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## Happy New Year! Possible New Year's Resolutions...

- Walk a mile a day.
- Snail mail a letter to family or friends, near or far once a week.
- Try a new recipe or food once a month.
- Pick a new language and learn 3 new words each day.
- Start a journal and write one line a day.
- Learn a new instrument.

## Why Do We Do That?

Ever wonder why we say or do some of the things we do. Things we do without even thinking about it. They've become second nature to most of us but you may be very surprised about how these acts began, what they mean or how they differ from country to country. So here are a few random acts I've wondered about, I've read up on them and thought I would share them with you.

### Cheers

It is believed that clinking glasses was done during toasts, because sound helped to please all five senses, completing the drinking experience. Drinking is also a coming together of friends, so by physically touching glasses, drinkers become part of a communal celebration.



### Bless You / Gesundheit

In English-speaking countries, the common verbal response to another person's sneeze is "bless you". One of the symptoms of the plague was coughing and sneezing, and it is believed that Pope Gregory I (Gregory the Great) suggested saying, "God bless you" after a person sneezed in hopes that this prayer would protect them from an otherwise certain death. The expression may have also originated from some superstition.

A less commonly used term in the United States and Canada is "Gesundheit", the German word for health.

### The Handshake

The handshake has existed in some form or another for thousands of years, but its origins are somewhat murky. One popular theory is that the gesture began as a way of conveying peaceful intentions. By extending their empty right hands, strangers could show that they were not holding weapons and bore no ill will toward one another. Some even suggest that the up-and-down motion of the handshake was supposed to dislodge any knives or daggers that might be hidden up a sleeve. Yet another explanation is that the handshake was a symbol of good faith when making an oath or promise. When they clasped hands, people showed that their word was a sacred bond.





## Welcome to Ventura Management!

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(Why Do We Do That? Cont.)

### Thumbs Up!

This was surprising. There's even an emoji for thumbs up, but the affirming gesture of giving of a thumbs up is not universal. It is actually akin to raising your middle finger in places like Australia, Greece, and the Middle East. It's probably best to just use your words — especially in business transactions.

### Tipping

The custom originated in Europe, and while its history is not entirely clear, it is commonly traced back to 17th century England. The word "tip" is speculated to be an acronym for "To Insure Promptitude," which was printed on bowls in British coffeehouses. What is today considered a given started as a purely aristocratic practice — a mere "allowance" that the upper class would offer to the socially inferior.

### Wedding Rings

In many Western cultures, the ring finger is designated as the fourth finger on the left hand. The tradition of wearing a wedding ring on this digit originated from the belief that this finger has a vein running directly to the heart.



### Yes or No

In the US, we think it's universally known that shaking your head from side to side clearly means "No," while nodding the head up and down means, "Yes." The same goes for China, Canada, Mexico, and most parts of Western Europe, Africa and the Middle East.

But, there are some exceptions. Pay close attention when interpreting body language while you are traveling in other countries. In Greece, for example, tilting the head first to the left and then to the right means, "Yes." Tilting the head up and back means "No."

Similarly, in Bulgaria and Albania, a head shake means "Yes" while nodding means "No." Residents of Saudi Arabia shake the head to say "Yes" and tip the head back to say "No." And in Iran, dipping the head down indicates, "Yes" while jerking the chin upward means "No."

### January Quote:

*I think it's like a relay race. You run, and you hand over the baton, and your kids pick it up. They take the stuff they want, throw the rest away, and keep running. That's what life is about.*

*.... Billy Crystal*

Member of the National Association of Residential Property Managers

