

# December 2013 Newsletter

## Welcome Dr Kirstie!

Hi! My name is Kirstie.

I am the new Chiropractor at Kennedy Chiropractic Centre. I started my Chiropractic journey here at Kennedy's as a patient, then as a Chiropractic Assistant, before heading off to Melbourne to study. I have recently completed my Chiropractic internship at RMIT in Melbourne, and at Kennedy's earlier this year.

I am a keen photographer, cook, and biodynamic gardener, and enjoy keeping fit with my energetic dog, Heidi. When I'm not in Toowoomba, you'll find me working in a vineyard in Adelaide.

In the coming months I look forward to meeting everyone new, and saying hi to those who have known me for years.



### Christmas present ideas



*Do you know anyone who is losing sleep over the stress of the Christmas season?*

A contour pillow will help them sleep easier.

*How about someone who works too hard mowing, cleaning out the gutters or putting up the Christmas tree?*

A back brace will help prevent back strain and injury.



### What is going on with the Magnolia Tree?

Earlier this year we notice the tree looking a bit "sick" with patches on the leaves and then they started turning yellow and falling off. The "tree man" tells us it is a systemic fungal infection and that it can be saved. In November (when it flowers) he injected an anti-fungal, we took away the king orchid at the base and removed the rocks that were binding the roots. The tree was already established (rocks around the base and all) when Dr Hart Kennedy purchased the house in the mid 1970's. It will lose its leaves and need a prune mid next year - but we hope all is well for the future of such a magnificent tree!



### My Friend the Kookaburra by Liz Kennedy

I love spending time in my garden, I even love weeding. When I'm out there weeding, I listen to the ABC and am always conscious of the wildlife around me. I started to notice that when I was weeding where the soil was moist and there were lots of worms, I had an audience. It was an audience of one, but he was certainly always there, it was a kookaburra.

I would turn over the soil and find a worm and throw it to him. Over a month or two I'd find that he would come closer and closer, so close in fact that he would often sit on my foot, once he actually flew and landed on my back as I was head down looking for his worms.

We had a lovely relationship, he would keep me company and when the worm finding was slow he would sit at my trowel hand and almost will the worms out of the ground. Then I would hold out a worm for him and he would take it gently out of my fingers. After many weeks of this, one day he looked at me and came over and, with his beak, gently stroked my finger, he was trying to work out what it was, what I was made of. There was no intention of harm, he was just curious. I was actually surprised at myself, because I didn't pull away, even though I know that beak could have made a mess of my finger.

Weeks went by and bit by bit I could call him, hold out my hands full of wriggling worms and he would come and sit on one hand and eat the worms in the other hand.

I could call him at any time and down he would fly. We have a number of videos of him coming to my call. He would often simply sit on my hand even after all the worms were gone and he often sat for 10 minutes or so. We would just look at each other and I would talk to him, ask him about the kids and the wife (I always presumed he was male and had a family)

Then one day, he came to my call as usual. I had a handful of worms, but he sat there for a while, took one worm and then just looked me in the eye. He told me that he was leaving and he wouldn't be back. I didn't get that he was going for good....

Then leaving me with a handful of worms he turned around on my hand and flew away. He hasn't been back since.

That was, until less than half an hour ago. Within minutes of me finishing writing this story, I went outside to take some compost to the compost heap, and there he was, waiting for me. I called him and he came, we had a glorious reunion and I fed him lots and lots of worms, I don't know how he could fly after that meal. I wonder if he will be back tomorrow, I think he will, after all, he didn't say goodbye.



### What happened in November? Melbourne Cup!



## Office Update

### Dr Hart

Dr Hart spent a weekend in Sydney catching up on his annual continuing education requirements for Chiropractic. Subjects covered a wide range, from cranial vault mechanics and corrections, to upgrades on MRI's, CT Scans, Fat Sats (no it has nothing to do with diet, it is about distinguishing types of inflammation in spine structures), neurogenic versus circulatory claudication and some in-depth spinal surgery for spinal discs, facet joints and scoliosis.

Dr Hart consumed numerous cups of coffee to ensure he remained alert. He wonders how some people drink as much coffee as they do and still manage to sleep at night.

In December/January, Liz & Dr Hart will be on a trip on the Trans-Siberia Rail. Liz said a few months ago that she would like to escape the summer heat here. Where can we go? How about the North Pole? So it is happening. There will be a stop in London and the USA to see family on the way home.

More comments to follow after the completion!

Dr Kirstie & Dr Tracy will be covering Monday and Thursdays in the office while Dr Hart is away.

### Dr Tracy

November flew by as we race to the end of the year. Dr Tracy is getting excited for the Christmas season and has been putting up Xmas decorations. Fairy lights seem to make all things prettier!

We would like to welcome Ellen back to the front desk. Ellen is 3/5 through her chiropractic studies and is home on break to do a bit of work. Welcome to Dr Kirstie as well - she "walks the stage" and gets the funny hat on December 18<sup>th</sup>

CONGRATULATIONS! on a worthwhile endeavour.

Dr Tracy has been working on a bit of research for when Kennedy Chiropractic turns 50 next year. Amazing what can be found in the archives.

Dr Tracy continues to do Tuesday, Wednesday, Friday and Saturdays and other days when the chiropractors are away.

### Dr Chan

Dr Chan has taken advantage of the storm season to photograph some of the amazing lightening displays. Locations included Lamington & Noosa National parks & glasshouse mountains.

Dr Chan also had a couple of real estate photography shoots this month. "Interior lighting is a whole new ball game in comparison to landscape & wildlife photography. But really interesting & fun all the same."

Dr Chan is available every Friday and Saturday. Even through the Xmas holidays

### Dr Meghan

Dr Meghan enjoyed having her father visit for a few weeks in November. They also had the arrival of another set of twin lambs. They were disappointed that they missed seeing the birth as they went to check on her (the ewe) and Pete said "it won't be long now", then went back out 10mins later and it was all over. Dr Meghan will be having two weeks off in the holidays to have Xmas with her sister and her family.

Dr Meghan is available on Wednesday and Friday.

### Dr Sandie

November was a relatively quiet month for Dr Sandie as she was settling back into Toowoomba life and enjoying getting to work in minutes rather than hours. She had a weekend at the coast and will be heading back there for Christmas.

Dr Sandie is available on Dr

Monday, Tuesday, and Thursday.

### Sue

Sue has a busy few weeks ahead. Firstly, being nursemaid to Joanna (her youngest daughter) who's had her 'wisdom teeth' out, then back to Brisbane for Joanna's birthday, followed by her Graduation in mid December.

### Natalie

Like so many of you say to me, 'I can't believe it's nearly the end of the year"! I will be sharing Christmas with my two amazing sons. I just wanted to wish each and everyone of Kennedy's Chiropractic patients a very Merry Christmas...on reflection, there are so many of you that have become like family to me, I thank you so much for your support in 2013 and may we all be looking forward to staying happy and healthy in 2014!! Natalie :-))

### Meet Dr X (Dr Tracys Mini-Me)



One of Dr Tracys adorable patients was asked by her school to dress as a worker in her community. Dr X decided to go as her chiropractor!

She wore one of KCCs uniforms, had her very own patient file made up and borrowed one of Dr Tracy's activator.

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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at [newsletter@kennedychiro.com](mailto:newsletter@kennedychiro.com)

**We're on the Web!**

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

or follow us on facebook

<https://www.facebook.com/KennedyChiropractic>

## Office Calendar December 2013 and January 2014

<b>December / January</b>					
<b>Monday</b> 8am-12pm 2pm-5:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am – 12pm 2pm – 6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
<b>2</b> Dr Hart Dr Sandie	<b>3</b> Dr Tracy Dr Sandie	<b>4</b> Dr Tracy Dr Meghan	<b>5</b> Dr Hart Dr Sandie	<b>6</b> Dr Chan Dr Meghan Dr Tracy	<b>7</b> Dr Tracy Dr Chan
<b>9</b> Dr Hart Dr Sandie	<b>10</b> Dr Tracy Dr Sandie Dr Kirstie	<b>11</b> Dr Tracy Dr Meghan Dr Kirstie	<b>12</b> Dr Hart Dr Sandie	<b>13</b> Dr Chan Dr Meghan Dr Kirstie Dr Tracy	<b>14</b> Dr Tracy Dr Chan Dr Kirstie
<b>16</b> Dr Sandie Dr Kirstie	<b>17</b> Dr Tracy Dr Sandie	<b>18</b> Dr Tracy Dr Meghan	<b>19</b> Dr Sandie Dr Tracy	<b>20</b> Dr Chan Dr Meghan Dr Tracy	<b>21</b> Dr Tracy Dr Chan Dr Kirstie
<b>23</b> Dr Sandie Dr Kirstie	<b>24</b> <b>Open AM only</b> Dr Tracy Dr Sandie Dr Kirstie	<b>25</b> <b>Christmas Day Holiday</b>	<b>26</b> <b>Boxing Day Holiday</b>	<b>27</b> <b>Open</b> Dr Chan Dr Sandie Dr Kirstie	<b>28</b> <b>Open</b> Dr Chan Dr Sandie Dr Kirstie
<b>30</b> <b>Open</b> Dr Sandie Dr Kirstie	<b>31</b> <b>Open AM only</b> Dr Sandie Dr Kirstie	<b>1</b> <b>New Year's Day Holiday</b>	<b>2</b> <b>Open</b> Dr Sandie Dr Kirstie	<b>3</b> <b>Open</b> Dr Chan Dr Meghan	<b>4</b> <b>Open</b> Dr Tracy Dr Chan Dr Kirstie
<b>January</b>					
<b>Monday</b> 8am-12pm 2pm-5:00pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am – 12pm 2pm – 6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
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<b>20</b> Dr Hart Dr Sandie	<b>21</b> Dr Tracy Dr Sandie Dr Kirstie	<b>22</b> Dr Tracy Dr Meghan Dr Kirstie	<b>23</b> Dr Hart Dr Sandie	<b>24</b> Dr Chan Dr Meghan	<b>25</b> Dr Tracy Dr Chan Dr Kirstie
<b>27</b> <b>Australia Day Holiday</b>	<b>28</b> Dr Tracy Dr Sandie Dr Kirstie	<b>29</b> Dr Tracy Dr Meghan Dr Kirstie	<b>30</b> Dr Hart Dr Sandie	<b>31</b> Dr Chan Dr Meghan Dr Tracy	

The office will be open late on Fridays until 7:00pm.