

The Art of De-cluttering

Dusting is an act. De-cluttering is an art. Minimalist living has swept the nation, and the world, with a desire for freedom. This feeling extends beyond the home; releasing negative energy in the form of material things makes room for meaningful experiences. Marie Kondo has inspired millions with her book. The Life-Changing Magic of Cleaning Up: The Japanese art of de-cluttering and organizing. As you sort through your belongings, she encourages you to pause. Does this object spark joy?

This mindful practice is known as the Konmari Method, a combination of the author's first and last name. Say you glance at your kitchen shelves and think, wow, I have one too many tea pots. The search continues -- how many serving spoons does one household truly need? Marie Kondo would guide you to first sort, then make a donation pile. Thank the donation pile (and the trash pile if it comes to that) for serving you well. Then store the items that bring you joy. Other tips: tidy by category, and save the most sentimental objects for last because your decision-making skills will sharpen throughout the process. Also, she insists doing a little bit at a time is a total myth. Do it all at once and without music playing in the background; focus on your inner dialogue.

Photo credit: pixabay



How we form relationships with our material things changes those in other aspects of life. Kondo awakens [her clients] to feel better energy, according to the Washington Post. A tidy environment motivates you to do the dishes quickly and make time for other activities. Yet, even in one's lifestyle, less is more. Another organizing guru told US News about a client who stored her own saxophone and her mother's guitar.

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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"



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Archi-fact:

The Farnsworth House was completed in 1951 at a cost in present dollars of \$650,000.00 for 1,500 square feet of living space or about \$400 per square foot.

This was 25% over budget. There are many reasons why construction costs can be higher than the estimate prior to construction. It is typical today to include a 10% contingency in estimates for unanticipated costs.

Iconic Building Of The Month



Photo credit: Staticflickr

The Farnsworth House - Piano, IL



Photo credit: Staticflickr

The Farnsworth House is known as the original glass house. Designed by Ludwig Mies van der Rohe in 1945, the German architect pioneered the idea of the modern home. Dr. Edith Farnsworth is the client who made it possible. A Chicago nephrologist, she desired a weekend home built on her 10-acre wooded property near the Fox River. Mies van der Rohe and his client developed a close relationship. After all, she made it possible for him to create a building that was the first of its time. An inspiration for minimalism, the design achieves the seamless views many modernist architects strive for today.

The 1,400-square-foot home was completed in 1951. Each aspect exhibits the architect's passion for simplicity. He adopted the phrase less is more and insisted that the concept for the home be almost nothing. Therefore, the roof is made of a steel framed, concrete slab, and another slab covered in heated travertine marble for the floor. In between, a thin membrane of glass constructs the walls -- revealing a picturesque view of the trees, water and sky.

A single tube contains all of the utilities, as it descends from the home's center into the ground. Raised 5 feet 3 inches off the ground, this elevation was meant to protect it from flooding. The concept was that the house would float. Lord Peter Palumbo bought the home two decades later, and after a lengthy bidding auction, Landmarks Illinois and the National Trust for Historic Preservation purchased it in 2003.



Photo credit: wikipedia

Archi-Quote

The most well know quote of the great architect Ludwig Mies van der Rohe is of course **“Less is more”**. However my favorite quote of his, has much more meaning to me as this is how I approach every architectural commission and my life in general as I believe life is better for everything with greater unity. His quote which is the most favorite of mine is...

“We should attempt to bring nature, houses, and human beings together in a higher unity.”

Ludwig Mies van der Rohe

The Art of De-cluttering

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She admitted she'd never play the saxophone again, and because her mother had passed away, made keeping the guitar a priority. Now she's taking guitar lessons!

In with the new, and out with the old. Releasing unneeded burdens allows for space to breathe, for possibility. The art of tidying up is a form of self care. Self care is health care -- expressing gratitude for the items before you bid them farewell massively improves mental health. Likewise, donations invite positive energy. A sense of community adds years onto a

lifespan. Studies even show if you lose weight on your bookshelf, you'll lose weight on your body, too. So take a page from Kondo's book and scrapbook it into your life. Make a storage room your sanctuary instead. One serving spoon to wash means more time to cook with those fresh ingredients you've always wanted to grow in your windowsill. Hang on to one large tea pot, instead of the many small ones, to share with party guests. Kondo says, "Tidying ought to be the act of restoring balance among people, their possessions, and the house they live in."

Archi-Speak

Can you find these aspects of a "mind full living" life?

Exercise	Journaling	Meditation
Observation	Reflection	

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

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...**

The kitchen in my house is very small almost an efficiency kitchen. I would like to enlarge it by enlarging the house to the side. What are some concerns I should keep in mind as we plan this out.

Sybil B.

Sybil,

A licensed architect can help you with this. However some of the things you should be thinking about are as follows....

- A. What is the solar exposure on that side of the house?
- B. Is there a direction from the house which has a better view?
- C. Do you want to entertain in the kitchen or should it be more functional?
- D. Would you like a table to dine at tin the kitchen?
- E. What appliances would you like in your new kitchen.

There are of course many more to think about but then again that is what architects are for. Good luck.

M

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

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About

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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.

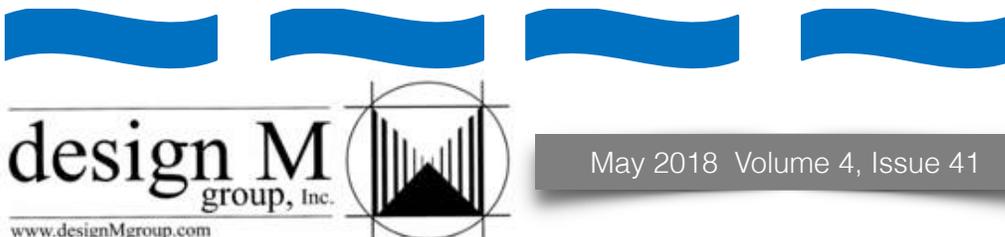
Our core beliefs are ...

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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