

FOOTNOTES

Volume 34, Issue 8

Winter - 2011

WINTER NEWSLETTER



Where in the World Have You Taken Your Orthotics ?



Our commitment is to provide our patients with consistent high quality care. We aim to exceed their expectations and give them value for money.

By continually advancing our skills we aim to be able to identify and effectively treat our patients foot problems.

Most importantly, we will keep our patients informed and involved in the management of their foot health.

OUR TEAM

Podiatrists:

Paul Fleet
Gabriela Luksza
Samuel Abdelmalek
Krystle Mann

Admin Support:

June Copeman
Caroline Crowther

Office Hours:

Mon-Fri: 8am- 5pm
Wed:8am -7pm
Sat: 8am -12pm

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Here at The Foot Clinic we 're fascinated to find out where in the world you have taken your feet and your orthotics.

Take a picture of you and your orthotics.....somewhere in the world for your chance to win a \$50.00 footwear voucher.

Email us at info@thefootclinic.com.au or just drop your photo off at reception

So far we 've had 9 winners! So surprise us with an interesting location !!

25 % DISCOUNT-DON'T MISS OUT ?

Needing a second pair of Orthotics ?

Save 25 % on your next pair of orthotics if you order a second pair within 12 months of receiving your first.

Ask us about Discounts for Families as well....

Introducing ...



Krystle Mann Podiatrist

I'm delighted to be part of team at The Foot Clinic. I've already been in Canberra for half a year and am really happy to be back in this part of the country although I must admit I am missing the warmer winter of QLD where I spent last year. I'm originally from country NSW and trained at Charles Sturt Uni. I enjoy working in the many and varied aspects of Podiatry. However, my area of expertise is in general care, biomechanics & footwear.

EASTER QUIZ RESULTS :

Thank you to everyone who participated in our Easter Quiz. Believe it or not , it was Ian Thorpe's and Jon Bon Jovi's feet that were the most popular feet everyone would most love to meet !



-“Winner\$ are Grinner\$”

Congratulations Sisters Rachel & Eloise

Pictured here with Big Smiles and the even bigger Chocolate Easter Bunny



Recipe of the Month Caramel Pork Hot Pot

(note: this is not a weightwatchers recipe)

Serves 4

You Will Need...

- 1kg pork belly, skin on and cut to 2cm cubes
- 6 tablespoons fish sauce
- 4 tablespoons finely chopped ginger
- 4 teaspoons freshly ground black pepper
- 160gm castor sugar
- 2 cups water
- 3/4 cup of desiccated coconut

What to Do...

1. Marinate pork with fish sauce, ginger and pepper for a minimum of 1 hour
2. Heat sugar over a high heat, stirring until it melts and turns a golden brown. Carefully add the water, then add the pork and coconut
3. Simmer on a low heat until the pork is tender (45-60mins) and is a dark reddish caramelised colour
4. Transfer to a serving bowl and garnish with coriander.
5. Serve with rice and a steamed green vegetables
6. ENJOY ! Burn it off at your next gym session!!

