

Portobello Massage Newsletter

November 2015

Dear lovely Clients

Hello and welcome to the **November** edition of the Portobello Massage Newsletter.

What a gorgeous month we've had! I can hear my inner voice saying 'and about time, too!' which I can not argue with. Hey, none of us can change the weather so we might as well enjoy it. As I'm typing the sun is shining, there's warmth in the air and there is a warm croissant in my future. It's pretty easy to feel content and happy with those little blessings.

This month presents a challenge for me. Many of you know I'm a vegetarian because I like animals. I'm trying to raise funds to help re-home four lions that were rescued from a circus in Belgium to come live at the Five Sisters Zoo in West Lothian. I'm not fond of zoos but this particular zoo has a good track record in rescuing animals, for example from circuses where they have been mis-treated, and giving them a home. These lions have recently been moved to the Five Sisters Zoo but will need ongoing funding to help keep them. I don't know what the average lion eats in a day, but I imagine it's not a small tin of cat food.

Many people raise money by running or doing something sensible. I'm going to walk over **burning hot coals**. Yes, you read that right - **burning hot coals**. So, if you are so inclined, please do sponsor me here - <https://crowdfunding.justgiving.com/annie-milovic> Both the lions and I will really appreciate it!

Positive Thoughts

'A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special.' - Nelson Mandela

'Do stuff. Be clenched, curious. Not waiting for inspiration's shove or society's kiss on your forehead. Pay Attention. It's all about paying attention. Attention is vitality. It connects you with others. It makes you eager. Stay eager.' - Susan Sontag

'I am so clever that sometimes I don't understand a single word of what I am saying'. - Oscar Wilde

'I did then what I knew how to do. Now that I know better, I do better.' - Maya Angelou

'It is not that I'm so smart. But I stay with the questions much longer.' - Albert Einstein

The groan worthy jokes...

Last month I received a letter of complaint from a long-time reader of this newsletter. He pointed out that I did not provide groan worthy jokes but rather only one joke. So for you, David, feast upon these!

There's a bloke in my branch who's so old that when he was a kid the Dead sea was only ill.

I was walking along the beach today, when I stopped to throw pebbles in the sea. The wife will go mad, she loved that dog.

Apparently sharks attack bankers before lawyers - when I asked a shark why this was the case he said they believed in business before pleasure.

Why don't sharks attack bankers? Professional courtesy.

A fish approaches the loan shark with an ill looking octopus. "Here's that sick squid I owe you...."

I've been advised to stop eating fish on medical grounds. Apparently I'm putting off the others in the waiting room.

What is a fish's favourite gangster movie? The Godfather.

Have you heard about the restaurant that caters exclusively to dolphins?... It only has one customer, but at least it serves a porpoise.

Two fish went to a dance and one of them pulled a mussel.

What lies at the bottom of the ocean and twitches? A nervous wreck!

A man walks into a bar and says ouch!!... it was an iron bar.

Went to see a sad film the other night and the guy behind me started wailing. I ended up with a harpoon in the back of my head.

Why do pirates wear hats? To keep the buccaneers warm.

What is a blue whale's favourite James Bond Film? License to Kill.

A guy goes ice fishing. Heard a voice. "There's no fish there". Gets up, goes a few feet further. Digs a hole and starts fishing again. Again, he hears the voice. "There's no fish there". The guy looks up, "Is that you Lord?" "No," said the voice. "It's the Manager of the ice rink."

Please pass this newsletter on to someone you think may enjoy it. Maybe together we can help someone smile!

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

Enjoy!

Annie Milović

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