



TOTAL LIFESTYLE
chiropractic

Our TLC Family Newsletter

December 2009

Everybody needs tender loving care!

Introducing:

Joshua Farmer: Graduated from Parker College of Chiropractic, in Texas, May 2009. Married to the lovely Mandi, who is an avid and excellent photographer. Josh & Mandi love Bowen and are very excited to be making it their new home, as are we to have them join us.

Julie Kowaleski: Graduated from Texas Chiropractic College, in Texas, December 2008. Julie and her partner Braxton love living in Caloundra and although very much a part of the TLC team, are on loan to Caloundra Wellness for a short time.

Braxton Turnage: Graduated from Texas Chiropractic College, in Texas, April 2009. Braxton and Julie are a great team and have taken all the curve balls that this adventure has thrown at them in their stride. It's a pleasure to have them in the family.

Ryan Ebeling: After leaving us in April 2009 and working in Argentina for the past 6mths has re-joined the family November back at Glenelg Practice.

Michael Szabo: Graduated from RMIT in Melbourne in 1997 and in 2002 left to work in Ireland the past 7 yrs and joined the family November in Oak Park Practice.



Joshua Farmer



Julie Kowaleski



Braxton Turnage



Michael Szabo



Ryan Ebeling

Welcome

Angela Henderson – Support Team

Ashleigh Beecham - Albany Creek & Ascot

Erin Craig - Oak Park

Natalia Paine - Oak Park

Ann Colnan – Murwillumbah

Highlights

New staff
Ros & Mel's Trip to New Zealand
Proserpine & Airlie Crew head out to dinner
Staff Birthdays
&
loads of photos!



Lyceum, New Zealand. August 2009 - Ros & Mel

Mel and I were lucky enough to be part of New Zealand's Lyceum at the end of August. It is the DG of NZ TLC decided to have a 'trade' booth at the seminar, to let the Kiwis know about the company and our fabulous team. Many did already, which is fantastic.

We both arrived on Wednesday afternoon and headed to our hotel, The Sky City. Auckland has a smaller version of Centre Point Tower in Sydney called the Sky Tower, and it just happened to be right outside our window. A stroll around the city and after a long day of travelling our first night in Auckland and we were in bed at 730pm (mind you that is 930pm Aussie time), such party animals. A massive storm hit Auckland that night, with 10,000 lightening strikes recorded, many of them hitting the Sky Tower. Guess who slept through the whole thing. Me. Could have sworn I didn't sleep very well that night.

Thursday took us to the New Zealand Chiropractic College. This place is special, you can feel it the moment you walk in the door. It is a happy, welcoming place and although this may sound corny, you can feel the love. Everyone loves working or studying there. Just makes you want to pack up and join them. The fantastic relationship the faculty and the students have was very evident during the seminar. The college is small, with a maximum at present of 400 students, 350 are enrolled for 2010. Craig would love it there, lots of hugging Jo Brown

the head of Admissions made us feel very welcome and gave us a personal tour. Just fantastic.... Mel and I decided that since we would be at the seminar all weekend, we would take the afternoon off. The locals all pointed us in the direction of Waiheke Island, a short ferry ride from Auckland. The island is home to 17 vineyards and olive groves. We are told that only the grapes for red wines are grown on the island although all have white varieties that are grown further south in the Marlborough district and transported back up to Waiheke. So as they say, 'When in Rome'



This is the Mud Brick Vineyard, where we spent a lovely afternoon, sampling the local produce. By the time we left there, everywhere else was closed, oops! So Mel had her first experience at hitch-hiking. Fantastic community over there, with the 2 separate friendly locals offering us a lift back to the ferry. Friday it was back to business, with setting up our display for the beginning of Lyceum that afternoon. Mel being the artistic one was let loose, I was the lackie and let her fiddle and fuss over photos and posters. She did a fantastic job and even convinced me we needed to move very large potted palm in the foyer over closer to our stand. Since we were both feeling the effects of the previous day, decided a little lay down was needed to see us ready for

the evening. Friday night as far as the booth was concerned was a little disappointing. Everyone was so eager to move into the seminar, and were not particularly interested in any of the displays. Mel attended the opening session and did have a few interested after the closing at 10pm.

Saturday was far more productive, with many coming over for a chat and wanting to know all about us. Of course the Cadbury Fury Friends we were handing out, did help encourage interest. As someone always had to man the stand, Mel and I played tag team in and out of the sessions. I thoroughly enjoyed the day and it was also nice chatting with the other exhibitors. I would recommend anyone who was planning a trip to NZ next year to time it around the Lyceum. All details are on the New Zealand Chiropractic College website. Another early night and back on Sunday morning, which was quiet again, I think most were feeling hung over from the Ball the night before.

We did manage to get contact details for a number of graduating students and ones that still have a few years to go. Craig might very well have some fellow Kiwis joining the team next year.

After a stroll around the city, I headed back to the hotel to pack as I had a 4am start on Monday. Leaving our Mel to her own devices did worry me a little as she does have a few issues with direction, luckily the Sky Tower is the tallest thing in Auckland so as long as she could see that she knew how to get back.

All in all, a successful venture. Mel and I would both like to thank TLC for giving us the opportunity to attend this event.



Human Resources - Ros Green

Hi Team,

July saw the start of the financial year and another 4 fabulous new associates sit the Australian Chiropractic Board exam in Sydney, Heidi Upneck for South Africa, Julie Kowaleski, Braxton Turnage and Joshua Farmer all from the USA.

As usual it was a tough exam, although, once again I am very pleased to report all passed.

Heidi has returned to South Africa and will be back late 2010.

Josh has started practise in Bowen and from what I hear, he and his lovely wife Mandi are already classed as locals.

Julie and Braxton are 'on loan' at present to a practice in Caloundra, both absolutely love the area and have settled into a fantabulous apartment.

The Training Program held directly after the exam was again a great way to get to know our newest team members and for them to know us. They were a fun crew and I have every certainty that they will all achieve their goals and bring something very special and exciting to their practices. Over the last few months I have been consumed with immigration, registrations and licensing. There have been some nail biting, '11th hour' situations, though all has been resolved and I can go back to breathing again Until the next exam in November of course.

Always plenty to do answering emails and following up on enquiries which come from graduating students to very experienced chiropractors looking for a new way of life. See you all in November!

Until next time, keep smiling, it makes people wonder what you have been up to!

Ros Green



From the Accounts Desk

Gary

Hi everyone. I'm really looking forward to seeing you all when you get here to Mackay for the workshop in October. It will be fun to put a face to the names.

Our office has undergone quite a few changes with so many new faces (including me). With Dirk back in South Africa, Karyn has also decided on a change of pace. She has taken another job but she drops in to say Hi from time to time, and get the latest goss. It is certainly a big loss for us, and we miss her.

Admin has been really busy keeping up with the day to day operations. Craig and Sean have seen the light and allowed us to put on another couple of admin people to help to take on some of the daily tasks. In accounts, we would like to welcome Priscilla Bradley as Accounts Officer. Priscilla is handling Accounts Payable and assisting in other areas with Pays and Super etc and has been a huge help.

We would also like to welcome Heather O'Callaghan to our Admin team. Heather is taking over from Karyn, and has been tossed in the deep end with all the tasks that she has had to quickly learn. Angela is also starting here in late September to assist Justine on a fulltime basis.

Poor Craig is still getting used to seeing all these new faces in the office after such a long time with Karyn and Dirkie. We might have to wear name tags for a while!

We've had fun getting to know the new DCs who have started with us in the last few weeks. Welcome to Josh and Amanda Farmer who must be soooo relieved to finally have a place to call home after living out of a suitcase for a few weeks. Welcome also to Braxton and Julie who are on the Sunshine Coast, and welcome to Todd and John who we are still to meet. We look forward to meeting them in a few weeks.

Remember all, Individual Tax returns have to be lodged by 31 October. If you have not received your PAYG Summary, please contact me as these were emailed in early July. Bye for now and see you all soon!

Settling into our new country

Danico Jones - Innisfail

Hello from Innisfail! So, you have given a new country some thought, done the research and your spouse gets the 'Welcome on board call from TLC'. The initial excitement of this amazing journey to a new country soon gets squashed by fear, doubt, and endless questions; "Are we doing the right thing", "What if...", "Will the kids be okay", "Can we adapt to a new culture?", "Will the longing for home be unbearable?"

Despite this, Jan and I made the journey and embraced the opportunity. I have always said that I do not want to have any regrets later in life. A favorite quote of mine is "Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did." H. Jackson Brown, Jr.

We have been here almost 4 months now, and I am happy to say that I have not regretted our decision at all; here is what I have learnt:

1. One day at a time. There are some days I could go back (Mondays especially) but then I think of the 'bigger picture' that brought us here. I often outweigh the pros and cons for being here and the pros far outweigh the cons (only con being that my family is so far away)

2. Join a playgroup if you have young kids – a lovely way to meet other moms
3. Enjoy the play parks , the kids love them and they are safe.
4. It does help if you can mix with someone from your home country too. I am very thankful that a couple from South Africa lives two houses from the TLC practice.
5. Get involved in community events – we took part in the Queensland Cancer walkathon – a great way to mix with the community.
6. Do something for yourself. I have joined the Contours gym in town and it does help to have half an hour to myself three to four times a week.
7. Have a strong marriage. The first month is tough and you and your spouse are each other's support structure.
8. Brands are different (e.g. Cream Soda is red here but green in South Africa) - but you will get used to them and if you don't like one, try another.
9. Finances will be tight, but you will survive.
10. And EVERYTHING gets abbreviated.... Afternoon is arvo, university is uni, kindergarten is kindy, service station is servo...

It takes about two months to get used to the new surroundings and then from the 3rd month things start feeling familiar and kids are used to the new routine and way of life.

So, yes, the first few months are a HUGE adjustment to what you may have been used to, and sometimes the small details can creep in and cloud the bigger vision we had for ourselves. Just hold on to that bigger vision. And, if nothing else, know that one day you will have no regrets.

Bundaberg Crew

The Bundaberg team has grown yet again and we welcome our newest CA, Jenny. We also welcome Cara into the role of practice manager as we embrace the next stage of our journeys here. Life at TLC Bundaberg is moving at a very fast pace for both our team and our patients, and our shifts are a blur of activity and laughter. We are meeting the most amazing new patients and we are witnessing miracles every day. Our number of referrals is at an all time high, so it seems the word on the street is that Bundaberg TLC is the way to go!

The practice is undergoing major renovations at present, with Phil Gilbert working tirelessly to fulfil our every wish and command. We have gorgeous new feature walls, more space (thanks to a certain number of walls being knocked out!)

and we are well on the way to fulfilling the collective vision we have for the practice. Upstairs is now vacant and being renovated too, so we are so excited for the possibilities that having the space will open for us all. Thanks Phil!

Dr Todd is holding the first advanced workshop here on Saturday 26/9/9, which is the first of its kind this practice has seen. We are expecting over 40 people and the response has been phenomenal. We are blown away by the number of patients who are embracing these education opportunities... and it will be interesting to see whether we can fit 40 people in our little reception area!

Dr Carmen has created quite a stir with the introduction of foot levellers to the practice. We have had an amazing response and once again we are simply blown away with the response

from patients. We have even had people calling now who just want the foot levellers, chiropractic aside...it seems pelvic stabilisation is the newest trend!

On another note, we have heard from Dr Don and Kathy Jackson that all is well at home in Canada, and they have purchased a practice of their own. They keep in contact every few weeks and it seems they are very busy, but very happy. They send their love and best wishes to all of the TLC family. We hope this update finds you all in good spirits and good health.

Our Love to all!
Team Bundaberg

CA Department News - Justine & Mel

Hello there! We can hardly believe that the last couple of months have flown by so fast and that we're already talking about Christmas holidays.

We'd like to start by extending a big welcome to our two newest CA's: Ashleigh in Albany Creek and Jenny in Bundaberg – it is great to have you on the team!

Also, we have recently had three of our star CA's step up into the role of Practice Manager. Minnie with her huge smile and boundless energy has proved to be an inspiration for her team in Townsville; Cara with her gentle and diligent nature been a great source of stability and support to the Bundaberg practice through all the changes of the past few months; and Kate's efficiency and enthusiasm has proved to be a great asset in the Mackay practice. Love your work ladies! You have all worked so hard and achieved so much for your teams.

Jus has managed to stay closer to home this month (aside from a short visit with our lovely team in Albany Creek). In August she and Craig held a very successful Training program in Mackay for our newest Chiropractors. Angela Henderson also attended this training week as an introduction to the TLC procedures. Angela will be moving to Mackay later in the month to officially join our team on 28th September. After spending the week with her we are assured not only that she will be a lot of fun

(super important) but also a great asset to our Support Team.

The TLC Workshop (and event of the year might we add) is just around the corner. Please make sure you have the 6th-8th November marked with lots of gold stars on your calendar (ours is). With over fifty of our team attending this is going to be an awesome weekend. The energy and inspiration that can be drawn from gathering with a group of like-minded people is a very powerful thing indeed. Also, as per tradition, I hear Kate is putting together quite a little party on the Saturday night so be sure and dust off your dancing shoes ladies and gentlemen!

TLC will be hosting the Dynamic Growth Experience here in Mackay on 17th October. Some of our Chiropractors and CA's along with loads of others from the region will be attending. We have a great line up of speakers including John & Judy Hinwood, Craig Gilberd, Josh Sanders and more, for the afternoon (it is rumoured that Justine Blair will even be making an appearance) so very exciting indeed.

On the subject of great speakers, Jus, Mel and Craig had the joy of accompanying Minnie (Tvl), Cara (Bundy), Jan (Mt P), Leanne (AB) and Sue (NB) as well as Mike and Vicky (Rocky) and Paul & Liz (Tvl) to the Parker Seminar in Melbourne last month. We were blessed to hear some of the greatest minds in our profession and all of us walked away from the weekend overflowing with ideas and inspiration.

Mel was fortunate to attend Lyceum with Ros in New Zealand and will continue to be on the road a bit over the next couple of months. She will be in Mackay in October to lend a hand in the office and help to welcome Angela while Jus is away on holidays YAY!!!!!!!!!!!!!!!!!!!!!!

Also, Mel will have a couple of visits to Melbourne to interview and train two CA's for our very first practice in Victoria.

As I'm sure you have all heard by now Mel will be leaving us at the end of the year to move to New Zealand and attend Chiropractic College.

We wish Mel every success; we know she will make a fantastic Chiropractor!!!!

Anne Maree from our Mt Pleasant practice will join the support team to fill in the huge shoes that Mel will leave. Anne Maree has many years experience as a Practice Manager and with her passion for Chiropractic I'm sure she will do a fantastic job.

While Jus is enjoying three weeks swanning around New Zealand, 'go confidently in the direction of your dreams'!!!!

Jus & Mel

Craigs Photo's



Craig's beloved plane (nicknamed CTI) - his mode of transport to and from his home on Keswick Island to work in Mackay,



Photos taken while Craig was holidaying in the Maldives!

Proserpine Crew

Just a few words from Dr Josh, Jen and Jan from Proserpine.

We have had a very busy month which included planning a booth at the Healthy Lifestyle Expo at Coral Sea Resort, Airlie Beach.

It was a great day with lots of interesting speakers and was fabulous exposure for both Proserpine and Airlie Beach clinics. Dr Josh and Dr Jusik were both on hand to answer any questions and to explain the importance of Chiropractic. Jen, Jan, Leanne and Deb were also on deck 'spreading the word' and promoting our clinics.

As you can tell by the photo Dr Jusik was truly overworked and enjoyed every minute of it! And yes, the year is flying by and before we know it Christmas will be here!

Dr Josh, Jen and Jan





Airlie Beach and Proserpine Crew

These pics were taken during our staff dinner at Capers in Airlie Beach. We finally got everyone together Proserpine Crew as well as Airlie Beach - a mighty hard task!

We finally got to use our "BONUS DOLLARS" from the easter incentive!

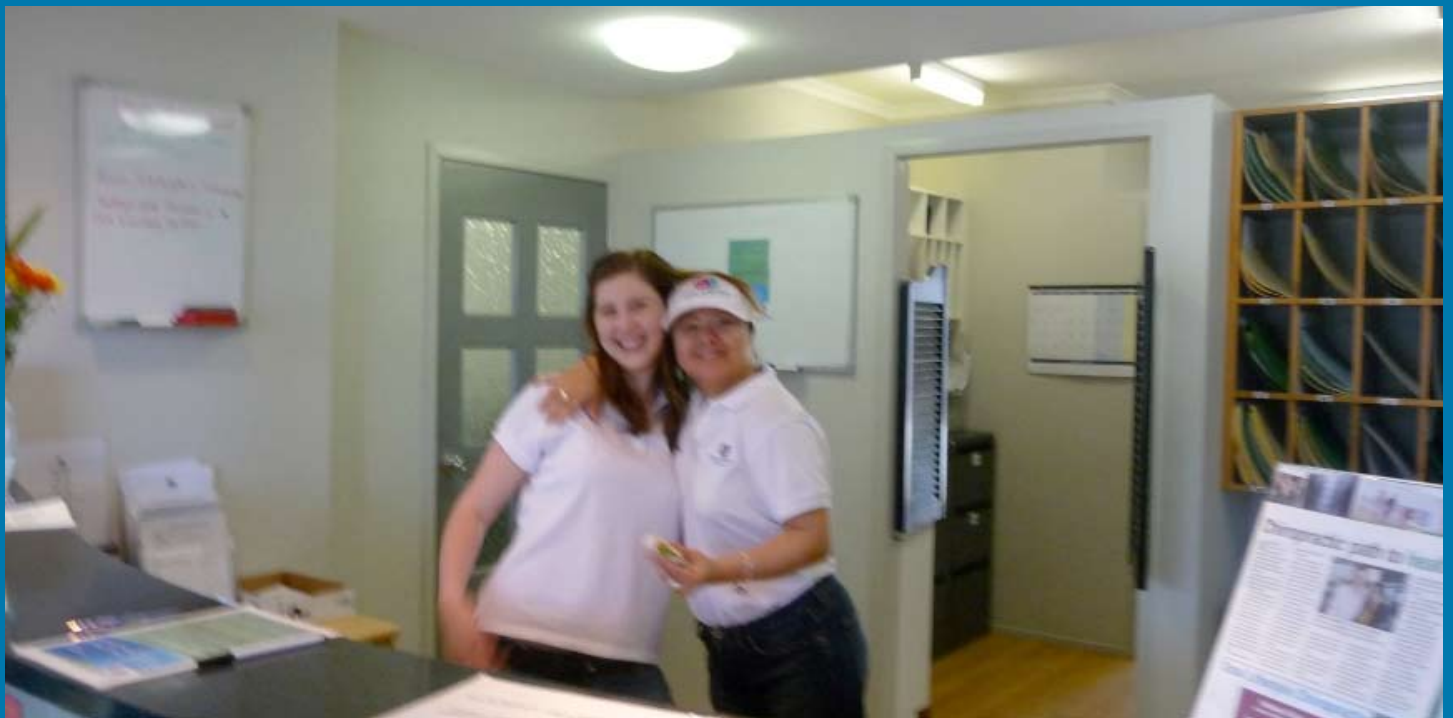
Thank you TLC....
As you can see a great night was had by all!



Rockhampton Crew

A few pics from Rockhampton Total Lifestyle Chiropractic's Patient Appreciation Day!





Birthdays

December:

8th Ryan Ebeling
10th Gary Findlay
10th Paige Shailer
22nd Jenny Stigter

January:

7th Rupinda Grewal
9th Karen Strong
28th Ann Colnan

February:

8th Kim Green
11th Jan Beckman
12th Diana Rackley
13th John Dulhunty
23rd Chrissy Corstorphan
28th Brian Johnson

March:

2nd Sean Cowan
5th Natasha Milton
6th Kerry Evans
11th Jenny Moranino
17th Angela Henderson
21st Jusik Youn
24th Todd Gignac
24th Vicky Magana
28th Kate Deimel
31st Leanne Brown



**HAPPY BIRTHDAY SUE!
WE ALL HOPE YOU ENJOYED
YOUR DAY...**



Funnies

Which recent addition to our TLC crew, after being in Queensland for just over week, was shocked to see how many funeral places there are around town. Must be a chain... "Golden Casket"

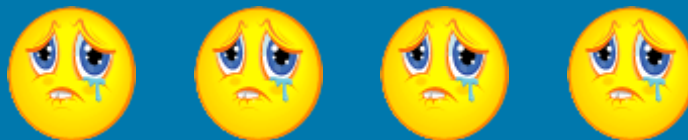
Farewells

Best wishes to Dr Tonia Hess who is returning to the USA

Melody Warren - Best wishes in your studies at the New Zealand Chiropractic College

Best Wishes to Dr Joshua Sanders and his family who have returned to the USA

and Karyn O'Brien - they are some mighty big shoes to fill!



Christmas Wishes

On behalf of the entire TLC Family, we wish you a very safe, happy and healthy festive season.

May next year be filled with excitement and success for you and your families. We look forward to seeing you all in 2010!

