

Portobello Massage Newsletter

June 2013

Dear lovely Clients

Hello and welcome to the June edition of the Portobello Massage Newsletter!

I still feel a little wary of saying it (out loud, as it were) but *perhaps* the season has changed from chronic winter. This past weekend was lovely which is why this newsletter is a couple of days late. The sun was shining and I just had to get out in it.

I really love June. To me it still represents the last month of school, the summer solstice, Canada Day and the summer holidays almost within touching distance. Those summer holidays meant a time for adventure, new things to try, new skills to learn and projects that I wanted to do rather than my teachers thinking it would be good for me to do.

What are you going to do with this time of the year? Have you been enjoying the light nights, going for strolls rather than settling down in front of the television? Just close your eyes for a moment and think about what you would like to do. What's stopping you?

Handy Tip

Give up multitasking for a day. Try mono-tasking. Try focusing on the one thing you're doing at any one moment. See if the experience is richer, if you do it better, if you feel less frenetic. Just for one day.

It's a little bit radical but life is short and is meant to be savoured.

Positive thoughts

"It's a lie to think that you're not good enough. It's a lie to think that you're not worth anything. You are beautiful just the way you are." - Nick Vujicic

"As I walked out the door toward my freedom, I knew that if I did not leave all the anger, hatred and bitterness behind, that I would still be in prison." - Nelson Mandela

"The best time to plant a tree is twenty years ago. The second best time is now." - Chinese proverb

"We can always begin again." - Jack Kornfield

The groan worthy jokes...

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit."

"And why not, darling?"

"You know that it always gives you a headache the next morning."

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"

While taking a routine vandalism report at a primary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?"

"Yes," I answered and continued writing the report.

"My mother said if I ever needed help I should ask the police. Is that right?"

"Yes, that's right," I told her.

"Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked.

"It sure is," I replied.

Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

While working for an organisation that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

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.

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](#).

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

Enjoy!

Ann Milović

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847