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***Things To Do Around Ventura County***

**Sail Channel Islands  
with Captain Dan**  
805.750.7828

**Island Packers  
Whale Watching**  
805-642-1393

**Ojai Valley Bike Trail**  
9 miles  
805 654-5000

**Ventura Pier and  
Promenade**  
750 Harbor Blvd  
Shop, Eat and Sightseeing

**Commemorative Air  
Force So. Cal. Wing  
Museum**  
Camarillo Airport

**Mullin Automotive  
Museum**  
1421 Emerson Ave  
Oxnard

**Kindness for the New Year**

If you're like many others at this time of the year, you are thinking about a new year's resolution. Most of the time these resolutions come with the best of intentions to better your life and create a happier new year. Well here's an idea for a resolution that is easy to accomplish and guaranteed to bring you happiness as well others around you.

**A Simple Act of Kindness...****From Psychology Today:**

*Why do random acts of kindness increase a person's sense of happiness? Because kindness can promote gratitude. You are kind to others in need; having that awareness then heightens the sense of your own good fortune. Kindness promotes empathy and compassion; which in turn, leads to a sense of interconnectedness with others. Kindness can forward the will to live in depressed individuals who feel isolated and different; that is why performing volunteer work is so powerful. When you feel connected with others, you lessen alienation and you enhance the sense that we are more similar than dissimilar in our experiences. Feeling connected melds us together rather than divides us. Kindness is potent in strengthening a sense of community and belonging.*



*Kindness is a habit of giving—of wanting to lift burdens from others or to merely provide a helping hand or a shoulder to cry on. It humanizes us; it lifts us spiritually. And it is good for us.*

*Interestingly, the simple witnessing of others being kind can release the same "feel good" chemicals that engaging in an act of kindness can produce. However, one can yield a greater benefit by being the performer of acts of kindness. Look for opportunities to be kind and count your acts of kindness. You will experience the rewards almost immediately. One act of small kindness can release an enormous chain of positive events. The miracle of kindness is that it is contagious and something we should all want to pass on and spread to many others.*

## Welcome to Ventura Management

Tami Martin  
& Family



Happy 2023  
From all of us at  
Ventura Management

- *Need to buy or sell your home? Ask how we can save you thousands!*
- *Know someone who needs help with property management. We can help!*

*Chris Marsh has been in the real estate business and serving the Ventura County area for over 25 years. He is well versed in all types of real estate matters*



**ChrisMarsh**  
805 630-4925



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### Kindness for the New Year (Cont.)

Most of us get caught up in our own lives and the daily busyness that we put on ourselves, forgetting that the simplest of things can make the most significant impact on someone else. Simply by paying someone a compliment, paying for a meal or even just a smile. Throughout the year, look for easy ways to do a random act of kindness. Just think how different this world would be if everyone took a few minutes out of their week to do something nice for someone else. Start today and make someone's day better as well as your own.



Small acts of kindness resonate in all our lives. Here are a few examples of things you can do:

- Letting someone cut in front of you in a traffic jam.
- Stopping to talk with an elderly neighbor, even though you are in a rush.
- Lending a helping hand to a co-worker who's behind on their project, even though this means that you will have to stay late at work.
- Giving a gift certificate for a dinner out to a couple that you know is facing hard times.
- Give a stranger a compliment
- Help an elderly person with their groceries
- Send a handwritten letter to someone instead of a text.
- Take the time to listen to someone.
- Give up your seat to another person.



The possibilities are endless and will brighten the day for someone as well as yourself.

### January Quote:

*New Year - a new chapter, a new verse, or just the same old story? Ultimately we write it. The choice is ours.*

.... Alex Morritt

Member of the National Association of Residential Property Managers

