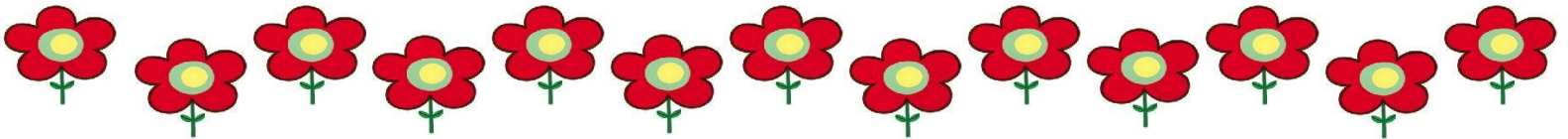


princesschronicles

September 2008



How it all began... It started in a one-room apartment with the idea to send a couple of friends an update of what was going on in life. Somehow, without knowing it, the idea for that update evolved into a newsletter and it took off into space. What was meant for two people wound up going to 25. The next month the list grew to 50 recipients and by the third month the Princess Chronicles were being mailed to over 150 people across the globe including Her Majesty, Queen Elizabeth II. And so the popularity and interest grew. For personal reasons the Chronicles and subsequently our Headquarters were placed on hold for five years. This was a time of change. A geographical move, a chance meeting with a future husband, a wedding, and now two children later... ***it's time to bring the Headquarters to order!***



So here we are and **Here's the Thing...** Welcome back to the Chronicles! If you've been a previous recipient or if you are new at the Headquarters, Welcome to the Party!

Does the first letter from the editor in five years consist of the theme of change, the theme of starting a relationship, the theme of marriage, the theme of children or just the one theme of what in the hell happened to me?!

Do you remember the World's Shortest Fairy Tale?

'Once upon a time, a guy asked a girl, "Will you marry me?". The girl said "No" and she lived happily ever after and went shopping, drank martinis with friends, always had a clean house, never had to cook, had a closet full of shoes and handbags, stayed skinny, and was never farted on. The End.'

I can boast outwardly that I used to be that Princess. Ahhhh, I love my previous life. Not that I've gone into my latest part of life kicking and screaming but I've certainly had to make a lot of choices along the way. Am I happy with the changes and choices and the evolved Princess I have become? Hell ya! I love my life. A lot. From the beginning, the philosophy, or mandate if you will, for Princess Headquarters has been:

Any Princess will have a quiet confidence, charm, love, elegance and a lofty sense of humour. She will work her mind and body with an unbreakable integrity. She will play intensely with a passion for fun and adventure. She will face all challenges in her life with open acceptance.

With all of these components she will live life to the fullest...Carpe Diem! Remember that every day is a new opportunity. Embrace the changes and the sameness. And keep that sense of humour close by...you're gonna need it!

Princess Tess



Home Spun Spaahhh!



Time is getting more and more slim with life getting more and more busy. Now hang on a second...let's keep things in perspective! We're talking about **SPA** treatments here. Remember what's important. Even if you only have ten minutes one night left over for yourself here are some spa treatments that can be easily administered at home.

Face mask: Even a ready made treatment out of the packet can be put on a clean face, left for ten minutes and then rinsed away with warm water.

Nails: Either fingers or toes. Trim your nails in no time flat. Slap some polish on those nails and if you've got a finishing polish or instant dry this will make the procedure that much faster. If all else fails, take a bath. A hot, soothing, relaxing **BATH**. Don't you feel better already?

The Drinks Are On Me!



So we're almost at the end of summer and you're looking for something new to sip that might be refreshing and satisfying to your palate. Why not try something easy like a Vodka Tonic? Squeeze some lime in there and you've got a tasty treat on a hot summer day. If you feel the need to be fancy...build it like a **martini!**

Kids Corner

The secret to getting it all done with kids in the house!

You don't. Keep your daily "To Do" list short, simple and achievable. Don't beat yourself up if you don't get everything done. What you will notice is that although a housekeeping task didn't get done it was replaced with laughing with your children over the tickle session that sprung up while playing **peek-a-boo**.



Linen, time well spent?

Would someone please tell me what the deal is behind the linen department? The deal being...how is it that anyone finds anything?!?!?! It is not possible to be "in and out" of a linen department. I absolutely have to be prepared for extra time needed. Why? Great question, I'm glad you asked. If you have asked that question then you haven't been in the linen section. Ever.

The problem with the linen department is that it is divided into brand names. When going in to the linen department we aren't necessarily looking for a brand name. Don't get me wrong, some people are looking for the brand name but these people will ultimately have the same issue I have. When I go to the linen department I go there looking for a particular size of linen. End of story.

My most recent visit had me searching for twin size sheet sets for my soon to be twin size bunk beds going in my sons' room. So why is it impossible for me to go to the linen department and find the section for Twin size linen? Why? Why can we not have the sizes on the sign posts instead of the brand names?

So I start with a brand, try desperately to find the size I need, all amongst the other sizes that are never in order. And IF I'm able to find the size I am looking for I am ultimately disappointed at the colour or the sheet set or the price. Which means I have to move on to the next brand name and try all over again. This is why I need more time in the linen department. If there is someone out there who has anything to do with retail, please please please, I beg you, reorganize the linen department so that we are searching by size. There's a bottle of scotch in it for you.

If you have anything you would like to contribute – news, a story, a spa treatment or even a drink recipe – don't be shy! Send us what you've got!

Please pass this edition of  **princesschronicles** on to anyone you think would be interested.

If you know anyone who would like to be added to our distribution list please send a quick email to: perks@princessheadquarters.com

Illustrations and logos provided by Jennifer Herbert – www.jenniferherbert.com
Princess Chronicles and princessheadquarters.com © 2002
princessheadquarters.com Communications, Inc.

Visit us at:

**princess**
headquarters.com