



Kennedy Chiropractic Centre August Newsletter

The Ambulance Down in the Valley, By Joseph Malins (1895)



T'was a dangerous cliff, as they freely confessed, though
to walk near its edge was so pleasant;

But over its terrible ledge had slipped a duke, And it had
fooled many a peasant.

The people said something would have to be done, But
their projects did not at all tally;

Some said, "Put up a fence 'round the edge of the cliff,"
Some, "An ambulance down in the valley."

The lament of the crowd, Was profound and loud, As
their hearts overflowed with pity.

But the ambulance carried the cry of the day, For it
spread through the neighboring city;

A collection was made, to accumulate aid, and dwellers
in highway and alley,

Gave dollars and cents not to furnish a fence, but an ambulance down in the valley.

"For the cliff is all right, if you're careful," they said, "And, if folks ever slip and are dropping,

It's not the slipping and falling that hurts them so much, as the shock down below when they're
stopping."

So day after day, as these mishaps occurred, Quick forth would those rescuers sally

To pick up the victims who fell off the cliff, with the ambulance down in the valley.

Said one in his plea: "It's a marvel to me, that you'd give so much greater attention

To repairing results than to stopping the cause, when you'd much better aim at prevention.

For the mischief of course, should be stopped at its source, "Come, neighbors and friends, let us
rally;

It makes far better sense to rely on a fence, than an ambulance down in the valley"

He's wrong in his head the majority said, He would end all our earnest endeavours.

He's the kind of man that would shirk his responsible work, But we will support it forever.

Aren't we picking up all, Just as fast as they fall, And giving them care liberally?

Why a superfluous fence, Is of no consequence, If the ambulance works in the valley.
 Now this story is queer, as I've given it here, But things oft occur which are stranger.
 More humane we assert to repair the hurt, than the plan of removing the danger.
 The best possible course would be safeguard the source, and to attend to things rationally
 Yes build up the fence, and let us dispense, with this ambulance down in the valley!

This poem used to hang on the wall of the toilet here at 130 Russell St. It was all about changing the thinking of those who put ambulances down in the valley, at the bottom of a cliff. It is so much better to put a fence at the top of the cliff.

But what if they have already fallen off the cliff and are on their way down? It is true that many people here injured themselves or have inherited a body that is less than perfect. Give up? No way! Lets get to work on helping whatever remains, to function at maximum efficiency.

Dr Hart is a prime example of both the wrong way and the right way to approach the problem. Most of his life was spent with the axiom "She'll be right"! Although he had a few problems in the beginning, chiropractic had put him on the right track and he had thought he was nearly 'indestructible'

A few years ago, he had a 'shake up' (motorbike crash), which left him with a few ongoing problems. Things improved pretty well with chiropractic care. Then again a few years ago, another 'shake up' (slide down the stairs wearing crocs), left a poor functioning, damaged, hip joint. After about a year he made a decision to consult a surgeon about replacing the hip, as the damage did not seem to be getting any better.

Because Dr Hart is a naturally stubborn individual and there were some doubts about the necessity for surgery, he began to have more regular chiropractic care, plus a serious assault on appropriate exercises. As a result he managed with the damaged hip for another 3 years, but there are limitations of matter

The question now remains; should he have taken better care of himself? Yes, certainly, it would have been better not to have any accidents. That was wrong. The right way was to do as he is doing now. Do what is necessary from the start and save a lot of inconvenience and discomfort.

Dr Hart now reports the hip is functioning much better and he is back on his motorbike. He wishes to thank Drs Tracy, Sandie, Tara, Chan, Earl Murray, Marty Timchur, Scott Wustenberg, David Veal B Phy, & Barui FRACS, for their assistance. (as you can see he sought input from many sources before making his final decision)
 He decided to have a hip replacement. All is going well.

Where is 'Red Ted'?



3 generations of chiropractic fans and Miss S with the toy activator helping Dr Tracy adjust baby M



Staff Update

Dr Hart



Dr Hart definitely is back on his motorbike. The weather has been a challenge on these cold mornings, but heated handlegrrips make a world of difference. It is possible to heat the whole body through the hands if they are hot enough.

Dr Hart is back on his usual Monday and Thursday work days.

Dr Tracy



Dr Tracy is back from a nice relaxing 'long service leave' in sunny Cairns, to chilly Toowoomba. You might notice she painted her fingernails blue to reflect the temperature change ☺. She is looking forward to Sue's return but has been having fun working with Leiza showing her how the office flows.

Dr Chan



Dr Chan enjoyed working for Dr Tracy in June/July, and during August she is doing some locum work in Caloundra. She will have a short visit to Melbourne this month to see family, catch up with university friends and go skiing at Mt Hotham for a couple of days. The skis haven't been out for a couple of years".

Dr Chan works Friday & Saturdays each week.

Dr Tara



Dr Tara is ending a nice relaxing, quiet July with a weekend in Brisbane catching up with a dear friend who's been in Dubai but about to start a new chapter in Russia!

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

Dr Sandie



Dr Sandie had a lovely time at the Gold Coast last month. Once for a fantastic paediatric seminar and then again to catch up with family. She also had a visit from her sister and family. August will be taken each week at a time as it has caught up with Dr Sandie.

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

Leiza



July was a blur of learning names, faces and processes for Leiza. She is absolutely loving all of the people at Kennedy Chiropractic and is super happy she joined the team. 'Life is good!'

PS Did Leiza mention she is going to be a Nana? (maybe a thousand times, she is super excited)

Sue



Sue has had a wonderful holiday! It has been a very cultural and culinary experience, visiting the Lascaux and Cro Magnon caves in France, Picasso museum and the Sagrada Familia, in Barcelona. Unfortunately, Sue's handbag with her phone and all her holiday photos, was stolen there. An hour in a sea kayak in very windy weather took her mind off it though, especially when they saw a fin swim past!

Natalie



Natalie had a quiet month in July, and the cold and wet days kept her inside snuggled up. Her youngest son Ryan got engaged a few weeks ago so that was sweet!!! (No date yet though)

Kennedy Chiropractic Centre - Calendar and hours

August 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 August Dr Hart Dr Tracy	2 Dr Tara Dr Tracy	3 Dr Tara Dr Tracy Dr Sandie	4 Dr Tara Dr Hart	5 Dr Tara Dr Chanta Dr Sandie	6 Dr Tara Dr Chanta Dr Sandie
8 Dr Hart Dr Tracy	9 Dr Tara Dr Tracy	10 Dr Tara Dr Tracy Dr Sandie	11 Dr Tara Dr Hart	12 Dr Tara Dr Chanta Dr Sandie	13 Dr Sandie Dr Chanta Dr Tracy
15 Dr Hart Dr Tracy	16 Dr Tara Dr Tracy	17 Dr Tara Dr Tracy Dr Sandie	18 Dr Tara Dr Hart	19 Dr Tara Dr Chanta Dr Sandie	20 Dr Tara Dr Chanta Dr Sandie
22 Dr Hart Dr Chanta For Dr Tracy	23 Dr Tara Dr Chanta for Dr Tracy	24 Dr Tara Dr Sandie Dr Chanta for Dr Tracy	25 Dr Tara Dr Hart	26 Dr Tara Dr Chanta Dr Sandie	27 Dr Sandie Dr Chanta Dr Tara
29 Dr Hart Dr Tracy	30 Dr Tara Dr Tracy	31 Dr Tara Dr Tracy Dr Sandie	1 September Dr Tara	2 September Dr Tara Dr Sandie Dr Tracy for Chan	3 September Dr Tara Dr Sandie Dr Tracy for Chan
September 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Dr Tracy	6 Dr Tara Dr Tracy	7 Dr Tara Dr Sandie Dr Tracy	8 Dr Tara Dr Hart	9 Dr Tara Dr Sandie Dr Tracy for Chan	10 Dr Tara Dr Sandie Dr Tracy for Chan
12 Dr Hart	13 Dr Tara Dr Chanta for Dr Tracy	14 Dr Tara Dr Sandie Dr Chanta for Dr Tracy	15 Dr Tara Dr Hart	16 Dr Tara Dr Sandie Dr Chanta	17 Carnival of Flowers parade Dr Chanta Dr Tara Dr Sandie
School Holidays					
19 Dr Hart Dr Tracy	20 Dr Tara Dr Tracy	21 Dr Tara Dr Sandie Dr Tracy	22 Dr Tara Dr Hart	23 Dr Tara Dr Sandie Dr Chanta	24 Dr Sandie Dr Chanta Dr Tracy
School Holidays					
26 Dr Tracy Dr Hart	27 Dr Tara Dr Tracy	28 Dr Tara Dr Tracy Dr Sandie	29 Dr Tara Dr Hart	30 Dr Tara Dr Sandie Dr Chanta	1 October Dr Chanta Dr Sandie Dr Tara
3 October Queens Birthday Holiday	4 October Dr Tara Dr Tracy	5 October Dr Tara Dr Tracy Dr Sandie	6 October Dr Tara Dr Hart	7 October Dr Tara Dr Sandie Dr Chanta	8 October Dr Sandie Dr Chanta Dr Tracy

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>