

## Founding a Life-Long Friendship

Friendships transform lives. A solid friendship is built on trust, loyalty and communication. Good friends understand each other's essence. In times of trouble, a life-long friend provides the buffer needed to bounce back. Yet as we invest in career and marriage, friendships tend to get put on the back burner. Balancing all three is possible, and necessary, in order to build a strong foundation for your life.

A common regret in old age is having lost touch with friends. Perhaps moving to a new state, or even a new town just a couple hours away, triggers disconnect. Lifestyle differences constantly repel even the most intimate friends when one embarks on a career that takes her halfway across the globe and the other settles into a family of five. That constant battle of career vs. relationships permeates our society, but they are not exclusive; each can benefit the other. Feeling motivated to be a good friend cultivates meaningful relationships in the workplace. Most of all, it's about staying in the "relationship mindset" -- that you have relationships and are willing to invest yourself in them.



photo credit: [pixabay.com](http://pixabay.com)

Despite the challenges, maintaining friendships is important for emotional and physical well-being. Someone with close ties is less likely to catch a cold or suffer from minor stress, according to the Harvard Business Review. Maintaining strong relationships is even associated with decreased mortality, lowering risk by 50 percent. So, rather than spend big bucks on a Laughing Retreat among strangers (unless it's new friends you are seeking), crack jokes with your best bud. Clearing space for friendship is actually a form of self-care.

### november 2017 contents

Founding a Life-Long Friendship	pg 1
Ionic Building of the Month	pg 2
Ask M	pg 3
Archi-fact	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 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.*

Ice Cube is one of the founding artists of gangster rap and much of his musical output has contained harsh socio-political commentary.

However Ice Cube started adulthood out by attended the Phoenix institute of Technology where he studied architectural drafting

# Iconic Building Of The Month

**This month's Iconic Building is The Capital Gate of Abu Dhabi:**

Capital Gate in Abu Dhabi stands (and leans) proudly in the heart of a cultural hub. UK-based architecture firm RMJM designed the 160-meter tower, which opened on December 21, 2011. With an inclination of 18 degrees, it leans more than four times as much as the Leaning Tower of Pisa. The firm's Dubai Principal Neil van der Veen said, Abu Dhabi was showing we can do anything, and we can do even more than anything.'

Connecting modern engineering with traditional Arabic architecture style, Capital Gate welcomes the new and honors the old. In line with the city's innovative spirit, it includes 15,000 square meters of office space on the lower half, where international business deals are settled. From level 18, the tower creates a wave-like effect linking to the National Exhibition Centre. The upper half accommodates the Hyatt Hotel. The tower faces westward on the Persian Gulf, an ideal location for strengthening relationships among the east and west.

In addition, 490 piles of reinforced steel maintain a solid foundation. It upholds a stunning facade comprised of 12,500 triangular glass panes and 720 diamond-shaped sections that are lit at night. The Cardinal facade restricts solar heat. The design won Best Overall Project and Best Commercial/Mixed Use Project at the 2011 Dubai Cityscape Awards. The Guinness Book of Records certified the tower as the furthest leaning man-made structure in the world.



*photo credits:*

*Top:*  
*i.vimeocdn.com*

*Bottom:*  
*c1.staticflickr.com*



*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 Ice Cube's video for the exhibit called "Pacific Standard Time: Art in L.A. 1945-1980" in which he presented a video tour of the Eames House, while attending the Phoenix Institute of Technology.

"In a world of McMansions where the structure takes up all the land, the Eames made structure and nature one"... "This is style bitch – believe that."

# Founding a Life-Long Friendship

*continued from page one*

To foster a lasting friendship, carve out the time. Focus on the common interest that brought you together in the first place. If you have always enjoyed going hiking, then schedule it, make it happen. Also respect each other's boundaries and opinions. If you felt as though she was your reflection in the mirror, your relationship would be boring. Embrace the differences that make you grow into better-rounded people. As uncomfortable as it may feel at times, speak openly if there's a growing barrier between the two of you. Speak now, or it may be too late.

Balance is the founding principal. Share the highs, lows and everything in between ... stay in the loop about the day-to-day tasks, like how many tomatoes you harvested or the stack of dishes awaiting you in the kitchen. It's easy to get caught up in depressing news with a close friend who is a good listener.

However, sharing exciting news, in great detail, is equally important to creating a balanced friendship. Journaling about a positive experience is a proven way to heighten happiness. For your friend, write a gratitude letter explaining why you're grateful for the relationship.

One obstacle in the way of establishing lasting friendships is that our perspective is changing. You may attract 1,000+ friends on social media, but few to none in real life. Avoid the tendency to hide behind screens that do not allow for key communication channels, such as body language and sometimes you need to reach out and hug a friend, and that just can't be done with an emoji.

## Archi-Speak

Can you find these elements of a strong foundation?

**Brick**                      **Concrete**                      **Slab**  
**Connection**                      **Stone**

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

We are in the middle of adding on to our home. During construction the architect said we had to rebuild part of the foundation wall. Should he have known that before we started construction? This has increased our costs.

*George S.*

George,

An addition to a home is much more difficult in many ways to designing a new building. There are many issues hidden behind walls that are just not obvious even when a building is measured and analyzed from top to bottom. This is why we always recommend at least a 10% contingency in all construction budgets. Some times you just do not know what you do not know when it comes to what is behind walls and the condition they may be in.

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, 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.

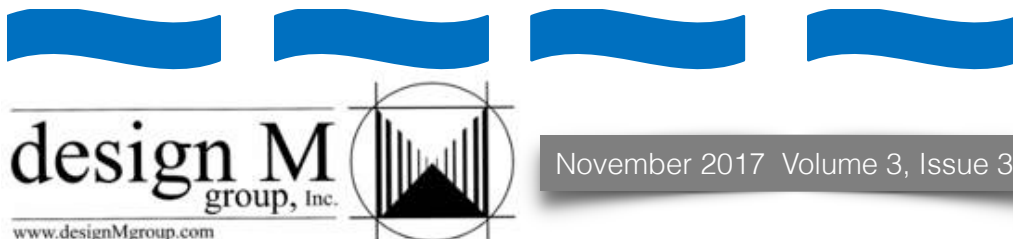
## Our core beliefs are ...

**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.**



November 2017 Volume 3, Issue 35

## Contact me !

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

TOLL FREE

877 - SO Love My Home  
877 - 765 -6836

Nationally Certified through  
NCARB