

NEWS WITH

# AV CHIRO

NOVEMBER/DECEMBER 2023

## Staff News

### ANDREW

IS PREPARING HIS KAYAK FOR THE SUMMER FLATHEAD.

### MARK

MARK HAS NORMALISED AFTER HIS TRIP TO EUROPE AND IS NOW FACING THE STRESS OF WATCHING HIS DAUGHTER BUY HER FIRST HOME.

### NATHAN

IS THANKFUL FOR COMPLETING HIS FIRST YEAR AS A CHIROPRACTOR AND FINALLY GETTING MARRIED!

### LOUISE

IS DELIGHTED THAT ELI HAS A PERMANENT ROLE WITH THE NEW ZEALAND SYMPHONY ORCHESTRA IN WELLINGTON!

IS ALSO STILL OVER THE MOON THAT SHE WAS GIVEN THE HONOUR OF MARRYING NATHAN & KARINA!

### KARA

KARA IS EXCITED TO CELEBRATE CHRISTMAS THIS YEAR WITH HER FAMILY AND NEW BABY GIRL!

### KATHRYN

CAN'T WAIT TO CELEBRATE CHRISSY WITH ALL THE FAMILY.

### ANTONIA

IS LOOKING FORWARD TO RELAXING OVER THE HOLIDAYS!



## End of Year Trading Hours

23 Dec (Sat)-26 Dec (Tue) - Closed  
New Years Day (Mon) - Closed

All other days will be operating as usual



## *A Year in Review*

2023 has been another new and exciting year here at AV Chiro. As December comes to a close, so too does our 36th year of proudly providing chiropractic care within Brisbane's busy CBD.

As we farewell 2023, we want to say a big **THANK YOU** to all of our patients, friends and family for helping make this another marvellous year.

In 2024 you can expect the same high standard of care that you always have from your Chiropractors, Andrew, Mark and Nathan.

We will continue to write about more interesting topics in our newsletters, post helpful videos and slides on our social media pages, and keep you all informed on the world according to AV Chiro.

We are excited for what 2024 will bring and we look forward to seeing you all then.

Until then, from the AV Chiro family to yours, Merry Christmas and a Happy New Year!





## 6 Songs for the Season

Instead of a book recommendation this month, we thought that we would share some of our favourite seasonal songs.

- **The Aussie Jingle Bells** - Colin Buchanon
- **Wonderful Christmastime** - Paul McCartney
- **Last Christmas** - Wham!
- **How to Make Gravy** - Paul Kelly
- **It's beginning to look a lot like Christmas** - Michael Buble
- **Santa Tell Me** - Ariana Grande

## RECIPE OF THE MONTH



### Gingerbread



GINGERBREAD IS ALWAYS A WELCOMED SEASONAL TREAT THAT'S AS FUN TO MAKE AS IT IS TO EAT.

ENJOY!

**SERVING SIZE:** 15 GINGERBREAD SHAPES

**PREPARE TIME:** 20 MINS

**READY TIME:** 1.5 HRS

#### INGREDIENTS

- 100G SALTED BUTTER
- 3 TBSP GOLDEN SYRUP
- 100G RAW SUGAR
- ½ TSP BICARB. SODA
- 1½ TBSP GROUND GINGER
- 1 TSP GROUND CINNAMON
- 225G PLAIN FLOUR (OR SWITCH FOR GLUTEN FREE FLOUR)

#### METHOD

##### STEP 1

- COMBINE THE BUTTER, SYRUP AND SUGAR IN A SMALL PAN AND HEAT UNTIL MELTED. STIR OCCASIONALLY, THEN SET ASIDE TO COOL.
- IN A LARGE BOWL, MIX THE BICARB, GINGER, CINNAMON AND FLOUR TOGETHER. THEN, ADD THE MELTED BUTTER MIXTURE AND STIR TO COMBINE.
- USING YOUR HANDS, BRING THE MIXTURE TOGETHER TO FORM A DOUGH.

##### STEP 2

- PLACE THE DOUGH ONTO A SHEET OF BAKING PAPER, ROLL THE DOUGH OUT TO APPROXIMATELY 1/2 CM THICK AND PLACE ANOTHER SHEET OF BAKING PAPER ON TOP. THEN, PLACE THE DOUGH IN THE FRIDGE FOR 1 HOUR.

##### STEP 3

- PRE-HEAT YOUR OVEN TO 170C FAN FORCED AND TAKE THE DOUGH OUT OF THE FRIDGE.
- CUT OUT YOUR GINGERBREAD SHAPES AND CAREFULLY SPACE THEM OUT ON TOP OF YOUR BAKING TRAY.
- PLACE THE TRAY IN THE OVEN FOR 10 MINUTES.
- TAKE THE GINGERBREAD OUT AND ALLOW TO COOL.

##### STEP 4

- NOW THE FUN BEGINS! START TO DECORATE YOUR GINGERBREAD WITH ICING, LOLLIES OR WHATEVER YOU LIKE!.