

Wellness Lunchbyte

On Tuesday, January 9, the Wellness Committee hosted a lunchbyte to present the new program for 2021. The 8 Dimensions of Wellness encourages employees to take an active role in improving their emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social wellness. Some examples they gave were meditating, volunteering, writing a will, and trying a new activity.



Bagels & Brew

Design Alaska ordered delicious salads from Bagels and Brew for employees to enjoy during the wellness lunchbyte. Salad options included Chicken Caesar, Classic Cobb, Bleu Apple, Chicken Almond, Greek Goddess, and Mandarin Medley. Along with the salads, employees received bagel bites and cookies.

8 Dimensions of Wellness



President's Corner

Goals for 2021 and Beyond!

Many of you have likely visited with your supervisor recently about your professional goals for the next year and beyond. For myself, I believe it is important to spend time at least once a year to reflect on my professional work in the last year, and review how I did with my previous goals. I then write down new goals for the coming year to help me focus my work towards a direction of long-term rewarding work.

In my personal life, this may not always happen at the new year, but I will regularly generate lists of goals for both short- and medium-term that help point toward long-term interests. The funny thing is even though I write down the goals on a piece of paper, I may never look at them the rest of the year. Sometimes years later I stumble on a 'Chris List' and it is amazing how many of the goals I set have been ticked off. I believe it is in the power of writing down goals that sets the thought in your brain, and what can drive you to achieve it.

Working with your supervisor can make goals even more meaningful because you are sharing in a mutual mission to achieve the goals. Those goals are likely aligned with your supervisor and our company culture for long-term success. We have a long history of supporting individuals with goals that may not be clearly aligned with the work that Design Alaska is currently doing but that fit within our core purpose of providing employees a rewarding professional experience.

The best goals are SMART. Specific, Measurable, Achievable, Relevant, and Time Bound. I have set some SMART professional goals for 2021 as president of Design Alaska that I thought would be good to write down and share a few with everyone:

- Lead a Project Manager Development meeting 6 times to improve project delivery quality.
- Do invoice prep with 6 project managers on time each month to provide one-on-one mentoring.
- Transition the management of audited Cyber Security system to Jeff/Eric by November 1.
- Execute 5 small projects as a licensed Environmental Engineer to support our clients.
- Talk to one client every week about our current project performance and upcoming needs to be able to report information to appropriate parties.
- Develop 100% of fee proposals in conjunction with another person to share how proposals are developed, fees determined, and schedules verified.

Did you achieve your 2020 goals?

Do you have current goals set?

Are they SMART?

Do your short-term goals aim towards LONG term big picture professional goals?

Please visit with your supervisor if you have a goal that we can help you achieve in 2021!

Chris Miller, PE

~ President, Design Alaska

Welcome to Design Alaska, Deanna and Zach!



Deanna Woods has recently joined the Administration staff at the front desk. She was born and raised in Fairbanks and has been married to her husband, David, for almost 6 years. Deanna and David have one son, David Jr., who is 3 years old. Deanna describes David Jr. as the sweetest, kindest, most quick-witted kid she has ever met. Deanna and her family have 5 chickens, and she is working on convincing her husband that they need a puppy. Deanna enjoys volunteering in Children's Ministry at North Pole Worship Center where her family attends services.

Deanna's hobbies include needle felting, baking, and attempting to recreate projects that she sees on Pinterest. She likes to collect owl decorations. Her friends and family like to randomly place creepy doll heads in her car, home, purse, wherever they can sneak it without her looking. So that has also become an item that she collects.

Deanna enjoys listening to true crime podcasts, which she blames for making her easy to startle. The true crime shows come on after her son goes to bed, as she is a night owl and likes to stay up doing homework and catching up on episodes.

If she could live anywhere, Deanna would stay in Fairbanks. Although there are a lot of places that she would like to visit, there is nowhere else that she would want to live.

Deanna can dance to anything and she does not have a favorite song. Her favorite movie is Labyrinth because...Bowie. Her favorite show as a kid was Unsolved Mysteries. Deanna's ideal meal would consist of soul food, catfish, collard greens, black eyed peas, and mac and cheese.

One of her life goals is to own a small farm. She wants cows, pigs, goats, chickens, and vegetables.

Welcome to Design Alaska, Deanna!



Zach Miller, Intern, is the latest addition to the Structural Department. He became interested in Design Alaska because he wanted to work for a company that would support undergraduates as they finished their degrees. He also knows a few other alumni who work here.

Zach spent his entire life living in the Matanuska-Susitna Valley until his current time in Fairbanks working on his degree. Zach's parents are from the lower 48 and moved to Alaska when they were around 17 years old. Zach had one older brother.

Zach's hobbies include fly fishing and bow hunting (archery) whenever he has the opportunity. If he could live anywhere in the world, he would like to live somewhere in the Alaska Range near a stream filled with rainbow trout.

Zach is a night person and his favorite song is Led Zeppelin's Stairway to Heaven. His favorite movies are Lord of the Rings and the Hobbit. His favorite childhood TV show was The Rifleman.

Zach's ideal meal would be one that he didn't have to cook himself, and he would like it to be healthy. One of his goals in life is to design and build his own home.

Welcome to the Design Alaska Team, Zach!

"Who taught you to cook? What was the first meal you prepared?"	
Robin Rader	My Mom, Chocolate Chip Cookies
Eliza Cink	My mom and dad. The first time I remember cooking, I fried fish for dinner for the family. I'm sure I had made things before then, things that didn't involve the stove or the oven, but that is the first meal I remember making.
Mary Sue Dates	Home Economics in school, step-mother, grandmother. Meatloaf, mashed potatoes, corn, biscuits.
Blake Burley	Most everything I know I learned from my Mom, but I'm pretty sure it was just a skill I picked up, not necessarily taught. Also, I'm looking for something to do with all these clams I found at the transfer site, does anyone have any good recipes?
Isaac Ladines	I really didn't start to learn to cook for myself until after college. Not living close to home, generally my cooking knowledge was fueled by a combination of you tube and facetime calls to my dad to learn to cook things better than the Robin Special. The first full meal I remember making myself was brioche French toast with over medium eggs and a side of crispy hash browns (I'm a big breakfast guy).
Eric Gabrielson	Growing up in my family, dinner was a social event. We gather in the kitchen, drink wine, eat appetizers, and watch the meal being prepared. Something not to be rushed, but to be savored. When I moved away, I carried that tradition with me. But I also had to learn how to cook. Since there was no internet, I went to the library on a weekly basis and checked out books on cooking. A dozen at a time. Baking, grilling, desserts, Italian, French, Mexican. Pizza, soups, burritos, roasts, stir fry, cakes, cookies. My first cooked meal was likely a beef burrito, I lived on those things. Still do!
Bill Guevremont	Myself. During sophomore year in college. Bought my first wok and still have it (totally seasoned now!) 'Szechuan Chicken'.
Dantasia Baum	It was not the first thing I learned to cook, but I spent a lot of time in college learning how to bake with my grandma. She taught me how to grind wheat to make flour and make homemade bread. I cherish that recipe and the memories I made with her learning.



We love to see the kids of Design Alaska enjoying their Christmas presents! Every year at the holiday party, it is a joy to see the kids not only unwrap their gifts, but excitedly get right to opening and playing with their presents.

Although we were not able to meet in person this last December, it is fun to see pictures of the kids enjoying their gifts from Design Alaska.

Pictured left is Eliza's daughter, Ella, enjoying her mixing tools.

Pictured right is Eliza's son, Benjamin, enjoying his Little Einstein's Piano.





Wellness

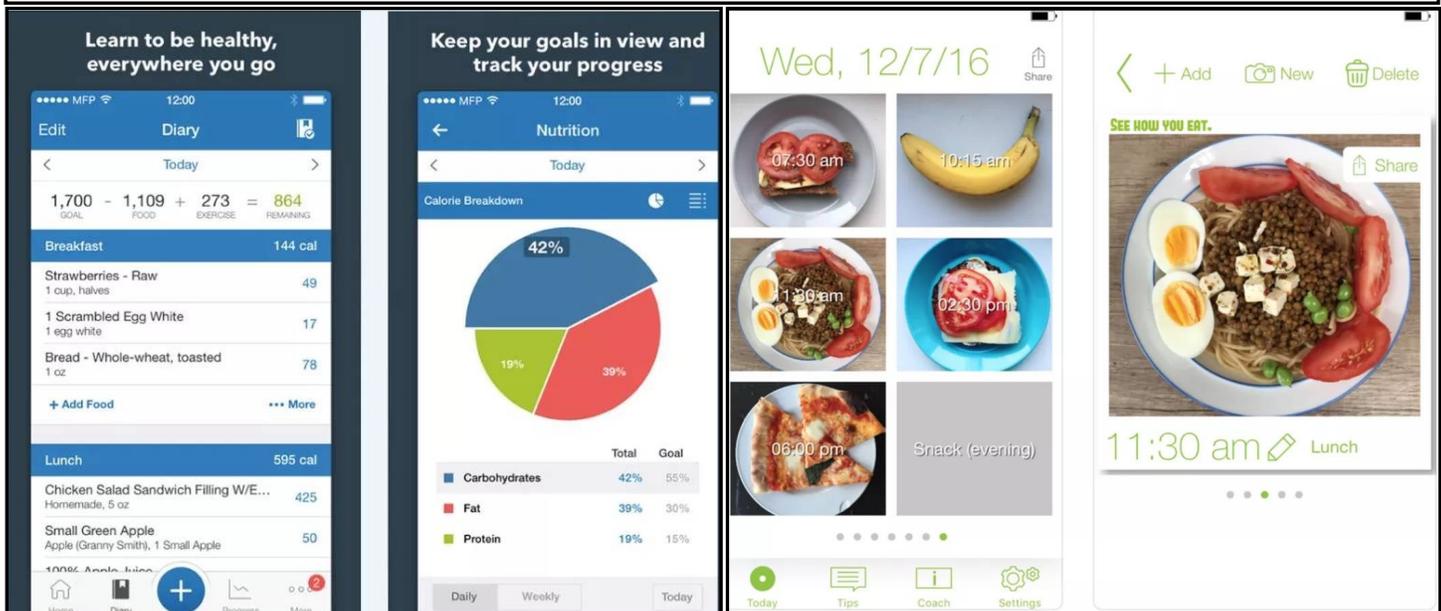
By: Elizabeth Johnston



Wellness Challenge #4 is to track your food for 14-days. Why? Whether you are tracking your nutrients to fuel your body for a workout, tracking your macros to lose weight, or simply trying to be more mindful consistently logging your food for a period gives you a moment to consider what you're eating and builds in a moment of mindfulness. Tracking shows you patterns that you might not otherwise realize.

Here are three free apps you may want to try and there are tons more out there. Feel free to share what you learned if you complete this goal or what method you used to track that you liked. E-mail us at the following address:

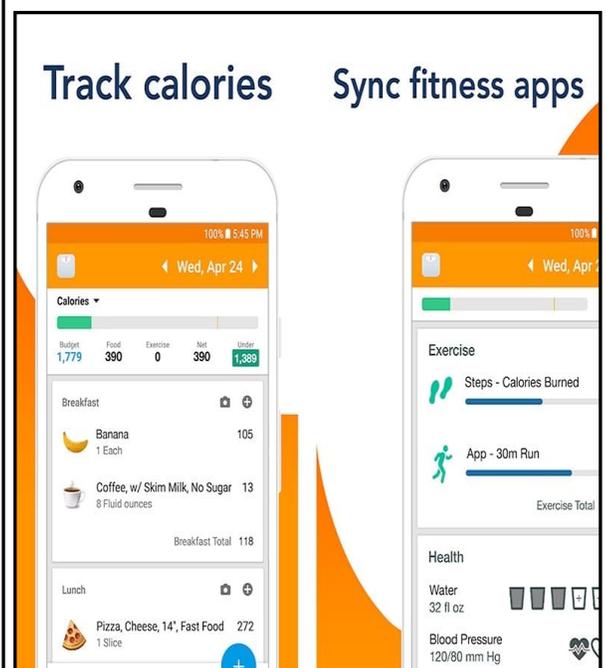
WellnessCommittee@designalaska.com



With more than 6 million foods in its database and more than 4 million food barcodes, MyFitnessPal makes it easy to log breakfast, lunch, dinner, and afternoon snacks. With powerful metrics, My FitnessPal gives insights on calories, fat, protein, carbs, sugar, fiber, cholesterol, and vitamins. It's easy to plan your meals in advance and stay on track with your nutritional goals.

Rather than typing a daily log of your meals, snap a photo instead. See How You Eat is an app built on the belief that seeing what you eat can help you make more positive dietary changes and help you check to see if you're eating from the rainbow. This food-tracking app does exactly what it says—it simply lets you document your meals visually, without any complicated calorie or macronutrient support. It is good for those who have tried calorie tracking before and found it stressful or not supporting their goals.

Lose It! lets you keep track of your food and exercise. The app even lets you take a photo of your food to know how many calories it has. This app also has a barcode scanner, or you can search the app's extensive food library database with over 27 million entries. You can sync the app with your fitness tracking devices and apps to see how many calories you burned. You can do challenges with family members, friends, or other Lose It! app users.





Recycling



It's that time of year to sign up for a CSA share and reduce packaging and food waste. Community-Supported Agriculture (CSA) connects consumers with seasonal food sold directly from nearby farmers. You'll help support farmers while also eating local—a proven way to reduce your carbon footprint. Here in Fairbanks, there are several CSA to choose from:

Rosie Creek Farm

P.O. Box 106
Fairbanks, AK
csa@rosiecreekfarm
Arrangements: Delivery and pickup

Calypso Farm & Ecology Center

<https://calypsofarm.org/csa/>
Arrangements: Pickup at 3 locations

Southside Community Farmers Market—

Tuesdays 5pm—6pm

Located at the corner of 24th Ave. & Rickert St. in South Fairbanks

Ester Park—Tuesdays 5pm—6pm

Located at Ester Community Park next to the Ester Fire Station

Beaver Sports—Thursdays 5pm—6pm

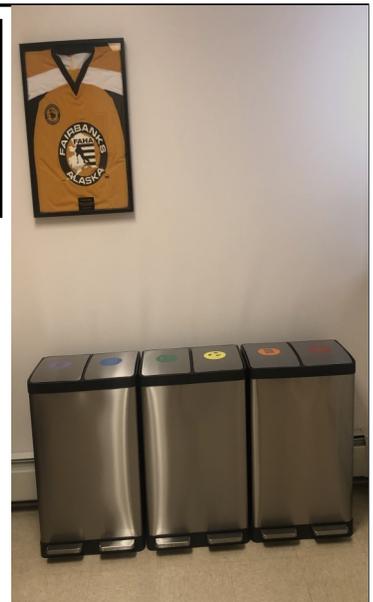
3480 College Road, Fairbanks

Wild Rose Farm

P.O. Box 83271
Fairbanks, AK 99780
907-479-6363
kerndtmayo@alaska.net
Arrangements: Pickup at Tanana Valley Farmer's Market



Recycling helps our environment in many ways such as: reducing pollution, reducing waste at the landfill, and slows global warming.



Here at Design Alaska we are doing our part by providing convenient and clearly labeled recycling bins.

Recycling Bins are located in both the Annex kitchen and the Main Building's kitchen. Bring in your recyclables from home and fill them up.



February 2021 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Table Massages	4	5	6
7	8	9 Lunchbyte-Eight Dimensions of Wellness Challenge	10	11	12 Birthday Celebration	13
14 Valentine's Day 	15	16	17 Table Massages	18	19	20
21	22	23	24	25 Managers' Meeting	26	27
28						

February Birthdays

Benjamin Mildon February 6
Jennifer Centers February 17



March Upcoming Events

Wednesday March 3rd Table Massages
Wednesday March 17th Table Massages
Thursday March 25th Managers' Meeting

Design Alaska Anniversaries

Eliza Cink 7th Anniversary February 24, 2014
Ciarin Connor 2nd Anniversary February 4, 2019