

Thanks for the Memories!



On Thursday, August 10, we said goodbye to our four interns Margaret McCormick, Aisha Malik, Sebiyam Werdin-Kennicott, and Hayden Galloway by celebrating with an ice cream social.

To the wonderful Design Alaska Team

Thank you so much for allowing me to join your team over the summer, for what I have learned is invaluable towards my academic growth. The sheer range of projects I had the pleasure of working on allowed me to expand my knowledge on both landscape architecture and civil engineering.

As a long-term resident Alaskan, Design Alaska's involvement with the community has always been very important, and to have had the chance to help out has meant a lot to me. Thank you again for this wonderful learning opportunity!

- Aisha Malik



President's Corner— We are Busy!

I am sure you have all noticed that we are busier today than we were earlier in the year. A major contributor at the moment is the upcoming Federal Government fiscal year end (Sept 30th) and agencies are working hard to get their construction budgets under contract with consultants or contractors. We are busy with our current contracted work where we have worked hard to bring new projects into the office.

Working on current projects and trying to get new projects for future months is the nature of the design business. We need to be constantly leaning forward to fill the pipeline for more work. When we get busy, we have to remind ourselves to not stop the marketing effort for new work or there will be a drought in the future.

It is impossible for us as a business to manage our workload to have the perfect balance of not too busy and not too slow (being busy is the much better side to be on to stay in business). It is important to concentrate on getting the work done well and delivered on schedule to meet our client needs while the expenses can all be paid smoothly in the background. When we are busy, we can all put in extra effort (hours and creativity) to get work done and maintain quality. Our workload is never balanced month-to-month, or department-to-department, and certainly not to each individual. We all need to work together to spread the effort around to get our work done effectively and continue to win new work.

Reports such as project backlog, cash flow projections, and hours worked can provide the information needed to verify that we are currently busy and have a healthy future based on already contracted work. Putting in more hours, subcontracting to other firms, and hiring additional staff are all ways to help keep up with the current and future work.

I am thankful that we are as a business on the healthy, growing side of the workload curve. I encourage everyone to continue to lean forward and stay positive in their work and marketing efforts to get the next project. We have been able to stay on the positive side for 66 years and I am personally looking forward to coming to the 100th year anniversary party to celebrate our continued success in serving our community and providing rewarding professional experiences for our team.

~ Chris Miller, PE

President



Ice Cream Social Cont.

Thank you for all the help and support you all have provided me this summer. I have appreciated the opportunity to learn from everyone.

~ Margaret McCormick



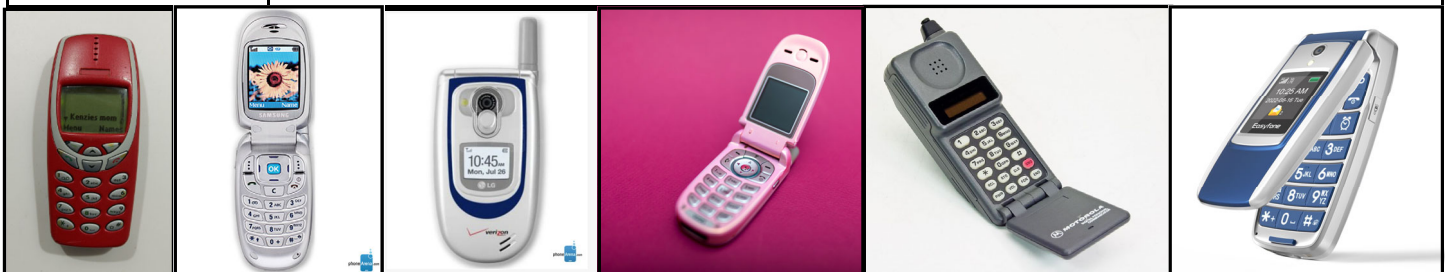
Employee Weddings

Our newest surveyor Kyle Callegari married his partner of five years, Elizabeth Hinkle, on July 22 of this year. Elizabeth and Kyle's wedding was held in Hatcher Pass at the Seth Holden hut. The newlyweds and six of their close friends hiked in the 12 miles to the hut where Elizabeth and Kyle's parents met them, having been flown in for the ceremony. All in all, it was a three day event with blue sky weather and no complications.



On July 22, another wedding was held for Matt Encelewski in his hometown of Ninilchik on the Kenai Peninsula. A simple affair, they held the ceremony in a nearby mansion and used the community center for the reception. His favorite part of the wedding was (obviously) getting married to his longtime partner, Daisy, but noted that being surrounded by friends and family (many of which he hadn't seen in quite a while) was also a very special and endearing moment for him and his newly-promoted wife. When asked for words of wisdom, Matt noted that "many people get wrapped up in the idea of a wedding being perfect," but that "the whole point of a wedding is to enjoy your day together with friends and family." Letting mistakes get made and imperfections happen is par for the course, and all you can do is ride the waves and make the best of the day.

What age did you get your first cell phone, and what model phone was it?	
Mary Sue Dates	It was a bag phone and with that it is none of y'all's business how old I was :)
Blake Burley	17ish. It was a TracFone sort of model where every time I sent a text message or made a phone call it told me how much money I had left. Those were the good old days. No group messages to blow up my phone.
Chris Miller	I believe it was 2005 when I was 35 years old, we had just moved into the Annex building when it was brand new. It was an LG flip phone...
Marina Jones	My parents made me get a cell phone when I went to college even though I didn't want one. Year: 2004, Age: 18 or 19, Model: Flip phone Samsung SGH-X426 (had to look that one up). Couldn't kill that thing no matter how many times I probably tried!
Eliza Cink	Age 18: a Nokia 3360
Emory Mildon	In 2010, since I was starting middle school across the city, my parents bought a cheap no-name touchscreen phone for safety. The make and model are now lost to history. An iPhone 5S a couple years later combined the utility of carrying both an iPod Touch and a cell phone.
Don Hopkins	Well when I moved to Alaska in 1977 we barely even had phones. In Soldotna there was a payphone in front of the Dairy Queen which was one place where you could place long distance phone calls since not everybody could even get a phone in their house. Yes there would be many people lined up by this booth at Christmas time when the weather was -20 F waiting for a chance to call home. Bring a roll of quarters or call collect. Well back to the question, my first cell phone was not a Bag phone which was for those really well off, but one of those fancy Motorola flip phones 'RAZR' sometime around 2005.
Cat Petersen	I was 17 and had just started college. It was a silver Nokia flip phone, and I have no idea what the model number was, because that wasn't a thing anyone cared about back then. My dorm room had a land line, but Mom insisted I get a cell phone with a long distance plan. She also got a 1-800 number for the house so that my siblings and I could call without racking up long distance fees, so the cell phone seemed redundant to me.
Pete Jacobsen	I got my first cell phone when I was 34 in late 2005. Model? "Flip". I didn't get my first smart phone until the very end of 2016, being dragged kicking and screaming into the 21st century, and sent my first text shortly after that.
Leah Monego	I was 17 with a Motorola TracFone.





Inspiring TED Talks to Motivate your Wellbeing

By Marina Jones



Feeling the weight of the world on your shoulders? Juggling the various aspects of life can sometimes feel like herding caffeinated cats.

TED Talks, are known for spreading ideas from various fields, are an excellent resource for gaining new perspectives and insights. Let these TED Talks be your secret weapon on your journey to inspire and provide practical advice and innovative ideas to enhance your wellness.

1. Sleep is Your Superpower (<https://youtu.be/5MulMqhT8DM>)

Renowned sleep scientist Matt Walker has spent decades unraveling the intricate relationship between sleep and human performance. In this TED Talk, he emphasizes the profound impact of sleep on our daily lives, highlighting the perils of sleep deprivation and the transformative potential that quality sleep holds.

2. The Happy Secret to Better Work (<https://youtu.be/fLJsdqxnZb0>)

Psychologist Shawn Achor discusses the link between happiness and productivity. He suggests that instead of working harder to become happy, we should focus on being happy to work more effectively.

3. Why Having Fun Is the Secret to a Healthier Life (<https://youtu.be/iMBJrvEww8s>)

Ready to infuse your life with a daily dose of fun? According to science journalist Catherine Price, it's not just a source of enjoyment but a key ingredient for your overall health and happiness. Discover how to cultivate an environment that embraces playfulness, flow, and connection, all backed by scientific evidence.

4. The Power of Vulnerability (<https://youtu.be/iCvmsMzIF7o>)

Imagine a place where openness and vulnerability are celebrated, where you feel safe to share your true selves and take risks. Brené Brown's talk urges us to create a culture that values authenticity and encourages meaningful connections.

5. Why We All Need to Practice Emotional First Aid (<https://youtu.be/F2hc2FLOdhl>)

In his enlightening TED Talk, psychologist Guy Winch highlights the often-overlooked importance of emotional health. He shines a spotlight on the fact that emotional pain can be just as crippling as physical pain, and it's time we start giving it the attention it deserves.

6. The Art of Stillness (<https://youtu.be/aUBawr1hUwo>)

In a world where constant movement and distraction reign supreme, this talk is a much-needed breath of fresh air. Pico Dyer weaves together wisdom and strategies that empower us all to reclaim precious moments of stillness in our lives. Whether it's carving out a few minutes each day or dedicating a handful of days every season, he shows us how to reclaim our inner peace. This talk is an oasis for those overwhelmed by the relentless demands of our fast-paced world. It's a gentle reminder that amidst the chaos, finding stillness is an act of self-care, a source of inspiration, and a gateway to a deeper understanding of ourselves and the world around us.

7. The Surprising Science of Happiness (https://youtu.be/4q1dgn_C0AU)

Psychologist Dan Gilbert challenges the common beliefs about what makes us happy. Brace yourselves for a revelation about the two components of happiness: the one we stumble upon and the one we create. Get ready to have your perspective shaken!

8. How Healthy Living Nearly Killed Me (<https://youtu.be/J-I2eScPkEw>)

Get ready to step into the shoes of the "healthiest man alive." A.J. Jacobs took on the ultimate experiment and followed every piece of health advice he could get his hands on for a whole year. He's here to share the priceless lessons he learned along the way, and to have us learn the importance of balance in achieving optimal well-being.

9. The Power of Fitness (<https://youtu.be/37UhELFvPec>)

Think you don't have time for exercise? Think again. In this inspiring TED Talk, fitness enthusiast Vincent Lam reveals the life-altering benefits of prioritizing fitness in your daily routine. Discover how incorporating exercise into your lifestyle can enhance physical function, promote optimal health, and unlock a higher quality of life. Join Lam on a quest to inspire and empower others to achieve their fitness goals, as he shares practical insights and strategies for making fitness an integral part of your life.

Ignite Your Journey

Embarking on a journey towards greatness may feel overwhelming at first, but remember that every journey starts with just one step. And what better way to take that first step than by exploring these amazing TED Talks?

Remember, progress takes time, but every small step you take brings you closer to your goals. Embrace this opportunity to kickstart your journey towards success and positive change, and start unlocking your full potential.

Resource: https://info.totalwellnesshealth.com/blog/9-inspiring-ted-talks?_hsmi=263952801&_hsenc=p2ANqtz-8_qS3LqKk_8jEREhm17_dhVm6nm27YAQahYE2mLUAwuBmuRZI8BzGBEmMbc1rVWnQqdTRvtCMFscI26qgAEqhMz9M1Q

Summer Wellness Challenge Update

We are over halfway through the Design Alaska Wellness Challenge for 2023. With summer adventures and home projects hopefully slowing down in preparation for the fall and winter months ahead, it might be a good time to revisit your goals for the year as well as some of the Wellness Challenges. Maybe you have completed many without realizing it, or maybe you have forgotten all about it but still looking to find ways to participate to fill in a few of the 8 Dimensions of Wellness you may still be missing.

Please don't give up and say, "there is no way to get them all finished in time by November!" Talk with any Wellness Committee member and we will gladly help you reach your goal in time.

By completing this month's Wellness Newsletter article, you can receive a point for the Emotional Dimension. So hop on that treadmill desk in the Main Building on your lunch break to rack up some Physical Dimension points while becoming more motivated by speakers who have presented on TED Talks in the past.

- Marina Jones

Who Wore it Better?



Don Hopkins




Blake Burley

September 2023 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Floating Holiday	2 Company Adventure
3	4 Labor Day	5	6 Table Massage	7 Company BBQ	8	9
10	11	12	13	14	15	16
17	18 Birthday Cake	19	20 Table Massage	21 Food Truck	22	23
24	25	26	27	28 Managers' Meeting	29	30

September Birthdays

Sabrina Davis	September 7	
Florian Kienle	September 21	
Josh Clifton	September 24	

Local Events

Summer Trails Challenge Daily until September 30	Pioneer Park
Alaska State Fair August 18 - September 4	Palmer
Equinox Marathon September 16	UAF Patty Center Starts at 7:00 am
HooDoo Half Marathon September 30	The Plant Kingdom Starts at 10:00 am
Alaska 9/11 Stair Climb September 9	Carlson Center 9:00 am - 1:00 pm

October Upcoming Events

Table Massage	October 4
Birthday Cake Day	October 16
Table Massage	October 18
Managers' Meeting	October 28