

# Portobello Massage Newsletter

May 2012

Dear lovely Clients

Happy May Day and welcome to the May 2012 edition of the Portobello Massage Newsletter!

I've been thinking a lot lately about connectedness. I've written a few times about how the body and mind are connected and how the whole body is connected and acts as a single organism. Scotland's Chief Medical Officer, Dr Harry Burns, has spoken publicly about the importance of being connected socially for good health. I'm not through thinking about this topic, but in the meantime I thought I would attach this article that I posted on the [Portobello Massage Facebook page](http://www.portobellomassage.com/facebook). I think it's worth reading and I hope you think so, too.

<http://www.yesmagazine.org/issues/sustainable-happiness/10-things-science-says-will-make-you>

## Stretch of the Month!

Ok, this month's stretch is for the lovely levator scapulae, which helps raise your shoulder blade. Sometimes sore necks and shoulders are often tight levator scapulae.

- Turn your head to one side until your nose is in line with your nipple (you know you'll remember this one!).
- Put the hand on the side you've turned to on top of your head.
- Breathe in and on the out breathe gently pull your head downwards towards your nipple until you feel a stretch.
- Hold for 15 to 20 seconds.
- Repeat on the opposite side.

Please try it and let me know how you get on. This is the fifth time we've had a stretch of the month. Please remember that if you're interested in looking up the previous stretches, they can all be found in the newsletters in the contact section of the Portobello Massage website.

## Positive thoughts

"Feeling gratitude and not expressing it is like wrapping a gift and not sending it." - W.A. Ward

"You can cut all the flowers... but you can not keep Spring from coming." - Pablo Neruda

"If you haven't grown up by age 50 you don't have to." - Unknown

"The only disability in life is a bad attitude." - Scott Hamilton

## The groan worthy joke

My lovely friend Stewart sent this my way and someone sent it his way. I don't know if it's true but I hope it is!

"Shown below, is an actual letter that was sent to a bank by an 86 year old woman. The bank manager thought it amusing enough to have it published in the Times.

Dear Sir,

I am writing to thank you for bouncing my cheque with which I endeavoured to pay my plumber last month.

By my calculations, three nanoseconds must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it.

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account £30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, - when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by cheque, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an OFFENSE under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contact which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public figure, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further.

When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALLING, PRESS THE STAR (\*) BUTTON FOR ENGLISH

#1. To make an appointment to see me

#2. To query a missing payment.

#3. To transfer the call to my living room in case I am there.

#4 To transfer the call to my bedroom in case I am sleeping.

#5. To transfer the call to my toilet in case I am attending to nature.

#6. To transfer the call to my mobile phone if I am not at home.

#7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.

#8. To return to the main menu and to listen to options 1 to 9

#9. To make a general complaint or inquiry.

The contact will then be put on hold, pending the attention of my automated answering service.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client"

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](#).

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

Enjoy!

*Ann Milović*

[www.portobellomassage.com](http://www.portobellomassage.com)

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