

**Huge Value if you Say YES!
 Now to ASRF Membership**

Congratulations and thanks to all ASRF Members, including almost 100 who signed up during the Melbourne Parker Seminar promotion. It is not too late – you can sign up now for bonus membership which remains current right up until the end of 2004, for the usual annual price at the chosen level. In addition, Synaptic Design is generously donating dollar for dollar to the ASRF for any new Silver, Supporting or Student Members and BackTalk Systems Inc. is again donating a free patient education video to new Gold, Platinum and Diamond Members.

ASRF Membership is a tax-deductible expense for Chiropractors and their staff. Members also have the satisfaction that they are supporting chiropractic research and also enjoy benefits including:

- Fortnightly Chiropractic Research Updates by e-mail;
- Chiropractic Patient Updates 8 times a year by e-mail; and
- Quarterly hard copy issues of Focus on Research.

You can choose your own level of Membership and apply online via the Membership page at www.spinalresearch.com.au. Remember, by signing up now at any level, your ASRF Membership remains current until 31 December 2004.

| | |
|---|----------|
| Diamond Membership | \$2200 |
| Platinum ASRF Membership | \$1100 |
| Corporate ASRF Membership | \$1100 |
| Gold ASRF Membership | \$550 |
| Silver ASRF Membership | \$258.50 |
| First Year Practitioner ASRF Membership | \$158 |
| Supporting Member (CAs, Partners, Patients) | \$38.50 |
| Student (incl. Student Partner/Friend) | \$20.00 |

Why should you support the ASRF?

First year practitioner, Dr Melony Browell from Sydney puts it powerfully: *“I believe research is the cornerstone of our continued recognition in the greater fields of health, and for further developing our own profession. I am a great supporter of those who work towards this goal, for the benefit of us all.”*

The following Life, Diamond, Platinum and Gold Members have set a fine example:

Life Dr Douglas Winter

Diamond (\$2,200)

Dr Simon Floreani; Dr Keith Livingstone; Dr Mark Postles; Dr Mark Uren, Dr Brett Houlden

Platinum (1,1000)

Dr Anthony Coxon; Dr Roxanne Daniels; Dr Ari Diskin; Dr Kimberlie Furness; Dr Bevan Goodried; Dr John Hinwood; Dr Judith Hinwood; Dr Clinton McCauley; Dr Peter Tuchin



Gold (\$550)

Dr David A. Aldenhoven; Dr Chris Barham; Dr Margaret Barry; Dr Keith Bastian; Dr Michael Brett; Dr Neil C. Brodie; Dr Melonie Browell; Dr Robert Burgess; Dr Andrew Cameron; Dr Stephanie Campbell; Dr Don Cannon; Dr Ben Carvosso; Dr Scott Champion; Dr Gerard F. Christian; Dr Robert A. S. Clugston; Dr Thomas Cole; Dr Tony Croke; Dr Nicholas Daniels; Dr Kym R. Davis; Dr Sam Davis; Dr John de Voy; Dr Peter Duffy; Dr Bruce W. Ellis; Dr Peter D. Farrelly; Dr Mark H. Feldman; Dr Ross B. Gilmore; Dr Simon Gilsenan; Dr Brett Grant; Dr Doug Hart; Dr Andrew Harwood; Dr Dennis D. Heglund; Dr Douglas Herron; Dr Nicholas J. Hodgson; Dr Richard Hooke; Dr Ian R. Hope; Dr Brett Ireland; Dr Geoff Irvine; Dr Simon Kelly; Dr Leonie Lancaster; Dr Brinsley Lane; Dr Scott Lieschke; Dr Nicholas Maczyszyn; Dr Gregory Marslen; Dr Nicole McFarlane; Dr Phillip M. McMaster; Dr Bronwyn McNamara; Dr Gary Migotto; Dr David Minns; Dr Matt Moeliker; Dr Jonathan Moore; Dr Philip Morpew; Dr Anthony O'Reilly; Dr Paul Patterson; Dr Mark Pope; Dr Michael Portelli; Dr Simon D. Porteous; Dr Jon Powderly; Dr Iain J. Praeger; Dr William Pyrke; Dr Peter L. Rome; Dr Malcolm Rudd; Dr Annette J. Shelley; Dr Lisa Shelton; Dr Kellie Simpson-Yildirim; Dr Warren Sipser; Dr Daniel Smith; Dr Paula Stacey; Dr Margaret Tay; Dr Bruce W. Thompson; Dr Michael F. Troy; Dr Jeremy Villani; Dr Robert Yates

Peter Brock signs again as ASRF Patron

Early in 2001, the ASRF President, Dr Kelly approached Mr Peter Brock to be the inaugural Patron of the Foundation. Peter obliged and has attended many engagements and donated personal memorabilia to the Foundation over that two year period. We are pleased to report that Peter has agreed to accept this position for a further two year term until July 2005. This is how he sees his important and inspiring role:



PETER BROCK

"Time seems to breeze on by when you decide to grasp life with both hands and 'be all that you can be'. Certainly that is how my time as Patron of the ASRF has passed, from my perspective. I am most honoured to have been associated with such a fine organization – one that has ideals I hold dear, and it is my great pleasure to accept a further two years as Patron of the ASRF. Why? Simple really. To be present, even briefly, with a group of people who share a basic understanding of how people can live and thrive on this planet is something I am most grateful for.

Please have the certainty and conviction to express these ideals and with all the integrity that the organization possesses."

Processing ASRF Research Grants

The Australian Spinal Research Foundation (ASRF) has invited applications for grants to support research concerning Chiropractic. Priority this year is again being given to projects that investigate the vertebral subluxation complex and how Chiropractic contributes to wellbeing and quality of life. In addition, priority is being given this year to Chiropractic case series studies that investigate care for conditions other than musculo-skeletal pain and headache.

The applications received by the closing date of 31 May are currently being processed in the following manner:

A. Assessed by the ASRF Professional Priorities Review Panel (9 experienced chiropractors) in

relation to the proposed project's relevance to the priorities chosen by the ASRF Board. Applications not recommended by the Panel are not processed further:

- B. Assessed by three referees selected for each application by Professor Jennifer Jamison, Chair of the government-approved ASRF Research Committee.
- C. Referred to the ASRF Research Committee with referee reports for examination of scientific merit and recommendation to the Board regarding funding.
- D. Decision by the ASRF Board on 3 October 2003 to fully fund, part fund or not fund the proposed research projects.

ASRF Case Reports Workshop

To build on the success of the 2002 Case Reports Workshop in Sydney, the ASRF Board commissioned Dr Peter Bryner to present a Workshop at Murdoch University in Perth on Saturday 14 September 2003. Such Workshops are an ideal way for practitioners to learn more about documenting their successes, with a view to publication. Not only will this knowledge be observed by many outside our Profession and be used by researchers, it will also open up opportunities for Patients and prospective Patients utilizing the Internet. The more Chiropractic research is available, the more everybody benefits.

ASRF Medal

Nominations are invited for a prestigious research award - the ASRF Medal. The Board of Governors of the Australian Spinal Research Foundation has decided to again recognise an outstanding contribution to chiropractic research, achieved through either a single dramatic breakthrough or a consistent substantial contribution. Nominations forms may be obtained from the ASRF Office.

Nominations will be assessed on the basis of the quality and quantity of:

- published papers in refereed journals; and
- chiropractic research undertaken within or relevant to Australia.

Other criteria for judging work may include its usefulness to chiropractors day by day, usefulness to the profession politically, usefulness to the integration of chiropractic into the community, usefulness to the validation of chiropractic sociologically or scientifically, and research in a most needed or important area.

Message from the ASRF President

Economist and author Paul Zane Pilzer recently toured Australia and New Zealand. At the time he wrote "The Wellness Revolution", he had little knowledge of chiropractic. In his presentation, he commented "It's funny, people are now going to their chiropractor, just to be well". Pilzer defines Wellness as being proactive "...people voluntarily become customers – to feel healthier, to reduce the effects of aging, and to avoid becoming customers of the sickness business. Everyone wants to be a customer of the early-stage approach to health".

He predicts that personal spending on wellness will increase five fold over the next ten years, particularly by the baby boomers. Imagine if we had more chiropractic research that further validated the healthy, spine-healthy, nerve-healthy life paradigm? I believe the media would love to run stories on it. How many more people would be under chiropractic care, have greater health and wellbeing, and a more meaningful productive life?



DR BRIAN KELLY AND PAUL ZANE PILZER

The ASRF was invited to present at the Adelaide Center for Spinal Research inaugural Symposium in September. The Adelaide Center for Spinal Research is a very impressive facility, located within the Adelaide Hospital. In attendance were some of the leading basic science researchers in Australia. I thanked these eminent researchers for providing answers to observations we see in daily practice.

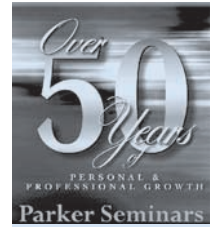
I presented a paper entitled "The safety of chiropractic intervention. Fact vs myth".

Dr Ray Hayek presented a paper "Sensory innervation of the upper thoracic facet joints at T1 to T4", and Adelaide chiropractor Dr Andrew Ross spoke on the *Chiropractic paradigm*.

What was blatantly obvious was that funding for xyz spinal conditions is coming from the drug companies who are looking for a return on their investment: surgical implants, cures for osteoporosis, etc. It highlighted for me the investment the chiropractic profession needs to continue to make in research if we are going to be the leaders in functional health care.



Parker Seminars Triumph in Australia



The 'largest chiropractic conference and exhibition in the Southern Hemisphere' is an understatement for the August 2003 Parker Seminar at Melbourne Convention Centre. The 932 delegates were treated to 13 of the world's greatest chiropractic achievers in an atmosphere of profound learning, sharing and

understanding and gave rave reviews – Drs Fabrizio Mancini, Gilles Lamarche, Gene Orłowski, Bruce Parker, Shawn Powers, Rick Wren, John Demartini, Eric Plasker, Dennis Nikitow, James Chestnut, Ms Pat Atanas and Ms Heidi Farrell; also international peak performance and success coach Kurek Ashley.



DR MANCINI AND DR HINWOOD



PARKER SEMINAR SPEAKERS

The Parker Melbourne Convenor, Dr John Hinwood, has summarised this life-changing event as follows:

Speakers gave the participants the following gifts over the course of the weekend:

- Congruency
- The gift of love
- Passion and focus
- Certainty
- How strong our chiropractic family is
- Superb energy
- Huge self esteem from inside each speaker
- Pushing participants out of their comfort zones
- The need to participate – Just Do It!
- So much positive energy in the one place
- Having many participants realise that they are stuck in the physical, and you've got to get spiritual to move to a higher level
- Every speaker presenting from their parasympathetic realms, and not from their sympathetic beings

Donations by Parker Seminar Speakers

Melbourne Parker Seminar Speakers, Drs James Chestnut and Eric Plasker have generously offered to donate a percentage of proceeds of their product sales to the ASRF on an ongoing basis. The first installments received recently were \$743 and \$1506 respectively. The ASRF Board gratefully acknowledges this fine example of support for chiropractic research.



The Dynamic Growth DG Congress

CSI presents DG 2004

"Join us at DG 2004 and experience the magic, Conrad Jupiters, Gold Coast, 20-22 February!"

Dr David Cahill, DG Convenor

Calling all DG Exhibitors

"If you are a potential Exhibitor or know others who could exhibit at DG 2004, please contact the ASRF/CSI Office."

Dr David Minns, DG Exhibitions Co-ordinator

Looking back at DG

"Sit back and take a journey with some of the most popular voted speakers from DG Congresses spanning 12 years, in timeless audiotapes that will make you laugh and cry, and give you insights into some of the greatest chiropractic minds on the planet."

Dr Brian Kelly, ASRF President

Order **Best of the Best** Volume 1

**DG audiotapes at the merchandise page of
www.spinalresearch.com.au**

Dynamic Growth DG Workshops

Over 70 delegates enjoyed the Sydney DG Workshop on Saturday 30 August 2003 at the Duxton Hotel. Speakers included Professor Philip Bolton on outcomes of his ASRF-funded research project, as well as chiropractors, CAs and students giving helpful advice and inspiration. Thank you to Convenor, Dr Gary Smith for organising this event.

Other DG Workshops are scheduled as follows - be sure not to miss the one nearest to you:

Melbourne Saturday 20 September 2003

Contact Dr Richard or Mrs Tanya Mitton on 03 5572 5455

Auckland, New Zealand Saturday 11 October 2003

Contact Dr Jeremy Gilbert on 0011 64 7 348 0959

Perth Saturday 1 November 2003

Contact Dr Mark Pope on 08 9401 0777

Gold Coast Saturday 15 November 2003.

Contact Dr Brad or Mrs Maryanne Rulfs on 07 5525 3845

Murdoch University Shares Proceeds

For the second year running, the events fundraising division of the ASRF, Chiropractic Seminars International (CSI), has shared half the proceeds of the WA DG Workshop with the School of Chiropractic at Murdoch University. In accepting the \$1500 with thanks for hosting the Workshop, the Head of the School, Professor Stefan Pallister, was very appreciative and said, "We look forward to a long, supportive and collaborative relationship with the ASRF."

Thanks a Million Col!

ASRF Governor, Mr Col Reynolds, has successfully negotiated with the giant Microsoft Corporation, a donation of computer software to the value of about \$9,000! The five Windows XP and Office XP Pro licences donated, together with new hardware we recently purchased, have put the ASRF Office at the 'cutting edge' of office automation. Congratulations and thank you Col for a mammoth achievement.

Australia's super fund for chiropractors



HESTA is the super fund for health and community services people

Utilising around 20 investment managers, HESTA offers chiropractors a simple, yet flexible way to manage superannuation. We understand your business and with over \$3.5 billion in assets and 490,000 members, HESTA can provide the choice, control and extra services you are looking for.

Consistently Strong Returns to Members

HESTA's most popular investment option has outperformed the average retail balanced fund over the 10 years to 30 June 2002.

| To 30 JUNE 2002 | HESTA Core Pool (Balanced Fund) | Average Retail Balanced Fund |
|-----------------|---------------------------------|------------------------------|
| 1 YEAR | 0.5% | -4.7% |
| 5 YEARS | 7.6% | 5.0% |
| 10 YEARS | 8.6% | 7.3% |
| 15 YEARS | 10.0% | 7.9% |

Source: Rainmaker Information (2002)

More Choice, More Control

HESTA has introduced even more investment options to give you more control over your super. Choose from our ready made investment pools or construct your own portfolio from our range of asset classes.

Access to Low Cost Insurance*

- Savings of up to 50% on premiums charged by other funds (Rainmaker Benchmarking Survey 2001 & 2002)
- Income protection up to \$19,950 per month (limited to 75% of your pre-disability salary)
- Death cover up to \$2 million

HESTA buying power keeps fees low

Instead of charging a percentage of your investment like many funds do, HESTA simply deducts one low weekly fee.

| | HESTA Super Fund | Typical Retail Super Managed Fund or Trust |
|--|--------------------------------|--|
| Administration Fee | \$1.00/week | \$1.00/week |
| Entry Fee (paid on each contribution) | Nil | 4.0% |
| Exit Fee | Nil | 1.0% |
| Management Fee (paid on your annual balance) | Nil | 1.0% |
| Trustee Fee (paid on your annual balance) | Nil | 0.1% |
| Up-Front Agents' Commissions | Nil | paid out of entry & ongoing fees |
| Trailing Agents' Commissions | Nil | paid out of entry & ongoing fees |
| Investment charge* | 0.6% (avg) | 0.8% (avg) |
| Dividends paid to shareholders | No all profits are for members | Yes |

* HESTA's interest rates are declared after allowing for these costs

Source: Rainmaker Information (2002)



H.E.S.T. Australia Limited ACN 006 818 695 Licensed Dealer in Securities

This information is about the Fund and is of a general nature. It does not take into account your objectives, financial situation or specific needs so you should look at your own financial position and requirements before making a decision. You may wish to consult an adviser when doing this. *Subject to policy terms and conditions and payment of premiums.

HESTA gives you more

Access to Low Cost Insurance

- Savings of up to 50% on premiums charged by other funds (Rainmaker Benchmarking Survey 2001 & 2002)
- Coverage 24 hours per day, 7 days a week
- Income protection up to \$19,950 per month
- Death cover up to \$2 million

More Money for Your Future

- Outperformed average retail balanced fund returns (Rainmaker Information 2002)
- No entry or exit fees
- No commissions or agents fees
- Low weekly administration fees

Super Plans to Meet Your Needs

- Personal Plan for you – pay what you like when you like (subject to Government regulations)
- Industry Plan for your business – pay monthly for you and your employees
- Mix and match – one for you, one for your employees

Flexible Investment Options

- Mandates with around 20 fund managers
- Choose from our ready-made investment pools or construct your own portfolio from our range of asset classes

Call 1300 363 782

to find out how HESTA can work for you

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SUPER FOR HEALTH & COMMUNITY SERVICES

ASRF Bedtest™ is International

ASRF Bedtest™ is now truly international. Developed by the ASRF and used under licence by contracted mattress manufacturers in Australia for over a decade to test the firmness, conformity and edge support of mattresses, ASRF Bedtest™ is still used in by Therapedic Licensees in Australia and Therapedic Thailand has now signed up to use Bedtest™ on its mattress products.

This followed a visit overseas in March this year by ASRF Executive Administrator, Mr Noel Culbert, and negotiations are continuing with other companies in New Zealand, Asia and North America. The ASRF Board acknowledges the support of former ASRF President, Dr John Hinwood, in negotiations with companies in the United States.

As far as we are aware, ASRF Bedtest™ is the only independent test of its type in the world. We are developing new promotional materials in conjunction with manufacturers, including brochures, posters, website data and video/CD clips on beds, backs and chiropractic. The more products purchased from Therapedic, the more licence fees are paid to the ASRF.

Current ASRF Research Fund Investments

| AMOUNT | INSTRUMENT |
|--------------------------|---|
| \$26,870 | Westpac Bank – At Call |
| \$165,000 | Westpac Bank Term Deposit |
| \$255,000 | Bank West Term Deposit |
| \$50,000 | Vanguard Index Property Securities Fund |
| \$770,000 | Vanguard Life Strategy High Growth Indexed Fund |
| \$55,000 | AE & MS Smith First Mortgage Finance |
| \$114,519 | Qld Community Foundation (Public Trust Office) |
| TOTAL \$1,436,389 | |

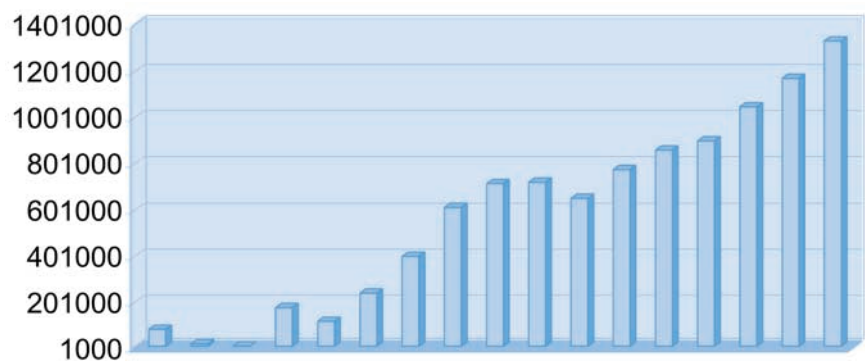


Bright Future

At over \$1.4 million, we are well on the way to the 2004 Bright Future target of \$1.5 million, through pledges and other donations. The Campaign Chair,

Dr Brett Ireland, would welcome your contact at chirobrett@ozemail.com.au or telephone (+617) 07 5532 2755 if you wish to assist this worthy cause. Help us to pass our target in the near future! You always get back more in life than you generously give. Donations are tax deductible for any Australians.

ASRF RESEARCH FUND 1987–2003



Bequests and In Memoriam Donations

Bequests and In Memoriam Gifts are an excellent way to support the ASRF in perpetuity. Donations in lieu of flowers at funerals are also welcome. Call the ASRF Office for dignified donations slips and envelopes, which can be discretely distributed to mourners. These are lasting ways to remember loved-ones.

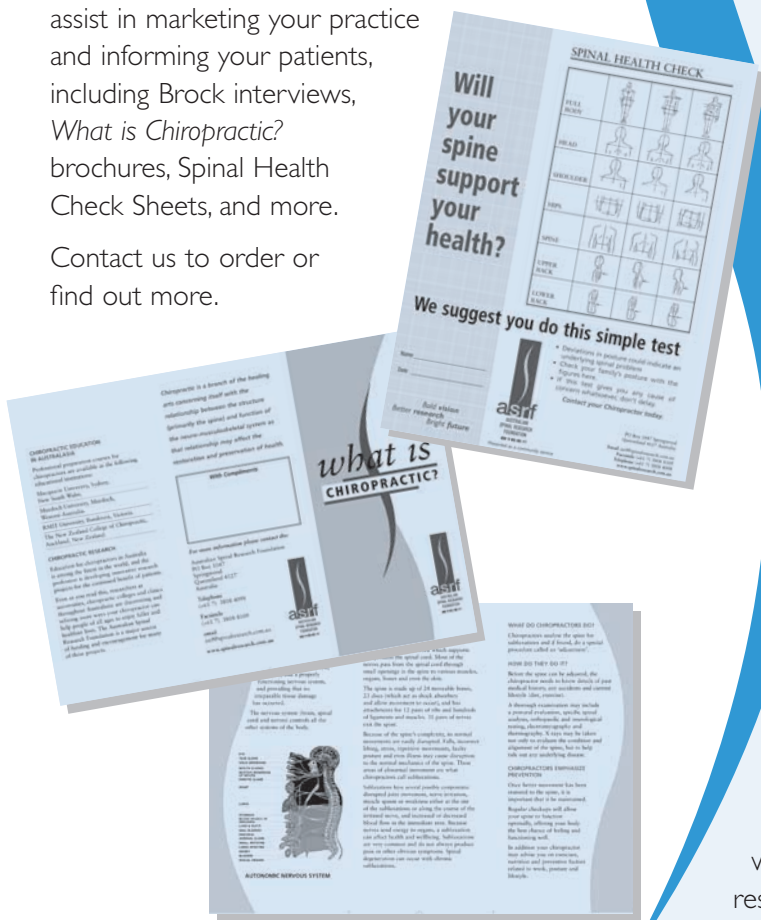
Donations from Rebel Sports

You can receive 5% discount and support the ASRF by purchasing goods at any Rebel Sport store in Australia. At the end of each financial year, Rebel donates another 5% to the ASRF. Just quote the number 28431 every time you purchase to ensure that you WIN and we WIN at Rebel. The ASRF Board gratefully acknowledges this incentive support from Rebel Sports.

ASRF Merchandise

ASRF offers a variety of merchandise to assist in marketing your practice and informing your patients, including Brock interviews, *What is Chiropractic?* brochures, Spinal Health Check Sheets, and more.

Contact us to order or find out more.



ASRF Values Volunteers



Greg Thomas



Dorothy Rivers



Andrea Hallewell



Annette Pippia and Graham Aitken

The ASRF has many avenues of 'employment' for Volunteers – on the Board, in the Office, at DG, Parker and other events. Volunteers save the Foundation thousands of dollars, raise tens of thousands of dollars and usually enjoy the experience too.

ASRF Staff



Noel Culbert



Gayle Orr



Debbie Trembath

ASRF Website

Take a visit to the ASRF website at www.spinalresearch.com.au and enjoy the array of ways you can support the vital cause of chiropractic research through the ASRF.

For more information about any aspect of ASRF operations:

Visit our website at www.spinalresearch.com.au

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bold vision
better research
bright future