



Nunyara House
Specialist Medical Centre
43 Adelaide Road, Gawler South SA 5118
Telephone: 85222899 Fax: 85233659

3rd January 2015

On my long list of “things I have to do” is write another newsletter. I was surprised to discover while logging on this evening that it has been well over a year since the last!

Tonight my thoughts are with Cherie and Ron in Mt Crawford and the many people in danger from the bush fires that have been raging over the last 24 hours. At Gawler East we have been watching the smoke since yesterday which has enveloped us this afternoon, and listening to the endless stream of water bombing aircraft which use Gawler airfield to fill up. Hopefully tomorrow will bring good news for all involved. I know Cherie and Ron have been discussing their Bush Fire plan since they moved to Mt Crawford. I hope it doesn't need to be called into action.



Bush fires aside, I do love this time of year. I love the hot weather and long days. I love the relaxed atmosphere that Christmas – New Year brings, albeit, short lived. It was lovely to catch up at the Prince Albert Hotel for lunch on a Sunday in December. Thanks Cherie for reminding me that a get together was well overdue. We were all amazed by how much Wilson's daughters have grown up since we last saw them. In fact, in my last newsletter we were congratulating him on the birth of his youngest, Rachael! A small group also gathered for an

early afternoon tea on Christmas Eve. It is nice to sit around in a relaxed atmosphere and chat without worrying about calling in the next patient or answering the telephone. I will definitely have to arrange another gathering before December next year. Cherie, keep reminding me...

In 2014 Jem Ninan Consultant Rheumatologist joined us. He has taken on the case load of a retiring colleague from Galmec so has hit the ground running. He certainly isn't afraid of commuting and travels from the other side of town. Welcome Jem and we hope your stay at Nunyara House is both long and enjoyable. Certainly I can assure you that the locals will appreciate having your expertise right on their doorstep saving them a trip into town.

During 2014 Mark Thesinger, Paediatrician left us to take on a full time staff position at the Lyell McEwin Hospital. Mark was with us when we opened our doors back in September 2009. I am sure his services in Gawler to the Paediatric community and their families has been missed. I must say I haven't missed the sound of children running down our polished wood hallway on a Monday afternoon and Wednesday morning during consulting



In 2014 I played my last season of field hockey. Travelling north to play in the Clare Valley Association competition and my aching joints helped me make this decision. (Please all remind me of the discomfort I experienced during Winter 2014 if I look like picking up a stick again in 2015.) I enthusiastically returned to my beloved bike at the end of season only to have an accident on the aptly named “Dead Man's Pass” resulting in a spell in Wakefield Hospital High Dependency Unit with fractured ribs, a pneumothorax and minus a lot of skin. Thank

you to everyone for their kind words of support and hospital visits. I have recovered well and are back on the bike a little less confident on the fast descents, training for JDRF Ride to Cure Diabetes on the 17th of January and the 3Peaks challenge again in March. I hope to ride through winter taking advantage of my indoor trainer and also cold weather gear when out on the road.

Alex participated in “boot camp” during 2014. She demonstrated impressive will power supplied me with cake during my Thursday afternoon catch up clinics while nibbling on a carrot herself at afternoon tea time. Her training places her in a good position for any trouble that may arise at the front desk. Maybe she can also start a camp for our clientele...



Where fitness BECOMES reality

Parind informed me that he has come out of cricket retirement. Look out for him at the next Big-Bash. He is also working up towards doing a half marathon in 2015. Good luck Parind! We can all help out with the carb loading component of training.



Congratulations to Wilson and Tanya on their recent purchase of a family home in Evanston. The location is perfect for commuting to school for the children and for Wilson commuting to both the Lyell and Nunyara House. Parind’s partner Magda has dropped several hints about a house warming party. I will be trying to

convince Wilson to pick up a session at Nunyara to help pay the mortgage.

Some house keeping: I invite you to visit the Nunyara House website (www.nunyarahouse.com.au). Please let me know if there are any changes that could be made. Doctors, please review your profiles and let me know if you would like any updates to be made. Jem, you still need to provide a profile. Please also feed back to me any suggestions for improvement in the service provided at Nunyara House or any problems you may encounter. We upgraded our Genie in 2014. Doctors are able to print scripts rather than using hand written stationary. Please let me know if you would like me to show you how to use this facility. I also remind each of the Doctors to import their pathology and radiology results into their patient files as a large amount of non-imported results are accumulating in the Pathology results folder from the last few years. I intend to do a bit of a clean out of this folder in coming weeks during my break from the Lyell. I also would like to give all tenants a “head’s up” on a likely sessional rent increase from next financial year to match the cost of increasing utilities and staff salaries. I do not anticipate that this will be substantial.

Finally, the 16th of September this year will be the 6 year anniversary of Nunyara House opening for consulting. I cannot believe how quickly the years have passed by. I thank you all for your support over this time in providing a lovely environment for consulting.

Kind Regards,

Anthony Zimmermann

Nunyara: Restored to Health