

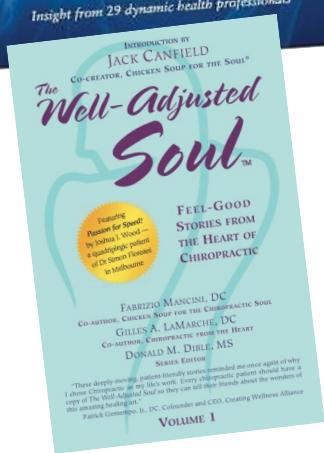
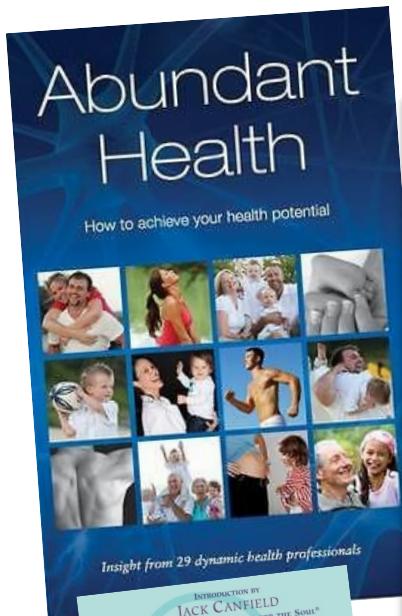
Kennedy Chiropractic Centre

December Newsletter



Gift Ideas

Books	\$5
T-Shirt	\$3
Clicker	\$15



Sue's Mum's Trifle

Sponge Roll (best made a couple of days before trifle)

4 x large fresh eggs - separated	2 x level tspns baking powder
160g raw sugar	pinch of salt
160g plain flour including 1 oval tab	3 x tabs tepid milk with vanilla
arrowroot – Sue uses G.F. flour	

Beat egg whites till firm, add sugar gradually from a height, beat well. Add yolks in and blend. Remove from mixer, add well sifted flour, fold a bit in, pour milk and vanilla down side of bowl, fold mixture gently. Pour into papered sponge roll tin and cook at 180 degrees for 18 minutes.



When cooked, turn cake onto a tea towel, covered in baking paper. Roll up all layers gently, unroll, repeat without tea towel, unroll, spread a couple of tablespoons of strawberry jam and roll up again in paper and tea towel until cool

Custard

Heat 4 x cups milk over low heat until just starting to simmer. Meanwhile beat 4 eggs, 2 tabs sugar and 2 tspns of corn flour in heatproof bowl. Pour hot milk into egg mixture, beat again, then return mixture to saucepan and stir constantly over low heat until custard starts to thicken. Set aside and add a dash of vanilla essence and a good dash of port.

On a chopping board, cut slices of sponge, saturate with more port and arrange around the edge of large glass or crystal bowl. Continue to layer saturated sponge with the hot custard until bowl is almost full. Allow to cool, refrigerate overnight. When cold, gently add slices of mango or fresh peaches deep into the layers of trifle. Top with fresh whipped cream and strawberries. DELICIOUS! ...and it's better the next day

What Happened in November?

Melbourne cup is always a bit of fun at Kennedy Chiropractic Centre where we show off our best hat and smile. It was nice to welcome Mitch again this year and he even donned a bowler hat.



Kids Getting Adjusted (what about asking Santa for one for Xmas)



Dr Ellen's Adventures

Dr Ellen has been taking some time off to adventure and enjoy everything the west coast of Australia has to offer on board the STS Young Endeavour sailing from Exmouth to Fremantle. She is very proud she took to the sea life much better than expected and didn't get seasick at all despite the rough trip down the coast sailing in 30-35 knot winds with a 2-3 metre swell. She and 19 other 16-23 year olds from all around Australia learnt how to sail, navigate (not just with fancy gadgets but also using only the sun/stars), climb the mast and teamwork skills. Part of the program is that the Youth Crew take control of the ship for 24 hours unassisted by the Navy crew, at one point they were headed for Africa but after some hasty recalculations they made it to anchor at Rottnest Island only a few hours behind schedule. She was very grateful for an adjustment when she got off the ship in Fremantle.



I'm Lisa Clancy



I am studying a Bachelor of Science (Chiropractic) through Central Queensland University, Brisbane campus. I grew up in this beautiful city of Toowoomba, and despite leaving several times, I have always been drawn back. I look forward to meeting you all as I am in the office on Tuesdays as I shadow staff to learn as much as I can. I like exploring (old and new places), reading (know any good, funny books?) and hiking. Ask me (or Dr Tracy) if you want information about Chiropractic studies in Brisbane

Hamish helps Sue with the Filing





Dr Hart will be seen driving Betsy Lou about town from time to time. It has taken some months of patience for Betsy Lou to recover from some sticky rings, which made her run on 4 cylinders instead of 6. She is now holding reasonable compression and sparks etc. Her home will be the shed at 130 Russell and exercise time will be odd jobs at lunch times. Betsy Lou is a 1934 Plymouth tourer, purchased in 1967 for the princely sum of \$50. Betsy Lou has always been a Toowoomba car.

November is the month for the Magnolia to flower. (Check out the bells)



Where is Reindeer Red Ted?

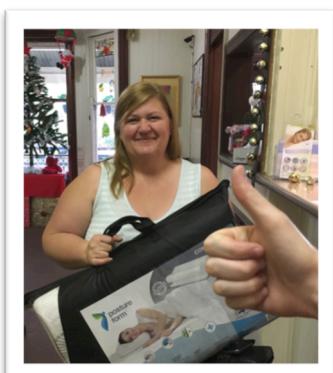


Sue Natalie and Leiza had a special chiropractic training day

Lisa and Brooke had a day together in the office while



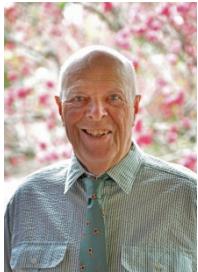
Dr Tara had a relaxing week to regenerate in Bali. She couldn't get away from chiropractic as she saw 2 monkeys adjusting the other



Congratulations to Liz Wessling the winner of the "Posture Form Support Pillow"

Thank you to the many chiropractic supporters that referred their friends in to Kennedy Chiropractic in the past 3 months.

Staff Update

Dr Hart

The other morning, Dr Hart was about to get on his motorbike to come to work, when, as he went to turn on the ignition, a foot or two of snake disappeared amongst the covers over the engine. Dr Hart was not impressed, as it was likely that the snake would reappear as he was riding, after it became hot around the pipes etc. A short ride to get things warmed up, produced no result, so another bike was selected and the snake was left to find its own way out in its own time, as Dr Hart rode off to work. (pretty sure it was only a grass snake)

Dr Hart is at work on Monday and Thursday.

Dr Chan

Dr Chan enjoyed some family time in Melbourne during November. She also got to spend some time with old Sea Shepherd friends in Williamstown at the dock before they head to Antarctica for the anti-whaling campaign. She is looking forward to the end of the month where she will spend a few days camping on Lady Musgrave Island, photographing turtles and the reef where she hopes to trial an underwater housing for her camera.

Dr Chan works Friday & Saturdays each week.

Dr Sandie

Last month Dr Sandie had a couple of quick trips to the beach. She also went to the races and ran into a few patients who were all looking very lovely. As Dr Sandie covered a few shifts for Dr Tara she brought Hamish along to work twice. Thanks to those patient people who didn't mind the small helper during their adjustment.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Dr Tracy

Dr Tracy had overseas visitors in November and that always means a trip to Lone Pine animal sanctuary in Brisbane. She often hears the Koala at her home but can't imagine cuddling one from the wild. Lisa (Chiropractic student) has been working with Dr Tracy for the past month to gain some chiropractic real life experience. Do you know anyone that wants to study chiropractic in Brisbane? We are happy to share what we know.

Dr Tracy is working Monday, Tuesday, Wednesday & Saturdays

Dr Tara

In November, Dr Tara had a great time away in Bali - aside from the beautiful beaches and meeting some monkeys, a definite highlight was being on a moped with her friends' dog on it at the same time. Tara also made it down to the Gold Coast for a weekend to catch up with a uni friend.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Natalie

This month Natalie has been keeping busy with family commitments and gardening. She also attended a chiropractic seminar that gave her a chance to realise how well run our practice is here at Kennedy Chiropractic Centre. She feels blessed we are to have such amazing patients that benefit by having regular chiropractic care.... Chiropractic adjusts the balance of the nervous system to handle stress to improve the quality of life!! I thank god daily for my care from our team here at Kennedy Chiropractic Centre.

Leiza

November was a fun filled month beginning with Leiza winning the Melbourne Cup Sweep 1st & 2nd place yay! She attended SOT training at the Gold Coast for an informative day, of fun plus a lovely day with her co-workers. She has been shopping and preparing to spend a week camping, fishing & kayaking around Lake Macquarie with the grandkids at Christmas. She is starting to feel the Christmas buzz and looks forward to decorating. (And to converting the traditional fruit cake recipe to a more healthy version... let you know how that goes ☺)

Kennedy Chiropractic Centre - Calendar and hours

December 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Dr Hart Dr Tracy	6 Dr Tara Dr Tracy	7 Dr Tara Dr Tracy Dr Sandie	8 Dr Tara Dr Hart	9 Dr Tara Dr Chantal Dr Sandie	10 Dr Chantal Dr Sandie Dr Tara
12 Dr Hart Dr Chantal For Dr Tracy	13 Dr Tara Dr Chantal For Dr Tracy	14 Dr Tara Dr Sandie	15 Dr Tara Dr Hart	16 Dr Tara Dr Chantal Dr Sandie	17 Dr Sandie Dr Chantal Dr Tracy
19 Dr Hart Dr Tracy	20 Dr Tara Dr Tracy	21 Dr Tara Dr Tracy	22 Dr Tara Dr Hart	23 Dr Tara Dr Chantal	24 Dr Chantal Dr Sandie Dr Tracy
26 Closed Boxing Day	27 Closed Christmas day	28 Dr Sandie Dr Tracy	29 Dr Hart Dr Tracy	30 Dr Sandie Dr Tracy	31 Dr Sandie Dr Tracy

January 2017					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 January Closed New Years Day	3 January Dr Tracy	4 January Dr Sandie Dr Tracy	5 January Dr Tara Dr Hart	6 January Dr Tara Dr Chantal Dr Sandie	7 January Dr Tara Dr Chantal Dr Sandie
9 Dr Hart Dr Tracy	10 Dr Tara Dr Tracy	11 Dr Tara Dr Sandie Dr Tracy	12 Dr Tara Dr Hart	13 Dr Tara Dr Sandie Dr Chantal	14 Dr Chantal Dr Sandie Dr Tracy
16 Dr Hart Dr Tracy	17 Dr Tara Dr Tracy	18 Dr Tara Dr Sandie Dr Tracy	19 Dr Tara Dr Hart	20 Dr Tara Dr Sandie Dr Chantal	21 Dr Chantal Dr Tara Dr Sandie
23 Dr Hart Dr Tracy	24 Dr Tara Dr Tracy	25 Dr Tara Dr Sandie Dr Tracy	26 Holiday Australia Day	27 Dr Tara Dr Sandie Dr Tracy	28 Dr Tara Dr Sandie Dr Tracy
30 Dr Hart Dr Tracy	31 Dr Tara Dr Tracy	1 February Dr Tara Dr Sandie Dr Tracy	2 February Dr Tara Dr Hart	3 February Dr Tara Dr Sandie Dr Chantal	4 February Dr Chantal Dr Tara Dr Sandie

Want an appointment?

Phone: 07 46391060

or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

or follow us on facebook <https://www.facebook.com/KennedyChiropractic>