

## The Power of Consistency

Are you the kind of person who starts off strong but can't find the motivation to finish with the same focused effort? Do you find yourself beginning a massive project only to let it taper off and fade away in the background? Sometimes it seems like the things we do day to day don't have a large impact on the overall picture. However, small steps have the power to help us reach bigger goals, when you continue to consistently make these small actions.

Let me tell you a true story about a young woman named Angela. When she started on her book, she sat down to write every day. Often, she wouldn't get much accomplished. Some days she would just sit at her keyboard, writing what felt like nonsense. Other days the words flowed easily. On average she wrote between 250 and 300 words a day, not even a full-length article. One day she looked down and realized she'd written a total of 90,000 words. She was shocked! Her work added up and the first draft of her book was complete



photo  
credit  
the  
AMA

Although 200-250 words a day did not seem like a lot of progress, the fact was she consistently wrote every single day for a year, and that's what helped her accomplish her goal. And that kind of determination is the power of consistency. Think about it: is there something you can spend a small amount of time each day working on? If yes, a year from now, what will you have accomplished?

*continued on page two*

## january 2016 contents

The Power of Consistency	pg 1
Ionic Building of the Month	pg 2
Ask M	pg 3
Artifact	pg 1
Archi-quote	pg 2
Arch-speak	pg 3
About	pg 4

## 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 Prepare for Your Design Project"**



Down load  
it here and  
share it with  
your  
friends.

## Archi-fact:

### EIFFEL TOWER

The Eiffel Tower was design by Gustave Eiffel as the entrance for the 1889 Worlds Fair. Gustave Eiffel was also the structural engineer for the Statue of Liberty in New York Harbor.

# The Power of Consistency

*continued from page one*

Being consistent allows us to work our creative muscles. When you're doing something every day, it becomes a habit that gets progressively easier. Regular practice helps us to optimize our skills over time. Consistency builds trust and helps others to believe in us, knowing that we'll show up. Whether it's a weekly blog post, monthly newsletter or follow-up calls with clients, you can make it happen. Consistent follow-through gives you the power to accomplish great things by sticking with them day in and day out.

**Your challenge is to choose an ambitious goal that feels worthwhile, break it into manageable pieces or a regular routine, and follow through. Let us know what you choose, and how far your consistent effort takes you!**



*photo credit the AMG*

## Archi-Quote

"I ought to be jealous of the tower. She is more famous than I am."

Gustave Eiffel

**Note: Architects and engineers take their designs very seriously and personally, some more than others.**



*photo credits Wikipedia*

## Iconic Building of the Month

This month the Iconic Building of the Month is the structure the Eiffel Tower; (not really a building).

*From the desk of Marcus Marino, President:*

Each year in September my daughter and I start to discuss what building we will make a gingerbread house of for the office party. We have done Lincoln Center in NYC, the Main Branch of the NYC Public Library and the residence "Rising Oaks". This year we wanted to do something tall and came up with the following suggestions; the Eiffel Tower in Paris, The Trans America building in San Francisco, Big Ben in London, and the Empire State building in NYC. All are pictured to the right.

Decision time was the middle of December and we both agreed that this year it would be the Eiffel Tower in honor of our friends in Paris and the French People. We are joined together in "Liberty, Equality, Fraternity".

To our neighbors "across the pond" we say, Christmas greetings of peace and joy!



*photo credits: Google Images continued on page three*

# Iconic Building of the Month

*continued from page two*

**The process: a paper model, baking of the pieces, decorating and then the assembly.**



photo credits Design M Group

**As with all true gingerbread structures, it is entirely edible and rests on a wood cutting board for transportation purposes only.**

The Eiffel Tower designed as the centerpiece for the 1889 “Exposition Universelle” a world’s fair that would celebrate the centennial of the French Revolution was the work of Gustave Eiffel and this company’s chief architect Stephen Sauvestre. One of the most recognizable structures in the world, it is the tallest structure in Paris reaching 1,063 feet tall, about the same height as an 85 story office building.

photo credits Design M Group



## Archi-Speak

**Can you find the cities with the tallest skyscrapers?**

- |        |               |          |
|--------|---------------|----------|
| DUBAI  | NEW YORK CITY | MECCA    |
| TAIPEI | HONG KONG     | SHANGHAI |

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

## 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 you 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.**

What should I be looking for in an architect?

*Claudia K.*

**Claudia,**

**You want an architect that understands you and what will make you happy. You also want to be speaking with the person who will actually be the designer of your project. Seek our an architect you feel comfortable with and who you believe cares as much about your project as they would their own home.**

Email your questions to [info@designMgroup.com](mailto: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?

Are you sure you have completed all of the research necessary so as not to waste your money and time during construction?

Are what you think are your NEEDS and OPTIONS truly the best for you and your future?

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.

We can help you on your way to a successful project with less hassles and problems.

Visit: [www.designMgroup.com](http://www.designMgroup.com)

## About

Marcus Marino, RA, AIA  
President



photo credit: Jenna Glatzer

Marcus Marino, RA, AIA 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. Presently he serves as the 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.**



January 2016 Volume 2, Issue 13

## Contact

[info@designMgroup.com](mailto:info@designMgroup.com)

212.203.9341

138 West 25<sup>th</sup> Street, 10<sup>th</sup> Floor

New York, NY 10001-7470

[www.designMgroup.com](http://www.designMgroup.com)