

# Portobello Massage Newsletter

July 2016

Hello lovely clients

Welcome to the Portobello Massage newsletter for **July** - and happy Canada Day!

Just over ten years ago I qualified as a massage therapist and Portobello Massage started up nine years ago. As of next month I'll be back in my old flat more in the heart of Portobello. I still have the same thrill that I had when I did my first massage that I was tangibly helping someone. I'm grateful for this work and especially grateful for such wonderful clients. Thank you all.

## Positive Thoughts

All of this month's thoughts come from Canadians you might not know.

"An educational system isn't worth a great deal if it teaches young people how to make a living but doesn't teach them how to make a life." - David Suzuki

"Sooner or later, I hate to break it to you, you're gonna die, so how do you fill in the space between here and there? It's yours. Seize your space." - Margaret Atwood

"A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be." - Wayne Gretzky

"Everybody experiences far more than he understands. Yet it is experience, rather than understanding, that influences behaviour." - Marshall McLuhan

"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world." - Jack Layton

## Groan-worthy jokes

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

What happens to a frog's car when it breaks down?  
It gets toad away.

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Q: Can a kangaroo jump higher than the Empire State Building?  
A: Of course. The Empire State Building can't jump.

Q: Did you hear about the kidnapping at school?  
A: It's okay. He woke up.

I look forward to seeing you soon!

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