

Kennedy Chiropractic Centre

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Spring Special Edition Newsletter

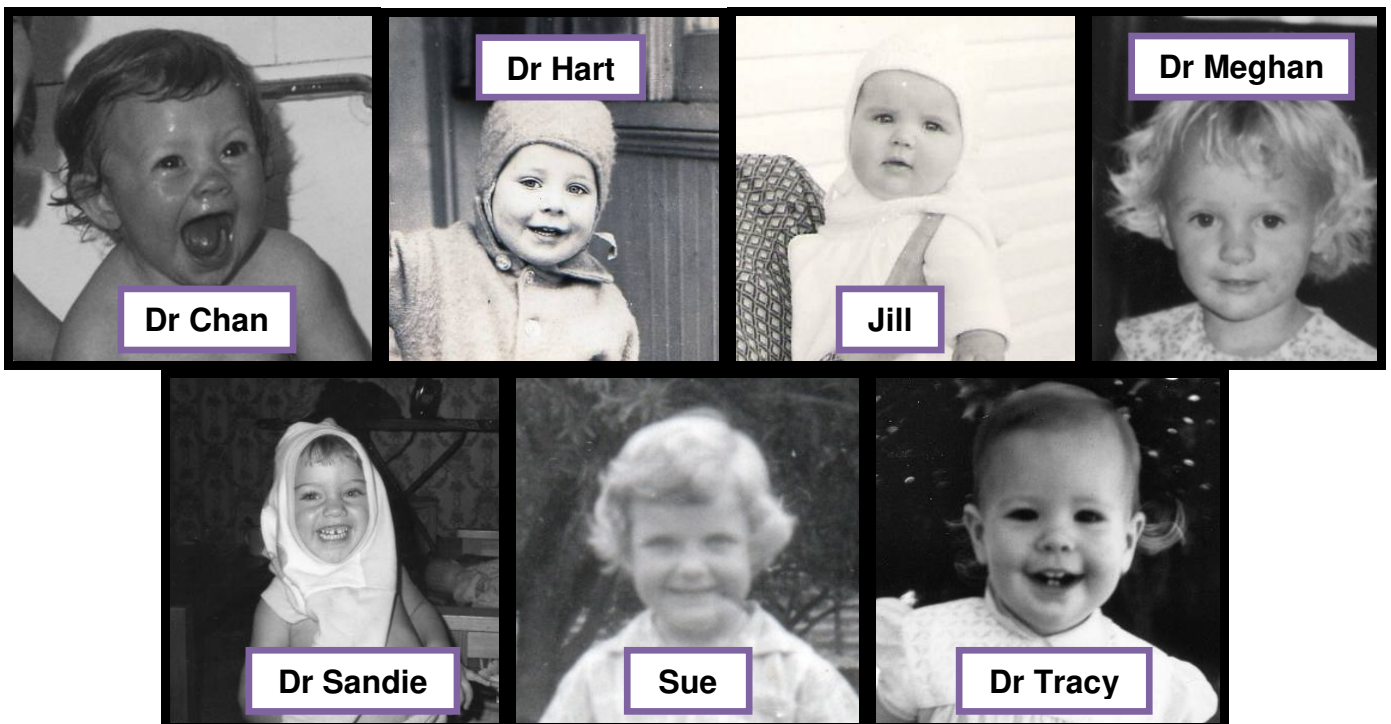
"A year from now you may wish you had started today" --- Karen Lamb

Congratulations to Pete & Meghan and welcome to your beautiful baby boy - Arthur Joseph Keleher.



Well done to Dr Meghan for having a successful home birth of your big (3.8kg /8lb 11oz) boy.

Baby picture guessing game **And the answers are.....**



Where will you live?

No doubt you maintain the vehicle that gets you around, your car, motorbike or bicycle. You put fuel in it, the best quality you can afford. You have it serviced, you maintain your home, so you don't have a leaky roof, broken windows, blocked pipes, short circuiting dangerous wiring, and so on. Both your vehicle and home are not necessarily with you all of your life, as your body is your body, which includes your mind, life force and spirit, is your living vehicle and home.

Here is an important question for you to consider: If your body wears out or breaks down, if you don't service, care for and maintain it: WHERE WILL YOU LIVE?



What if you experience the effect of fight or flight, known as 'stress physiology' over and over, day in and day out, and if the effects of this stress response and your lifestyle choices manifest in physical, emotional and chemical symptoms and warning signs? Then, the best you do is try and cover these up, with for example, pain killers, or, a hit and miss occasional attempt to patch these up (like curtains to cover up or tape on a broken window). What state will your life, "home" be in? How much quality and richness of life and longevity and life itself will you experience?

Baby BLTs

Preparation Time:

10 minutes

Cooking Time:

20 minutes

Ingredients (serves 8)

2 x 250g pkts ripe trussed cherry tomatoes (vines attached)

1 tsp olive oil

Salt & freshly ground black pepper

1 x 200g carton skim-milk natural yoghurt

1 garlic clove, crushed

16 bacon rashers, rind and excess fat trimmed

1 Turkish bread, cut into 8 slices, split, toasted

1 x 80g pkt baby rocket leaves

Method

Preheat oven to 200°C. Place the tomatoes in a roasting pan. Drizzle with oil and season with salt and pepper. Bake in oven for 20 minutes or until tender. Remove from oven. Set aside to cool slightly.

Combine the yoghurt and garlic in a small bowl.

Taste and season with salt and pepper.

Meanwhile, heat a non-stick frying pan over high heat. Add half the bacon and cook for 2 minutes each side or until golden. Transfer to a plate lined with paper towel. Repeat with remaining bacon.

Spread bread with yoghurt mixture. Top with rocket, bacon and tomatoes. Season with salt and pepper and serve immediately.



Source: <http://www.taste.com.au/recipes/2131>

Baby Scones

Makes 20

Ingredients (serves 8)

2 1/2 cups self-raising flour

1 tablespoon caster sugar

80g butter, chilled, chopped

1 cup milk

strawberry jam and double thick cream, to serve

Method

Preheat oven to 220°C/200°C fan-forced. Lightly grease a 7.5cm-deep, 22cm round cake pan. Combine flour and sugar in a bowl. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

Make a well in the centre of flour mixture. Add milk. Stir with a flat-bladed knife until mixture just comes together (don't over-mix). Turn dough on to a lightly floured surface. Knead gently to bring dough together.

Gently press dough into a 2cm-thick round. Dip a 4.5cm round cutter into flour. Cut out scones. Gently press leftover dough pieces together and repeat to make a total of 20 scones. Place scones, touching, in prepared pan. Sprinkle with a little extra flour. Bake for 10 to 12 minutes or until golden. Remove from oven. Cool in pan for 5 minutes. Wrap in a clean tea towel to keep warm. Serve with jam and cream.



Source: www.taste.com.au/recipes

Office Calendar November, December 2011 & January 2012

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
November					
	<i>1 Dr Tracy Dr Sandie</i>	<i>2 Dr Tracy Dr Sandie</i>	<i>3 Dr Hart Dr Sandie</i>	<i>4 Dr Tracy Dr Chan Dr Sandie</i>	<i>5 Dr Sandie</i>
<i>7 Dr Hart Dr Sandie</i>	<i>8 Dr Tracy Dr Sandie</i>	<i>9 Dr Tracy Dr Sandie</i>	<i>10 Dr Hart Dr Sandie</i>	<i>11 Dr Tracy Dr Chan Dr Sandie</i>	<i>12 Dr Tracy Dr Chan</i>
<i>14 Dr Hart Dr Sandie</i>	<i>15 Dr Tracy Dr Sandie</i>	<i>16 Dr Tracy Dr Sandie</i>	<i>17 Dr Hart Dr Sandie</i>	<i>18 Dr Tracy Dr Chan Dr Sandie</i>	<i>19 Dr Tracy</i>
<i>21 Dr Hart Dr Sandie</i>	<i>22 Dr Tracy Dr Sandie</i>	<i>23 Dr Tracy Dr Sandie</i>	<i>24 Dr Hart Dr Sandie</i>	<i>25 Dr Tracy Dr Chan Dr Sandie</i>	<i>26 Dr Chan</i>
<i>28 Dr Hart Dr Sandie</i>	<i>29 Dr Tracy Dr Sandie</i>	<i>30 Dr Tracy Dr Sandie</i>			
December					
			<i>1 Dr Hart Dr Sandie</i>	<i>2 Dr Tracy Dr Sandie</i>	<i>3 Dr Tracy</i>
<i>5 Dr Hart Dr Sandie</i>	<i>6 Dr Tracy Dr Sandie</i>	<i>7 Dr Tracy Dr Sandie</i>	<i>8 Dr Hart Dr Sandie</i>	<i>9 Dr Tracy Dr Chan Dr Sandie</i>	<i>10 Dr Tracy Dr Chan</i>
<i>12 Dr Hart Dr Sandie</i>	<i>13 Dr Tracy Dr Sandie</i>	<i>14 Dr Tracy Dr Sandie</i>	<i>15 Dr Hart Dr Sandie</i>	<i>16 Dr Tracy Dr Chan Dr Sandie</i>	<i>17 Dr Tracy</i>
<i>19 Dr Hart Dr Sandie</i>	<i>20 Dr Tracy Dr Sandie</i>	<i>21 Dr Tracy Dr Sandie</i>	<i>22 Dr Hart Dr Sandie</i>	<i>23 Dr Tracy Dr Chan Dr Sandie</i>	<i>24 Dr Tracy Dr Chan</i>
<i>26 Closed Christmas Day Holiday</i>	<i>27 Closed Boxing Day Holiday</i>	<i>28 Dr Tracy</i>	<i>29 Dr Hart</i>	<i>30 Dr Tracy</i>	<i>31 Dr Tracy</i>
January 2011					
<i>2 new Years Day Holiday</i>	<i>3 Dr Tracy Dr Sandie</i>	<i>4 Dr Tracy Dr Sandie</i>	<i>5 Dr Hart Dr Sandie</i>	<i>6 Dr Tracy Dr Chan Dr Sandie</i>	<i>7 Dr Tracy Dr Chan</i>
<i>9 Dr Hart Dr Sandie</i>	<i>10 Dr Tracy Dr Sandie</i>	<i>11 Dr Tracy Dr Sandie</i>	<i>12 Dr Hart Dr Sandie</i>	<i>13 Dr Tracy Dr Chan Dr Sandie</i>	<i>14 Dr Tracy</i>
<i>16 Dr Hart Dr Sandie</i>	<i>17 Dr Tracy Dr Sandie</i>	<i>18 Dr Tracy Dr Sandie</i>	<i>19 Dr Hart Dr Sandie</i>	<i>20 Dr Tracy Dr Chan Dr Sandie</i>	<i>21 Dr Tracy Dr Chan</i>
<i>23 Dr Hart Dr Sandie</i>	<i>24 Dr Tracy Dr Sandie</i>	<i>25 Dr Tracy Dr Sandie</i>	<i>26 Australia Day Holiday</i>	<i>27 Dr Tracy Dr Chan Dr Sandie</i>	<i>28 Dr Tracy</i>
<i>30 Dr Hart Dr Sandie</i>	<i>31 Dr Tracy Dr Sandie</i>				

Kennedy Chiropractic Centre will be open for the business days over Christmas this year. We will have a chiropractor on duty for the Wednesday, Thursday, Friday, & Saturday and will only close on the public holidays. We are looking forward to welcoming Dr Meghan back to work sometime in January but we are waiting until we see how mum and bub are doing before we confirm her working days. We will keep you posted.

Chiropractor Update

Dr A. O. Hart Kennedy

Liz & Hart have been friends of the earth. They bought and installed a solar panel and pump to raise water from their dam, up to a storage tank where it is kept until it is pumped out for Liz's gardening purposes. Working on a saving of about 15c a day, it will probably take about 4000 years to recover the costs. And it will have saved a few kilograms of carbon dioxide.

Seriously, after calculating the (carbon) costs of the manufacturing and installation and piping required to put the whole thing together.....one wonders.

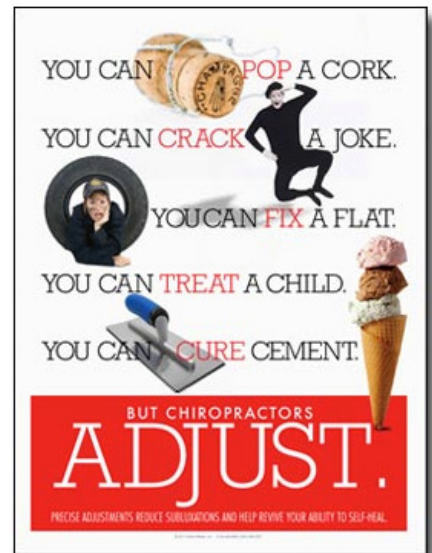
Liz has been visiting her new granddaughter and Eva continues to surpass expectations for a healthy and happy child.

Dr Tracy Kennedy-Shanks

Dr Tracy & Glen had a busy October with the last of the travel plans for the year. They went to Fiji to meet up with friends from Dallas Texas - yes it seems like a strange place to catch up - but enjoyable all the same. Dr Tracy continues to have lots of work with the Chiropractic association as they seem to love to 'meet' a lot - thankfully the rest of the meetings this year are in Brisbane.

Dr Tracy has also been involved in the start up chiropractic program at CQU based in Mackay. They are looking for student intake for the 2012 year so if you know anyone looking for a career in Chiropractic then call and set up a time to chat.

Dr Tracy will be working Tuesdays, Wednesdays, Fridays & Saturdays from now until the end of Dr Meghan's maternity leave. She is looking forward to more office time (and less paperwork).



Dr Chantal Henderson

Happy Birthday to you, Happy Birthday too you, Happy Birthday Dr Chantal, Happy Birthday tooo youuuu. We love when birthdays happen on work days! The cake bandit (Glen) took his share and left a little post it note apologising, before we could sing Happy Birthday to Chan.

Dr Meghan Keleher

Congratulations to Megs & Pete with the addition of baby Arthur. We wish Megs a restful and easy maternity leave until she comes back in the New Year, but no doubt we will see her often in the office for social visits.

Dr Sandie McIntyre

October has been a very coastal month for Dr Sandie with two trips to the Gold Coast and one to the Sunshine Coast for social engagements. She has also been enjoying playing in her garden now the weather is getting nicer and is looking forward to a trip to

Kingaroy next month to visit friends. Dr Sandie has been busy with work now that Dr Meghan has been on maternity leave. We are keeping her busy as she is working every day. Dr Sandie is in charge of the office social events. We are having a Melbourne Cup office lunch and plans are underway for the office Christmas Bowls party. Stay tuned for pictures. Dr Sandie is working her normal days Monday to Thursday and she is also working Fridays and some Saturdays while Dr Meghan is a stay-at-home mum.

Kirstie

Congratulations Kirstie on completion of your third year and finishing the bachelors. Now for the Masters – we wish you all the best and look forward to seeing you over the Christmas holidays.

Luci and Ellen

Congratulation to you both, for doing brilliantly in your first year of studies in chiropractic. Dr Tracy & Glen had an opportunity to catch up with the students at a conference in Melbourne in October. Both Luci & Ellen were excited to meet and speak with chiropractors in practice, and Dr Tracy made them attend the AGM ☺

Patient Pride!

Thanks Graham for sharing - Graham has 3 young children (under 8) and is proud that they have no idea what McDonald's is and have never eaten there. In this age of fast and convenience he and his wife have chosen to make an effort to provide home healthy meals for the kids. Well done for making a decision and putting in the effort to keep to it.

newsletter@kennedychiro.com

Like what you see but want to save paper?

Let us have your email address at reception when you are in for your next appointment.

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.

