

March 2013 Newsletter

Answers to some of the burning questions about our office



We are often asked how old our building is. Unfortunately we have found no absolute evidence anywhere, but the nearest estimate is 1898 as a date of construction of the main part. There was also a stable at the back where the neighbouring house sits. To the west was a yard, probably for the horses and carriage. The original was built for the brother of the Godsell who built the rail station. Later, the Krimmer family lived here. The Krimmers owned the KR bacon factory. Several years ago one of the Krimmer family members visited us and talked of his childhood here.



Many of you would have seen the magnificent fireplace in what is now adjusting room number 2. Number 1, the central hall and our reception room were trimmed in red cedar, while the remaining rooms missed out. Adjusting rooms 5 and 6 were added to the building later, as quarters for a maid or more children. Not sure on that one. The fireplaces were constructed to burn coke, likely from the gas works. Gas was also used for lighting.

Some of you may have seen the lamps in adjusting room 1, or on the mantelpiece out front. They were carved as thanks for my father by a sculptor who had received much help from chiropractic. As a sculptor, he didn't like straight lines, so one of the lamps in room 1 exhibits poor posture. Even after 60 years, we chiropractors have not been able to correct the shoulder level.



The clock on the front mantelpiece is a carry on from Dr Hart's boyhood. He sometimes tried to sneak up the stairs at 2 am, but the squeaky steps and the darn Westminster chimes always let the cat out of the bag.



Dr Hart and Dr Tracy are often asked about the office chair in adjusting room #1. It was bought by Dr Keith Kennedy many years ago in Canada. Dr Keith was a writer and editor for several chiropractic newsletters. He was also an avid letter writer to all and sundry. Needless to say, he did a lot of sitting at his desk (also in adjusting room #1). You can see a spot on the desk top where a cigarette left a burn mark.

Anyway, back to the chair, although it is hard, it is amazingly comfortable, it never needs repairs and no, it is not for sale. Sorry.



Dr Hart hint to remember telephone numbers. "I find it easier to remember numbers in groups of 2 or 3 rather than one at a time. ie 46-39-10-60 or even 46-391-060. Anyway, it works for me"

The footpath from Cecil Street and Russell Street to our front door is looking a little shabby. The fault is all Dr Hart's. When the original concrete was being put down in 1976, there was no concrete colouring available, so we just painted the footpath after it was dry. Later, when the front of the building was being refurbished and part of the footpath being rebuilt, we simply carried on with the painting scheme. The only problem was that modern fence paint is much slippery when wet than previously. The only solution, without ripping up the concrete and starting again, is to leave it unpainted. Safety is more important than decoration.



Our letterhead drawing was done by one of our family members. Dr Hart's step-son Simon did this sketch when he was 10 years old (he is now 25). We have been using it ever since.

February Round up – Birthdays and parties!



Disc problems

We see many patients for so-called disc problems. No, they don't slip around like a stack of buttons (or like this picture). Disc problems are often treatable with conservative methods, such as chiropractic. We, at this office, have always known this.

Recent information, backed up by MRI scans, confirms that 95 – 98% of bulging discs will return to a good functioning state given some common sense and TLC. Some will even completely resolve.

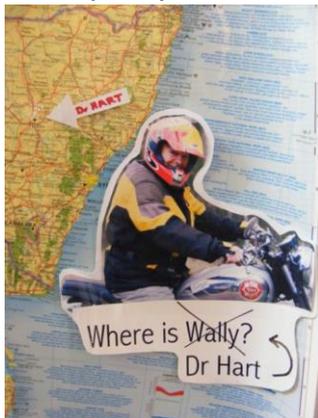
So that is another old "truth" that has been proved. Isn't that great!



Office Update

Dr Hart

Dr Hart and his friend Bill left on a trip down south in February. Everything went well until Bill dropped a drive belt on his 1975 Norton Interstate. It was easily repaired except the nearest spare was in England. Rather than wait a week for a belt to arrive, Bill rang the RACQ who managed to transport his bike and himself back to Ipswich (from Bathurst NSW). What fantastic service! Bill has decided to convert to chain drive when they next set off on a journey.



Dr Hart is available every Monday and Thursday.

Dr Tracy

Who knew golf could be so much fun! Dr Tracy & Glen have returned from the drive across the Nullarbor playing the "Links golf course". Final scores were: Glen 95 and Dr Tracy 175. It was a unique experience and they also stopped at various strange and unusual places "skylab" and the bite, along the way to experience the country and take lots of photos.



Now that Dr Tracy is back to work for the serious side - she is working Tuesdays, Wednesdays, Fridays & Saturdays.

Dr Chan

Dr Chan has been busy working for Dr Tracy while she was away on the Nullarbor golf trip.

Dr Chan has booked a couple of short trips to Melbourne at the end of March, one to watch her nieces in their State life-saving Championships in Lorne and the other to learn some post production photography skills for her book.

Dr Chan is available on Friday and alternate Saturday.

Dr Meghan

Dr Meghan enjoyed a quick long weekend visit to Sydney to visit her sister's family last month. She also became another year older and was grateful for a day off on her birthday.

Dr Meghan is available on Wednesday, Friday and alternate Saturdays.

Dr Sandie

Dr Sandie is available on Monday and Thursday.

Sue

Sue thoroughly enjoyed the

Back to School Day for Kids. Dressing up in old school uniforms was half the fun. Handing out Chocolate Hearts on Valentine's Day and encouraging everyone to have more was hard work, (we didn't want to be left with too many), although she did have some help from certain unnamed members of staff to finish them off!!

Sue also wanted to share a lovely quote from a satisfied patient, "I want to do a HAPPY DANCE every time I leave here, I feel so good."

We love hearing those comments :)

Natalie

"The month of March is precious to me, my eldest son Mitchell is turning 22, an amazing journey, as a parent I was told he wouldn't be here by this stage of his life. I am often reminded of the fragility of health, so to all of our beautiful patients, it is great to see such an effort in making sure your health is at its optimum."

Kathryn

A trip to the Sunshine Coast to visit friends and family and a reunion with friends from the US, Byron Bay and Sunshine Coast in February made it a special event for Kathryn.

Ellen

Ellen is heading back to Melbourne this month to begin her 3rd year of chiropractic. She has a busy few weeks planned with a chiropractic conference in Brisbane and a sports taping workshop in Melbourne to kick start her next year of studies.

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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

We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

Office Calendar March and April 2013

March					
Monday 8am-12pm 2pm-4:30pm	Tuesday 7:30am-10:30am 3pm-6:30pm	Wednesday 9am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:45am-12pm 2pm-5:45pm (7pm)	Saturday 8am-12pm
				1 Dr Chan Dr Meghan Until 7:00pm	2 Dr Chan Dr Meghan
4 Dr Hart Dr Sandie	5 Dr Tracy	6 Dr Tracy Dr Meghan Half Hour to Health	7 Dr Hart Dr Sandie	8 Dr Chan Dr Meghan	9 Dr Tracy Dr Meghan
11 Dr Hart Dr Sandie	12 Dr Tracy	13 Dr Tracy Dr Meghan	14 Dr Hart Dr Sandie	15 Dr Chan Dr Meghan Until 7:00pm	16 Dr Tracy Dr Chan
18 Dr Hart Dr Sandie	19 Dr Tracy	20 Dr Tracy Dr Meghan Half Hour to Health	21 Dr Hart Dr Sandie	22 Dr Chan Dr Meghan	23 Dr Tracy Dr Meghan
25 Dr Sandie	26 Dr Tracy	27 Dr Tracy Dr Meghan	28 Dr Sandie	29 Good Friday	30 Closed for Easter
April					
Monday 8am-12pm 2pm-4:30pm	Tuesday 7:30am-10:30am 3pm-6:30pm	Wednesday 9am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:45am-12pm 2pm-5:45pm (7pm)	Saturday 8am-12pm
1 Closed for Easter	2 Dr Tracy	3 Dr Tracy Dr Meghan	4 Dr Hart Dr Sandie	5 Dr Chan Dr Meghan	6 Dr Tracy Dr Chan
8 Dr Hart Dr Sandie	9 Dr Tracy	10 Dr Tracy Dr Meghan	11 Show Day	12 Dr Chan Dr Meghan Until 7:00pm	13 Dr Tracy Dr Meghan
15 Dr Hart Dr Sandie	16 Dr Tracy	17 Dr Tracy Dr Meghan	18 Dr Hart Dr Sandie	19 Dr Chan Dr Meghan	20 Dr Tracy Dr Meghan
22 Dr Hart Dr Sandie	23 Dr Tracy	24 Dr Tracy Dr Meghan	25 ANZAC Day	26 Dr Chan Dr Meghan Until 7:00pm	27 Dr Chan Dr Meghan
29 Dr Hart Dr Sandie	30 Dr Chan				

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