

Farewell to our Interns



My time here as an intern has been very brand new and exciting in so many aspects. I got very lucky being hired by Design Alaska and it being my first internship for architecture. The first time coming in I was stressed out about making a good impression and trying not to make a ton of mistakes, both quality and quantity wise. But over time I learned that I am going to make mistakes, sometimes small mistakes, sometimes large ones, as long as I learn from those mistakes and be better next time then I feel like I have made this internship experience worth it for myself.

I am also thankful to the Architecture Department for being very patient with me and never making me feel terrible for messing up. I have learned so much from the Architecture Department: from building envelopes, in depth revit knowledge, dynamics with other departments, and step by step project phases. I have gained a little wisdom and knowledge from everyone in the Architecture Department and all other departments that I have worked with, not just in the design and

construction field, but in life and Alaska, and for that I am grateful. I am excited to head back to school and put my new skills to work on making some killer projects, but I will miss not only the people of Design Alaska, but Fairbanks too. I will also miss my afternoon lunch walks in Creamer's Field and seeing the wildlife. Thank you for this wonderful opportunity and I hope to cross paths with you all at some point in the future.

Sebastian Rodriguez, Architecture Intern

I had little idea of what to expect coming into this internship, I just knew it would involve electricity and buildings. Even with years of school, walking in here felt like a completely fresh start from scratch. I'd never even seen an engineering sheet before, nor read a single line of fire code. While I can still get lost pretty quickly when the real engineers start talking, I have a much better understanding now of what engineers do when given a project, at least on the electrical side. Now as I'm walking around I can't help but notice every pad-mounted transformer, or emergency bug eye fixture, or the spacing of the convenience receptacles. I enjoyed my time here, the people I met, and the skills I learned. I was surprised how often there are company lunches and gatherings, I think that's pretty neat, and the food was pretty tasty. Thanks for having me this summer!

David Cox, Electrical Intern



On August 4th Design Alaska had a farewell picnic for our summer interns, Shane Bennett, David Cox, and Sebastian Rodriguez. Staff enjoyed chicken burgers, quinoa salad, pasta salad, corn on the cob and an ice cream bar.

Jack and Cat enjoyed a friendly round of corn hole.



President's Corner

Ineffectiveness

We all struggle at times with being ineffective in our work. I experience periods where I don't feel like I am getting the work done in a way that I am proud of. It is a natural human trait, but with certain strategies to recognize we are not being effective, we can rein it in and bring it back to rewarding professional work. Some observations that indicate people may not be as effective as they should include:

- **Being distracted.** Moving from task to task without completing things, wandering around the office, visiting with people longer than is needed to solve the problem, getting lost in internet searches.
- **Being Disorganized.** If the email, papers, books, and desks are a big jumble, it can cause you to be ineffective. You will be lost and overwhelmed by materials and may just stop doing anything due to the chaos.
- **Focusing on the Negative.** Your brain can get stuck in loops of negative thoughts when something goes wrong, which may lead to dwelling on those thoughts in a downward spiral. This provides no productive path forward and can have a big impact on your overall physical and mental health.
- **Micromanagement.** If you are picking on the small details of the work that others ARE doing, you may be procrastinating on doing your own work to support them.

What can you do about it when you notice (or others point it out to you) that you are being ineffective?

- **Get something done.** Pick one small task and get it done. (Example: Write the President Corner article). Getting one thing done frees the brain to tackle the next one and gives you that positive feeling of accomplishing a task that can drive you forward.
- **Get some exercise.** Something about removing yourself briefly from the stress and doing something physical allows your brain to relax and see the tasks from a different perspective when you come back. Go for a walk to work out the issue, and you may be able to break the ineffective loop.
- **Listen to you Peers.** Your friends and coworkers may be telling you that you are not being effective. Take it as a wake-up call. Ask them to help you get back on track by giving more feedback. Talking it out can be all you need to break the loop and get back to work. Teamwork is a powerful thing and working on a project together can frequently be more effective than toiling on a task alone. Ask for help.
- **Stop doing something.** If you're distracted by all the things that need to be done and a long list is preventing you from doing one thing, reassess the list and break it out, setting aside tasks that can be postponed to free up your brain to focus on other more immediate work. This may be enough to help you refocus on the pressing tasks.

Do you have other strategies that you can share with your coworkers on how to get out of an ineffective cycle and get back to rewarding professional work? Please share with others so we can all be proud of the work we do that will also help to benefit our families, communities, and continued personal goals.

Chris Miller, PE

President, Design Alaska

Design Alaska Golf



Design Alaska sponsored a golf team in the Associated General Contractor's (AGC) annual golf scramble. Every year AGC hosts a golf tournament to raise funds for all the good things AGC does for our community and the construction industry. The team consisted of Jeff Leonelli, Taylor Tharp, Josh Clifton, Isaac Ladines, and Pat Brandon. The team posted a solid middle-of-the-pack score.



Left Picture:

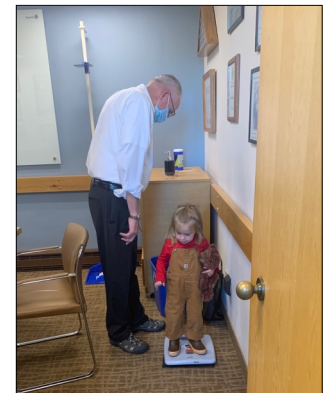
Design Alaska also sponsored a team for the first annual Family Centered Services of Alaska golf fundraiser.

The Design Alaska team consisted of Jeff Leonelli, Adam Shilling, Isaac Ladines, and Pat Brandon.

The team finished with another middle-of-the-pack score.



Design Alaska Wellness Programs



On August 10 John, Jim, Tonya and Paula from LabCorp came and did a biometric screening for employees and spouses who signed up. The tests available were Total Cholesterol (TC), HDL, TC/HDL Ratio, LDL, Triglycerides, Glucose, Blood Pressure, BMI (measured H/W), waist circumference, and body fat percentage.

Congratulations!

Congratulations to the Brandon's



Pat Brandon and Brigid tied the knot in Ester on June 21, 2022, Summer Solstice. They then explored Italy for two weeks on their honeymoon.

Congratulations Pat and Brigid!

Congratulations to the Olson's

Welcome Baby Noah

Leif and Bekah welcomed their son Noah Dean Olson on June 18 at 2:24 pm. He weighed 7lbs 14 oz, and was 19.5 inches long.

Congratulations Leif, Bekah and Big Sister Hazel!



Congratulations to the Burley's

Welcome Baby David

Blake and wife Courtney welcomed baby David Allen Burley on August 20th at 10:09 am. Baby David weighed in at 8lbs 2 oz and was 21 inches long.

Congratulations Burley Family!



If you had a CD that only held three songs to listen to while driving to Anchorage, what would they be?	
Eric Gabrielson	Scarlet, Fire, and Estimated
Eliza Cink	Before kids the choices would be quite difficult, as we listened to a lot of different things. Now it's easy: Baby Baluga, Surface Pressure (from Encanto) and, surprisingly, Hooked on a Feeling from the Guardians of the Galaxy Soundtrack.
Adam Shilling	Rick Astley – Never Gonna Give You Up (x3)
Don Hopkins	Would audio books on CD work instead of songs? I would prefer to listen to audio books and three books would be just about right for the trip there and back. Three songs would not even make it past Skinny Dicks and would prefer silence.
Blake Burley	Most of the time I don't listen to music. Thinking and listening to the road is my go to, but If I had three songs they would be: God of Wonders - The Hamilton Family; I stand Redeemed – Legacy of Faith; Wolf Creek Pass – C.W. McCall
Cat Petersen	Maybe 'Through the Fire and Flames' by Dragonforce, 'Getting Stronger' by Michelle Creber and Gabriel Brown, and '4ware' by deadmau5. But I like to sing in the car, so once I got bored with those, I'd likely start singing Disney songs and by the time I reach Anchorage, I'd have an entourage of magical birdies and squirrels and baby deer following me around to help with my chores. Maybe I'd play them my CD to show solidarity. Magical chore critters love metal and techno, right?
Jack Wilbur	Bach Cello Suites No. 1, 5, and 6.
Lyle Axelarris	Seven Below, It's Ice, and Tweezer
Mary Sue Dates	Order My Steps, Who Am I, and I Can Only Imagine
Jim Godfrey	George Strait "I Cross My Heart" Alan Jackson "Chatahoochee" ACDC "ThunderStruck"
Robin Rader	If I'm limited to three songs they would have to be classical music because I would get more bang for my buck. One would be Mozart's horn concerto. Maggi is the music czar of the family so if she would be riding along, it would be up to her. If she wasn't along I would be singing new songs which come into my head. I contend they come from the Lord, Maggi thinks that's rubbish.
Pete Jacobsen	If only three songs for such a drive, they would have to be long ones. This means live jams, something from the Dead or Cream or Phish or... I'd go with the first disc of At Fillmore East by the Allman Brothers Band.
Marina Jones	Current obsession and so hard to choose just three: 1. Tool: The Pot (really any Tool album I will always listen to) 2. Sturgill Simpson: Remember to Breathe 3. Paul Cauthen: Holy Ghost Fire
Samuel Mitchell	I can't think of three songs that I would want to listen to in repeat for the whole drive, but if I had to, I would pick a couple of my favorite overtures since they tend to be long pieces of music. Probably the Tchaikovsky's "1812 Overture" (16 minutes, so good value there), Rossini's "William Tell Overture" (12 minutes), finally throw in Disturbed's "Sound of Silence" (4 minutes), because a guy can wish. At 32 minutes of music total, I would only have to loop it 12 times...if, of course, there was not the inevitable road work.

August 2022 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Table Massage	4 Company BBQ	5	6
7	8	9	10	11	12	13
14	15	16	17 Table Massage	18	19	20
21	22	23	24	25 Food Truck	26	27
28	29	30	31 Table Massages			

August Birthdays

Jeff Putnam August 1
 Matt Krueger August 1
 James Bartlett August 8
 Corey DiRutigliano August 9
 Bob Gras August 14
 Kyle Rankins August 23
 Pete Jacobsen August 25
 Cat Petersen August 31

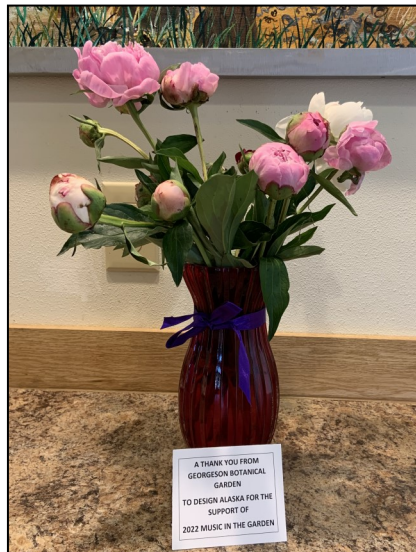


Design Alaska Anniversaries

James Godfrey 3rd Anniversary August 5, 2019
 Cat Petersen 1st Anniversary August 16, 2021

September Upcoming Events

Managers Meeting	September 1
Company BBQ	September 1
Company Adventure	September 2
Food Truck	September 22
Table Massage	September 28
Managers Meeting	September 29



The Georgeson Botanical Gardens brought the office two bouquets of peonies as a thank you for supporting the 2022 Music in the Gardens.