

# Australian Chiropractic College

## Graduation 2025: The Bell-ringer's address to the Class of '25

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Adelle Semmier

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**Narrative:** Speech as delivered to the Class of 25 by the 'Ringer of the Bell' Dr Adelle Semmier, at the 2025 Graduation Ceremony, Adelaide Australia.

**Indexing terms:** Chiropractic; History; South Australia; Australian Chiropractic College; Graduation.

### **Preamble**

#### *The bell and what it represents*

We're here, we've arrived and there's so many more to come.

Throughout our time at ACC, we created an environment where we encouraged each other and rose to an unspoken challenge, as we saw that we each had potential, and we played a role in bringing that out in ourselves and one another. I was a dedicated student, and now Chiropractor, and this is a result of being surrounded by all of you, my peers, our mentors, lecturers, the profession.

The work hasn't stopped, it's just changed; now as graduates we have a profound impact in our communities as Chiropractors. We've begun by opening our own practice doors, taking associateships across SA, VIC, NSW, QLD, seeing the number of people we serve grow, to seeing over 150 people a week, to locuming around Australia, to taking Scotland's board exams so we can practice across the world, and this is just the beginning, it's been the first 10 weeks!

And that's just 25 of us. Now that we've reached over 200 students at ACC, there's no telling how far we'll go. To the students coming through, thank you for holding our cohort accountable and trusting us to lead the way, we hope all that we have done will benefit you. We are already looking forward to celebrating the future graduating classes of ACC.

It is our duty, as students, to leave ACC better than we found it – what a privilege this is.

*... Like the baby turtle,  
we hatched, we  
travelled the sands  
navigating the seagulls,  
and we have finally hit  
the water ... '*



## Speech

To the Class of 2025, how incredibly proud I am to say Congratulations on making it to graduation.

I'm sure that everyone here will agree that there is something brilliant about the people I stand among, I certainly cannot imagine a more authentic, kind and passionate group, and I love that our friends, family and now colleagues are here celebrating alongside us today, all who see these values and qualities reflected in us. What an honour it is to speak on behalf of our cohort.

Firstly, on behalf of the inaugural class of the Australian Chiropractic College, I would like to acknowledge the ACC and its people. Patrick and the founders, Mark, Aaron, Hayden, Andrew, Brett and Mario. Without the vision you had and that we aligned with, we wouldn't be here today. To the Board of Directors who have worked so hard in the background, to the NZCC for gifting their curriculum to us, to Navine Haworth and Sharyn Eaton, the academic board and the other lecturers and Chiropractors who were instrumental in adapting the curriculum for Australia. Whom we had trust in that would get us to graduation and registration, and who without, we wouldn't have had TEQSA or CCEA approval.

To the ACC support staff who made our day to day life at college easier, I mean which college out there gets to choose from 4 different organic milks, multiple teas and a lifeline of coffee to live on!

To the ACA who supported us through the transition from student to Chiropractor. To the Chiropractors, GP, & psychologists who went above and beyond by becoming our lecturers, you taught us, challenged us, and became our mentors. To the Chiropractors who donated generously to ensure ACC could get off the ground, who financially supported us to get to seminars, who welcomed us in for observations, who took the time to provide insights or just a chat, who took us in as interns, and offered us associate positions. Thank you to you all, we wouldn't be the Chiropractor we are today, without these opportunities and experiences you played a part in creating.

1,892, what a significant number. It is the number of days since the college started teaching students. From the collective 2020 & 2021 intakes & those who joined along the way, we are pioneers, the inaugural class, and now that we've graduated, we'll continue to be leaders in our communities. I think it takes a particular person to be drawn to the ACC, let alone the first graduating class, we were never guaranteed that this day would come. Some of us moved states, moved countries, left permanent jobs, chose to change careers, left a Chiropractic program we were already enrolled in & half way through, for a vision we saw for ourselves, for Chiropractic and the world.

As a result, it is hard not to feel responsible for the success and shortcomings of the college, when we feel so woven into the fabric of what ACC is. Sometimes this felt heavy, because we hold it with such responsibility and reverence. Through Hannah, Beth, Lucas, Chelsea and myself we were given the opportunity to provide feedback to the college on behalf of our cohort, to improve the curriculum, and co-create the environment that ACC would like to be. While there were frustrations along the way, like all great relationships, they came from a place of love, with high expectations of ourselves and ACC, and we're grateful to have been so involved, even if it means future years no longer have 14 exams in one semester.

Throughout the stressful moments, and good times, The amount of love and support our family and friends provided, has not gone unnoticed. From making sure there was dinner on the table, to going through flashcards, and coming into the student centre, we appreciate all you have done. Through our support networks, including the connections we made with one another to share the work load, we have

been able to support and celebrate many significant events, such as moving ourselves and families to Adelaide, weddings, engagements, new relationships, babies (and fur-babies), building, buying and renovating houses, working multiple jobs, working crazy hours, and still finding time to do the things we love like playing sport. While individually we still had to put in the hard work, you made it easier for us to navigate those ‘full-on’ times, and we can’t thank you enough.

Like the baby turtle, we hatched we travelled the white sands navigating the seagulls, and we have finally hit the water. Now there will be challenges and lessons we have yet to face, like waves, rips and maybe a shark, but we can get through, we haven’t made it this far to be stopped now. And when we return to land and travel through the sand dunes, we will always have each other.

Finally, I want to touch on our cohort’s motto:

Be the Revolution

A Revolution – to revolve ; a dramatic and wide-reaching change in conditions, attitudes, or operation, what we’re doing isn’t anything new, but it is new in it’s force and depth, there is certainly a new momentum, a passion, whether this is to empower people, improve people’s health, change the conversation, or a seeing a world living freely through chiropractic. Being the revolution serves us as a reminder that it is enough that we are, that we are being, with a level of action. That it is our role to share chiropractic, to check and adjust.

To my classmates, There have been countless times in practice already that I have had to remind myself to Be the Revolution, So, thank you for being my accountability partner without realising it. I choose to be a greater person and Chiropractor because of you.

So, if we didn’t make it clear over the last 5 years: another big thank you to our support people who have made it feel that bit lighter, easier, our families (near and far), our friends, to the Chiropractors who inspired us to become a Chiropractor, and those we met as students, everyone involved at ACC, especially Patrick. And mostly thank you to my peers, friends (now colleagues), how grateful, excited and proud I am to have graduated from the Australian Chiropractic College, to Be The Revolution, and a Chiropractor, alongside you.

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Cite: Semmier A. Australian Chiropractic College Graduation 2025: The Bell-ringer’s address to the Class of ‘25. *Asia-Pac Chiropr J.* 2026;6.4. <https://apcj.net/Papers-Issue-6-4/#ACC25BellRinger>