

A New Hobby, a Fresh Start

When you're ready for a fresh start, reinvigorate your imagination. Try new foods. Even buy a different brand of crackers at the grocery store. Explore a new book genre. Write the story that's been bouncing around in your head for five years. Live abroad in your dream city. Fast Company's first piece of advice when writing a new life chapter, try new things.

If you slacked on music lessons as a kid, the good news is, you can try again. According to an interview on NPR, it's never too late to learn an instrument. Norman Weinberger, a neuroscientist at University of California Irvine, claims an older person may struggle to learn a new instrument, but it's far from impossible. In fact, the mature brain is still flexible and open to change.

Photo credit: Wikipedia



Picture yourself playing the piano. Decoding the notes, tapping your foot to keep the beat, maintaining good posture and hopefully producing pleasant music! You're using muscles and most of your senses. Many areas of the brain are working extra hard. The child's mind functions differently from an adult's. A young musician is continuously growing new brain cells, devoting most of that growth to playing music. Adults compose new connections between their existing brain cells.

My friend David started learning piano with his 8-year-old son Simon in Silver Spring, Maryland. While Simon would dive right in to a new piece. David first analyzed the music. He cared to study the structure and the

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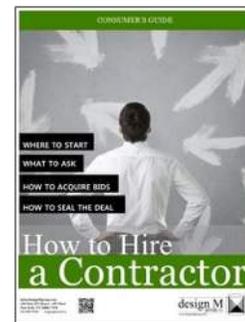
Did You Know ?

We are the leading local provider of tools and resources for people planning on adding on to, renovating or building a home.

We have several consumer guilds to help you.

One of our recent publications is...

"How to Hire a Contractor"



Down load it here and share it with

Archi-fact:

Many people attend architectural school and decide to move on to other careers. Art Garfunkel of Simon & Garfunkel went to Columbia in NYC where he studied architecture, ultimately graduating with a degree in art history in 1962.

His song "So Long Frank Lloyd Wright" was about his days studying architecture at Columbia University.

Iconic Building Of The Month

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This month's Iconic Building is The Broadgreen Historic House in Nelson, New Zealand

The Broadgreen Historic House in Nelson, New Zealand, showcases the city's colonial beginnings. Built in 1855, it exemplifies an early colonial cob house. Architect W. Beatson designed the 11-room home for English settler Edmund Buxton, his wife and six daughters. A cut-away wall section reveals the technique of building with roughcast to protect the exterior and the plastering technique to smoothen the interior walls. The home sits on 100 acres, which suited Edmund's passion for gardening and farming. According to The Prow, Edmund likely planted oak trees to make acorn fodder for his pigs.

Another large family purchased the home and about half of the original acreage in 1901. Fred and Mary Langbein moved in with their six sons and two daughters. Fred picked up plant specimens during his travels contributing to Edmund's collection of budding new beginnings. Fred planted an orchard on 30 acres of the property.

The Nelson City Council purchased the property in 1965, offering public tours of the house and the land. The house is famous for its textile collection, including one of New Zealand's oldest quilts. The city council has continued Edmund and Fred's gardening efforts. Samuels' Rose Garden is named after the late S. J. Samuels. Officially established in 1968, it contains more than 3,000 plants such as Slaters Crimson China Rose, the first variety grown in the country. Broadgreen Rose Day is held every November when the roses begin to bloom signifying a brand new season, too.



Photo credit: Wikipedia



Above:
Main
Entrance

Left:
Entrance
from
Garden

Photo credit: Wikipedia



Photo credit: Wikipedia

Archi-Quote

As indicated in the Archi-Fact column, many people start out in architecture and move on to other careers. This is a line from Art Garfunkel's song "So Long Frank Lloyd Wright".

"So long, Frank Lloyd Wright
I can't believe your song is gone so soon
I barely learned the tune"

It is said the lyrics of this song are about his days at Columbia University while studying architecture.

A New Hobby, a Fresh Start

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purpose of each piece. That mindful train of thought, along with great patience, gave David an advantage.

Although, like many adults in his position, he suffered from stage fright. He wanted Simon to see his father work hard toward a new goal. But the fear startled him to the point of almost passing out in front of an audience. When he played in church, he says, I almost fell onto the keys. My eyes got blurry, like a windshield before you've turned on the wipers.

David has come a long way on his musical journey, accompanied by his son. Eight years later, the now 16-year-old Simon taught himself the saxophone. David learned some jazz chords, and together they play duets. If you're up for some fun mental exercise, learn a new instrument or pick up another hobby.



Scope out a new art gallery. Join a local art class and immerse your hands in wet clay. Once routines are established, branch out of your comfort zone.

A writer on Psychology Today reveals his devotion toward routines. Admittedly, though, his routines prevented him from savoring life to the fullest. He fell into the ultimate trap, boredom. Trying something new shows one's courage to face the unknown with open arms.

Archi-Speak

Can You Find These Things To Try?

Construction				Gardening				Music						
Quilting		Traveling												
P	Q	R	L	D	Q	W	D	J	H	C	A	I	R	R
D	T	S	Y	A	R	O	S	G	S	Z	H	R	G	V
S	G	F	M	S	X	I	X	Z	N	Y	C	E	Z	O
N	P	B	M	M	W	D	D	B	D	M	B	G	V	C
S	K	C	P	Y	A	E	I	E	F	R	H	V	Y	O
N	M	F	G	U	X	A	A	P	K	I	U	O	T	N
L	C	F	H	G	V	S	T	P	Z	M	P	J	T	S
E	B	L	S	A	G	T	P	E	Y	N	C	G	R	T
M	E	U	O	R	J	B	K	S	L	R	A	K	A	R
W	I	G	V	D	P	Q	N	Q	F	B	F	R	V	U
R	G	Q	D	E	N	S	L	C	I	S	U	M	E	C
L	V	X	G	N	I	T	L	I	U	Q	R	U	L	T
L	V	Z	M	I	B	J	Z	B	Z	B	W	X	I	I
Y	F	C	U	N	V	M	R	A	X	H	B	U	N	O
H	I	Y	Y	G	R	E	M	Q	M	F	M	E	G	N

It's a brand new day, every day.
Learn something new!

Ask M

In the James Bond books and movies the character "M" heads the Secret British Intelligence Service known as MI 6, of which James Bond is Agent 007. When contemplating adding on to your home or building, renovating or building a new home or building you should have someone like "M" on your side. Each month the "Ask M" column will answer a reader's question to place more information at your finger tips. **This month's question is...**

I would like to re-do my kitchen. If I want to do more home cooking, is there a minimum size I need?

Vance R.

Vance,

Some of the best chiefs work in very small spaces, and today there are more choices available for the sizes of appliances. So the short answer is that there is no minimum size. It depends on the size and number of appliances you need or desire.

Email your questions to info@designMgroup.com, and in the subject line type in "Ask M". We look forward to hearing from you and hope we can answer the questions to everyone's satisfaction.

Want to speak with the Architect

Do you have questions but do not know where to start?

Do you know the legal consequences of starting a project without approvals?

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Does the contractor really have YOUR best interest in mind when suggesting solutions?

Answering these questions and more are the reason for enlisting a Needs and Options Review.

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About

Marcus Marino, RA, AIA, NCARB
President



photo credit: Jenna Glatzer

Marcus Marino, RA, AIA, NCARB is a leading architect in New York City. He received a Bachelors of Architecture from the prestigious Pratt Institute and a Masters in the Science of Architecture and Urban Design from Columbia University Graduate School of Architecture, Planning and Preservation. He received his license to practice architecture in New York State in 1981 and is licensed in a number of other States. Marcus Marino has served on numerous Governmental Panels and serves as an expert consultant to other architectural firms and legal firms. He is the former Vice President of Public Advocacy of the New York State American Institute of Architects.

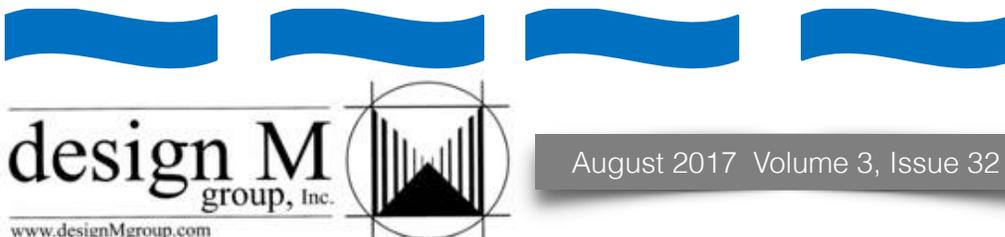
Our core beliefs are ...

Architects have a responsibility to our clients, community and the environment.

Architects should help provide information to our fellow world citizens about their homes, offices and the built environment in general.

Your Home should move you emotionally like your favorite song does.

Let Us Help You Build the Home You Knew Was Always There For You.



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