In fact owning a kitten or cat provides enough stress relief to lower your risk of a heart attack by 30% according to a recent 10-year study.

## **Pets Control Blood Pressure Better Than Drugs:**

Yes, it's true. While ACE inhibiting drugs can generally reduce blood pressure, they aren't as effective on controlling spikes in blood pressure due to stress and tension. However, in a recent study, groups of hypertensive New York stockbrokers who got dogs or cats were found to have lower blood pressure and heart rates than those who didn't get pets. When they heard of the results, most of those in the non-pet group went out and got pets!

## **Pets Encourage You To Get Out And Exercise:**

Whether we walk our dogs because they need it, or are more likely to enjoy a walk when we have companionship, dog owners do spend more time walking than non-pet owners, at least if we live in an urban setting. Because exercise is good for stress management and overall health, owning a dog can be credited with increasing these benefits.

## **Pets Stave Off Loneliness and Provide Unconditional Love:**

Pets can be there for you in ways that people can't. They can offer love and companionship, and can also enjoy comfortable silences, keep secrets and are excellent snugglers. And they could be the best antidote to loneliness. In fact, research shows that nursing home residents reported less loneliness when visited by dogs than when they spent time with other people! All these benefits can reduce the amount of stress people experience in response to feelings of social isolation and lack of social support from people.

## **Pets Can Reduce Stress—Sometimes More Than People:**

While we all know the power of talking about your problems with a good friend who's also a good listener, recent research shows that spending time with a pet may be even better! Recent research shows that, when conducting a task that's stressful, people actually experienced less stress when their pets were with them than when a supportive friend or even their spouse was present! (This may be partially due to the fact that pets don't judge us; they just love us.)

~Wellness online

Lona & Luis's new puppy, Jefe (pronounced Hefey) taking a nap on the coffee table to escape the heated floors.



# November 2011 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Noon Cut-Off United Way for Drawings	4 United Way Campaign Wrap up 3pm	5 Carpet Replacement
6 Daylight Savings Ends "Fall Back" / Carpet Replacement	7	8Skye's Renovation Lunchbyte	9	10	11 Veteran's Day	12 Carpet Replacement
13 Carpet Replacement	14 November Birthday Cake	15	16	17 401k Lunchbyte	18	19
20	21	22	23	24 Thanksgiving Design Alaska Closed	25 Design Alaska Closed	26
27	28	29	30			

## November Birthdays

Damon Zimmerman	Nov 2
Randy Correa	Nov 4
Glenn Ross	Nov 6
Robin Rader	Nov 12
Marcus Curley	Nov 13
Bill Kinne	Nov 17
Linda Taylor	Nov 24
Kym Pihlaja	Nov 25



## December Upcoming Events

**Sun**, Dec. 4th—Design Alaska Holiday Symphony  
**Wed.**, Dec. 7th—Pearl Harbor Remembrance Day  
**Friday**, Dec. 16th—Design Alaska Holiday Party—Turtle Club; 6pm Hors d'oeuvres; 7pm Dinner  
**Tues.**, Dec. 20th—Hanukkah begins  
**Thurs.**, Dec. 22nd—First day of Winter (Winter Solstice)  
**Fri.**, Dec. 23rd—Design Alaska Family Potluck—Closing at Noon.  
**Sat.**, Dec. 24th—Christmas Eve.  
**Sun.**, Dec. 25th—Christmas Day  
**Mon.**, Dec 26th—Christmas Holiday— Design Alaska Closed.  
**Wed.**, Dec. 28th—Hanukkah Ends.  
**Sat.**, Dec. 31st—New Years Eve

## Design Alaska Anniversaries

Elizabeth Johnston	4 Years	Nov. 1, 2007
Connie Stephenson	6 Years	Nov. 7, 2005
James Rutter	3 Years	Nov. 12, 2008
Mark Frame	11 Years	Nov. 15, 2000
Rick Hoegberg	2 Years	Nov. 23, 2009
Rebecca Gumbs	5 Years	Nov. 28, 2006

## Classifieds

If you're looking for a house sitter, look no further. Just give Joyka Degerlund a call for rates and more info: 750-5748. Most pets are fine (except snakes).