

December 2014 Newsletter

What happened in November?

Dr Sandie had a Baby Shower

Dr Sandie will be working until Christmas then will be taking maternity leave in 2015. We will keep you posted on the arrival of baby Cavanagh and Dr Sandie's return to the office.



Thank you to the Wesslings for the beautiful going-away flowers for Dr Chantal.

Dr Chantal had another farewell

Dr Chantal is like John Farnham (he had dozens of farewell tours and still hasn't retired). We are wishing Dr Chan another farewell while she takes a gap year to go to Chile / Argentina to work. Dr Chantal will be here until Christmas.

Natalie tried hard to make a sad face for Dr Chantal's farewell



Dr Chantal, Lisa (chiropractic student), Dr Tracy and Dr Tara.

Will someone get Dr Tracy a stool to stand on...

A small win

Dr Tracy has been lobbying the council to change the parking meters alongside the office in Cecil Street. They have been 8-hour meters and the "all day parkers" have been using these convenient spaces. Now we have 2-hour meters and we hope this means there will be more accessible space for people coming to our office.

Congratulations to Cara for completing her first chiropractic year at CQU in Brisbane. Only four more to go.

Congratulations to almost Dr Ellen and almost Dr Lucy for finishing 4th year at RMIT in Melbourne. Only one more to go.

Congratulations to Lisa for making it through first year of CQ University in Brisbane. She made a special trip to be at Dr Chantal's farewell.

We're on the Web!

www.kennedychiro.com

or follow us on facebook

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

St Vitus Dance – by Dr Hart

When I was a nipper, I used to sometimes accompany my grandfather on his "rounds" as a chiropractor. It was wartime and fuel was scarce, but chiropractors were given an extra allowance to help keep farmers producing food. Grandad and I had many conversations.

He told me of a 12 year old girl he had seen, who had St. Vitus Dance, which involves devastating uncontrollable movement and moods. It is now called Sydenham's Chorea and is considered genetic and incurable. I met this woman 38 years later. She had been healthy ever since and was now a grandmother.

To read more about this heartwarming story, it is on page 5 of my father's book (Dr Keith Kennedy), which is available free at our office.



Dr Kirstie & Michael and baby Audrey wish everyone a happy and safe Christmas. They are spending time with family and friends in Adelaide this year, but hope to visit early in 2015. Dr Kirstie would like to share her favourite Brownie recipe with everyone.

A perfect Christmas treat!

Dr Kirstie's Brownies

- 375g soft unsalted butter
- 400g best quality dark chocolate (or half dark/milk if too rich) (Kirstie usually eats some of the chocolate)
- 6 large eggs
- 1TBS vanilla extract
- 500g caster sugar
- 225g plain flour
- 1Tsp salt
- 300g chopped nuts or cherries or shredded coconut or white chocolate buttons (or a combo!)

33x23cm deep cake tin
3 mixing bowls

Method:

Preheat oven to 180 degrees.

Line brownie pan with baking paper

Melt butter and chocolate together in large bowl over saucepan of boiling water

In the next bowl, beat eggs, sugar & vanilla

In the last bowl sift flour & salt

Allow choc butter mix to cool then beat in with eggs & sugar, then mix in flour and nuts/fruit/buttons

Add mix to the brownie pan

Scrape sides of bowl & lick the spoon

Bake for 25 minutes - the top will be paler speckly brown, the middle will still wobble a bit
The brownies will continue to cook as they cool, and should have a lovely, dense, goey centre

Store in an airtight container in the fridge

Eat them with cream, ice cream, on their own... and try to not eat too many at once.

Dr Hart



In the latest Reader's Digest of December 2014 is a piece, which every parent needs to read. It is called, "Let kids take risks". In short it suggests that all of the present safety warnings and restrictions are not working. If we wish to have children who are resourceful, brave, creative and independent, we must allow them to take risks that develop their self-confidence. When you have read the article, you will probably be reminded of many happy times from your own childhood. Further to the point, when does learning to be independent end? Maybe never.

Dr Hart works Mondays and Thursdays.

Dr Tracy



Dr Tracy was lucky to take the Qantas flight from Wellcamp airport to Sydney for a meeting in November. What a saving of time and stress, and more energy to actually think and plan for the future of chiropractic. This month she wishes a sad farewell to Drs Sandie and Chantal that are going separate ways. She and Glen wish everyone the best for the holidays and a great start to 2015.

Dr Tracy works on Tuesday, Wednesday, Friday & Saturdays and more in the new year

Dr Chan



Dr Chan has been very busy getting ready to move to South America for a year. She has discovered there is quite a lot to organise when you leave the country for a year!

She leaves the beginning of January with the first stop being Buenos Aires for a one month Spanish immersion course.

December will be a month spent finalising details, seeing family and friends in both Melbourne and Sunshine Coast and trying to pack everything in 2x23kg bags!

Dr Chan works Friday and Saturday, and will continue to work through until Christmas.

Dr Meghan



Dr Meghan is wading through the busy Christmas/end of school year rush and is looking towards a quiet family Christmas at home this year. The only sadness ahead is Chan's departure.

Dr Meghan will be taking some time off in January. Dr Meghan works Friday and will be in the office the week before Christmas 22nd & 24th December.

Dr Sandie



Dr Sandie was lucky enough to be thrown a baby shower and was so touched by the generosity of people giving gifts for herself and the baby. She had a relaxing weekend at the coast and enjoying a cool off in the ocean. Dr Sandie is looking forward to dressing up for two Christmas parties. She will be finishing work on Thursday the 18th December and spending Christmas down south with her sister before coming home to prepare for becoming a mum. Dr Sandie would like to thank everyone for their well wishes.

Dr Tara



Dr Tara has been further discovering Toowoomba; she has been spending time in Queens Park and is looking forward to seeing the Christmas lights when they are set up in the Botanical Gardens.

Dr Tara will be in the office most days introducing herself this year, and will start Tuesday, Wednesday, Thursday, Friday & Saturdays in 2015.

Sue



Sue hasn't started packing yet, but she is counting the sleeps until she goes to Belgium! She is very grateful for all the offers of 'sub-zero' clothing. Toowoomba gets cold but not that cold! Sue would also like to wish everyone a very Happy and safe Christmas and looks forward to seeing you all again in the New Year.

Natalie



As I reflect on this year as you would all agree the time really does fly!!! I will be sad to see Dr Chantal and Dr Sandie departing the centre for a time...yet both are doing incredibly exciting adventures...So as a mother what a wonderful year to know my two boys are doing well...Christmas will be quiet yet that's the way I like it, it's great to take time and reflect on the important things of this time of year...don't get too caught up in the hype and leaving yourself short of \$\$ that's my handy tip...Happy and Safe Christmas to all and Thanks to all for your kindness and well wishes for my beautiful Mitchell...

Vicki



Vicki would like to wish everyone a wonderful Christmas season and looks forward to seeing everyone for a pre-Christmas tune up.

Kaitlin



Kaitlin would like to wish everyone a wonderful Christmas season and looks forward to seeing everyone for a pre-Christmas tune up.



Kennedy Chiropractic Centre Calendar and hours

Monday 8am-12pm 2pm-4:00pm	Tuesday 8am-11am 2pm-5:30pm	Wednesday 8am –12pm 2pm –5:30pm	Thursday 8am-12pm 2pm-3:30pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-11pm
December 2014					
1 Dr Hart Dr Sandie	2 Dr Sandie Dr Tara Dr Tracy	3 Dr Tracy Dr Sandie Dr Tara	4 Dr Hart Dr Sandie	5 Dr Chan Dr Meghan Dr Tara	6 Dr Chan Dr Tara
8 Dr Hart Dr Sandie	9 Dr Sandie Dr Tara Dr Tracy	10 Dr Tracy Dr Sandie Dr Tara	11 Dr Hart Dr Sandie	12 Dr Chan Dr Meghan Dr Tara	13 Dr Chan Dr Tracy Dr Tara
15 Dr Hart Dr Sandie	16 Dr Sandie Dr Tara Dr Tracy	17 Dr Tracy Dr Sandie Dr Tara	18 Dr Hart Dr Sandie's (last day)	19 Dr Chan Dr Meghan Dr Tara	20 Dr Chan's (last day) Dr Tracy Dr Tara
22 Dr Hart Dr Tara Dr Meghan	23 Dr Tara Dr Tracy	24 ½ day Dr Tracy Dr Tara Dr Meghan	25 Christmas Day Closed	26 Boxing Day Closed	27 Closed
29 Dr Hart	30 Dr Tracy	31 ½ Day Dr Tracy			
January 2014					
			1 Jan New Years Day Closed	2 Jan Dr Meghan	3 Jan Dr Tracy
5 Dr Hart Dr Tracy	6 Dr Tara Dr Tracy	7 Dr Tara Dr Tracy	8 Dr Tara	9 Dr Meghan Dr Tara	10 Dr Tara Dr Tracy
12 Dr Tracy	13 Dr Tara Dr Tracy	14 Dr Tara Dr Tracy	15 Dr Tara	16 Dr Meghan Dr Tara	17 Dr Tara Dr Tracy
19 Dr Hart Dr Tracy	20 Dr Tara Dr Tracy	21 Dr Tara Dr Tracy	22 Dr Hart Dr Tara	23 Dr Meghan Dr Tara	24 Dr Tara Dr Tracy
26 Australia Day Holiday Closed	27 Dr Tara Dr Tracy	28 Dr Tara Dr Tracy	29 Dr Hart Dr Tara	30 Dr Meghan Dr Tara	31 Dr Tara Dr Tracy

Want an appointment?

Phone: 07 46391060 or email: healthy@kennedychiro.com