



INSPIRATION REPORT

ISSUE 25
SPRING 2020

**"AN OUNCE OF
PREVENTION IS
WORTH A POUND
OF CURE"**

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Timber Framing
Aligns With Green
Building

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Extra Light Blocks
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HOW DOES TIMBER FRAMING ALIGN WITH GREEN BUILDING?

"An Ounce of Prevention Is Worth a Pound of Cure"

BENJAMIN FRANKLIN

The truth about green building basics and the longevity of timber framed buildings is not very exciting. Products such as solar power and on-demand water heaters are eye-catching, and promoted with new and innovative implementations. Timber framing, though, doesn't require any new techniques. In fact, timber framing is the original sustainable building method! All that's required is to plan well, keep water out and do maintenance.

We don't minimize innovation. Innovation is important to the green building movement, as it gives incremental gains and fuels momentum. Sometimes, though, that new, sustainable product can be a distraction. Effective energy conservation isn't exciting, but it's easy!



You can compare sustainable building to nutrition. It's fun to eat the high-calorie, high-cost foods, just like it's exciting to install a solar panel on your home. Unfortunately, it's much more effective, and better for our overall health, if we eat mostly green vegetables. Those "green vegetables," careful planning, repelling water, and timely maintenance, are the building methods that provide the most effective energy conservation. So how do we think about fitting in those "green vegetables?"

The people who love timber framing are inclined to make wise energy conservation choices. Their mindset aligns with careful planning and pragmatic building. We see this all the time at Arrow Timber Framing!

This mindset is the ounce of prevention which does the heavy green building lifting. Timber framing makes a big contribution to promoting sustainable building because it serves as a conversation starter to encourage playing a longer game. To think less is more. To think of quality over quantity. To have a clear sense of purpose. To make wise building choices. To embrace careful planning and avoid wasting resources. An unclear sense of purpose or hasty planning typically results in ugly aesthetics and clumsy floor plans. Fixing these issues after the fact will only waste more resources.

Good planning is required to build a sustainable project. Reuse, repurpose and recycle are the biggest objectives of green building. Careful planning maximizes our ability to do just that. Careful planning allows for compact buildings with strategic resource allocation. Careful planning is the best "ounce of prevention" we can use to build sustainably. Building with post and beam construction is synonymous with careful planning.



Reconnect with the nature around you. Outdoor living patios are great spaces to enjoy your surroundings!



The scenery from this stunning coastal PNW pavilion features a few carbon capture devices.



A properly executed timber framed home feels like it grew organically from its environment.



WOOD IS NATURALLY GREEN

Timber framing aligns with energy conservation by simply building with wood! Wood a renewable resource. Wood requires much less energy than other building materials to transform from raw material to a functional building. Wood buildings require much less energy to heat and cool. And lastly, wood serves as an excellent carbon sink. Wood is good!

RENEWABLE

Wood is the only building material that can be used indefinitely through good forestry practices.

EFFICIENCY

Wood has a cellular structure that allows for pockets of air, which keep heat conductivity to a minimum.

LESS ENERGY

Energy consumed across the life cycle is drastically less than other structural materials.

SEQUESTER CO₂

Trees store carbon as they grow and continue to hold it after it's been harvested and used in a building.

TIMBER MINDSET A PERFECT SPRINGBOARD

Green building and energy conservation have turned into political topics. It's too bad, because most people, regardless of political ideology, embrace the common sense of sound green building fundamentals: good planning, repelling water, and timely maintenance. These fundamentals are as old as building itself.

Discussions about how timbers will improve a project tend to shift the focus towards thorough, conscientious thinking. This can be a perfect segue to introduce or reinforce obvious but often overlooked common-sense planning:

- "Can we build less and achieve what we want?"
- "How much time is required to get a well-thought-out set of building documents?"
- "Do we have enough clarity to embrace the quality over quantity perspective?"
- "Are our energy and time expectations regarding the planning stage realistic?"
- "How can we set a clear goal to make decisions and trade-offs easy?"

Once these fundamentals are in place, we can consider attractive products and concepts of green building. For each product or technique, ask the following questions:

- "What kind of payoff is associated with this?"
- "Are SIPs (structural insulated panels) a worthy consideration?"
- "How easy is it to reuse other building products?"
- "Does this work in my climate?"
- "How can we avoid products and methods associated with health issues?"

As you plan your Timber Frame project, you will have questions related to green building techniques. If your questions look like the first list above, you know you have clarity of purpose. That's great - you're ready to move on to choosing products! If your questions are more similar to the second list, you have an obvious interest in cutting edge green building. Take a good look at your fundamental goals before making choices. With your planning

fundamentals securely in place, your green building upgrades will have a maximum positive impact!

As a company, Arrow Timber Framing works hard to maintain the same clarity of purpose. Those fundamental goals mean we spend more time and effort on each individual project. It would be easier to just use more timbers and make a cheap product. But we just can't justify it! We use resources judiciously, avoiding needless cost. The end result is a project that really showcases your individual style, without overdoing it.



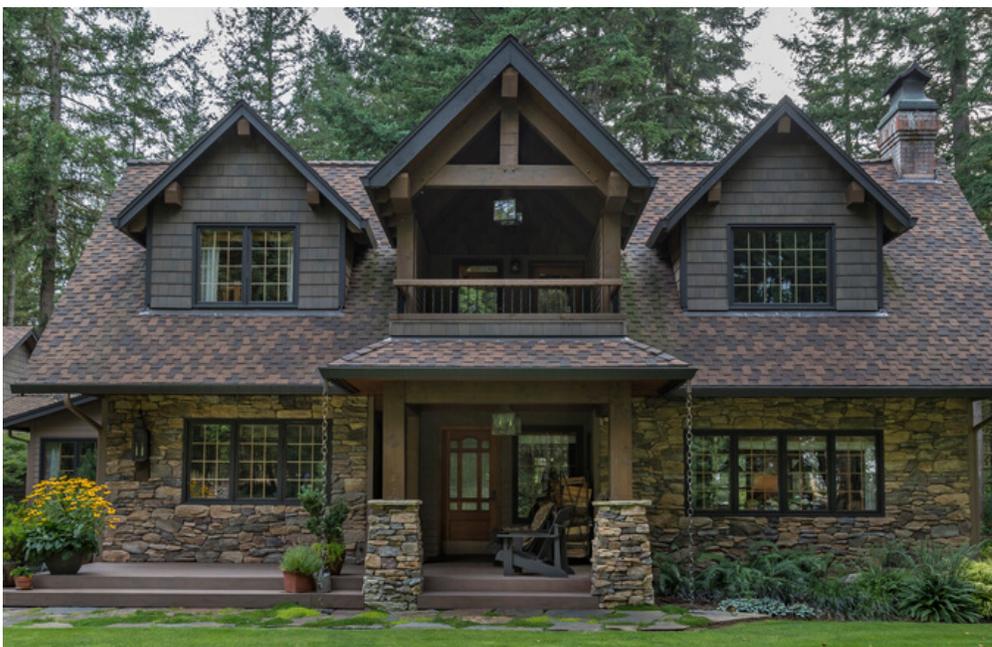
You are the visionary behind your timber framing project. You control the product decisions, the hiring choices, and the budget and timeline restraints. Our new book, *The Art of Hybrid Timber Framing*, explains how understanding your vision is key to achieving your building goals. Visit us at arrowtimber.com to preview the great content in this International Top-Ranked Amazon E-Book! While you're there, check out our gallery of gorgeous post and beam projects. Do you see anything that sparks your interest? Come by for a shop tour, or give a call and chat about your project. We are always thrilled to hear about our customers' visions for Timber Living!

Here is to good planning!!

On behalf of the ATF team,

A handwritten signature in black ink that reads "Bert". The signature is stylized and cursive.

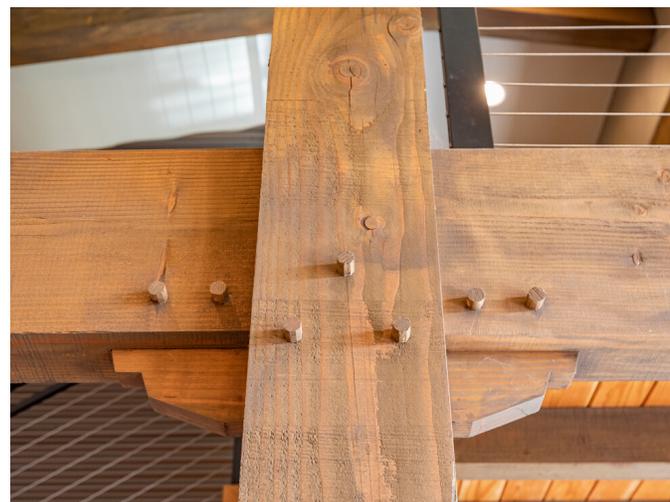
Bert Sarkkinen, Owner



FEATURED PROJECT

N O R T H C O N T E M P

An emerging home style trend in the Pacific Northwest is m



THE WEST TEMPORARY

Masterfully epitomized in this architect's personal residence.



Craig Collins is a very astute architect. I remember how quickly Craig caught on to forward-thinking planning during our initial brainstorm. He had a well-thought-out home plan: a beautiful Northwest contemporary style timber home, which would be built on a high hillside overlooking the Columbia river.

After we understood Craig's vision and discussed logistics and construction methods, we agreed that it was a good fit for our process. Craig put down a deposit, and we began the timber design phase. Here's where the amazing synergy develops! Because Craig was so knowledgeable, we were able to easily convey the possibilities. His organized thinking pushed us to think outside the box for unique solutions. Through

this process, we were able to fine tune his timber package and further polish the design.

We came up with some great solutions! We added a box beam truss over the dining room and angular emphasis to the front entry. Unique connections draw attention to the garage timbers. The suspended stairway landing really added a special touch to this architect's home!

The project went very well - which is not surprising. A good fit is synonymous with a good experience.

Thank you Craig!

GETTING TO KNOW...

An interview with our young skill seekers:

Why is it so gratifying to see young workers apply themselves? Do we see our younger selves in them? At Arrow Timber Framing, giving others opportunity gives us a sense of purpose. It also aligns with our core values: help first, and work for the long-term good. (Go to arrowtimber.com for more on our core values.) This warm, fuzzy apprentice/mentor relationship can sour if ingratitude or a poor attitude gets a foothold. But with these two bright, energetic team members, it has been nothing but fun!



Carolyn Mackes



Nolan Matson

What would you like people to know about your past?

Carolyn: Well, the most cool thing about me is that I was born on the East Coast in Norfolk, Virginia. I have met the United States vice president Mike Pence. I was also at a speech by Donald Trump last summer.

Nolan: I am a junior in high school. I work part-time and arrow timber framing. I'm 16 years old. I like to read and learn and do anything that is physical and outdoors. Where is a place you would like to visit?

Where is a place that you would like to visit?

Carolyn: I like going to the Old Apostolic Church in Yaocolt or visiting the Hockinson Apostolic Church or traveling the USA, mainly the East Coast.

Nolan: Montana. I would like to hunt in Montana because they have a great elk population. I would also like to fish in Montana.

How do you like to spend your free time?

Carolyn: I like to spend time with my friends and take pictures. I like traveling places also, like visiting family in Maryland.

Nolan: I like to go dirt biking, hiking, and camping. I like to spend most of my time outside when the weather's nice. I enjoy dirt biking in the summer and being indoors in the Winter.

MEMORY LANE

REMINISCING TO MOVE FORWARD

Memory lane. I remember struggling to sleep on an overseas flight to Scandinavia with my wife, Kristine, and our two young children. I even tried lying between the seats on the floor in an attempt to get horizontal. (It didn't work.) At that moment, I promised

myself that I would spring for first class on a future trip to Europe. However, pain recedes with the passage of time, and the price tag has prevented me from fulfilling my promise to myself. I wonder if I will ever take that first-class flight!

YOUR REFERRALS SPEAK VOLUMES!



...and are **GREATLY** appreciated. When you refer friends and acquaintances to ATF, make sure they mention your name! **They get to skip the screening process...** and yes, we screen clients. You are the cream of the crop! Plus, we want to know where to send thanks... do you prefer coffee or sweets?

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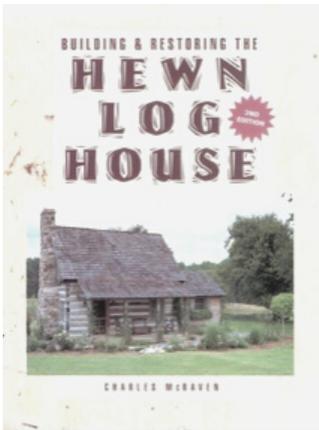




HAPPINESS IS...

I PRAY OFTEN FOR WISDOM. WHEN I LOOK BACK IN TIME, I SEE MANY INCORRECT DESIRES, AMBITIONS, ACTIONS, REACTIONS, DECISIONS, ATTITUDES AND PERSPECTIVES. WHAT IS MOST STRIKING IS HOW MY PERSPECTIVE HAS CONTINUALLY CHANGED AS I HAVE GATHERED MORE EXPERIENCES IN LIFE. OUR PERSPECTIVE, OR HOW WE SEE THINGS IN LIFE, GOVERNS OUR AMBITIONS, FEARS, ATTITUDES, ACTIONS, ETC. FOR EXAMPLE, CAST YOUR MIND BACK TO HIGH SCHOOL DAYS. DID YOU FEEL LIKE YOU HAD THE WORLD BY THE TAIL? WHAT WERE SOME OF YOUR BIGGEST WORRIES? WHAT WAS YOUR BIGGEST AMBITION? I DON'T KNOW ABOUT YOU, BUT MY HIGH SCHOOL PERSPECTIVE SEEMS VERY SHORT-SIGHTED AND FOOLISH. YET WE CAN ONLY WORK WITH THE PERSPECTIVE WE HAVE. WE DON'T KNOW WHAT WE DON'T KNOW. WHICH IS WHY I PRAY FOR WISDOM.

... A CURIOUS PERSPECTIVE



◀ Building and Restoring the Hewn Log House

BY CHARLES MCRAVEN

GRADE: A

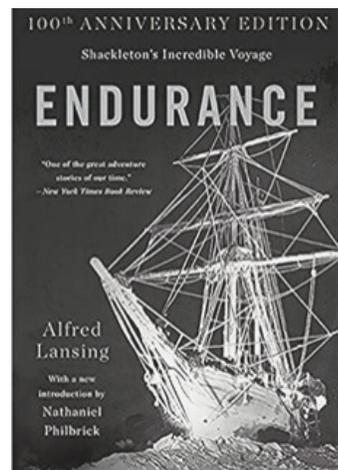
I have never been particularly fond of log homes, but something about hewn logs with wide thinking catches my eye. In this 3rd edition, Charles McRaven does an excellent job explaining the do's and don'ts regarding hewn log construction. The pictures, spanning many years, show projects and many ingenious building tips. It is easy to see how the knowledge and best practices compiled in this book took many years to acquire.

Ernest Shackleton's failed attempt to cross the Antarctic continent is an exceptional read. Although non-fiction, the engaging style makes it hard to put down. Many business books draw leadership lessons based on this epic expedition. An incredible true story, it will leave you shaking your head in disbelief.

▶ Endurance - Shackleton's Incredible Voyage

BY ALFRED LANSING

GRADE: A+



FEATURED READING

THE ARROW TIMBER PHILOSOPHY

People want things which reflect their personality.

People want an enjoyable process with a mutual exchange.

People want teamwork, transparency, and creative solutions.

I experience this over and over in the course of a year, not only when clients view albums or 3-D models in my office, but especially so immediately after the completion of their timber structure. **Appreciative head nods and slow smiles have almost become a trademark!** I fell in love with the timber framing craft in 2002 and I still feel just as privileged and enthused. Many, many, personalized structures have been created since then. In fact, my **passion, artistry, and repertoire of creative solutions** have all grown dramatically... I sometimes wonder if it is simply something to do with rising to challenges and building upon success. You probably agree that exposed beams provide geometric beauty and resonate deep within our psyche... The style brings to mind **durability, longevity, safety, laughter, smiles, and home to many warm feelings.**

To your goals, momentum, and happiness



Bert Sarkkinen, Owner

THE QUESTION

What is the best way for you to acquire your personalized timber living?

Not too much, not too little. Not too high, not too low. Just the right mix of timber presence and style... How to find that sweet spot which you can enjoy for years and pass on to your heirs. It's really about enriching the lives of those around you and sharing your unique personality and viewpoints with them. **Who is the best fit for your project?**

Seek out and choose, therefore, things that will evoke head nods and slow smiles. Things which resonate with your personality. Things that do not grow old or boring with the passage of time. You will not regret it.



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LAYING BETWEEN SEATS ON AN AIRPLANE? P. 8



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