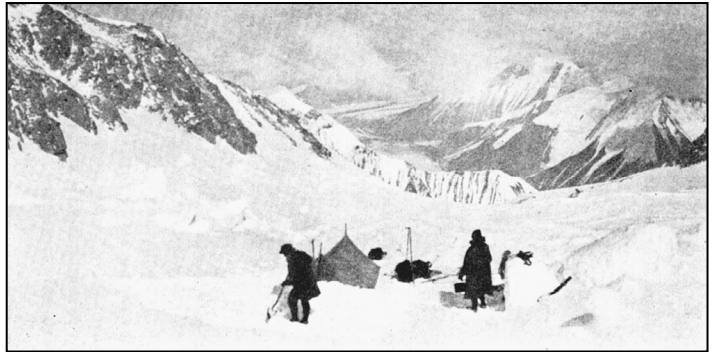


Walter Harper Statue Installation

By Eliza Cink

On June 7, 1913 Walter Harper, an Alaskan Native, was the first person to ever set foot on Mt. Denali. Since then, his role in the achievement has been forgotten by many. However, the recent publication of the book Walter Harper, Alaska Native Son by Mary F. Ehrlander has rekindled the interest in this remarkable young man. She, along with leaders of the native community, the relatives of Walter and other exhibition members, and many others, formed the Walter Harper Project, which aims to commemorate Walter Harper and the expedition. They worked to establish Walter Harper Day (on June 7) and are now in the process of erecting a larger-than-life bronze statue of Walter on the Doyon Property.



Design Alaska was approached by the Walter Harper Project to provide site, structural, and lighting design for the statue base.

The sculpture, designed by Gary Lee Price and called "A helping hand", weighs roughly 1,500 pounds and will be almost 8 feet tall. Samuel Mitchell designed the structural base while Elizabeth Johnston and Ashley Bowser provided up lighting for the statue. Eliza Cink and John Rowe worked with the client to work out site design, including paths, seating, and siting for 6 interpretative panels. Interpretative Panel Graphic design was also part of the project. The team designed a site and base that will make Walter appear as if he is standing on Mt. Denali, and reaching down to visitors.

President's Corner

Standards Book

I have had several instances in the last couple of weeks where I had to pull out my Design Alaska Standards Book to review our processes on how to do things. One instance came from UAF asking 'what is your procedure for signing conformed documents'.

We have had written production standards for many years. From the beginning, it started with the basics like standardizing line weights, drawing bubbles, borders, and ACAD colors. Since then, and with the ongoing technology changes and employee input, our standards have grown into a substantial reference manual filled with useful information from network drive organization, design, and construction references, various how-to's, and current software setup and instructions on use.

The last significant revision was in 2018 which means it is time for an update. Florian will lead in the revision and will work with others throughout Design Alaska who have strong working knowledge on topics appropriate to update the standards manual. If you feel you may have a topic that may be useful to include, please contact him with your idea. A rollout of revised standards will occur later this year during an all-staff lunch presentation to go over the refreshed document and highlight the changes. We know that we will be adding information about Teams, Bluebeam, and SpecsIntact, and consolidate information from the HOW TO (600's) section with the STANDARD (400's) section for ease of use.

Until then, everyone has easy access to the Design Alaska Standards (O:\!Design Alaska Standards). Please refer to the document whenever you have the question 'how do I...' as I bet you may just find your answer quicker than tracking someone down. If you are familiar with standards, help your peers use it efficiently to better their knowledge. Remember to also be flexible when a client requests something that may be different than our standard, but take an opportunity to share what our standard is and why we do it that way. At a minimum, it will show our commitment to quality documents and may earn us a new or continued trusted relationship with our clients.

Chris Miller, PE

~ President, Design Alaska



Emily Winfield Attends Conference

Emily Winfield was able to be a part of a working group that is looking into the root causes and solutions for the lack of diversity in the architecture, engineering, and construction industry. They met in Dallas where they split into small focus groups, and will continue to meet over the coming months to prepare for a presentation at the ElevateHER conference this September in Las Vegas.

Employee Spotlight - Robin Rader

Robin works in the Mechanical Department. He has been with Design Alaska since July 1992.

Why did you apply for a position at Design Alaska?

I saw the ad in the paper and figured if I didn't start to do real engineering soon (10 years out of school) I never would. I had always thought Design Alaska was the best design firm from my experience maintaining their designs.

Tell us about yourself. Where did you grow up?

I was born on the ice with the polar bears. Not really, but people from the lower 48 believed that sort of thing so I was taught to say it. I was born in Anchorage, but my first memories are from Cincinnati where my dad was getting his residency in psychiatry. Once that was done, we moved back to Anchorage.



Tell us about your family. Do you have a spouse or partner? Any children or pets?

I'm married to Maggi who is a nurse midwife delivering babies for TVC. We have three daughters who are all married and raising families here in Fairbanks. Now I have three son in laws. We have a golden retriever named Taz. She is wild about retrieving. We had her professionally trained, so she is pretty amazing and has placed in a field trial.

Do you have any hobbies, hidden talents or collect anything special you would like to tell us about?

My hobby nowadays is keeping up with kids and grandkids. We have loved to be outside and I love winters where I can ski and snowmachine.



Name one thing that not many people know about you.

I was certain I was going to die in a plane crash. I had enough time to think about it, so it changed my thinking on the importance of family.

If you could live anywhere in the world, where would you live?

Here and some other place warm.

Are you a morning or a night person?

Morning

What is your favorite song? What is your favorite movie? What is your favorite childhood TV show?

My favorite songs are praise songs about Jesus. They always change.

Movie: Star Wars

TV: Lost in Space (It is really hooky if you look at reruns now).

What is your ideal meal?

Lasagna

Tell us one of your goals on your life's to do list.

Stand on top of Wood River bluff.

Is there anything else you would like to share?

I'm thankful I connected with Jesus. Besides going to heaven, I don't think I could have held on to long term relationships without him.



New Employee Spotlight - Kayla Messina



The newest member of the Admin staff is Kayla. Kayla recently joined the production staff.

Kayla is a born and raised Fairbanks-ian. She currently lives with her boyfriend, Dakota, and two tuxedo cats, Queenie (5 years) and Prince (7 months). All of her immediate family and most of her extended family also live in Fairbanks, with the rest scattered between Oregon and California.

Kayla has many hobbies. She is an avid gardener during the summer, and has an abundance of houseplants that seem to have taken over her apartment. She also has a mini art studio where she does metalsmithing/ jewelry making, painting, and drawing. She has taught a couple of the sip and paint night classes.

If she could live anywhere in the world she would live in either the Oregon coast or in the Adirondack Mountains. She said she likes the idea of Europe, but thinks she likes visiting more than living there.

Kayla considers herself a late morning person, she CAN wake up early, but isn't at 100% until around 11am, unless she is fully caffeinated. She used to be a night owl, and still occasionally catches herself staying up too late on weekdays.

Currently her favorite artists are Hozier, Fleetwood Mac, Elton John, and ABBA. For favorite movies she is tied between the original Star Wars trilogy, the original Jurassic Park films, and Pride and Prejudice. Her favorite childhood TV shows were SpongeBob and CrashBox. Her ideal meal is either Easter brunch or Christmas dinner. She considers those the best meals of the year.

Her goals include owning her own home, having kids, and a small side business of making jewelry. She also wants to visit as many famous art museums as she can.

Welcome to the Team Kayla!

Administrative Professionals Week

This week is Administrative Professionals Week (APW). On Wednesday, April 27 Design Alaska's support staff in Admin, Marketing, and Accounting will do a team building exercise at the Escape Room followed by lunch from Aurora Mediterranean.

In past years, APW activities included several crafts projects at Expressions in Glass, archery, putt-putt golf, ceramics, gun safety, glass painting, and watercoloring painting to name a few.

We have an awesome support team!!



Employee Spotlight - Chris Miller

Chris is currently the President of Design Alaska. He was formerly the head of the Mechanical Engineering Department. Chris has been with Design Alaska since October 1998.



Nickname: Brutus (college), Viking Chris (around my Juneau friend Chris), Chirs (yes spelled wrong. In my A/E Senior Executive class, distinguish me from New York City Chris).

Why did you apply for a position at Design Alaska? Moved to Alaska to get married and wanted a good long-term job. First job in Fairbanks was Pizza Cook (old Pasta Bella on Airport), stepped up to hardware clerk at Ace Hardware on Illinois (in the hinge and door knob

section), and then Engineer in Training in Mechanical at Design Alaska 25 years ago. I remember interviewing in the office that I sit in today.



Tell us about yourself. Where did you grow up? I grew up in Brookfield, Wisconsin (suburb of Milwaukee) and spent most of my childhood summers on my Mom's family farm in Southwest Iowa. I have great memories of the farm including harvesting wheat, baling hay, cultivating corn, taking care of chickens, and eating sweet corn right out of the garden. I learned to drive tractors, do preventative maintenance, back up trailers, weld, work hard, and fish with grandpa.



Tell us about your family. Do you have a spouse or partner? Any children or pets? I came to Alaska 25 years ago to marry my wife Angie Schmidt. She had come to Alaska intending on getting another Bachelors degree at UAF in two years, and I could tell she had fallen in love with Alaska and would not be coming back to Iowa. We have always been a rescue cat family and we currently have three CeCe, Ava, and George. I will be happy to share pictures anytime.

Do you have any hobbies, hidden talents or collect anything special you would like to tell us about? I am an Aviation Geek. I am a Certified Flight Instructor, so I spend my weekend time at the airport teaching people how to fly, or working with existing pilots to make them better. I am a part owner in a bush plane that can fly on wheels, floats, or skis as appropriate for the season. I am willing to talk planes any time, from how they are designed, to the ins and outs of Alaska airline flight scheduling.

If you could live anywhere in the world, where would you live? Fairbanks. I have chosen to live here for 25 years, and I want to help the community be a healthy, vibrant place for the next 25 years.



Employee Spotlight - Chris Miller Continued



Name one thing that not many people know about you. I play in a steel drum band, Cold Steel. I have been doing it for close to 20 years. I play the bass lines in the group, and once in a while, sit at the drum kit and keep the groove. I am not a good kit drummer, but it is fun/challenging work to get all four of your limbs doing different things. I crash when I try to add a fifth by calling out band instructions verbally.

Are you a morning or a night person? I will say morning. I am very easy to jump out of bed to go flying, go to breakfast with my nerd buddies, or go just watch the sunrise. When it gets late in the evening, I just run out of gas and have to go to bed. Angie is night person, so we each get our alone time at different times of the day.

What is your ideal meal? Garlic Bread, Pizza, and IPA beer. I have said more than once that I should open a drive through pizza stand (like the coffee shacks) so that people could get a quick slice to go. All kinds of pizza are good, and I actually enjoy unique different combos as much as the classics.

Tell us one of your goals on your life's to do list. Fly tourists around Denali, Alaska range, and the interior in a classic radial engine airplane (DC-3, Beech 18, Cessna 195, Grumman Goose). Combines my love of Alaska with business, and aviation.



Art Buswell's 100th Birthday Celebration

Gretchen Gordon and other KUAC board members joined Design Alaska employees in a celebration of the late Art Buswell's 100th birthday.

Art was instrumental in starting KUAC TV. Design Alaska has been supporting KUAC for many years.

Gretchen brought a cake, birthday hats, and party blowers.



What Does a Perfect Vacation Look Like for You?	
Eliza Cink	Water, Mountains, Forests, Hiking, Paddleboarding, lots of nature and not too much people. You can see why I loved living in Alaska!
Emily Winfield	Lots of time with my dogs and quite a few lattes.
Robin Rader	A short term mission is the most exiting and compelling time off. During that time you are stretched, you see God move in miraculous ways, you get to really connect with the local people. If it is in Indonesia, you may get to snorkel in the most amazing place on earth. Sometimes you think you are going to die, but it hasn't happened yet.
Mary Sue Dates	30 day all expenses paid vacation in my own water cottage in the Maldives. No technology or phones permitted.
Chris Miller	I just went on a vacation. It felt totally normal. Even being masked in the airport property seemed normal. My perfect vacation has long walks exploring new places and seeing different cultures/environments close up and learning from them. This last vacation has a little of that, but it was mostly family fun. We had boisterous family games (Telestrations was a hoot) which can only happen when everyone is distracted from daily life on vacation.
Jay Baxter	Nice weather, often different types of weather from what we see in Fairbanks. Going someplace exciting, meeting new people, sharing fun activities, games, or sports.
Corey DiRutigliano	Tanned toes by the end.
Blake Burley	The perfect vacation starts with the perfect adventure partner, a little pre planning, ample time for spontaneity, and somewhere historic, warm and sunny, or rugged Alaska wilderness.
Marina Jones	Someone else doing the dishes for more than one day.
Deanna Woods	Anywhere with family. Somewhere with a beach, or area full of fun local mom and pop stores and artwork.
Kym Pihlaja	Spending time with family in New Mexico, camping around Alaska with my kids and grandkids, hanging out by the ocean, and reading a good book.
Cathryn Petersen	I would go to Madagascar and seek out the lemurs so we could play a game of chess with those three-foot-tall chess pieces. The lemurs would be surprisingly good strategists, and the game would be touch-and-go for a while, but then I would take advantage of their pride and win the game in an incredible come-from-behind victory. The lemurs would be so impressed that they would instate me as their new king and lead me to their secret lab, where they had been building a submarine shaped like a large dolphin. I would help them complete construction, and we would all pile into the submarine (using the secret lemur shrink ray, if necessary) to go play with the dolphins. The dolphins would be smart enough to know we weren't one of their own, of course, but they would allow us to hang out with them anyway. After playing a few games of dolphin tag, we would politely decline their invitation to join them on their migration to outer space (I never did care for road trips) and I would head home because I missed my cat. Things would pretty much return to normal with the exception of my new lemur subjects who would periodically come visit to seek my wise counsel and occasional rulings on Lemur Law.



6 Tips for Managing Stress

By Cheryl Lucas, Manager, EAP Services, Lytle EAP Partners

Posted on allonehealth.com/insights-6-tips-for-managing-stress



1. **It is normal to feel what I am feeling.** Allow yourself the opportunity to identify and process what you are experiencing, affirming that what you are feeling is a natural human response. During challenging times, we can feel a variety of emotions simultaneously: uncertainty, frustration, anxiety, fear, grief, powerlessness, and anger, among others.
2. **I am not alone.** Affirm that other people are experiencing similar things that you are. When we are going through challenges, it is the time we need to reach out and connect with others. Support helps us feel a sense of community.
3. **Determine what you can control and what you cannot control.** A lot of time, effort, energy, and thought processing is invested in things we cannot control. Focus on what you can do something about. Set small, reasonable goals. You are not denying things are going on that you cannot control, you are just not making them your priority of focus. Do not allow circumstances to limit you.
4. **Recall how you made it through challenging times in the past.** Remember the times you have made it through challenging circumstances. Pinpoint what helped you get through the difficult time. This can create a sense of hope and encouragement. Use the wisdom gained from past challenges and implement it when facing new challenges.
5. **During challenging times, it is important to do a daily gratitude list.** Taking time to identify the positives we have in our lives can help improve our perspective. This allows us to identify what is dependable and consistent in our lives that we can build on.
6. **Self-care.** During challenging times, we often forget to focus on our self-care. Focusing on increasing our self-care is key to replenishing. Getting back to basics such as healthy nutrition, hydration, plenty of rest, exercise, engaging in meaningful activities, and staying connected is key.

As our resiliency is strengthened, we can more effectively navigate life challenges.

Exercise of the Month

7 reps / 3 times a week for a healthier back/neck

Desk jobs can be a contributing factor to a significant number of musculoskeletal injuries and repetitive motion injuries.

Illnesses that can be attributed to poor ergonomics, lack of movement, and cramped working conditions include diabetes and cardiovascular disease.

Taking 30 minutes out of your day to stretch, and walk around will help decrease your risk.

Head Nods

Exercise



Head Nods

Contract



©3D4medical.com

Muscles in the Front and Back of the Neck

Cues for Movement

- Bend your head slightly backward and look up toward the ceiling.
- Tuck your chin down toward your chest and look down toward the floor.

Modifications: Harder

- Increase how far backward you bend your head.
- Increase how far forward you bend your head.

April 2022 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Table Massage	7	8	9
10	11	12	13	14	15	16
17 East- er 	18	19	20 Table Massage	21	22	23
24	25	26	27	28 Manager's Meeting	29	30

April Birthdays

Jennifer Davis April 3

Aaron Wilbur April 14



May Upcoming Events

Table Massage May 4, 2022

Cinco De Mayo May 5, 2022

Table Massage May 18, 2022

Food Truck-Alaska Cheesesteak Co. May 26, 2022

Design Alaska Anniversaries

Bob Gras	36th Anniversary	April 14, 1986
James Bartlett	26th Anniversary	April 19, 1996
Don Hopkins	23rd Anniversary	April 14, 2003
Blake Burley	4th Anniversary	April 9, 2018
William Guevremont	4th Anniversary	April 16, 2018
Aaron Wilbur	3rd Anniversary	April 10, 2019

