

Portobello Massage Newsletter

January 2012

Dear lovely Clients

Welcome to the January 2012 edition of the Portobello Massage Newsletter! I wish you and yours all the best for the year ahead - health, happiness and prosperity. Thank you for your kind words, encouraging comments and general all-round fabulousness (as well as continuing patronage!).

The past year sure brought a lot of changes and the new year will no doubt do the same. Change is one of those things we can all count on, no matter how settled or permanent things may seem. So much about change is how we react to it.

I'm one of those people who like to make resolutions. Most of my resolutions are achievable and boil down to doing more of the things I like and less of the things I don't like. What are your intentions for 2012? What will you bring to help make things better than how you found them? How will you approach the tabula rasa of a new year?

Stretch of the Month!

A new feature for 2012 is the Stretch of the Month. So many clients can benefit from stretching after exercise and stretching between massages. Every month I'll write up a new stretch and you'll be able to refer to the previous newsletters on the Portobello Massage website on the Contact page.

First massage for 2012 - the trapezius. The trapezius is the muscle that connects from the base of the skull to the far corner of the shoulder and then down about 1/3 of the way down the back. The trapezius often holds tension and trigger points that can cause pain up into the neck and head and down the shoulder.

1. Upper trapezius: Bend the head toward the unaffected side, pressing the head forward to lift the occiput (bony base of the back of the skull). Lean the ear toward the shoulder on the unaffected side. While holding this position, grasp the wrist of the arm on the affected side behind the back and pull slightly toward the side of the bend. The muscle on the affected side will receive the stretch.
2. Middle and lower trapezius: Sitting in a chair, bend forward, head dropped. Cross each arm over the body to grasp the opposite knee.

Positive thoughts

'I am a great believer in luck, and I find the harder I work the more I have of it.' - Stephen Leacock

'Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious.' - Bill Meyer

'Happiness comes from our circumstances and our attitude. If you can't change one, try something to improve the other!' - Action for Happiness

The groan worthy joke

After every flight, pilots fill out a form called a gripe sheet which tells mechanics about problems with the aircraft. The mechanics correct the problem, document their repairs on the form, and then pilots review the gripe sheets before the next flight. Never let it be said that ground crews lack a sense of humour. Here are some maintenance complaints submitted by pilots and the solutions recorded by maintenance engineers. By the way, the airline these came from is the only major airline that has never, ever, had an accident.

Pilot: Left inside main tire almost needs replacement.
Engineers: Almost replaced left inside main tire.

Pilot: Test flight OK, except auto-land very rough.
Engineers: Auto-land not installed on this aircraft.

Pilot: Something loose in cockpit.
Engineers: Something tightened in cockpit.

Pilot: Dead bugs on windshield.
Engineers: Live bugs on back-order.

Pilot: Autopilot in altitude-hold mode produces a 200 feet per minute descent.
Engineers: Cannot reproduce problem on ground.

Pilot: Evidence of leak on right main landing gear.
Engineers: Evidence removed.

Pilot: DME volume unbelievably loud.
Engineers: DME volume set to more believable level.

Pilot: Friction locks cause throttle levers to stick.
Engineers: That's what friction locks are for.

Pilot: IFF inoperative in OFF mode.
Engineers: IFF always inoperative in OFF mode.

Pilot: Suspected crack in windshield.
Engineers: Suspect you're right.

Pilot: Number 3 engine missing.
Engineers: Engine found on right wing after brief search.

Pilot: Aircraft handles funny.
Engineers: Aircraft warned to straighten up, fly right, and be serious.

Pilot: Target radar hums.
Engineers: Reprogrammed target radar with lyrics.

Pilot: Mouse in cockpit.
Engineers: Cat installed.

Pilot: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.
Engineers: Took hammer away from midget.

Thanks Stewart!

Please remember to [pass this newsletter on](#) to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under Contact. Please remember that [gift vouchers](#) are always a popular gift, especially with Orthodox Christmas coming up.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage facebook page, available here - <https://www.facebook.com/pages/Portobello-Massage/113986212000675?ref=ts>

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

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