

human nature and ...







the nature of hospitality  
by jodi lynn ziegelman



What happened to the human? Let's get back to  
**the nature of hospitality** →  
in design...

A Design Thesis Submitted to the  
Department of Architecture and Landscape Architecture  
of North Dakota State University

By

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In Partial Fulfillment of the Requirements  
for the Degree of  
Master of Architecture



Primary Thesis Advisor



Thesis Committee Chair 05/13/11

May 2011  
Fargo, North Dakota

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Name

May 13, 2011

Date



I wish to dedicate this research book to the delicate and articulate design studies involved with the field of architecture.

I hope that someday the profession gains as much from this text as I did in my quest to discovering its making.

May we never forget that design should be tender as well as efficient.

Enjoy *J.*







### Floor Detail

Any place where materials come together is a prime opportunity to create subtle emotional triggers and capture momentary patterns that enhance visual pleasures.

Jodi Lynn Ziegelman © 2010

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View of Lake Kabetogama from an Ash River Trailhead.  
Jodi Lynn Ziegelman © 2010





Images above all taken at the Hilton Garden Inn in Fargo, North Dakota.

Jodi Lynn Ziegelman © 2010

This thesis searches to provide an answer to the question: how is hospitality expressed in architectural terms and how does this affect our perception of space? The Building Typology for analysis of the problem is a retreat campus serving as a holistic human wellness center. Based in the far reaches of the northern Minnesota wilderness in Voyageurs National Park, the campus will be kept as a preserve within the park for relearning basic human needs and stressing individual wellness habits. The major premise guiding this research starts with the idea that hospitality dates back thousands of years in human history. To love thy neighbor and treat others with respect is one of many platforms that has been evident in human teachings for hundreds of years. Understanding the elements of design that directly affect human enjoyment of a space is a crucial part of design methodology that can help us realize a deeper connection between people and space. Successful Architecture can and indeed should reflect the hospitable nature of a designer's knowledge of human psychology and history of spatial experience. The justification behind the premise remains that it is essential we understand the delicate relationships that form a successful hospitable environment. We should attempt to understand why vacation and retreat venues are so popular in today's society and work to connect them to inherent needs of the human population to better understand how to achieve comfort through Architectural design.

## ABSTRACT

Design of a facility for people to rejuvenate their emotional and physical states will be an important part of our future as human technology evolves and distracts us from the basic necessities in life.

## TITLE

Hospitality in Design

## AUTHOR

Jodi Lynn Ziegelman

## KEYWORDS

Retreat, hospitality, human health and wellness

## PROBLEM STATEMENT

How is hospitality expressed in architectural terms and how does this affect our perception of space?



# statement *of* intent

PART I







## STATEMENT OF INTENT

### THEORETICAL PREMISE

The idea of hospitality dates back thousands of years in human history. To love thy neighbor and treat others with respect is one of many platforms that has been evident in human teachings for hundreds of years. Understanding the elements of design that directly affect human enjoyment of a space is a crucial part of design methodology that can help us realize a deeper connection between people and space. Successful Architecture can and indeed should reflect the hospitable nature of a designer's knowledge of human psychology and history of spatial experience.

### PROJECT JUSTIFICATION

It is essential we understand the delicate relationships that form a successful hospitable environment. We should attempt to understand why vacation and retreat venues are so popular in today's society and work to connect them to inherent needs of the human population to better understand how to achieve comfort through Architectural design. Design of a facility for people to rejuvenate their emotional and physical states will be an important part of our future as human technology evolves and distracts us from the basic necessities in life.

This thesis will focus on buildings associated with the hospitality industry and more specifically a retreat campus serving as a holistic human wellness center. The campus will be kept as a preserve within Voyageurs National Park for relearning basic human needs and stressing individual wellness habits.

### CLAIM

Hospitality is a basic function of human nature that revolves around the human need for expression in a celebratory fashion outside of the daily routine.

### PREMISES

Humans have a specific need to be both comforted and allowed to change patterns periodically.

Creative or exclamatory expression is the most fundamental way in which a person can release tension that builds up with the monotony of a daily routine.

More powerful than any functional element (such as sustainability) is the inherent condition that Architecture include an air of hospitable nature that allows it to give comfort and refuge to those who seek it.

The different degrees to which any individuals express themselves results from a combination of creativity and energy.

Image at left taken of a resort's wood shed on Lake Kabetogama, in northern MN.

Jodi Lynn Ziegelman © 2010



# the proposal

PART II







## THE BEGINNING

Since the early days of documented human existence, it has been important to convey a story to solidify the teachings of life known to man. For many, it began with the story of how the world was created. Publications like the Christian Bible have continued to be some of the best selling literature in history. What could be behind this extraordinary example of perseverance?

## THE STORY

The parable is a powerful tool that directly influences how we act or express emotion. From the time we are little children, we hear our elders spending hours reliving in a narrative fashion, the many adventures they experienced at the same age and how they resolved specific situations. If not for the “story,” there would be no accounting for past, present or future. It is precisely the “story” that allows us to mark our place in the long line of events and world happenings each day. Without history, we would have no future to build to.

## THE DESIGN

An Architect has the unique opportunity to capture the inherent social nature of humans and put a face to our stories. The buildings we create or repurpose should outlast the current population and live to show future generations what has been.

## THE NARRATIVE

Design and detailing is key to understanding where technology and human evolution has developed. Our social behaviors are often reinforced under the premise that we need one another to survive. Dwelling reverts back to the essential need for a thing we define as “hospitality.” Could it be said that hospitality is the Architectural expression of the human in design? This thesis will seek to define in what ways our built environment can achieve this ingrained personality and whether or not it is possible to separate the two.

By responding to the basic needs of our minds in a retreat center for those overwhelmed by routine stressors, we will begin to see ways in which Architecture can introduce stress-reducing atmospheres into other places. The people that need this the most are those who have become consumed in fast-paced cultural pressure and may not have the means to break away. This thesis will introduce an Architectural solution to bring an internal refuge closer to them.

Image taken at the  
Woodenfrog Refectory  
on Lake Kabetogama, in  
northern MN.

Jodi Lynn Ziegelman © 2010

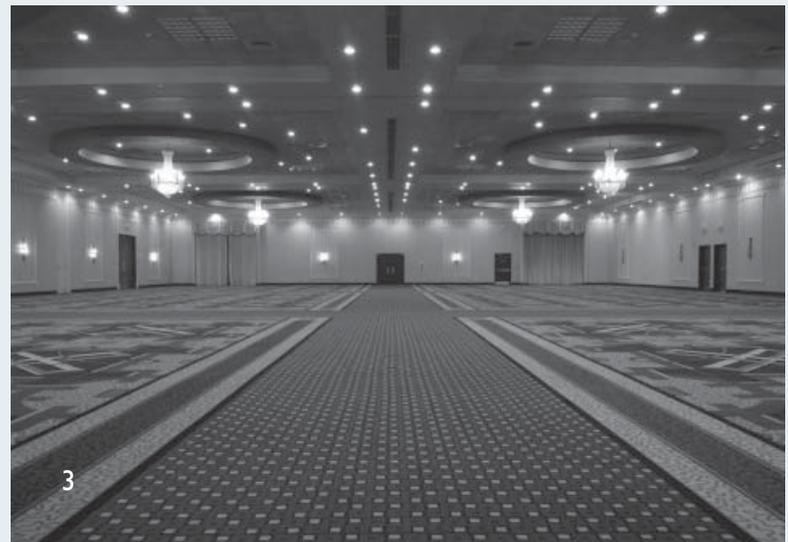
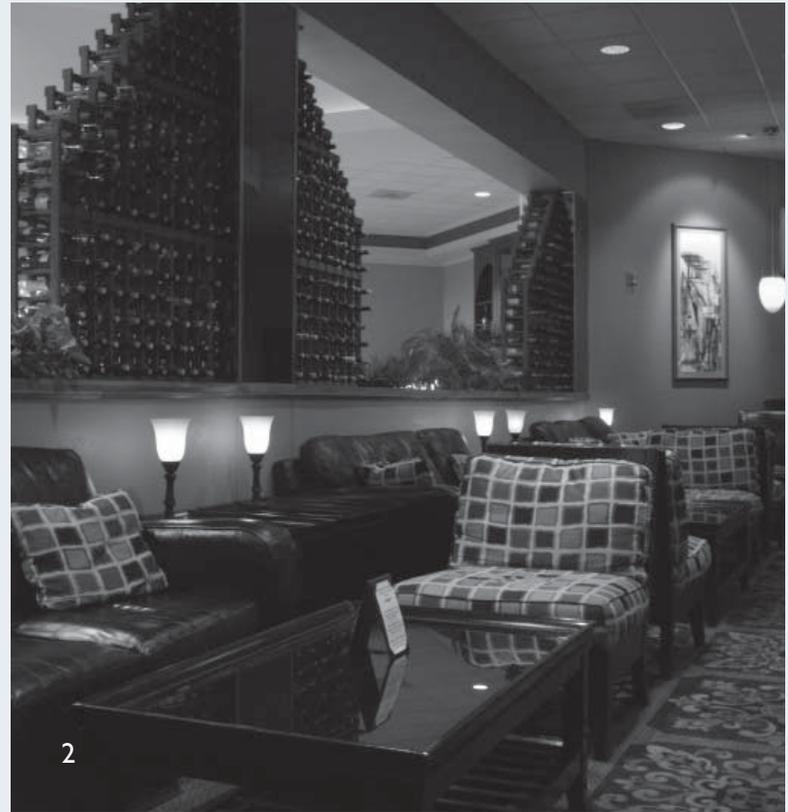




Image above taken of the kitchen at the Big Red Apple in Sioux Falls, SD.

(1) Regular suite at the Hilton Garden Inn of Fargo, North Dakota.

(2) Bar lounge at the Ramada in Fargo.

(3) Largest ballroom in Fargo at the Ramada.

All images taken by Jodi Lynn Ziegelman © 2010.

## OWNERSHIP

The new building will serve as a therapeutic community retreat space where both local patrons and distant travelers could gather their thoughts and relieve anxieties. It would be owned by the state and run in conjunction with the local government and patron members who invest in the place as a promotion for self-wellness and hospitality outreach.

## PATRON / LOCAL(S)

The project, a retreat campus serving as a holistic human wellness center, includes functions of a welcome foyer and community gathering arena, mess hall dining facility, green houses and cultivated activity space, individual sleeping and reflection spaces, and administrative facilities in addition to storage for outdoor educational and explorative equipment (canoes, snowshoes, etc.). The new facility will strive to serve local members and long distance travelers committed to extended stays and rejuvenating mentorships.

Membership would be given to those who invest in the maintenance of the facility and who commit to its mission of promoting local wellness as well as the efforts of the larger park and its goals. Locals and visitors would be brought together to maintain individual needs and boost social interaction.

## USER / CLIENT DESCRIPTION



### TRAVELER(S)

Travelers (not simply *tourists*) are welcome on the site and will be given special accommodations to enforce a level of respect for those who come far to renew their spiritual or mental wellness. Travelers seeking quiet, reflective refuge are important guests of the surrounding towns and all available duty will be paid to their experience of space and human interaction.

### STAFF

Staffing the facility will be organized according to the seasonal needs. The facility will have a full-time staff comprised of: an event coordinator, reservationist, head chef, head housekeeper, several greeters and a local town liaison/language specialist and counselor. There will also be a need for an accountant/bookkeeper and marketing coordinator as well as part-time seasonal help under each of the management positions.

Housing arrangements will be available (but not focused on) on site for each of the upper positions as well as some boarding for part-time workers who are not local to the area.

## SUPPLIERS

Supplies are necessary to import on both a local and global scale. The retreat center will house a number of people on a regular basis and it will require seasonal shipments of food, beverage, materials, and other commodities to continue its functionality and maintain the comfort levels of its guests and staff. These functions of delivery and disposal must remain discrete at all costs to reduce the impact upon the peaceful and joyful experience of those who seek refuge here.

The retreat campus is to be accessed by waterway only and will still function year-round, with supplies and guests arrival planned accordingly in the fall and remaining for a year sabbatical.

## USAGE AMOUNT & FREQUENCY

From time to time, there may be as many as 20-40 people who inhabit the spaces as either members, guests or staff. However, the spaces will be determinedly intimate and not designed for large crowds gathered simultaneously. The peak usage anticipated will be throughout the winter months, contrary to common tourist trends.

This facility intends to emphasize spiritual and emotional recharging of individuals and smaller groups. It also seeks to introduce “ritual” in a new way, in that the visit is comprised of a healthy structured regimen that works to reduce common stressors and teach relaxation techniques that can be used after departure.

Parking accommodations will be estranged from the main campus and residents will be boated across to the entry gate where the remainder of the site is accessed via foot traffic.

## Spatial Domination

Does your space really allow for the functions that need to take place in it? Intimacy of space is not a scale of crowdedness. Consider your users and what paths they will be taking to accomplish their agendas.

Photo:  
Jodi Lynn Ziegelman © 2010





### Window Detail

Human reception of a space begins with sensory details like subtle color dressings. From there progression through space can often be led by simple things, starting with window placement and size.

Study how light enters your room and how perception of color and detail are effected by this element of design.

Photo:  
Jodi Lynn Ziegelman © 2010

## GATE KEEPER'S LODGE

The first encounter with Architecture on the site is through the Gate Keeper's Lodge. Each individual that commits to the program (a year long immersion in the definition of "self" and "surrounding") is brought to the landing and must pass through the campus gateway formed by the narrowing of the land and Architecture. Certain restricted belongings are kept in the basement with a safety deposit box system. Each individual is given a set of keys and blank journal upon arrival to help track the progress made.

## FELLOWSHIP HALL

This is the place where a new group is greeted and introduced to the campus. The current group of residents is involved in their harvesting and canning season and they can teach the newcomers how to establish a base food supply among other survival techniques.

## MEDITATION SPACES

The meditation spaces are accessed through the second level of the Fellowship Hall. This is a key element of the campus and functions as the "anchor" throughout the duration of the year-long stay.

Residents can rest here and focus on inner qualities and reflect on the events and daily teachings. The spaces are arranged in such a way that the group is divided into smaller teams

## MAJOR PROJECT ELEMENTS



of 4 - 5 individuals as well as a counselor that have a designated meeting place and individual or paired chambers within each cabin.

## GREENHOUSES / PLANTING BEDS

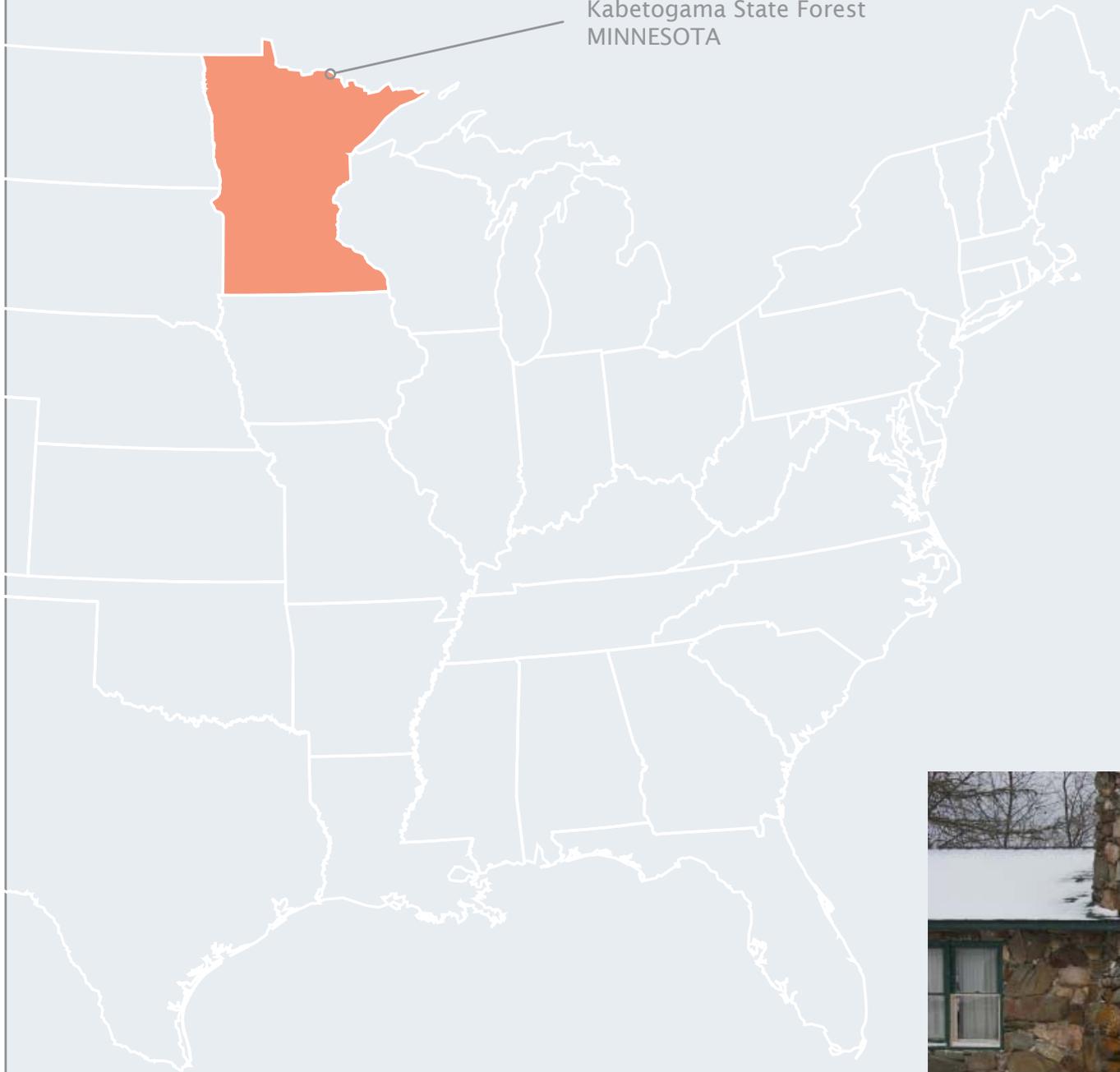
The campus is traversed through the Architecture that provides a safety net throughout the site. Residents travel through the meditation bunkers on their way to each activity throughout the day; a sort of mental "check-in". The campus is also fully handicap accessible through the Fellowship Hall and easternmost cabin.

The greenhouses and planting beds provide enough space for cultivation and outdoor physical activity that provides the group with much of the year's food supply as well as some of the physical rehabilitation side of the program. A spa and sauna as well as fitness pool is located on the lower level of the Fellowship Hall also for additional physical activity components. Activities like massage, yoga and thai chi are commonly going to be taught in these spaces. There will also be a spa and pool located in the wellness building.

## SECONDARY SPACES

Other needs include, but are not limited to: administrative offices and moderate meeting rooms.

Kabetogama State Forest  
MINNESOTA



### VOYAGEUR NATIONAL PARK

Located along the picturesque coast of Lake Kabetogama on the northern Minnesota border, the dense forest region is home to a beautifully diverse topography.

Map Image extracted from [www.google.com](http://www.google.com) of Kabetogama Lake and public access point from Gamma Road.





(Above) Lake Kabetogama is part of the larger chain of lakes sometimes known as the Voyageur's Highway.

(Left) First home built on Lake Kabetogama.

Both images captured on November 20, 2010 by Jodi Lynn Ziegelman.

## SITE LOCATION

This thesis project would be very well suited for the southern shores of Lake Kabetogama, just east of the Ash River Visitor Center and north of Sullivan Bay. The mission of the park is to continue tradition and help preserve the scenery as it was when the first explorers discovered its presence several hundred years ago.

### Region

Historic Voyageur's Highway was defined by the path that the trappers and mountain men traveled on their quests seeking gold and grandeur and fur and new land. Today, the main industry revolves around the Boise paper plant and mining exploits in nearby towns. The average person traveling through on the main roads is offered the occasional gas station and rest area, but little else.

### City

The largest nearby city is International Falls, approximately 35 miles from the Ash River Trail Lodge. This close proximity makes travel easier for non-local guests when they reserve a space here.

### Site

(Lat 48.440806°; Lon -92.830899°)

The site itself has priceless views of wilderness complete with bedrock and evergreen vegetation.

## GEOGRAPHICAL SITE INFORMATION



### SITE RELEVANCE / IMPORTANCE

The topography of the region is inherently elegant and boasts several breathtaking reveals and picturesque scenery that is inherently therapeutic. This also allows for the necessary quiet atmosphere that will delete modern day distractions and noise, which are common stressors.

The lake itself also lends an enclosed and sheltered water feature with all that would be inhabitable for the entire year. The site already accommodates a variety of functions proposed to be integrated into the new facility, such as hiking trails, limited-access waterways, snowmobile trails, charter boat shuttle services and nearby local businesses.

This new retreat center is by no means meant to impose a large, corporate-style traffic nightmare on this pristine site, but rather introduce a subtle and respectful homage to the patterns already beginning to take shape. This site lends itself to the natural tendencies of a quiet reserve of mind, body and energy that can help rejuvenate those who seek it out.

### CLIMATE INFORMATION

See *Site Analysis* on pages 71-74.



LAKE KABETO GAMA, MN



Around the Bend...

Lake Kabetogama is part of the larger chain of lakes sometimes known as the Voyageur's Highway.

Jodi Lynn Ziegelman © 2010

## TOPOGRAPHY

The topography is initially what drew me to search out the region. Coming from a background of flat farmland and gradually rolling hills leaves room to wonder how the texture of a site can play a more dramatic role in discovering the making of its hosted Architecture.

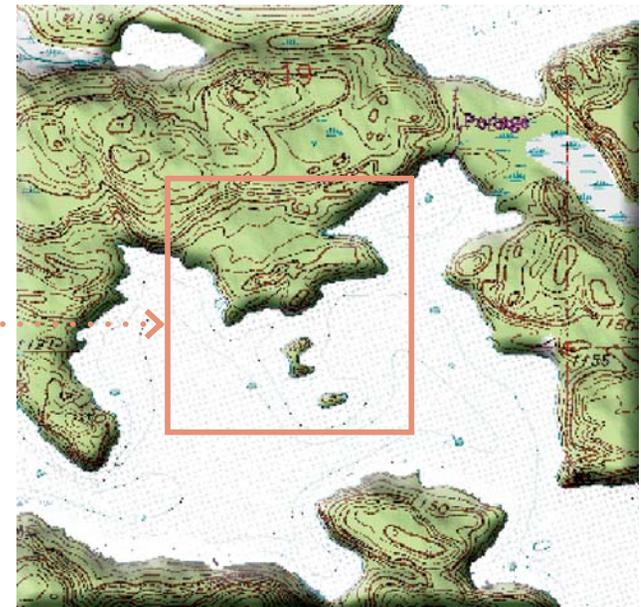
The image below on the right is a view the bay that the project will focus on. The area is able to reap the benefits of southern exposure and a more gradual slope on the north side. If a building were able to be constructed here, these two benefits alone would help increase the likelihood that its function would achieve success.

The area is just around a bend in the lake from the public access at the Ash River Lodge and allows for a brief interaction between civilization and the envisioned campus that would be created here. The hope is not to draw too much attention to the structure, but to the idea of the rehabilitating nature of the place. While you are inside of the Architecture itself it wants the user to understand a sense of comfort and belonging while highlighting the views to the outdoors, helping to reinforce a sense of position in the grander scheme of nature at all times.

Creating a secluded refuge on a peninsula offers many rewards in itself and brings a greater presence to surroundings when there is such a division between water and land reinforcing the underlying idea that the wilderness is dominant.

Any visitor to the space will be made aware that this place holds the key between water and land, between man and nature. Without the Architecture's presence, it would simply be man alone creating a lowly impression in the soil. Architecture in this place will reinforce its permanence and pay homage to both past and future at once; something a human alone cannot achieve. For when the people are gone, they are gone, but the Architecture will remain...

...a foundation.





## THEORETICAL PREMISE (REVIEW)

The idea of hospitality and comfort in life and design dates back thousands of years in human history. To love thy neighbor and treat others with respect is one of many platforms that has been evident in human teachings for hundreds of years. Understanding the elements of design that directly affect human enjoyment of a space is a crucial part of design methodology that can help us realize a deeper connection between people and space. Successful Architecture can and indeed should reflect the hospitable nature of a designer's knowledge of human psychology and history of spatial experience.

## EMPHASIS

The project will seek to enhance understanding of the human need for hospitality and the important role that it plays in reconnecting our mind and body elements.

Architectural language and interpretation of space into the physical environment can tell a living story of personal interaction with nature. If we study the outcomes of former projects of this nature, perhaps we can better realize what those essential elements are that make Architecture either successful or not in today's fast-track world.

As designers, we must not forget where the roots of the space and its parts lie, and also

## PROJECT EMPHASIS



where those connections can take our mind when it receives a space through visual or other sensory contact.



## DIRECTION

Upon (continual) review of the major premises, research will be conducted in a manner focusing on investigations that will lead to the successful integration of human ritual and the natural environment. This thesis will work to look beyond the end of the project time line to focus more on developing a highly sophisticated hypothesis (and substantial evidence) that may form the basis for years of work and discovery to come.

## METHODOLOGY

Research method and mentality shall revolve around a mixed method model where gathering and analysis occurs for both qualitative and quantitative data. Case studies and published books/articles relating to both the hospitality industry and human psychology will be employed as the main basis for educated conclusions. It will also be necessary to travel to the intended site to survey the land and interview local people during the process of my investigations. Employing the theoretical premise as a driver, it is crucial to introduce an element of real human interaction in the process to discovering this facility's design to ensure that the human element is not lost between the lines of words on a page.

The research will include the following areas of study: (1) site history and analysis, (2) project typology and programming requirements,

## PLAN FOR PROCEEDING



← ..... (3) human psychology and (4) case studies. Qualitative and quantitative data mentioned will be cross-examined and integrated together to present a cohesive and realistic design solution at the end of the project.

## DOCUMENTATION

The most important process of research remains in the successful documentation of its conclusions. Often times in the design studio, these conclusions can be reached through a mixed medium. All relevant sketches and process models will be scanned or photographed and integrated into a digital format alongside notes and other comments or conclusions drawn from the research methodology above. Research writing will be kept digitally and paired with sketches and imagery as appropriate. All text shall be reviewed by the Center for Writers and red-lined before the final submission of the thesis project.

Notes and other random thoughts/inspiration will be kept in a sketchbook. Regardless of relevance, all process sketches and other media will be kept in an orderly procession grouped first by descriptor and then date in a formal process portfolio binder which will be kept available with the sketchbook and presented upon request.



## DESIGN FUNDAMENTALS

ENVD 172

Professor Steven Wischer

Spring 2007

## SECOND YEAR DESIGN STUDIO

ARCH 271

Professor Mike Christenson

Fall 2007

- 1) Tea House
- 2) Boathouse
- 3) Retail Reuse

ARCH 272

Professor Steven Wischer

Spring 2008

- 1) After Hours Massage Parlor
- 2) Adelaide

## THIRD YEAR DESIGN STUDIO

ARCH 371

Professor Ron Ramsey

Fall 2008

- 1) Agincourt Fire Hall
- 2) Lake Agassiz Regional Library / Moorhead Public Library

ARCH 372

Professor Steve Martens

Spring 2009

- 1) Kinesis Science Museum
- 2) Community Center (Three Affiliated Tribes of Parshall, ND)

## PREVIOUS STUDIO EXPERIENCE



## FOURTH YEAR DESIGN STUDIO

ARCH 471

Professors Booker, Kratke and Gleye

Fall 2009

- 1) Highrise

ARCH 472

Professors Booker, Kratke and Gleye

Spring 2010

- 1) Urban Design Studio - Creating Viable Communities (Santo Domingo)

## ADVANCED ARCHITECTURAL DESIGN

ARCH 771

Professor Steve Martens

Fall 2010

- 1) National Registry Nominations
- 2) Historical Renovation / Re-Purpose



# the program

PART III



“Emotions drive most, if not all of our decisions...”

- Scott Bedbury -  
Vice President of Starbucks

## THEORETICAL PREMISE (REVIEW)

The idea of hospitality and comfort in life and design dates back thousands of years in human history. To love thy neighbor and treat others with respect is one of many platforms that has been evident in human teachings for hundreds of years. Understanding the elements of design that directly affect human enjoyment of a space is a crucial part of design methodology that can help us realize a deeper connection between people and space. Successful Architecture can and indeed should reflect the hospitable nature of a designer’s knowledge of human psychology and history of spatial experience.

## INTRODUCTORY REMARKS

As we start to settle comfortably into the twenty-first century, many people find themselves unable to find satisfaction in the smallest aspects of life. Countries like the United States, China and Japan vie for technological prominence and competition is lined with high stakes.

What do we stand to lose if technology were unable to be supported by our resources in the future? Would people know how to survive?

Sim Van der Ryn begins in his Introduction to *Design for Life* saying, “Our advancements in science and technology have provided the

## THEORETICAL PREMISE RESEARCH



knowledge and tools that have allowed us to shape the material world in utterly fantastic ways. But we have lost our ability to create places of beauty, comfort, and durability that fit both the natural world and our own human nature.” (Van der Ryn, 2005 p7) It is hard to find a built environment from the last 50 years that reaches down and touches a part of the soul.

I would tend to agree with this statement in that we are severely lacking in our abilities to appreciate the readily available “stuff” in our lives and continue to search and compact more into a quest for indulgence. We have lost the ability to reflect upon our indulgence and instead become addicted to the act of indulging as a society. People have learned to feed off of one another’s bad habits and developed a disassociated sense of touch with reality. It has gotten to the point that we can no longer have a conversation with only one person. Multi-tasking has edged itself into our lives so much that it is hard to speak face-to-face with another person in the younger generation without patiently waiting for their response while they carry on another conversation via text or email with a person not present.

Addiction is the result of a person’s lack of ability to control his or her behavior. An addiction creates an overbearing, dominating toll on a person’s well being and starts to

Four forms of Childhood Place Attachment:

- I. Affection
- II. Transcendence
- III. Ambivalence
- IV. Idealization

(According to Toby Israel in her book, *Some Place Like Home*, 9-10)

break down until once simple tasks seem overwhelming.

## ARCHITECTURAL SIGNIFICANCE

So where do we introduce Architecture into the conversation about addiction and stress? Can it truly help us understand how to better cope with our habits? Probably not. What Architecture CAN do, however, is create a safe haven for learning appreciation. Architecture can open our eyes to the environment that exists outside of the Architecture and help us recognize comfort and humility.

Toby Israel writes quite elegantly on the subject of home and dwelling as an inherent need for humans, with several levels (or degrees) to which we need to comply as designers.

According to this model [Maslow's hierarchy of needs], "home as self-actualization" can be reached once other levels of housing needs have been satisfied, including the need for:

- Home as **shelter** - home as a structure that meets our basic physical needs including our need for safety and protection.
- Home as **psychological satisfaction** - home as an arena that meets our needs for self-expression, for sharing feelings of love and belonging.
- Home as **social satisfaction** - home as

a place that meets our needs for privacy, independence and freedom as well as allowing us to achieve dignity as part of community.

→ Home as **aesthetic satisfaction** - home as setting for experiencing the pleasure of beauty.

(Israel, 2003 p56)

Israel also discusses the apparent lack of research involving “the connection between personality and place” (Israel, 2003 p59). If we consider ourselves another organism within the larger context of life and Mother Nature, it becomes evident that we retain many characteristics similar to other animal species, such as the idea of inherent “territories” both within and outside of our dwelling places. There should and indeed always will be a distinction between individual, shared and public spaces. (Israel, 2003 p61-62)

We have moved into a realm, this day and age in the lifespan of our species, where humans have developed into beings so complex as history would have us that it becomes difficult to track where we have come from in the first place. We may know and be working back to discover why we have become the way we are, but of showing an interest in its research and discovery, how many more do not recognize it at all?

It is culture that distinguishes human beings from other creatures and made you who you are by having given you the capacity to expand your possibilities. Culture is not a biological function; it is a body of knowledge and operations outside yourself. But to be useful, it also has to be inside your mind. Getting it from out there into your head is called learning. The more culture you learn, the better armed you are in the struggle to survive, and the fuller a life you can lead.

Dirk Van der Elst, 2003 p30

What we have lost in terms of knowledge as a general public, there may still be in a select few around the globe. So what do we know? Or more importantly, what should we emphasize that others come to find out, if they know nothing else of the intentions of the professional world (and can we achieve this through architectural means)?

#### CLAIM REVIEWED...

Hospitality is a basic function of human nature that revolves around the human need for expression in a celebratory fashion outside of the daily routine.

#### PREMISES EXTENDED...

Humans have a specific need to be both comforted and allowed to change patterns periodically.

We often discuss ideas of 'instinct or intuition', but Dirk Van de Elst brings up an argument that it is difficult to prove in which humans (who he calls 'higher primates') rely or depend on instinct to survive or make a judgment call. "The further you go down the continuum from simple to complex organisms, the more you find behavior to be *conditioned* rather than innate...habit replaces instinct" (Elst, 2003 23-24).

We advance our population through study and science. The notion that our civilization



**EARLY CAMPING IN THE NORTHWOODS**  
*I.W. Stevens*



**VOYAGEURS NATIONAL PARK**  
*The Manitowac at Kettle Falls*

has come to bear “culture” over time is a continually evolving term. “Culture” referred to religious and agricultural rituals in the 1400s and then grew to a manipulation of sophistication as the term “cultivated” in the 1600s. We began to recognize “culture” as a difference between populations in the 1800s and now deem it to read as human conduct and learned rather than biologically determined behavior (Elst, 2003 p31).

Moving the conversation of culture through Dirk Van der Elst, we recognize that to be human is to culture or to carry culture throughout generations. He gives the example that we “culturalize” everything as a part of our ‘natural’ behavior; bluebirds all build the same types of nests, but humans do not all build the same types of houses. I tend to want to agree with Elst, but have trouble determining that all bluebird nests are exactly the same. When they use what they have, not a single nest is EXACTLY the same as the other. So our houses have reached a point where humans KNOW how to manipulate a wider arrays of materials to build with and this results in a wider variety of types and styles of homes for our species.

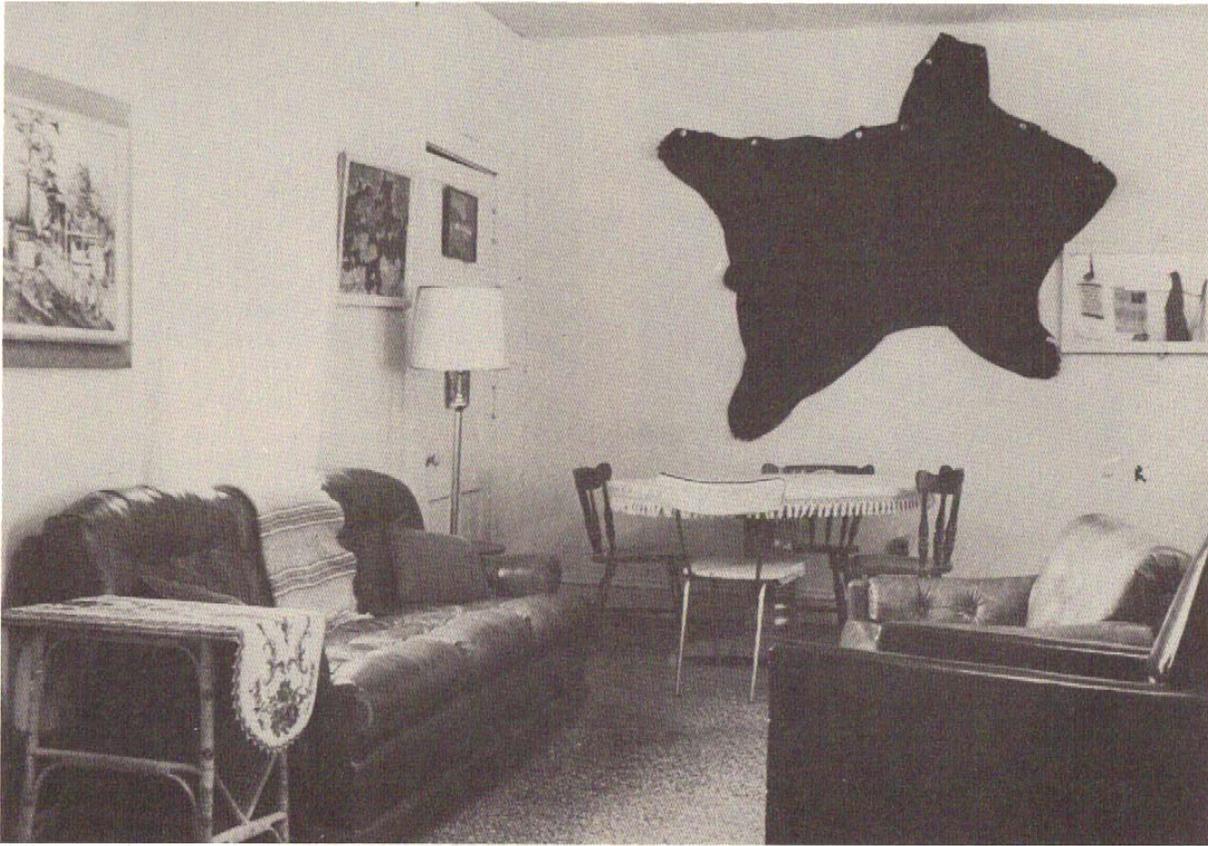
Creative or exclamatory expression is the most fundamental way in which a person can release tension that builds up with the monotony of a daily routine.

Humans have and always will adapt a certain culture that is based initially on learning things that are taught to us and eventually acquiring habits that are familiar to our surroundings. Elst discusses language as obtained through conditioning, since we are all given the same physiological equipment in which to create sounds, all we need is to harness their power and use them. People understand similar language and utterances of sounds although no one person does it the same as another.

We might call this a form of creative expression in that speech is the most universal tool in which we differentiate our opinions from one another. How do we translate this into an Architectural language and use the built environment to provide an opportunity for enhanced creative expression and release?

More powerful than any functional element (such as sustainability) is the inherent condition that Architecture include an air of hospitable nature that allows it to give comfort and refuge to those who seek it.

Elst discusses a topic regarding “the Biology of Sociality” in which he explains the differences in reasoning for ‘sociality’ among organisms. “‘Social’ species aggregate for safety if they are prey, for cooperation if they are predators, or for companionship if they are large enough to fear few” (Elst, 2003 p77). Humans would be the latter and socialize for companionship.



Guests gathered to visit and relax amidst the varied decoration in the hotel lobby.

feeds off of others that are in similar spaces with us (which can be either good or bad) and if we foster a healthier and happier environment, the hope is to encourage positive reaction to relearn how to benefit from socialization with a stranger, neighbor or friend.

David Sucher discusses several principles for different comforts within a city in his text *How to Build an Urban Village*. Sucher devotes the entire second chapter to *Bumping into People*, describing the opportunity within a city. He suggests several ways to achieve a “chance encounter,” including, but not limited to: provide seats, offer a conversation piece, introduce food and beverage, be discreet, allow sunlight in public places, and build neighborhoods for the social stroll. Other

ways are to provide a place for music, build close to the sidewalk, promote growing and allow strangers to sit together.

The different degrees to which any individual expresses themselves results from a combination of creativity and energy.

The ways identified above to bring people together create the opportunity for full expression. Our creativity and energy often





We must understand the inherent differences between species on this planet before all else, for if we continue to study the reasoning behind *why* humans are functionally different than other organisms then, and only then, can we begin to create an atmosphere in which to promote growth and well-being.

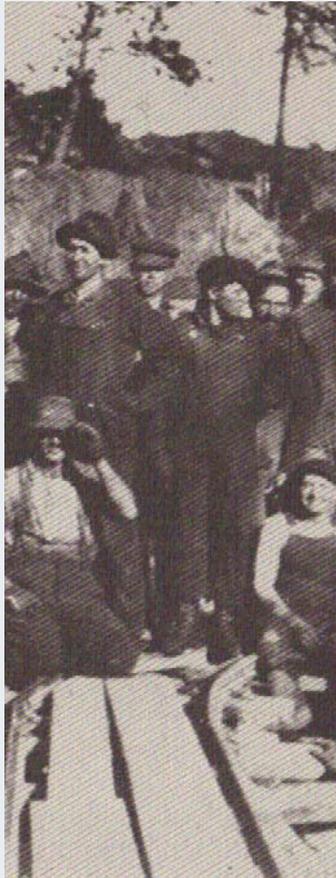
Humans thrive on interaction. It is how our species innately learned to be the way we are today. The introduction and hostile takeover of technology has allowed us to become detached from and deprived of the very thing we desire most: companionship.

We can use Architecture to regain an understanding of how to be better communicators with both the environment and other people. If we look at the way culture threads into our lives and understand its place in how we came to function as we are today, then individual Architectural solutions will surely benefit through increased acceptance by the community of users who define its success or failure.

In today's extremely high-paced and high-maintenance world, it is always important for humans to look to the past as well as to the future. As culture has driven us toward a global atmosphere, we are forgetting to see the path we leave behind and how its deterioration may guide and inform the next steps taken.



The lack of soulful experience that we should understand from any Architecturally-designed and built environment should prove as a wake-up call for every designer and cause us to re-examine our ways of design.



Our lack of understanding, or rather, the translation of designer's education into a heartfelt building design experience, tells me that ours is a dying culture. Culture that cannot sustain itself through vivid and eloquent language is not a culture at all, but a virus that hopefully will soon pass or be reformed through an adaptation and new language.

If we do not work to instill more ethical and human-scaled design into our works, then there will no longer be a connection between the people and the environment which we are rapidly and maliciously consuming. Architecture can and should be our anchor between the environment and emotional states of human life. Once that connection is lost, there will be no more reason or dutiful purpose for which we exist, by our own definition of how culture and hospitality shape our lives.

## The Crossings

Austin, Texas

The Crossings is a “premier green resort and wellness center” located in Austin, Texas. The resort hosts a wide variety of functions including an infinity pool and deck, dining patio, movement room, hiking trail, hot tub, Solidago Gardens, labyrinth, welcome wenter, the spa and much more.

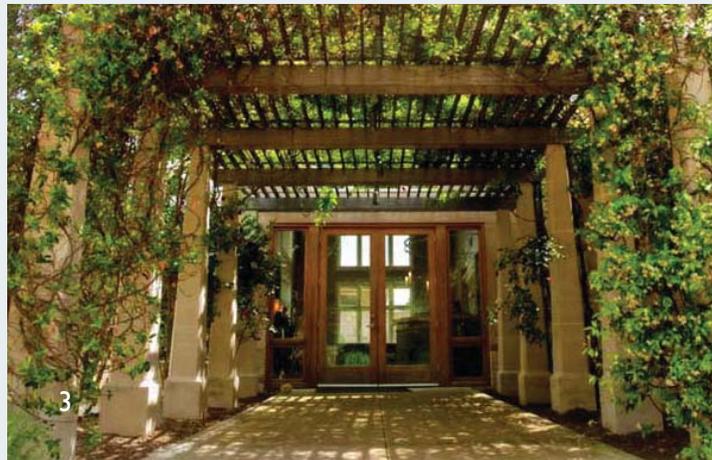
Just a brief 30-minute drive from downtown, the resort is located in a picturesque setting overlooking Lake Travis in the Balcones Canyonlands Preserve, a 210-acre landscape.

The resort focuses on ideas of healthy cuisine and dining paired with daily fitness programs and spa treatments. Complete with a “movement studio” and several hiking trails throughout the preserve, this place is looking serves the over-worked and stressed individual who has come for much needed rest and relaxation as well as an energy booster.

The Crossings is perfect for individual or corporate retreats and claims over 16,000 square feet of meeting space and accommodations for any special occasion. Their overall commitment to sustainability comes across through the Architectural statements by Hatch + Ulland Owen Architects, who focused on executing a “master plan fully integrated into the existing

## CASE STUDY RESEARCH, #1







Images to the left are taken from The Crossings website at <http://thecrossingsaustin.com/> on December 7, 2010.

- (1) Landscape Overlook
- (2) Infinity Pool
- (3) Pergola
- (4) Entrance
- (5) Solidago Garden

terrain using a ‘least disturbance’ design philosophy.” Paving and landscaping were minimized and efforts were made to promote materials and surfaces that reduced water runoff and groundwater recharge.

The architects introduced recycled materials, along with renewable resources and energy-efficient utility systems throughout the entire facility. Many interior design finishes were also chosen with sustainability and the health of the occupants in mind. Xeriscaping throughout the gardens and daily energy consumption and pollution control strategies are also in place.

The Crossings boasts the honor of Treehugger’s 2010 Best of Green award for best resort.

Connection to the remainder of the campus has promoted a “walking connection” to nearby places over any other method of travel. Pathways connect various functions of the resort to ensure ease of movement between and meditation-prime environments. The nearby Lake Travis also introduces watersports not limited to boating, kayaking, water skiing and long boarding. As was stated previously, the bustling Austin downtown reveals a “vibrant music scene” and “bustling nightlife” that may appeal to many guests should they wish to shake up their stay a little bit after a long day of healthy reinvigoration.



## The Bay

### Byron Bay in New South Wales, Australia

The Bay's mission statement is "to facilitate deep healing and reconnection in clients who have a calling to intensively seek personal health and well-being - through an effective, private, one-to-one, integrated, sustainable and life-changing approach."

Aside from the Architectural qualities of a place like Byron Bay, I am interested in how the center expresses a sense of achieving well-being for its occupants. Although it is a center focused on drug and alcohol addictions primarily, many connections can be made between the goals of this place and the intended retreat campus at Lake Kabetogama. Their program realizes the "destructive patterns of thought and behavior" and firmly believes in the ability for people to overcome their addictions. They employ a "search for wholeness" in their strategies to influence change in a patient's life, seeing addictions as "a direct response to an unmet spiritual need: a misguided search for inner peace, for connection, for wholeness and as a diversion from pain...The Bay Approach™ is grounded in a deep understanding of the human psyche that integrates evidence-based western psychology with ancient eastern wisdom, the science of the soul and meditation " (The Bay Website).

## CASE STUDY RESEARCH, #2





1



2

“Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself.”

Hermann Hesse  
(an excerpt from The Bay website)



4





“Until you realize the unsatisfactoriness of everything, its’ transiency and limitation, and collect all your energies in one great longing, even the first step is not made. On the other hand, the integrity of the desire for the Supreme is by itself a call for the Supreme. Nothing, physical or mental, can give you freedom. You are free once you understand your bondage is of your own making and you cease forging the chains that bind you.”

Nisargadatta Maharaj  
(an excerpt from The Bay website)

The Bay describes its treatment programs as ‘completely one-to-one’ perhaps a point at which the comparison to the intended campus in northern Minnesota ends. The program proposed for the Voyageur National Park Rehabilitation Center shall be one based on group rebuilding and social interaction as well as personal habit reform.

The Bay outlines a set of Core Elements to their treatment program, including:

- Physical  
healing and rejuvenation of the body
- Behavioral  
learning new skills
- Psychological  
addressing underlying issues
- Meditation  
helping individuals find personal remedy

Lastly, and probably most important of all:

- After Care  
personalized After Care to support individual sustainable recovery

The uniqueness of this study is revealed through its tender approach lined with hope and understanding for patients who come enter the program willingly. Understanding a direct connection to the program of the intended campus for personal well-being

means that there are other successful programs that exist and that this is a viable and worthy suggestion for a secluded place such as the North Woods of Minnesota.



## Amangiri Resort

Canyon Point, Kane County, Utah

Size: 78,400 sq.ft. (RESORT + SPA)

Completion date: October 2009

Owner: Canyon Equity

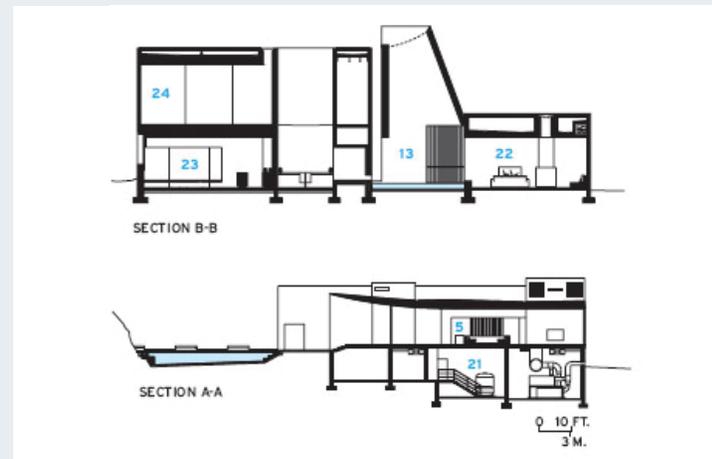
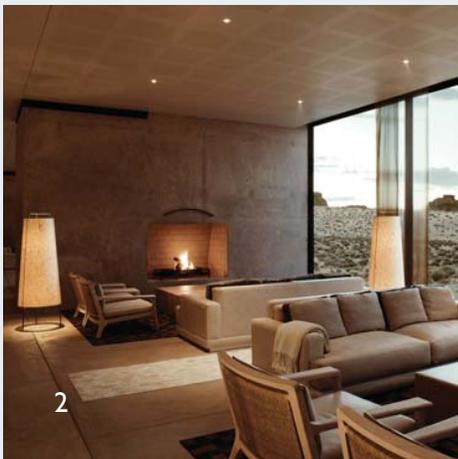
The Amangiri Resort was established as the result of efforts by the I-10 Studio (the architecture firm in charge of the master plan) to design a remote, protected campus where guests could travel and enjoy luxury hotel accommodations. The guest suites were designed after the Navaho hogan with dark walnut covering the interior spaces and each room opening outward to the desert at ground elevation.

The Canyon has commissioned another architect, Annabelle Selldorf, to continue with the original master plan and design 30 additional villas.

The “architectural gestalt” of the place revolves around ideas of sparseness and purity. The architects wanted guests to feel as though they were camping in luxury under the influence of a rugged wilderness, but upon a comfortable, enclosed space. Guests’ vehicles are stowed in a building one mile from the sleeping accommodations in an effort to preserve the view from each and every room. This and other features enhance the remoteness of the site. Travelers are able

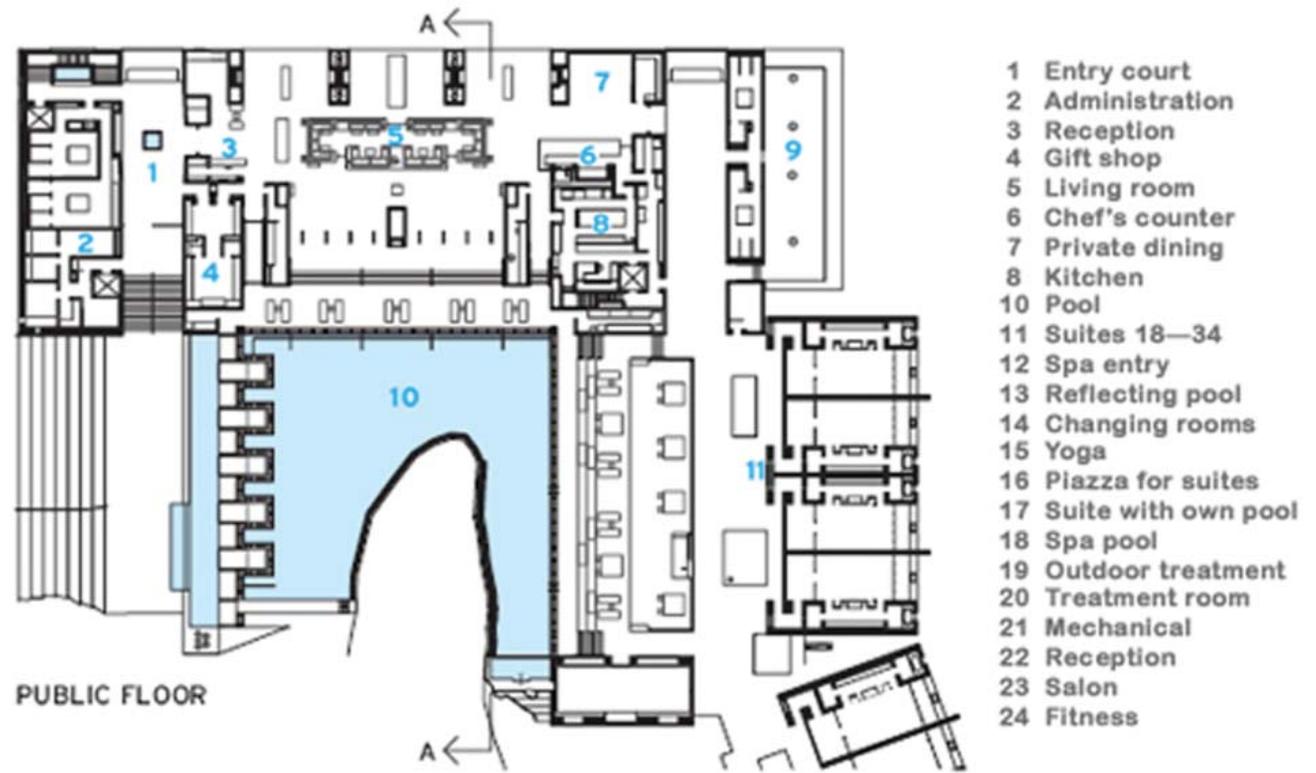
## CASE STUDY RESEARCH, #3





“At the Utah site, a 150-foot-high rock appealed to Zecha as the focus of the compound. The architects made this the hub of the design, surrounding one of the rock’s protrusions with the main swimming pool, which they edged with a sandstone and concrete piazza, enclosed by the reception, dining, and living areas of the main pavilion.”

Architectural Record  
Website



to fly to a nearby airport in Page, Arizona, or rent a car from the Las Vegas airport and take in a five-hour scenic tour to “put you in the right mood for the rare and mesmerizing Amangiri experience” (Architectural Record Website).

Reviewing the floor plans above one can see the relationship between the “rock” that provided much influence on the original design. This is also visible in the upper image on the adjacent page of the pool area. The guest suites snake away to the right-hand side of the floor plan; sample views from the rooms on the adjacent page are on either side

of the section cut.

The section also details an important aspect of the ground planes of each suite. The architects lowered the floors in each room to enhance the impression mentioned earlier of “camping” by bringing the level down so that the topside of each bed’s mattress is even with the ground elevation outside of the rooms. The architects described it as if a “cowboy were sleeping on the ground in the desert”.

It seems that special details were paid to increase the experience of and control over guests throughout their stay at Amangiri, down to the lack of music playing at the facility to



## Local Hotel and Restaurant Design

Some of the research relevant to this thesis project preparation involves the need to explore local sources of entertainment and retreat. I have spent the semester gathering information on and photographing various hotels and restaurants in the region in order to gain a better understanding of what people do to design quality spaces in a setting where hospitality is labeled as paramount.



## CASE STUDY RESEARCH, #4



### Hair Success Salon and Day Spa

This small spa chain in North Fargo has undergone big renovations recently. This location has a brightly-lit entryway and comfortable waiting lounge. Although the lighting is dynamic, at times it can be a little too much for those coming out of a dimly-lit massage room in a nearly comatose state of relaxation and well-being.

The spa is paired with a gymnasium and embellishes an atmosphere for combined sportiness, beauty and health. The color scheme (although not shown in the photograph) is built with brightly pigmented bold colors of yellow and green with shades of pink. This pairs nicely with the products that line the walls, acting as both decoration and planned display designed to sell soaps and shampoos to customers. Big black lounge furniture punctures the space contrasting with the bold colors and acts as an anchor for each room. There is no “rushed” feel here, contrary to how one might feel in a space that is as busy with color as this, but rather a relaxed tone to everyone’s mood. The Architecture speaks of high industrial ceilings and hard concrete surfaces intermingled with some laminate wood flooring throughout. Massage rooms however, are carpeted to muffle sounds.



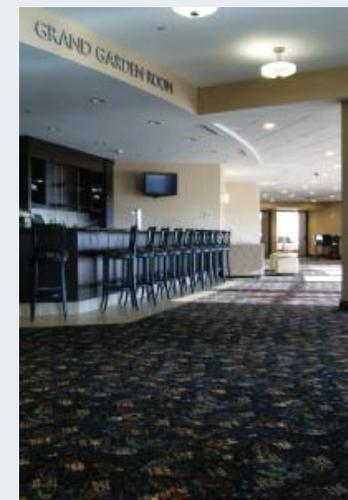
### Hilton Garden Inn of Fargo, ND

At the Hilton Garden Inn, the main public spaces wrap all the way around the south face of the building. There are several points of entry, but at the main lobby, guests are greeted, not by the lobby desk immediately, but a brightly-lit atrium and lounge space. The hosts' desks are further to the back and off to the right. Upon arrival, aromas from the grill that has been integrated into the foyer waft up to meet new arrivals. A casual bar sits adjacent to the restaurant with additional

seating behind to the east, and when the social hour rolls around, many guests and locals may come to enjoy the space and a cocktail with friends.

Just as in a carnival setting, long lines in front of your “stand” are a good way to attract people, but always in moderation. If the line gets too long, it can send people away who have little patience and perhaps a hungry child tagging along. This is true among restaurants as well, and restaurants that are paired with hotels seem to have a unique advantage of spreading out the seating if they do it successfully. At the Hilton Garden Inn, seating graduates from lounge to cafe style to restaurant and booth seating to high-backed bar stools and then again to comfy couches and blackjack tables.

They have an arrangement that works from low to high and back to low-density again. I imagine this helps with the natural delusion of traffic and rather than having areas where people are too heavily concentrated and have nowhere to go, the flow naturally allows them to move along with the space into a more comfortable atmosphere. This is particularly key when the hotel hosts a conference or other banquet, for which they have a separate entrance on the opposite (west) end from the main lobby. This allows separate functions to maintain their integrity and gradually meet in the middle if enough people are involved.



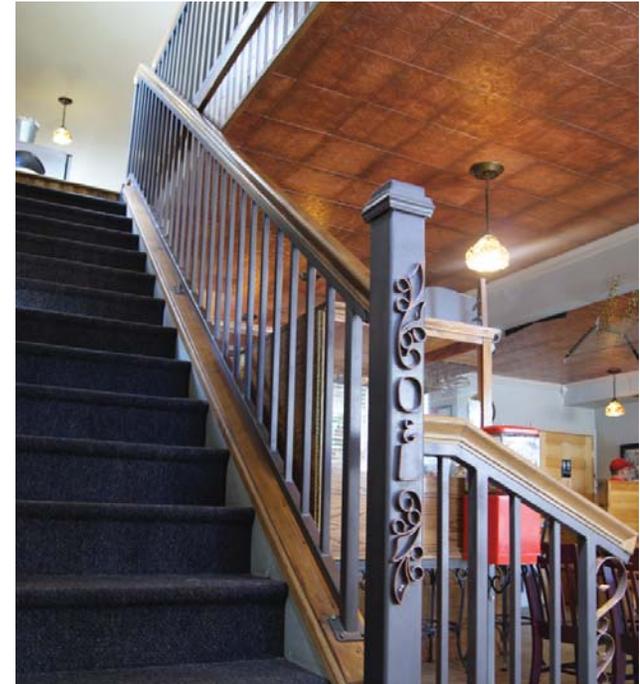


### Ole & Lena's Pizzeria of Rothsay, MN

Folks travel for miles to visit the classic pizza parlor in Rothsay, Minnesota. Ole and Lena's offers a fresh-tossed crust and warm cheesy goodness among other things on the old newspaper menu. Here, the owners have mastered the theme. Oftentimes a niche restaurant that does not revolve around a common theme suffers because it cannot retain a healthy group of patrons to support it. At Ole and Lena's, located just off I-94, the restaurant calls out to passers-by and latches on to a pair of American favorites: Norwegian heritage and pizza.

When you enter the small restaurant, you are greeted by the host stand and led upstairs to a larger group of chair seating or set into a booth on the main level. Lunch rushes aren't always common until summer weekends when big families come to dine for an hour and then walk around the corner of the lot to Mosquito Landing to grab an old-fashioned ice cream cone and sit on the curb, racing against the sunshine to eat the heaping portions before they melt. It is restaurants like Ole & Lena's that really revolve around hospitality to survive by word of mouth and reputation, which is precisely what drew me here in the first place.

Understanding what draws customers in must be held in high esteem in this business and preserved to ensure longevity and revenue.



### HoDenAttes of Lisbon, ND

A small boutique and cafe built solely around the ideas of home, garden and lattes offers the community of Lisbon a comforting refuge to gather, dine and shop all in one space. Small nooks like the one shown above create roundtable discussion that could last for hours between animated groups of friends who require these sorts of atmospheres.

The service is outstanding and personalized because it has been kept small and the menu controlled. Too many choices often create a lot of overhead for restaurants and a lot of indecision for guests. Here, the daily specials are ever-changing and offer just enough variety to satisfy.



### Basie's in the Ramada of Fargo, ND

The Ramada brings in people from all over the country and various parts of the world throughout the year. High-class businessmen and women stay at places like this and look for a fine dining experience while in town. Basie's is a good combination of bar lounge and formal dining experience in a much smaller setting than previously described at the Hilton Garden Inn.

Here, contrary to the comment that hotels have a unique opportunity to do “restaurant” differently, Basie's is tucked neatly into the back part of the entry lobby between the front desk and pool area of the hotel.

The value I find in a place like this is the detail paid to uniformity and also a common language between Architecture and Interior Design. Not always successful in other places, Basie's has been designed with an interesting ceiling, with different levels broken by an elegant curve that draws the eye to the back of the space. The lighting has been delicately arranged in a manner that moves between recessed canned lighting and fun ornamental hanging lights that help define the evening mood when dinner is about to be served.

### A Taste of the Big Apple in Sioux Falls, SD

Small-town dining met with the big city life of New York City. At the Big Apple in Sioux Falls, pizza and passion for good food bring in crowds of young families and couples for an evening of enjoyment on the weekends on the outskirts of downtown.

One of the unique aspects about the restaurant is the owner's choice to incorporate a small stage in the corner, rather than additional seating. The invitation of small bands has a huge impact on the restaurant and creates a different atmosphere for a dining experience.



What we crave is to  
**SOCIALIZE,**  
but what we lack is  
the ability to do it well...

So what do people look for when they go out to eat? Vacations and dining are important pasttimes for the American people and many other cultures around the globe. What we crave is to socialize, but what we lack is the ability to do it well. Just as the Finns use the sauna as a premier place for gathering, so do many Americans look to the restaurant, bar or local music venue.

Technology has been both a friend and an enemy in this quest for heathy conversation. Now that we can simply tweet our feelings to the world or post comments to someone's Facebook wall, what need is there to call or stop by and offer that one-on-one interaction? Just as a restaurant offers too many choices and you are not able to decide on any one thing, when we have too many choices in relationships, none become worth what they should be.

What these case studies all have in common is their ability to accommodate individuals and groups of people who are looking to relax and enjoy a particular experience. The resorts all embellish the approach to their site and address added significance of a remote local "away from it all" location. Of particular importance is the unique way in which each place deals with their goals a little bit differently.

## TYPOLOGICAL RESEARCH SUMMARY



### The Crossings

This spa in Texas offers a wide variety of spa amenities to address the need for relaxation and beauty. The architecture is particularly focused on sustainability and preservation of resources, which ties into the location on a natural preserve and large estate filled with gardens and walkway access to many different functions.

### The Bay

This rehabilitation center recognizes an individual's specific need for reform and treats the situation personally and delicately with a level of hope dominating the treatment.

### Amangiri Resort

This hotel pays special care to a particular way of historic living in the present. Detailing an homage to the American cowboy through luxurious accommodations may be a stretch, but every effort is paid to enhance a similar feeling among all guests. From restricted ways to travel to limited artificial sounds with captured views and common rooms of gathering, the architects wanted to use Architecture to influence every opportunity at the place.

### Local Examples

The local restaurants and hotels each have an individual way of responding to need. Because of their niche situations, they are more aware than almost any place in a community of the

current needs and trends of the industry, for their survival depends on it. Small restaurant venues understand the importance of a strong identity tied together through marketing, approach, interior decor, lighting, music, menus and much more. Hotels in urban areas have the unique opportunity to redefine what a typical restaurant can achieve.

Each of these case studies can offer those aspects highlighted and bring much more to the conversation of what today's human seeks (but not necessarily needs) in a retreat to regain self composure and renewed energy or well-being.



Loggers used to push fallen timber through the river/waterway system until it could be harvested near a local mill.

We may begin with the story of the region in which the site was chosen and then move into a recap and discussion about the significance of hospitality in the civilized world to better understand its relevance to this project.

## REGIONAL TIMELINE

The majority of the history of the Voyageur National Park area is comprised of the movement of groups of people through the parks on a larger-scale journey. These people had developed a common appreciation for the area's great beauty and powerful historical significance in our country's lifetime. Grace Lee Nute's *The Voyageur's Highway* offers a general overview of the history of northern Minnesota.

### THE FRENCH REGIME

1660: First white men in northern Minnesota, forest Sioux regions

1670: Hudson Bay Company organized

### FUR TRADE

1731: La Verendrye's explorations and the French Fur Trade

1789: Mackenzie River is discovered

1793: Hudson's Bay Company enters Rainy Lake region

1849: Region becomes part of Minnesota

## HISTORICAL CONTEXT





Kettle Falls Hotel is located on the site of the internationally famous American and Canadian Dams, where the mighty waters of the Canadian chain of lakes rush through both dams to drop 20 feet into the waters of Rainy Lake.

## Come to Kettle Falls

### The Most Picturesque Site on the Canadian Border

---

#### Spectacular Scenery

See the waters of the enormous chain of Canadian lakes rushing through the international dams at Kettle Falls, dropping 20 feet into the marvelous Rainy lake.

### Kettle Falls Hotel

Located 50 Miles from Ranier, Minnesota

Marvelous 50 mile boat trip on Rainy Lake from Ranier—or 24 mile thrilling trip from Gappa's landing on Lake Kabetogama.

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Comfort in the Wilderness

- Electric Lights
- Charming Rustic Porch
- 22 Fine Sleeping Rooms
- Excellent Dining Room

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COZY LOBBY    BAR

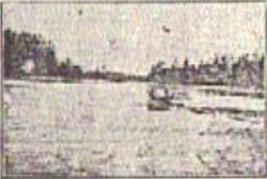
BOAT SERVICE

Out Board Motors

Fishing and Hunting  
In a  
Wilderness Paradise

#### Wilderness Glory

#### Untouched Beauty at Your Hotel Door



On waters teeming with Sportive Fish.

Ducks can be seen at all times from the porch of the Kettle Falls Hotel.

#### “Not a Sneeze on the Border”

Because of the purity of the sun-washed pine scented air, hay fever victims find welcome relief at the Kettle Falls Hotel. Freedom from noxious weeds and dust makes the Border Country the Hay Fever Victims Sanctuary.

### Visit the Border this Year

Rates - \$2.50 - Per Day

For Reservations Address

## R. S. WILLIAMS

RANIER - MINNESOTA

Territory; David Dale Owen (US geologist) sends assistant, Joseph G. Norwood, to Lake Superior region

1860s-1870s: Other geologists discover vast wealth of ore (copper, gold, iron, etc.)

1862: Sioux uprising against the white settlers

1865: The Vermillion Lake gold rush begins.

1892: Biwabik Mine opens and sends its first supply of iron ore

#### LOGGING DAYS AND RECENT HISTORY

1909: Congress creates Superior National Forest, one of the largest in the nation, boasting some three million acres (of which nearly 60,000 acres consist of water)

1925: Quetico-Superior Council (with headquarters in Minneapolis, MN) is created to act as a clearinghouse to protect the North Country

1934: US President creates the Quetico-Superior Committee to increase the agency's standing and power

2010: Visitors and residents flock to the area for recreational and work purposes



“..., my dad has always called it ‘the jewel in the forest.’ You fly over the beautiful water and trees and all at once you look down and there it is. I can never remember it ever looking any different, since I was a little girl.”

June (Williams) Dougherty  
(King, inside cover)

## CULTURAL INFLUENCES

Much of the cultural influence of the area has been dominated by many different ethnic groups at different times throughout its history, but one of the more important and certainly prevailing at this time would be the Finnish population.

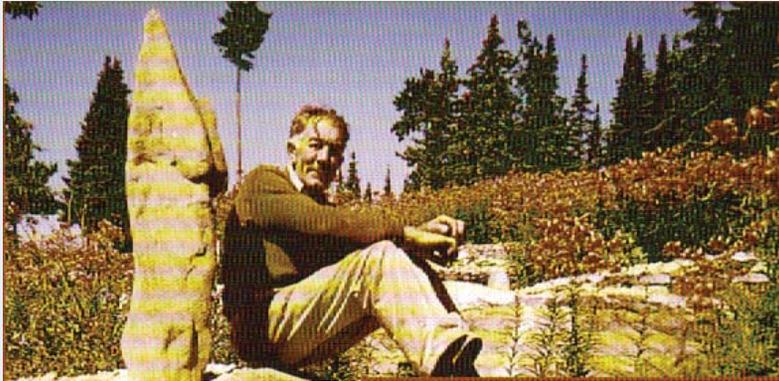
### Finland

The Finns introduced the *sauna* to the United States. The bathhouse is more than “an agency for cleanliness” and boasts a “social institution of fundamental importance”. The small two-roomed house is the first structure a Finn erects on his land and offers the user(s) an “invigorating, cleansing bath in invisible steam” that is fulfilled by a dous of cold water or snow. The space gathers neighbors and turns the bathing experience into a chance to socialize (Nute, 1994 79-80).

## HISTORICAL PLACES

### Kettle Falls

At one point in the region’s history, there were close to 200 people living in a community surrounding Kettle Falls in tents and lean-tos (King, 1989 1). The Kettle Falls hotel is modest and overlooks a meadow opening in the forest next to the lakeshore.



Plans for renovating the historic structure began in the late 1970s and rehabilitation was completed by 1987.

### Ellsworth Rock Gardens

Jack Ellsworth of Chicago, Illinois, spent the better part of 20 years using his background knowledge as a self-taught artist to engineer and refine a beautiful terraced rock garden complete with a variety of flower species to accent his distinct original artwork.

## HISTORICAL PRECEDENCE TO THESIS RESEARCH

### Hospitality: Then and Now

“All modern words readily associated with hospitality are evolved from the same hypothetical Proto-Indo-European root *ghos-ti* which means: stranger, guest, host.”

Hospitality as an industry could be said to be a fairly recently-defined endeavor, some saying that the profession realm began to acknowledge and refine it sometime in the late 1980s; however, the concept of hospitality dates back as far as any written text may



go and seems engrained in our history as a species as one of the few things intrinsic to our existence. The most dated texts known to man that refer to what we know as hospitality are the Ancient Near East Texts seen akin to the Old Testament since parts date back as far as 3500 BC (O’Gorman, 1-2).

The Teachings of Khety offer an example of these writings:

“Give the stranger olive oil from your jar, and double the income of your household. The divine assembly desires respect for the poor more than honour for the powerful” (Khety 28 in Matthews, 1991 p.282).

This text and others like it describe the benefits of a hospitable nature to be both spiritual and physical. The oldest known and most highly-published work known to man is said to be the Christian Bible. It is an intricate compilation of parables and Old World knowledge that seeks to pass along a message to next generations through description of behavior and outcome scenarios. Religion has been a foundation and institutional pillar in many strong cultural groups and seems a key to any successful one.

In ancient Greece, it was the rights of the guest that were accepted widely throughout the many different cultural groups in the old world. It could be said that the idea of

hospitality, although not as old as humans, first appeared with our construction of permanent settlements and deviation from a nomadic society. It seems as though the idea of “home” is somehow undetachable and permanently paired with the notion of being hospitable (Squidoo Website).

If we move along in history to the Dark Ages, monasteries offered food and shelter to traveling agents and local lords divided the responsibility for hosting the king and the royal party. As trade and commerce were established, the notion of hospitality flourished alongside inns and taverns (Squidoo Website).

As we as a people have developed into a fast-paced society of little patience and high demand for productivity, it seems as though hospitality has followed suit. Branching off of its history with bars and sleeping establishments in portside towns of the Dark Ages, hospitality has grown into a highly-competitive field that offers a turnover rate of service staff and travel has been reduced to a sold commodity and leisure now fetches a high price (Squidoo Website).

Tourism developed from this mutating industry, and has managed to commercialize and taken hold of the 21st century and people’s insatiable need for more “stuff.” The joy has gone from how we partake in experiencing nature and the simplicity of living stress-free.

In today’s society, there are few who have not been swallowed up by the commodification of life and high-production / high-function industries. The Americanized “way of life” is quickly turning into no life at all and for those who do not recognize its shortcomings, there may be little left when resources and energy has been abused and used up.

In today’s movements, hospitality is still very much a blooming industry, but it would be wise to understand a definition of sustainability for itself. Rather than simply using recycled materials and continuing to create an artificial “picturesque getaway,” we should use design and Architectural language to our benefit to redefine what is important about hospitality and why it continues to be of value to our generations, before it becomes a hollow shell devoid of feeling and intimacy like another product on the shelf.

## PROFESSIONAL

Mature development of an old typology with an added twist...

The professional development of this thesis seeks not to reinvent any old technology, but rather study its invention and ask questions about its success. There is something that works and is sought after by the general population in restaurant and hotel design, which leads me to believe that there is something NOT working in our day-to-day lives. Something must be missing. Is it the experience we are drawn to? Or the idea of breaking away from uniformity? Architecture is at the root of this observation and I intend to find out how to introduce this element into our daily lives to improve design quality on an inherent level...delving into the psychology of design and human interaction.

This retreat campus will be designed following the old guidelines of a resort and spa getaway while working to eliminate luxury and redefine its value based on the rediscovered basic human needs.

## ACADEMIC

Achieving understanding and culmination at the milestone five years of higher education...

The academic advancements that we make throughout our years of education set a firm

## GOALS OF THE THESIS PROJECT

← ..... foothold for future endeavors. This thesis seeks to enhance and advance the research in the areas of hospitality and delicate human scale design. If we continue to use our time together wisely and use past investigations combined with personal motivations, the results can lead to unique discovery.



## PERSONAL

Reaching back to find something that seems to be lost in order to build a more solid foundation...

Learning has always been the goal. For many years now, as I get older and, hopefully wiser, it seems as though something is slipping farther and farther from my reach at the same time I gain more understanding.

Architecture students are introduced to a whole new level of stress that does more than deprive you of sleep every now and again. Stress eats away at your energy levels and slowly wears a deep impression on your soul if it becomes a constant in your daily routine. What we don't realize immediately is that stress is almost always a fabrication of our minds. We can ultimately choose not to be affected by stress in the same way.

The most interesting question to me then becomes what is it that we should deem truly important in life? If stress is something we create for ourselves, how can we avoid its harmful effects and really focus on the truth behind knowledge? In a conversation about Architecture, we can begin to ask what design needs to achieve for us. Most of all...we need to FEEL it when the design comes to life.



### Something Strange

Many different kinds of wildlife are present in the northern woods of Minnesota; from white-tailed deer to moose and timberwolves to a wealth of different bird species. There are people present on a consistent basis, but not to the caliber of a large urban environment, so animals like the deer still err with caution more often than not.

Jodi Lynn Ziegelman © 2010

## NARRATIVE

Visiting Voyageurs National Park was as close to a dream come true as I have experienced in a while. My family did a tremendous amount of camping when I was a child and the North Woods are a home away from home in my heart.

Coming from the Fargo-Moorhead area, the drive is simple and seemingly against most heavy traffic routes. A smooth 5-hour car ride along US-71 will take you most of the way to the Ash Trail Lodge near the site chosen for this retreat campus. It is not uncommon for areas like Kettle Falls and Ellsworth Rock Gardens to be inaccessible during the fall freeze-up and again in the spring during the thaw. The reason that the site is chosen across the lake from the Ash River Lodge is that the underlying premise of the facility will be to 'break away'. In order to achieve this initially, visitors will need to make a vested commitment of time in order to return themselves to nature and relearn basic necessity. Crossing the lake will act as that 'break away' point and allow the campus additional seclusion from main land distractions.

Upon arrival, patrons and visitors are met with a grand scene of coves and peninsulas fleeting in and out of view. Icy blue waters are never calmer than a masculine ripple across the large open surfaces that the lake reveals. The quartz and ore bedrock cuts in and out of the

## SITE ANALYSIS

ground, smothered with spruce and pine and birch clusters vying for the best of the little soil available atop these massive structures. Wildlife are also among the welcoming sights; deer, wolves and moose all roam the forests and cross the main swatches of highway at heavily-traveled intersections between nature and man.

Perhaps the best part of the wilderness is that it holds something above you, eventually you lose the sight of where you came from around a turn in the road and sweeping of the treeline. A heightened sense of awareness seems to close in because you no longer feel dominant as the vegetation and natural domain brings themselves to a position of power and wonder. The possibilities for Architecture are endless and also limited at the same time. The goal here is NOT to dominate, but rather read and acknowledge the backseat. Architecture that is built here must understand and bow down to the beauty and pristine conditions at all costs. How we can use the technology we have in a tender way to capture and reveal the important views of space in this place will be a top priority and great challenge. History will have to inform the future and preserve the past all at once in a small gesture of placemaking.

### QUALITATIVE ANALYSIS



### Built Features

Regional buildings must be constructed to withstand extreme cold temperatures during the winter months and with a local abundance, various timber and pine become the materials of choice. There are not many large-scale buildings in the immediate area, but the shoreline is peppered with many private seasonal cabins.

### Light Quality

As with any region in the upper Midwest, the farther north you travel, the less sunlight you have in the late and early months of the year. November through February prove to be a challenge with significant snowfall amounts and little natural light for growing anything.

At night throughout the winter, when the conditions are met, there is the opportunity to escape the light pollution of the large city and experience the Aurora borealis (Northern Lights) or the magnificent full moon. It is as if Mother Nature understands her lack of expression of beauty in the waning daylight hours during these times of the year and she intends to make up for it by glorifying the night. It is an awe-inspiring experience.

### Vegetation and Wildlife

Hunting and fishing are the predominant means of primal food sources as the connecting waterways create natural avenues for movement and communication (King,

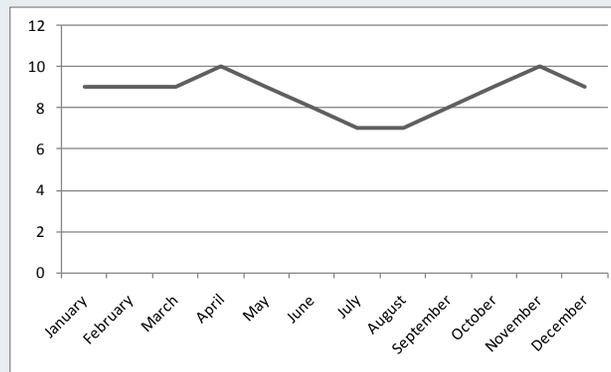
1989) Blueberries and wild rice are also abundant in the area as an edible vegetation. Forests are composed of large groups of aspen, birch, spruce and fir trees among which the occasional moose, deer, bear or timberwolf. The smaller mammals (beaver, otter or muskrat) stick to the waterways along with the fishermen while the bald eagles and osprey circle overhead.

### Water

Lake Kabetogama is peppered with islands and peninsulas. The land is largely accessed by waterways only.

### Wind

Wind is not an extreme problem in the region. Annually the speed remains fairly constant ranging from 7 to 10 MPH throughout the year. The chart below visually displays the average wind speed each month in MPH.



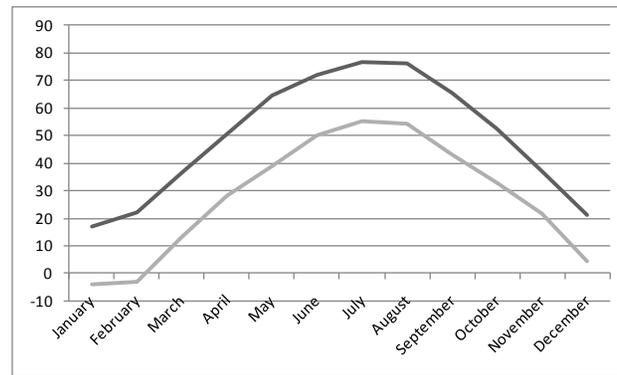
### Human Characteristics

The nature of the site is to remain largely undisturbed by the influence of human building because it is located in the Voyageurs National Park boundary. Human tendencies that would be visibly present are upon entry to the initial landing before reaching the site. There are paved and minimum maintenance roads and hiking trails with built timber scenic overlooks scattered throughout much of the area for visitors and guests of the park system.

### CLIMATE DATA

#### Local Temperatures

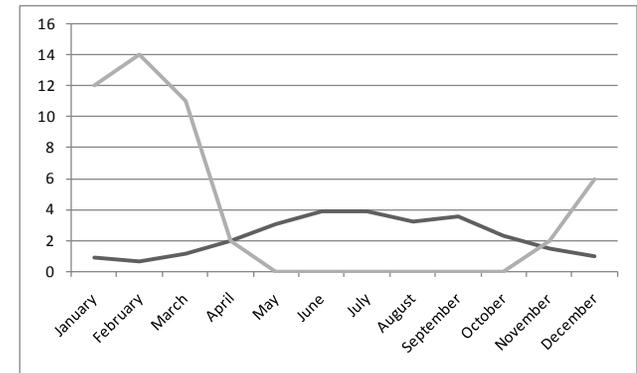
Temperatures tend to reach extreme cold at times in this region. Record lows have been recorded in excess of 46 degrees below zero in International Falls in 1968. High temperatures seem to be more in check, but still extreme at times with the highest recorded temperature in the region at 99 degrees in 1995.



— Average Max Temp  
— Average Min Temp

### Local Precipitation

High snowfall and not as much rain annually create a unique scenario in a region so water-saturated to begin with. Because of climate phenomenon like the “Lake Effect,” the area is subject to large snow events which creates travel concerns on major roadways and towns in the area. Travel by snowmobile becomes predominant in the winter season across ditches and by lake trails. This opportunity allows areas to be more readily-accessible than at other times throughout the year. Because of the isolation of the chosen site, this weather pattern may work as both an advantage and disadvantage at times.



— Rain (inches)  
— Snow (inches)

## QUANTITATIVE ANALYSIS

### Soils

Glacial activity is responsible for the inland waters and terrain that fill and form Voyageurs National Park. The area is composed of large rugged granite rockforms that pierce the hilly landscape and disappear again beneath layers of silty clay soil.

### Topographic Survey

The chosen site would be suitable for a building and one of the challenges of the project will be to work with the extensive topography and rocky terrain to establish a campus that is modest and minimally imposing on the site as a whole.

### Site Character

*See site Narrative on page 73.*

### Shading

The large pine and spruce forests of the North Woods provide much shade in the afternoon sun.

### Noise

The area is relatively quiet being a part of Voyageurs National Park. The lake does allow motored boats on the waterways, but the traffic is not too heavy because of the size of the lake surface and the number of boats. Resulting noise is diluted.

## HUMAN WELLNESS RETREAT CAMPUS

### Breakdown of Spatial Needs

Gate Keeper's Lodge	2,000 SF
Mess Hall / Dining Facility	2,250 SF
Service Entities	
Kitchen	1,100 SF
Laundry Quarters	700 SF
Storage	5,250 SF
Mechanical Needs	2,500 SF
Meditation Spaces	up to 10,000 SF
Guest and Staff Suites (~150 SF per each x 30 rooms with 30-54 guests maximum capacity)	
Physical Wellness Center	
Fitness Pool	1,850 SF
Hot Tub / Sauna	850 SF
Work-out Studio	1,350 SF
Research / Resource Areas	
Administrative Offices	750 SF
Meeting Rooms	1,500 SF
Library / Research	3,000 SF
Exterior Spaces	
Greenhouses	12,000 SF
Botanical Gardens and Planting Beds	10,000 SF

## PROGRAMMATIC REQUIREMENTS



### Summary of Categories

Residential	up to 10,000 SF
Dining	8,850 SF
Physical Rehabilitation	5,300 SF
Educational / Research	7,250 SF
Agricultural / Gardens	22,500 SF
.....	
Total Built Area:	53,900 SF

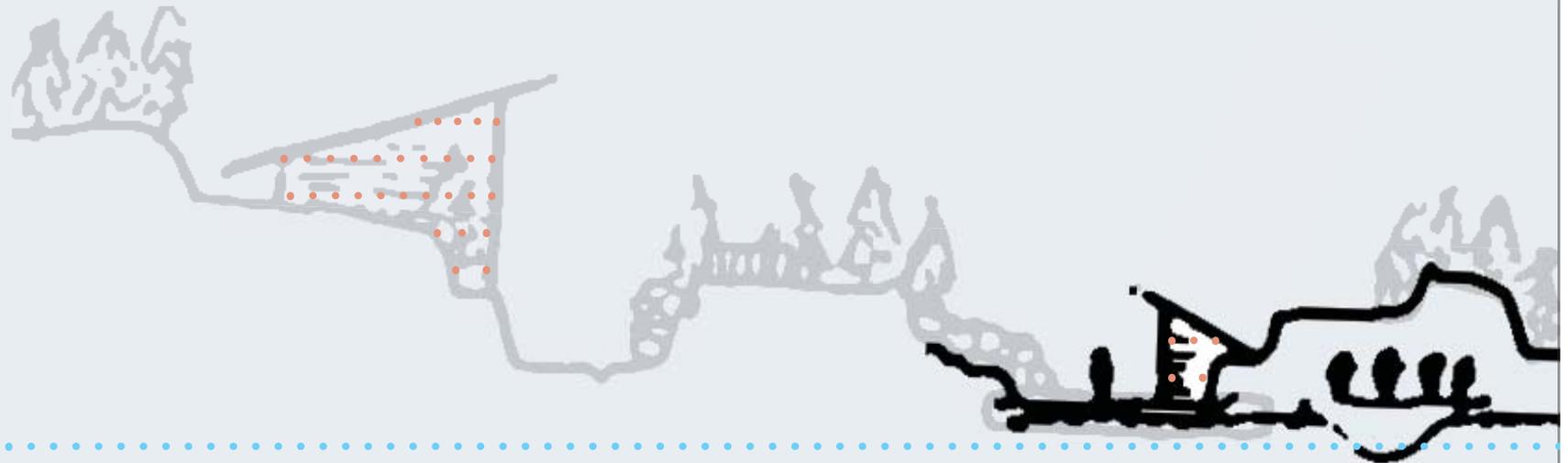
TOTAL CAMPUS AREA: 18 acres



# design documentation

PART IV



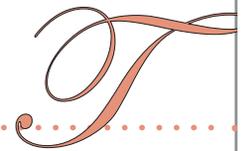


## Spatial Qualities

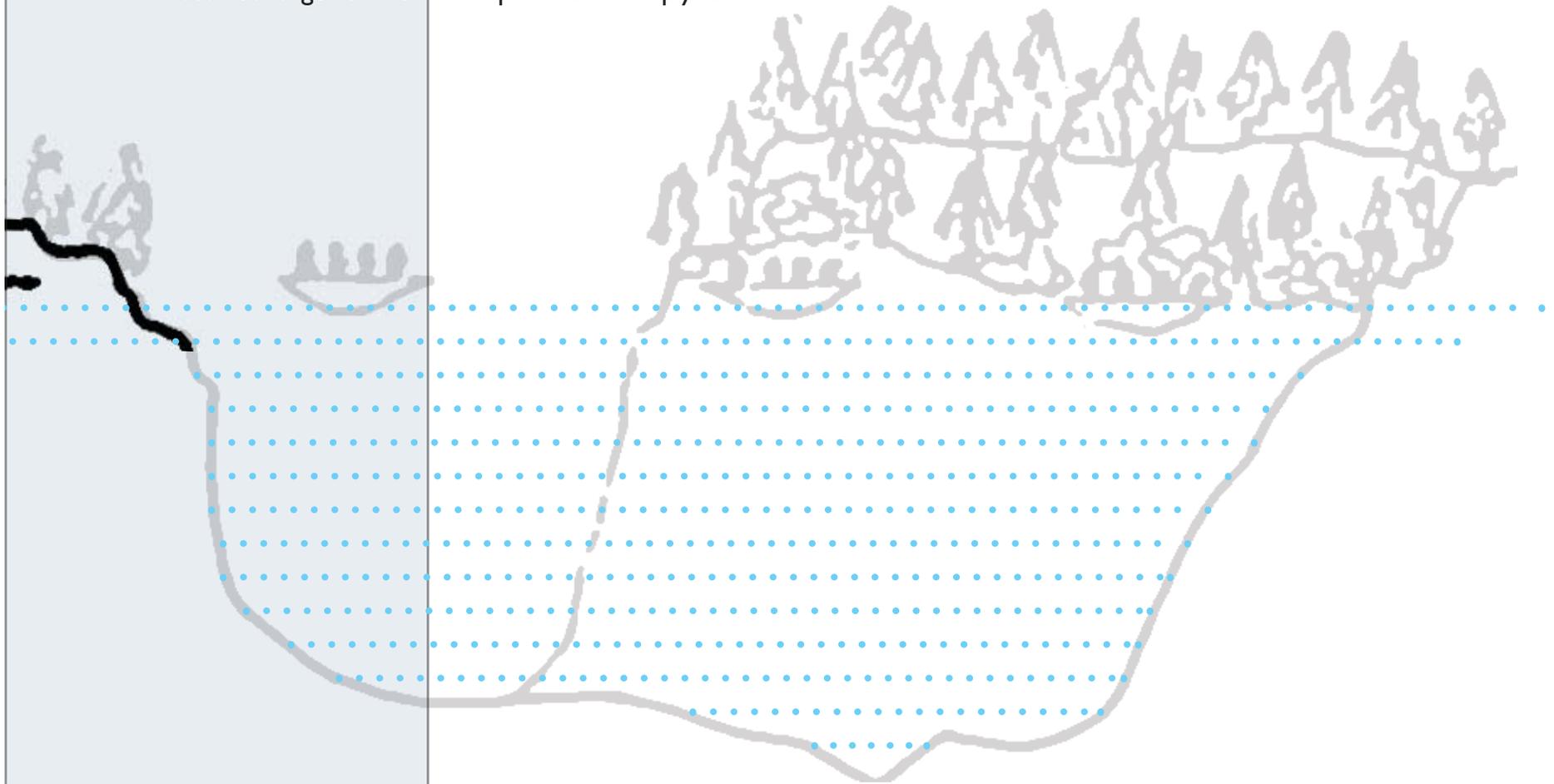
Sim Van Der Ryn wrote a poem describing his feelings of what Architecture is and should be that truly inspired the works within this presentation. An Architecture of Humanity and Hospitality begin to emerge as a new language medium in this place. The Architecture must act as the “host” for the users to re-access this site and understand themselves better.

Sharp topography allows the built structures to maintain a balance with the landscape and not completely dominate any portion of the visual pathways. The material nature of each of the buildings is reflected in the granite and heavy timber availability of the region. Construction, some utilities and other traffic are able to access the site through the main waterway.

## INSPIRATION



“Technology” is the fuel of the human race; it pushes us to greater limits ever more rapidly as we age, while flirting with a dangerous separation from the basic nature of the human existence and living. From the first sparks of fire in a cave to the hands-free capabilities of a Blue Tooth, humans have developed tools to progress the species for thousands of years. This project seeks to teach an answer to the question for those that need to re-learn the pathway to their forgotten inner self. We must learn first to be a human within a landscape. The premise does not at all condone technology, but expresses avid concern that we learn its place in our lives as being secondary and supplementary only. Technology that runs itself is a silent weapon that eliminates general knowledge through widespread ignorance. We must not forget our OWN capacities to simply “be”.



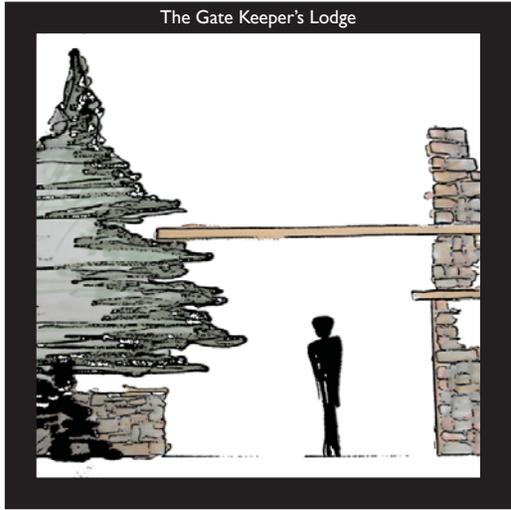
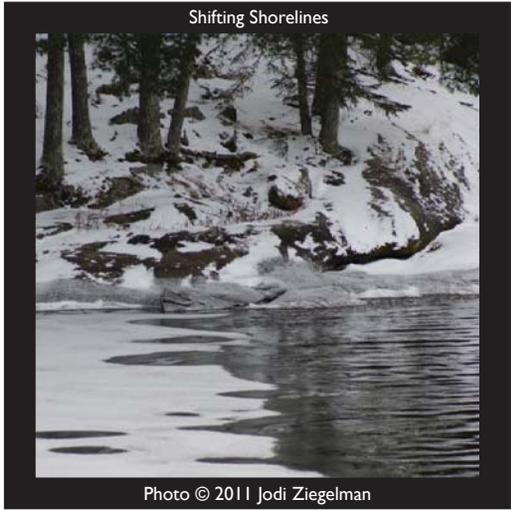
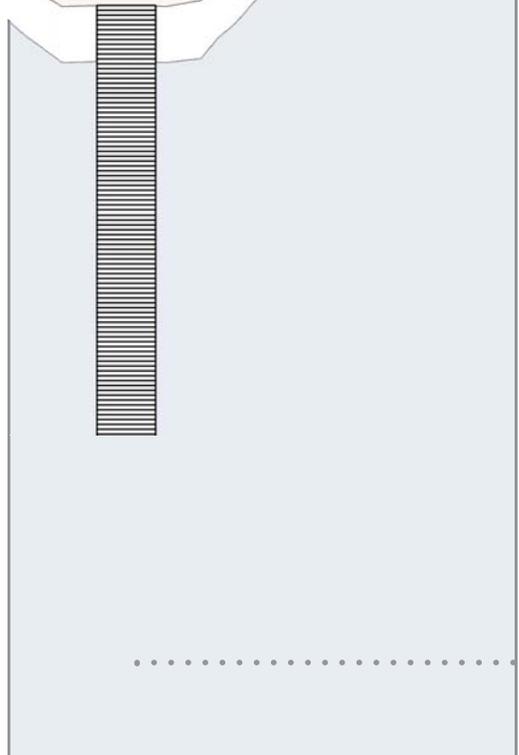
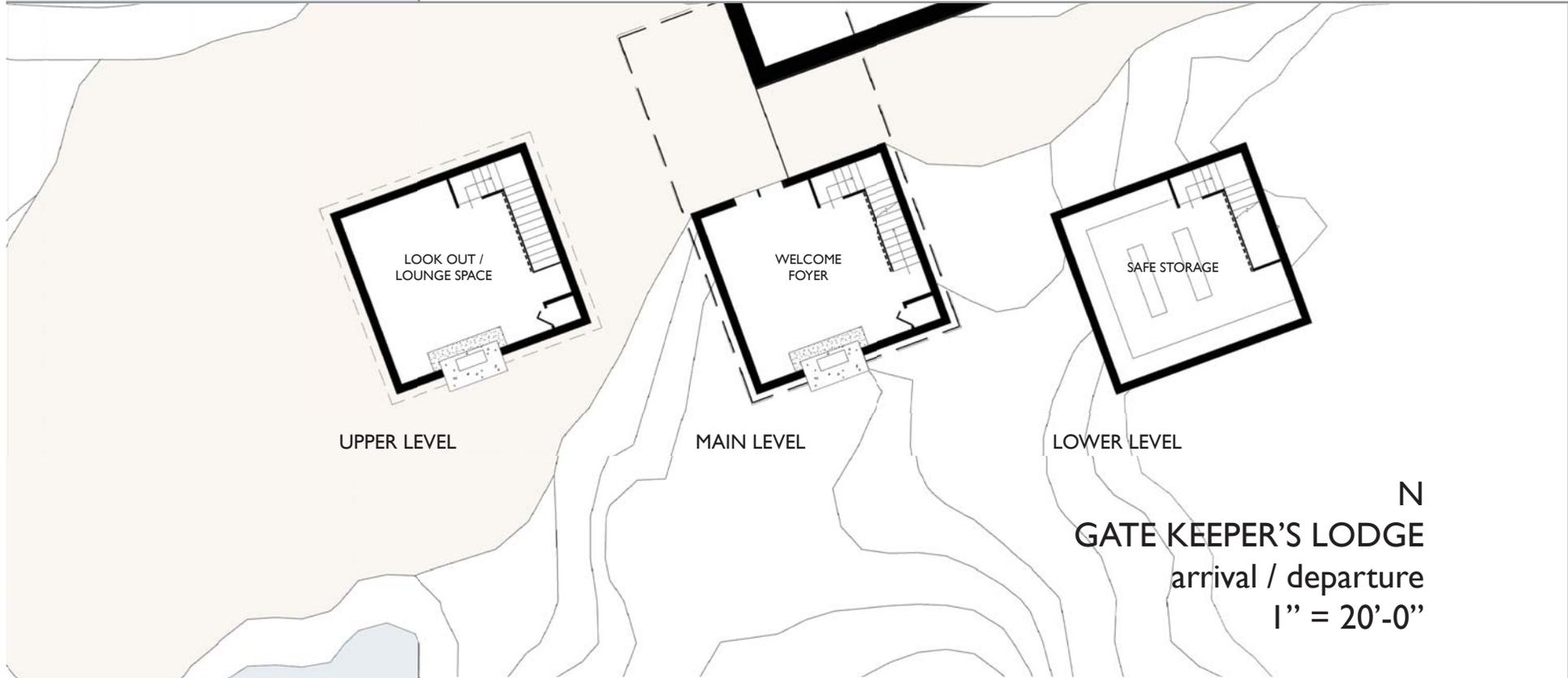
Around the Bend



Photo © 2011 Jodi Ziegelman

The topography of the site was an important feature and highly sought after “accommodation” that must be met before any other development was explored. Northern Minnesota afforded this pristine landscape in Voyageurs National Park that created a secluded, yet periodically accessible region for the proposed retreat center. Its historical significance also fit the bill for the preservation of the program’s integrity as the main waterway and access was the primary method of travel for the Native Americans, early explorers and fur traders that originally inhabited the region.

The first encounter with Architecture on the site is through the Gate Keeper’s Lodge (#3). Each individual that commits to the program (a year long immersion in the definition of “self” and “surrounding”) is brought to the landing and must pass through the campus gateway formed by the narrowing of the land and Architecture. Certain restricted belongings are kept in the basement with a safety deposit box system. Each individual is given a set of keys and blank journal upon arrival to help track the progress made.



## 1 Breach

An initial response to letting go of past habits and fear of the unknown;

## 2 Longing

First realization of separation and mild understanding of changes to come;

## 3 Arrival

Anchor and familiarity...discovering solid ground;

## 4 Acclimation

Beginning the development of a new foundation under the comforting arm of Mother Nature;

## 5 Rebuild

Old habits die hard and new habits must overwrite the outdated mental program;

## 6 Growth

Developing of an understanding that old habits can be old and new habits are positive change;

## 5 Reinforce

Strengthening learned acceptance and trained relaxation.

## 4 Return

Passing on confidence and advice to the new body of individuals taking the same old journey;

## 3 Departure

A familiar companion in Architecture now offers new wisdom;

## 2 Hope

Rather than fear or longing, a renewed sensation of faith in the future of the responsibility of human;

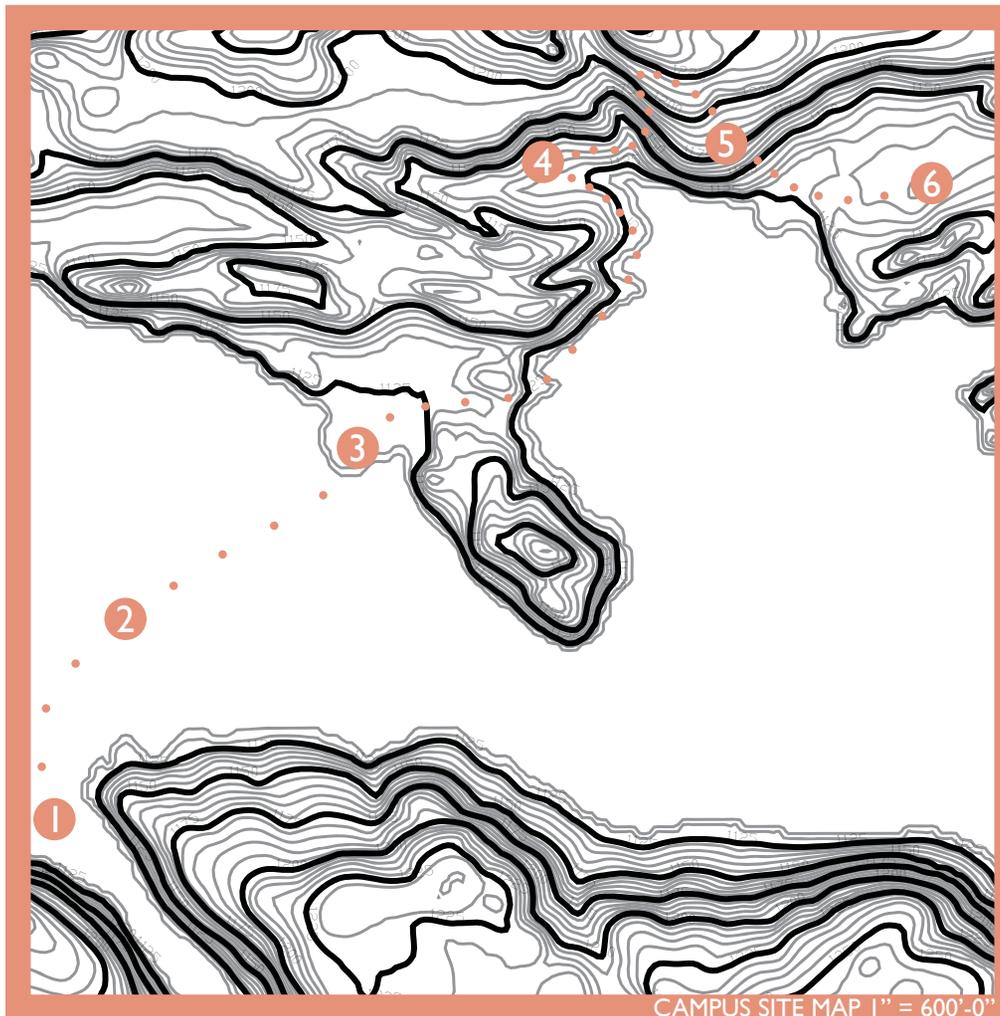
## 1 Release

Captured confidence that the lessons learned will instill a new future relationship with technology.

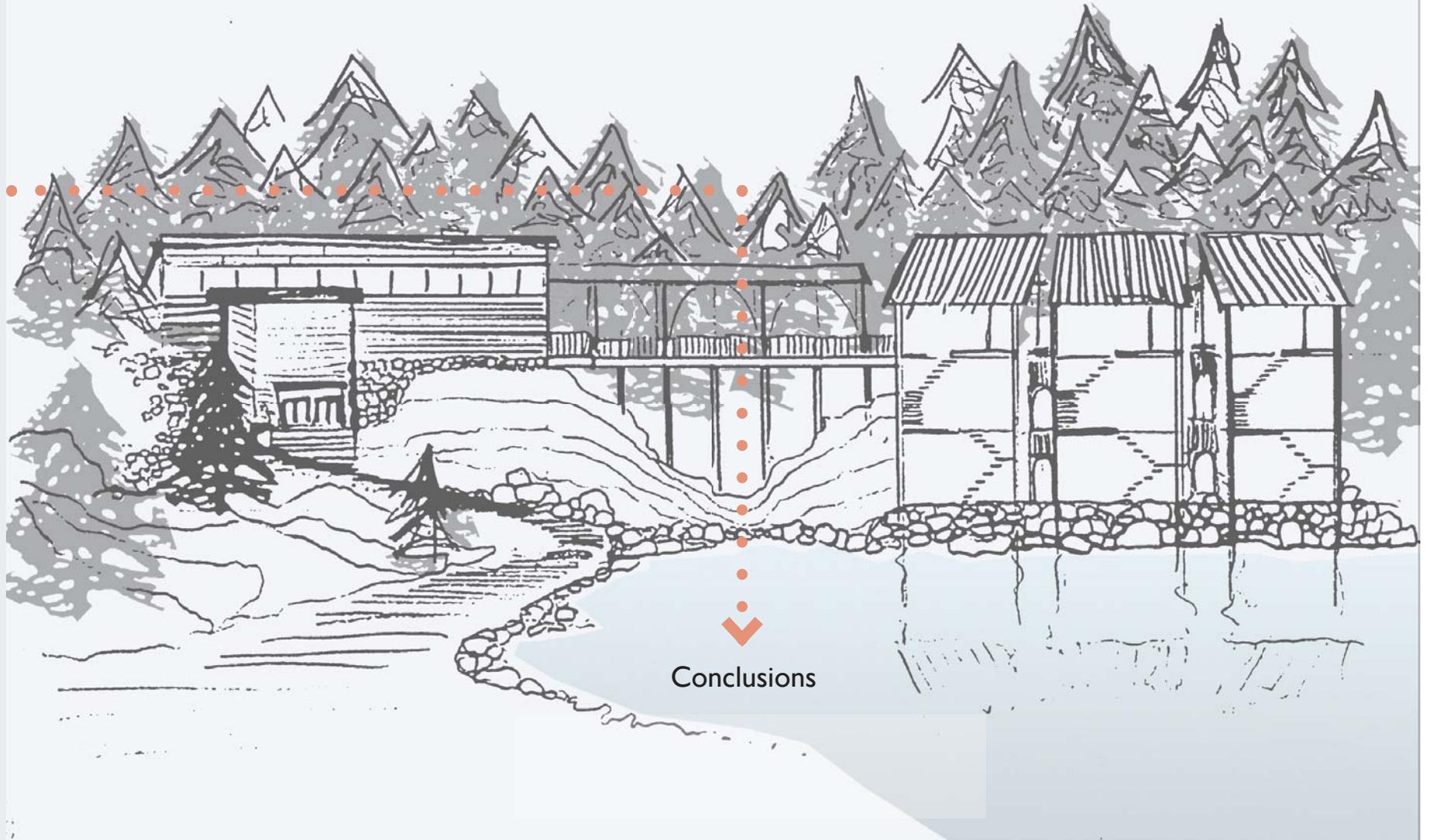


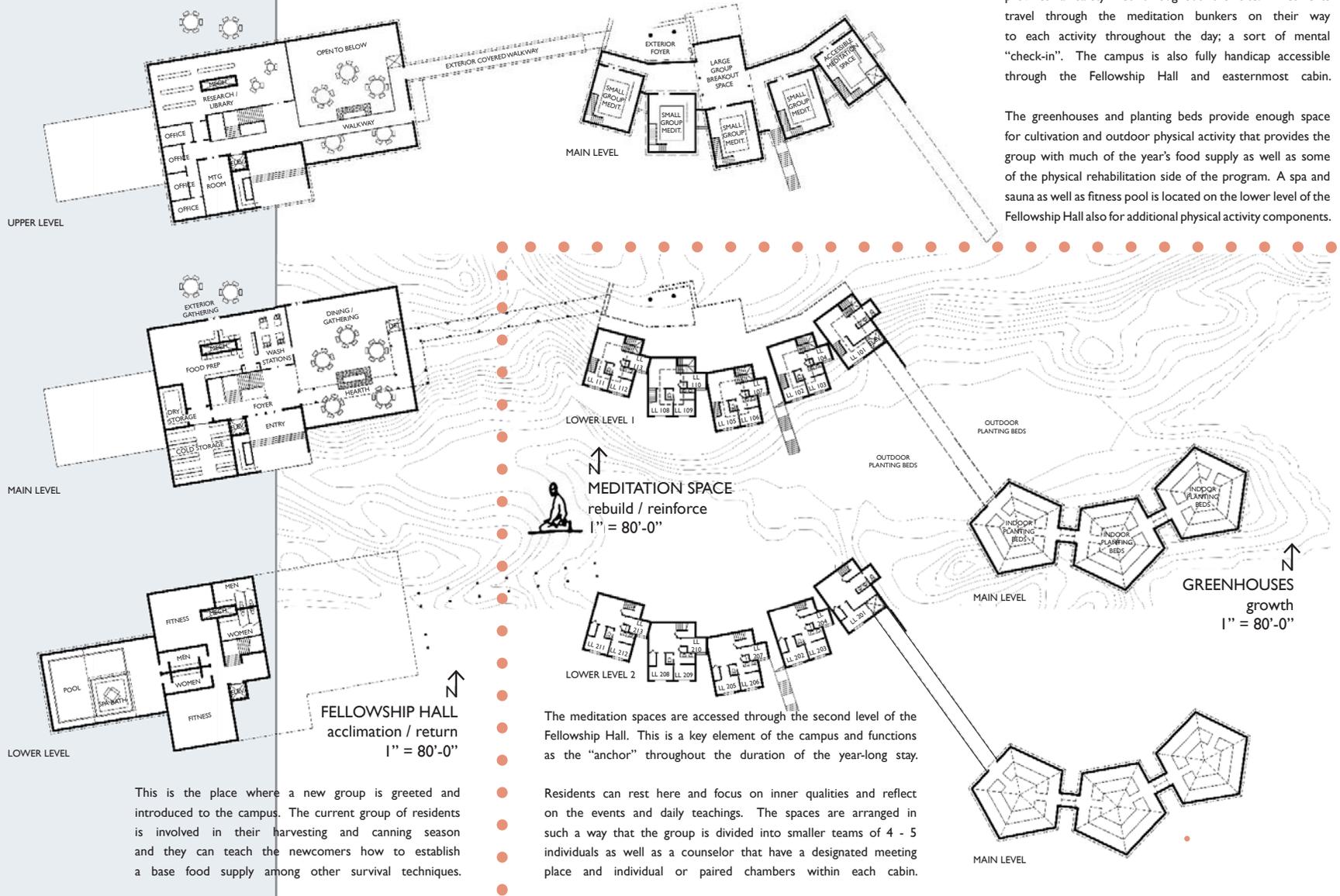
## CAMPUS PROGRAM

The campus program is based upon the idea of “breaking away” and secluding oneself, focusing on the immediate task at hand. Each individual will ideally experience some sequence of the descriptions listed below. A main premise to the campus layout is the fundamental and steadfast tasks of the Architecture throughout the changing stages of the program.



How is hospitality expressed in architectural terms and how does this affect our perception of space?





This is the place where a new group is greeted and introduced to the campus. The current group of residents is involved in their harvesting and canning season and they can teach the newcomers how to establish a base food supply among other survival techniques.

The campus is traversed through the Architecture that provides a safety net throughout the site. Residents travel through the meditation bunkers on their way to each activity throughout the day; a sort of mental "check-in". The campus is also fully handicap accessible through the Fellowship Hall and easternmost cabin.

The greenhouses and planting beds provide enough space for cultivation and outdoor physical activity that provides the group with much of the year's food supply as well as some of the physical rehabilitation side of the program. A spa and sauna as well as fitness pool is located on the lower level of the Fellowship Hall also for additional physical activity components.

The meditation spaces are accessed through the second level of the Fellowship Hall. This is a key element of the campus and functions as the "anchor" throughout the duration of the year-long stay.

Residents can rest here and focus on inner qualities and reflect on the events and daily teachings. The spaces are arranged in such a way that the group is divided into smaller teams of 4 - 5 individuals as well as a counselor that have a designated meeting place and individual or paired chambers within each cabin.

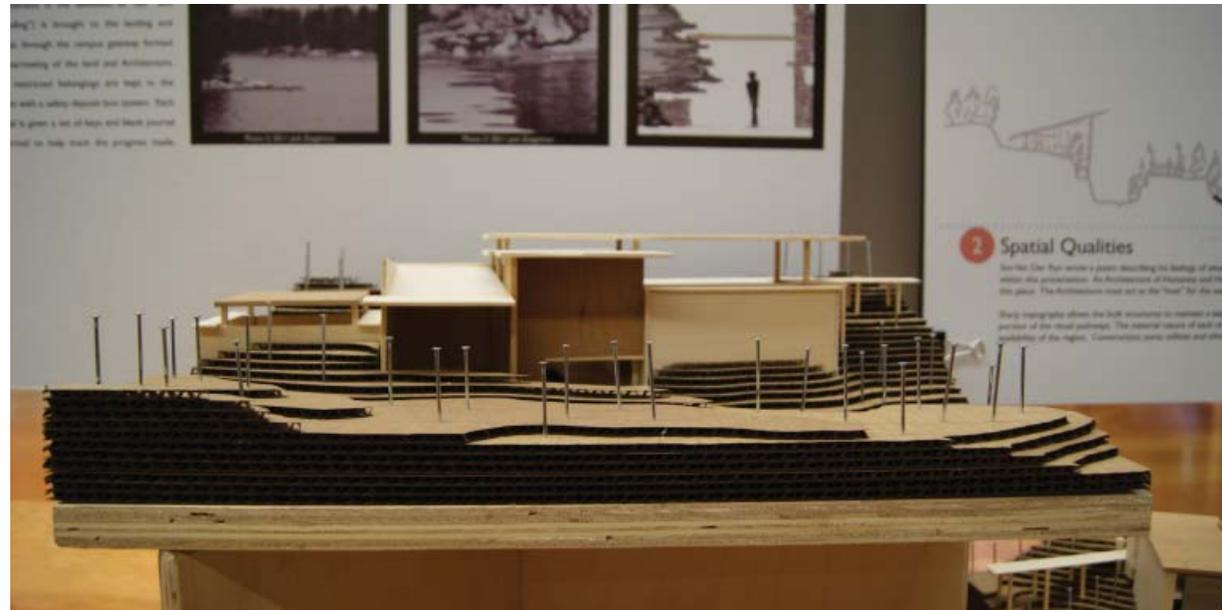


As we explore the programmatic parameters and natural elements of a project like this, it becomes clear that Architecture can bridge the gap between what the human needs are and have become through technology while still relating to our surroundings.

It is the design background and attention to context that affords the Architect the opportunity to realize a vision for space. When we look to find satisfaction within ourselves it begins with a basic notion of where we came from and where we find ourselves now.

Architecture can offer comparison, familiarity, protection and comfort. These traits are inherent to the nature of the “host” and signify a need for hospitality. If our built environment cannot offer humans a solace and place to exist safely while still delivering the environment in a realistic way to the beholder, then we are going about this in the wrong way.

When the space controls how a person experiences emotion, then a design is successful. When a person feels an emotional connection to a place, then the Architecture is successful.





# source *i*nformation

PART V





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#### PERSONAL INTERVIEWS

Sandy Point Lodge

Hosts: Jennifer & Gordon Gelo

10606 Gamma Road

Kabetogama, Minnesota 56669

Interviewed on: November 20, 2010



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HOMETOWN

Greenfield, MN

WHY NDSU?

“I came to North Dakota State in the Fall of 2006 as a first-year Architecture student. The college has offered many solutions to my personal and professional life for the last four years. As a young woman born and bred in the Midwest, I grew up proud of my heritage and with an inherent drive to learn more all the time. I have an insatiable need to understand complex processes that involve the human interaction with the environment. No one can tell me where this approach to life will lead, but be assured that it has and will continue to take me to new and greater heights every single day. My education was but the first step to a lifelong road of travel and realization.”

MORE ABOUT THE AUTHOR



“Attitude is merely a response to your surroundings and 100% self-controlled... so smile and persevere...”

...good ones are contagious.”

Jodi Lynn



