

Design Alaska

NEWSLETTER

January 2012 Volume 3/Issue 1

Design Alaska's 10th Annual Holiday Concert

On Sunday, December 4th, the Fairbanks Symphony held the 10th Annual Design Alaska Holiday Concert. "What does one symphony, three choirs and a whole lot of Christmas music equate to?" "Enough people on stage to have the fire marshal worried," joked Edward Zilberkant, the Fairbanks Symphony Orchestra's (FSO) music director & conductor. The FSO, the University Chorus, Choir of the North and Northland Youth Choir all performed for almost two hours, playing favorites such as the Hallelujah Chorus and Silent Night. One of the highlights of this year's concert was the hand bell choir from University Baptist Church, who accompanied the FSO on a couple of songs. Thank you to all the volunteers from Design Alaska who helped hand out ornaments and usher people into the performance. We look forward to another great performance next year.



Design Alaska's 10th Annual Holiday Concert



Handing out the ornaments is a special treat. Many people look forward to the symphony each year so they can add to their ornament collection.



Thanksgiving Pies

This year we started off the holiday season with a special thank you to Joy Degerlund (Cutter and Joyka's Mom) for once again blessing us with so many delicious homemade pies. Almost every year since 2003, to say thank you for being such a wonderful place for first Nils (Cutter and Joyka's Dad) to work at and now for Cutter and Joyka to work, Joy has made as many as 13 homemade pies each time and brought them into Design Alaska the Wednesday before Thanksgiving. Thank you, Joy, for your hard work and for such a wonderful thank you gift.



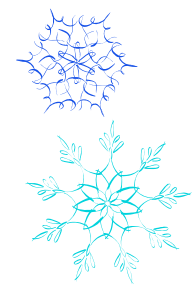
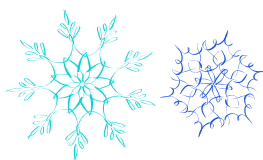
2011 Ice Sculpture



For over 15 years Design Alaska has showcased an ice sculpture and this year Anita Tabor and some ice artists from China, An Zhe, Feng Yan Long, and Zhang Ling Zhi, created this wonderful masterpiece. Thank you for this memorable art!



2011 Ice Sculpture



Harvesting Ice For Ice Sculptures

Before all of the beautiful ice sculptures can be carved, the ice has to be harvested. There are different ways of harvesting ice and depending on what size of ice blocks are needed, some are more effective than others. One of the simpler ways to harvest ice is: First, clear all the snow off the ice. Next, draw a grid on the ice; usually this is done with bright colors of spray paint. These blocks are sometimes 22 inches by 44 inches. Now, ice is 92 percent the density of water and water weighs 62.4 pounds per cubic foot, so one cubic foot of ice weighs 57.41 pounds. A "two-block ice sculpture" can weigh 300-500 pounds. Ice is heavy. That is why after using a saw-on-sled system, developed by Tom Gullickson a few years ago, to cut the ice blocks out, a heavy duty metal chain is wrapped around the block of ice and that chain is attached to a forklift. Once again, depending on the size of the ice block, the forklift could be just that, a small forklift, or large forklift (see bottom right picture). The forklift then lifts the block of ice from the water and onto shore.



From there the block of ice is transported on a flatbed truck to the sculpture location, and from it is carved a beautiful sculpture. This is the process that ice harvesters go through every year to deliver blocks of ice to Design Alaska. Anita Tabor (our ice sculptress) then creates a beautiful ice sculpture which can be seen by all passing by on College Road.



Christmas Trees



Christmas Tree decorating is always a special time at Design Alaska. Along with the Symphony, it kicks off the holiday season. Every year the employees get together and decorate the two trees (one for each building) and a new employee (or two) gets to go along and pick them out. This year, on Thursday, December 8th, Meagen Bowles had the honor of picking out the beautiful trees. And on Friday, December 9th, employees gathered to decorate. The trees turned out beautifully!



The Turtle Club Dinner



The annual Design Alaska Christmas Dinner was held at the Turtle Club on Friday, December 16th. The event was well attended and is one of the most popular events hosted by Design Alaska. Every year we look forward to spending time with employees, their spouses, significant others and guests.



Christmas Potluck



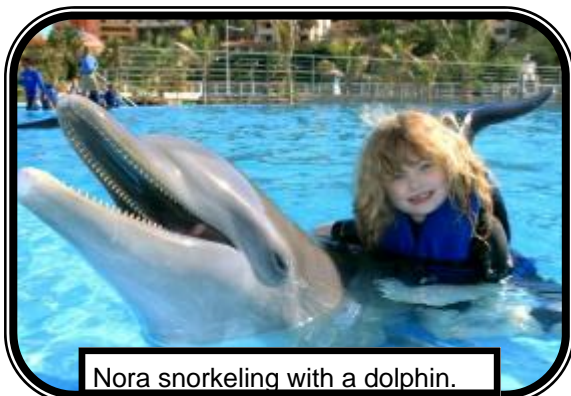
Another wonderful Christmas Potluck at Design Alaska. The gifts for the kids 12 and under and the adult gift exchange get better and more fun every year.



Christmas Fun with the Hopkins



A party on deck as they left port.



Nora snorkeling with a dolphin.



Aboard a Santa Maria snorkel and sail cruise where they caught up with 3 whales.



This Christmas the Hopkins family went on a 7 day Disney Cruise. Two half-days at sea then off to Porte Vallarta, another day at sea, two days in Cabo San Lucas and then another day and a half at sea back to LA. Throughout the whole trip they were all waited on hand and foot. What a great Christmas Trip!

The towels on the ship were all folded in the shape of fun animals.



Please relate a memorable experience you've had with snow.	
Cutter Degerlund	When I was 13 my dad took my brothers and me on a winter camping trip. We climbed about 3000 feet through alpine slopes then another 1000 feet above tree line. The last 1000 feet were too steep to walk so we kicked steps into the hard packed snow and climbed it like a ladder. We made camp on a little unprotected shelf and ate some old MREs (also a first for that trip). We did not bring a tent, but built an igloo out of the wind packed snow cut into blocks. It was 20 below that night with a wicked wind. From the door of our igloo we could see the old Soviet radar domes on the mountain above us, now empty reminders of the Soviet glory days. Warm memories of bitter cold.
Eric Gabrielson	The most memorable experience I've had was seeing snowflakes fall in Fairbanks, in June.
Rick Hoegberg	In college, I lived in a cottage at the end of a long lonely driveway. There was a 3 foot dump of snow and everyone with a plow was booked for the next week. It cleared & got sunny so I tied an old picnic table at an angle to the front of my '64 Impala, put the roof down and with the V-8 roaring and the radiator spewing steam, plowed my way to freedom.
Misty Karella	I remember the first year we got our yellow lab. It was right after my husband got back from Iraq and he told me he wanted to get a truck and then a dog to sit in his truck with him. So we got a truck and then we went searching for a dog. We found this litter that was born on Valentine's Day 2005 and we knew it was meant to be. We picked out the rolliest polliest of the bunch and we hugged him and squeezed him and named him George. And he absolutely loved the snow. Every time we went outside, he would try and eat all of the snow in sight. We would throw snowball after snowball for him to catch. Then the following year, when we had our first snow, he was trying to jump and grab the snowflakes out of the sky. It was the funniest thing. And if you haven't guessed already, George is a boy and for all this time, he had been squatting like a girl dog to go "potty" and it was very disheartening for my husband, because his brothers would poke fun at him. Then finally, one day, I took him outside to go "potty" and I was freezing because it was the middle of winter and he LIFTED HIS LEG! I called my husband out and he was so excited. He romped in the snow with George and then had to immediately call his brothers, because he finally learned how to pee like a man...and it all happened in the snow. What a funny thing to remember, huh.
Joyka Degerlund	Two winters ago, Mara and I went to Alyeska. Within a few hours of our arriving at the resort, the Turnagain arm was closed due to some avalanches on the road and because of how much snow was coming down. That night it snowed 7 feet up on the mountain, and several feet down at the base where the lodge was and where we were staying. After several charges were set off at the top, we were allowed to go up and enjoy the slopes. We trudged through knee deep snow to get to the lifts, and when we got to the top there was so much snow that if we fell, we could not get back up again, our arms kept punching through the snow. Everyone looked like a bunch of drowning cats. It was amazing! And I have to say, that having that much snow was very nice though, because every time I fell I had a nice soft snow to land in.
Chris Miller	My most memorable experience with snow is the lack of it.... All winter long I went to the sledding hill by my house in Wisconsin and had a great time on my orange plastic sled. I said....'Let's have a sledding party for my Birthday'. My birthday is in late March and each day as my birthday approached I would go sledding and the snow starting disappearing. Then the rocks started coming through, and then on my birthday day....mud. Snow was gone. I was so disappointed that my party was ruined. I think we went out for pizza instead but I will never forget watching the snow disappear with the return of spring....
Laura Lancaster	One of my earliest memories is building a snowman with my dad. He taught me how to roll the snowballs. It's sweet to remember where and how you learned the simplest of things.



<p>Tom Marsh</p>	<p>When I was 7 or 8, living in Portland, Mom woke us up one morning and told us to look outside. There was snow all over, drifted over the bank to make our yard look wider. No School! We spent as much time as we could outside before we got soaking wet and had to come in. Great sledding down the street. That was a rare event for us.</p>
<p>Lona Uzueta</p>	<p>Quite a few years ago (while we still lived in western Nebraska) our daughter had to take a test in a southwestern Nebraska town that is over 100 miles away. After the test was over, she and I headed out during a blizzard for our home in Gordon. We managed to make it to Alliance, which is about 90 miles from Gordon. Since it was already dark, we got a room for the night. The next morning the weather was still bad, but we wanted to go home – and at least it was daylight. The drive was quite treacherous. Sometimes there were big drifts across the road. The trick to busting drifts is knowing how fast to drive in order to get through without losing control. At other times, the snow had drifted up so high against a fence paralleling the road that the wind would blow snow up and over the drift, over the road, and deposit it on the other side of the road – creating a kind of tunnel. Although it was a bit scary, we had no choice but to keep going; if we stopped or tried to turn around, we would have gotten stuck. We sang songs the whole way and had a very good time. We wondered why we never saw any other vehicles. When we got to Hay Springs – and had to drive through barricades – we found out why. The county had closed the road from Alliance to Hay Springs right after we had started out. When we recall this story, we never really think much about how dangerous it was; we just remember how much fun we had getting through our “adventure” together.</p>
<p>Andy Foran</p>	<p>While attending Texas Tech we got 6” over a short period of time. I was one of the few people who had extensive experience with it, and the enjoyment and excitement from thousands of people who are seeing a significant amount for the first time in their lives was contagious.</p>
<p>Jack Wilbur</p>	<p>Downhill skiing is my passion and I have had some great moments on skis. When you are flying down the mountain at the edge of control on a great snow day, there is nothing but you, your skis, and the mountain; nothing else matters, nothing else interferes, your mind has nowhere else to go. I have made thousands of runs and have experienced hundreds of great ones but the ones that I remember the most were two in a row that I made just last year at Skiland. It was a beautiful day in March with a couple of inches of new snow and everything came together in beautiful harmony. I was totally overjoyed at the end of each of those runs. It was a beautiful experience.</p>



Janet's Trip



On Wednesday, December 14th, Janet Matheson gave a lunch presentation on her recent trip to Japan. She attended a Crafting the Future Conference from November 10th to November 21st and got to see some wonderful sites, shared how their style of Architecture is different and was happy to share her adventure with the Design Alaska employees. Janet, thank you for sharing this adventure with us and we look forward to hearing about your next one!

IEEE Award



“With its many activities in support of engineers, future engineers, and the local community, Design Alaska exemplifies what it means to be a company with Outstanding Corporate Service to the Engineering Community. By means of their civic-mindedness and financial support, the arts, engineering and the community are enriched.”

This month Elizabeth Johnston presented the IEEE Award on behalf of the Region 6 Executive Committee. She is the Regional Historian and IEEE Potentials Magazine Editor-In-Chief. Jack accepted the IEEE Award for Design Alaska

Design Alaska first won for the Alaska section against AT&T and GCI. Then we won the Northwest area against more nominees from Alaska, Washington, and Oregon. Design Alaska won the Western-US level, which is as high as the award goes. For that level, Design Alaska beat the other four area winners (from NE, Central, Southern and Southwest) including Google, which was the Central Area winner. Overall we beat nominees from: Alaska, Hawaii, Nevada, California, Montana, Utah, Oregon, Washington, Arizona, and New Mexico.

The nominees are chosen based on their corporate policies regarding supporting the engineering community and supporting their engineers’ participation in the community at large. So supporting employee participation in professional organizations and encouraging us all to be involved with the community and the arts through a broad range of activities is what won us the award. We have some very engaged employees. Great job, and stay active in the community, Design Alaska.

401k Lunchbyte with Wally Thomas

Wally Thomas from Wells Fargo once again came and did a great job shedding light on everyone’s financial situations and 401ks. He comes every several months and helps answer any questions that anyone may have about their retirement, where the market is headed and what will happen if we are able to rise above the recession. Thank you for being such a great help to all of us, Wally. We all greatly appreciate it here at Design Alaska.





By Cutter Degerlund



As the body cools it intentionally shunts warm blood from the extremities (arms and legs) in an attempt to keep the core at constant temperature. At this stage (89°-95°) the muscles under the skin begin to contract and spasm (violent shivering). This is the first sign of mild hypothermia. As the body continues to cool, more blood is shunted from the extremities. Very little circulation occurs in the arms and legs once the body is in stage 2 hypothermia. The core begins to dip below 95°F and the brain becomes sluggish. An easy way to describe the mental state of stage 2 hypothermia is “dumb sheep stage”. They just want to sit down. Victims are slow witted, but too tired to argue, so they will usually do what you tell them. Also motor control is greatly deteriorated. Mental state continues to deteriorate and shivering stops between stage 2 and stage 3. As victims continue to cool, their extremities begin to freeze since there is no circulation going on in them. The compromised brain at this point will sometimes decide that it needs to save those extremities and so it opens all of the valves and allows warm blood from the core to flood into your fingers and toes. Your skin regulates temperature, but it doesn't really know what temperature it really needs to be. Your brain tells your skin to keep the core at 98.6, but your skin can only feel relative heat flow (warmer, colder). As your extremities go from freezing to warm in a few seconds, the skin detects that rapid rise in temperature and interprets it as overheating. When your brain gets this overheating warning, you begin to shed clothing and try to cool yourself off externally. This usually has fatal results because external cooling is very effective and the blood in your extremities cools rapidly and is circulated back to the core, further dropping your core temp very quickly. Final stage hypothermia (coma/death) is usually only a few minutes away. Hypothermia is very odd because it affects everyone a little differently. The transition from stage 1 to stage 2 is fairly predictable at 95°F, but 2-3 and 3-final are not so predictable. Some people take many hours to run through the stages, others can make the transitions in a few minutes. The largest contributing factor to hypothermia progression rate after outside conditions and clothing insulation is hydration. The better hydrated someone is, the more fluids they have to circulate; and thus, they can maintain temperature for much longer. It is better to drink mostly frozen slush constantly than to drink nothing at all. Hydrate or die!


The best treatment for hypothermia is to begin warming from the inside out. Wrapping in hot blankets and warming externally can cause cold blood to rush to the core and damage organs (stop heart). By giving victims warm fluids to drink, high sugar foods to eat, and forcing them to move and produce more of their own heat, you can quickly raise internal temperature. If the victim is already past stage 2, though, this can be very difficult. Slow external warming may be the only option for late stage hypothermia.

Hypothermia Symptoms by Body Temperature

Celsius	Fahrenheit	Description	Symptoms
37	98.6	No hypothermia	No hypothermia
32 to 35	89.6 to 95	Mild hypothermia	Shivering Lethargy, apathy, confusion Rapid heart rate
28 to 32	82.4 to 89.6	Moderate hypothermia	Shivering stops Increased confusion or delirium Slowing heart rate; may be come irregular
Below 28	Below 82.4	Severe hypothermia	Coma Ventricular fibrillation May appear deceased
20	68		Brain activity stops

January 2012 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day	2 Federal, USPS, State of AK, FNSB & City of FAI offices closed	3	4 UAF Wintermester Begins	5	6	7
8	9 Celebration for new PEs - Noon	10	11	12	13	14
15	16 Birthday Cake Martin Luther King Jr. Day Federal, USPS, State of AK & FNSB offices closed	17	18	19 2012 UAF Spring Semester Begins	20	21
22	23	24	25	26 Business Manager's Meeting	27	28
29	30	31				

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

Design Alaska Anniversaries

Jennie Seay	6 Years	January 2, 2006
Bill Payton	33 Years	January 8, 1979
Florian Kienle	11 Years	January 10, 2001
Tony Mustered	6 Years	January 16, 2006

Classifieds

If your looking for a house sitter, look no further. Just give Joyka Degerlund a call for rates and more info: (907) 750-5748. Most pets are fine (except snakes).



A warm Merry Christmas from Florian, Alex and their daughter Livianna in sunny Florida.

February Upcoming Events

Thurs., Feb. 9 – Biz Bee (Westmark)
 Tues., Feb. 14 – Valentine's Day
 Fri., Feb 17 – Go Red
 Mon., Feb. 20 – Presidents' Day; Design Alaska, Federal, USPS, State of AK, FNSB offices closed
 Mon., Feb. 20 – Sat., Feb. 25 – Engineers' Week
 Sat., Feb. 25 – Engineers' Banquet
 Tues., Feb. 21 – Birthday Cake
 Wed., Feb. 29 – Leap Day