

The miracle continues: John Hinwood

‘A bloody good bloke’ Minns, 2020

31st August 1946 - 2nd October 2020

Phillip Ebrall

How do we report the transition of a valued colleague held in high regard by the global chiropractic profession? Perhaps in the same way as John lived his life; with love, passion and infectious enthusiasm for chiropractic and its people.

We will let John tell his story in a remarkable piece of historiography by Karin Engel, completed the day of his transition, Friday 2nd October 2020.

John honoured his Life Membership of the ACA through ongoing service particularly at the state level (Queensland for our international readers). He most recently served on the final CAAQLD board during the Association's restructure, and was integral in the establishment of ASRF, DG and Powerful Practices.

His unique skill was the ability to see the potential in people before they saw it themselves. He had the boldness to act on his convictions and through his mentoring helped many chiropractors understand *who* they are and *what they stand for*.

To honour John in your own way, why not do as he did, and simply give a lovely bunch of flowers to someone who needs. Should you wish to send a message of love to John's family you can do so via [John's Facebook](#) page or by emailing Judy on judy@stresstostrength.com

The *Journal* in particular appreciates Linda Smith and Karin Engel for their generous assistance to prepare our tribute to John, and the very many people who emailed John during his final few days on earth.

We publish a number of messages received by John and selected for inclusion as part of what is, in effect, a living celebration of which he was an active part.

We also reproduce an Editorial written by Phillip and published in the *Chiropractic Journal of Australia* in September 2013. It is a true story, recounted by John late after a conference session somewhere, but long remembered.

Quick Tap or Scan:



Dance in the Rubbish and you will go to Broken Hill: Karma in Pyjama

There is little as joyous as talking face to face with a colleague. In today's hyper-connected world it is easy to Twitter, SMS, email, Link, even bare one's bottom in that dreaded cesspit called Facebook. But F2F takes time and effort.

A couple of years back the words that form the title of this piece summarised an extraordinarily funny story told in F2F conversation with this writer by a chiropractor. In the true Aussie tradition the story moved through layer after layer of drama then humour to hit the punchline. This writer has struggled with finding a way to share the meaning and learning enveloped in a seemingly stupid saga. A purpose was found in a certain television program made months ago using public money but broadcast only recently.

The story above of the title seems to talk to pompous self importance, where a power-game can be played as an admonition in an attempt by an ageing traditionalist to control a young, free, spirited mind. It is these young minds that attract the Karma because they don't know or accept boundaries.

From another perspective it talks to bullying and there is no doubt in this day and age a professor experienced in one field assuming authority in another where he is so out of his depth is not only bullying, it was an embarrassment to watch on Catalyst (ABC1, broadcast 11 July 2013). The associated threats against educational institutions that may teach something he fails to personally comprehend are also classic bullying and will be seen as such by universities and government.

Interestingly his opinion was delivered in a vacuum of evidence. Perhaps this was a wise move as the one thing worse than pretending to have evidence is to actually have it but to have not read or understood it. The chuckling neurosurgeon who grasped at a paper written, incidentally, by a team that included a noted chiropractic academic from a reputable chiropractic educational institution, failed to mention that the first adverse event listed, a fatality, was associated with treatment from a physical therapist, and that another, a neurologic deficit, with a medical practitioner. And we've not even noted that

some supposed adverse effects from chiropractors were simple discomfort after treatment, nor have we spoken of how long ago those very few events occurred that were reported in that paper.

However if there is one thing worse than bullying from ill-informed fringe dwellers with the crystal clear agenda of self-preservation and empire building at public expense, it is bullying from within one's family. A current example could be that of a Canadian-based body of sports chiropractors where integrity and respect for the sovereign right of the national association in Japan, where there is fully-accredited chiropractic education, does not seem to be the guiding principle.

Eclectic self-empowered groups from the Far-West should not think they can gain commercial advantage in advanced, balanced societies such as those in the East Asia region, the world's most populous and prosperous. Only bullies would walk over the well-structured systems of learning that exist in these countries. We are fortunate in Australia that our sports chiropractic interests are led by competent individuals of the highest integrity and repute.

Another example could be found in the the United Kingdom where a certain group of elitists embarrassed itself by digressing on an ill-informed tangent. Given that the peak global body, the WFC invested in a responsible process to determine and describe the Identity of Chiropractic, work that is quite rightly endorsed and supported by many associations and institutions around the world, it seemed inconceivable that one of our family would attempt to deny chiropractic's ownership of the central premise of our discipline by suggesting subluxation is merely an historical concept.

The danger of this kind of thinking has nothing to do with the concepts themselves and whether or not they exist. It is about closing down intellectual discussion and exploration. And to every scientist, this is the untenable attitude of the Crusades.

If everyone accepted the world was flat because the church said so, or that the world-wide market for computers was two or three because IBM said so,

then we wouldn't be traveling in space today and this writer would be using quill and ink instead of iPad to write this. One excuse for the UK returning to the dark side of intellectual reasoning could have been their tattered economy and decaying society. Thankfully the rest of the chiropractic world continued to move forward and viewed such an anti-intellectual position as dunderheaded irrelevance.

However these behaviours of political rudeness, cultural vandalism and anti-intellectual thinking beg the question, can we really achieve unity with disunity?

We can start with the care of children. We would like to think the current emergence of experts in the field of paediatrics and peri-natal care is the expected signal of professional growth, perhaps secondary to critical mass. Given the evidence it is hard to understand why one of our own family could be critical of those who do the extra work to become expert in this field. Thankfully, the CAA now has a Clinical Interest Group to bring the experts together and establish a definitive professional pathway.

The same may be asked about functional neurology; why aren't the concepts a fundamental learning element within pre-professional chiropractic education? How can some of our family possibly

think of chiropractic as being only for back pain? Again, your association now has a Clinical Interest Group to bring the experts in neurology together to create a stronger clinical presence for the profession.

As a profession we have come to learn so much more yet most educational institutions appear reluctant to embrace new directions and content. Is this a bad dream or have our educators been asleep on this question?

What does the chiropractor next to you think? And what did the young mind associated with the title of this piece do? Danced in the rubbish of course and yes, he was exiled to teach at Broken Hill.

It is a wonderful thing to share the stories of our country's pioneers, and of course, to sit with a colleague in their clinic and share their stories of today. This writer is blessed to be able to do this in a variety of countries. It is a wonderful way to take the pulse of the profession and to learn of new things your colleagues feel should be done by its educational institutions and its elected leaders.

Who will you have dinner with tonight? What will you learn about them? What stories will you both tell?

More important, who will you laugh with?

Phillip Ebrall
Assistant Editor



A love letter from a colleague

30/9/2020

Hey John! I heard that the flame is flickering! Thinking of you --- what a bugger of a time!

Now, THANK YOU for your humour, support and advice from way back in the Springwood days when I would observe you in practice, through DG and all of our political and professional battles. We got a lot done - thanks greatly to your enthusiasm and connections.

It's my turn to pay it forward now and I actually have a student here doing his 100 hrs as I write.

I won't miss the pale blue safari suit, but I will miss the hugs and your unwavering support.

Travel well my friend



emails to John

compiled by John, 28 September 2020, and published on his express request

It would be remiss of the *Journal* to not preface these intimate, personal notes to John by stating that it is John's express wish these be published. In our conversations he stressed this was not about him, but about the magic of the *Miracle Mindset* and its empowerment of so many, of which the following are a very small sample, to in-turn empower others.

We all carry John in our hearts in our own way. These words are probably a poor expression of this, however they serve the valuable lesson that is to identify a purpose and live it with all the passion and energy one can muster.

phillip

Dear John,

I hope you are coping well these days.

I just wanted to write to say thank you. To me, you are and will always be a shining light for Chiropractic, having been instrumental in its growth and development in Australia. It will be all of our duties to carry on your legacy to nurture this gift for humanity that we all have had the privilege to be part of. Your dedication and commitment to remain steadfast as a protector and Govenor of our institution in times of great adversity is why we have flourished against our detractors and your friends will see that the trials and tribulations you went through will be fought for to our last breath, for the truth and betterment of society.

Beyond that, there is something even more personally meaningful to me. You see, my Dad (as much as I love him) never showed that much affection to us growing up and I found it quite strange and uncomfortable the first time we met and you kissed me hello. But I felt the love and there is nothing more natural than sharing our love for each other. I have three children, Madison 13, Alexandra 11 and Nikolai 8. I make sure I kiss and hug them all, and especially my boy as often as possible, letting them know that their Dad kissing them is a symbol of my unwavering love and commitment to them and I will continue to do it all my life without hesitation. You were a part of that conscious decision and your impact on my family will hopefully last well beyond my time. You don't know how much that means to me.

I love you John, and simply can't thank you enough. Because of you, I don't wish for miracles, I have experienced them and expect them.

Marty



Hi beautiful friends John and Judy,

Sending much love and light at this time.

John, it was just last weekend that I was at a chiropractic gathering in Taupo and your name came up in appreciation and acknowledgement.

We were all reminded of the lasting positive impact you have made with so many of us and the ripple effect that continues to reach and nourish many corners of humanity.

Thank you for all you give and have given to light the path for others to shine.

Rest with ease my beautiful friend. I love you both very much.

x Vikki



Hi John

So sorry to hear that you aren't travelling well at the moment but I know that in your true style you will be doing your very best to stay positive & overcome this set back. I know that we haven't always agreed on direction for the profession but i have always enjoyed our discussions & the companionship of both yourself & Judy.

Take care & get well soon!!!

Mark



Hi John. I hear that you are being challenged at the moment. I just want to let you know that you have had a lasting effect on my life and my career. You are a great man and I have always enjoyed your company- even though you support the Wallabies. Kia Kaha(stay strong) LLL Nick Laurie



Johnnie,

Checking in to see how you are progressing. Trust you are still benefitting from being closer to the water and ion filled sea breezes.

No one I know can ride positive energy like John Hinwood. Give Judy a hug for me.

You have influenced so many for good, in and out of the profession.

I just pictured the NVP precession picture of dropping a pebble into the 'pond' creating waves 360 degrees.

Thank you for dropping a bigger purer most energetic rock into the Aussie and World ponds, creating massive waves for Chiropractic.

Your mate,

dougie

ps. Jesus loves you and so do I



Good morning john from Ireland

I hope you're not feeling too badly. I heard from Paul Pringle that you're not well. Just wanted to say I'm thinking of you and Judy and wishing for the best outcome for you, whatever that is!

Kevin



Thinking of you both. Never give up. Stay connected with the universe or god or what ever.

LOL

Jim and Therese

Hi John,

Just heard that you are laid up matey.

Now this is not like you old son so I am sending our very best wishes and our heartfelt prayers to both you and Judy at this time.

We will continue those prayers, I promise.

Good luck with your fight John and as well to your partner in the ring.

Love,

Ray and Jan



Hi Judy

Jim Ainsley notified me that John is in Palliative care as a result of Mesothelioma of all things! I am so sorry to hear this news.

Our thoughts are with you! Please pass on our love to John if he is well enough. What Hospital is he in?

Love

Doug & Lesley.



Hi John,

Paul Pringle just emailed me via Sam Pinkerton with the update.
Thinking of you and hope things work out

Best regards

Tez



Hi John,

Sorry to hear of your struggles with your health.

You will be sorely missed by your family, friends and the profession.

Thank you for all the enthusiasm, kisses, encouragement, technical and business skills, not that I liked being kissed overly much.

When I graduated having Judy and you so close made my transition to a practicing chiropractor much easier and you taught me many things.

I wish you well and a peaceful transition to whatever the future holds

Thank you for all that you have done.

Mark



Dear John,

I have just learnt of your health battle this morning from Chris Hart.

I wanted to take this opportunity to wish you well on the road ahead. A life amazingly lived from where I'm standing! Congratulations on the contribution you have made to so many in this world. Like the pebble in the pond, your ripple has reached far and wide, and will continue to do so long after you leave us.

I both admire and aspire to such a great legacy.

Enjoy Your time with Judy, family and loved ones.

Know that I am forever grateful for the contribution you have made in my life, and for so many others in our great profession.

Much love,

David



Dear John.

I'm sending you my love and blessings. I don't know if you will get to read this, but you have left a mark on me that will last my lifetime. The blessings and contributions that you have given to chiropractic in Australia and too many thousands of chiropractors around the world can not be measured.

You are a mountain of a man. love you

Damian x



Dearest John,

I hear you have been crook? Bugger.

In all sincerity, I was deeply saddened by the news of your challenges.

But then, I started thinking of you and how you have influenced our beloved profession and me personally. I became happy again.

Your involvement as a practitioner, an entrepreneur, an ambassador, and just a bloody good bloke has transformed the profession and me.

I have you to thank for my involvement in the ASRF and that bloody Trade Exhibit - which was nearly the death of me, but I consider it one of my contributions to the profession. Did you know, the Trade Exhibit contributed more to the coffers of the Foundation than DG registration by the time I really hit my straps? Sad but true.

We had to keep that quiet as the Exhibitors (including your good self of course!) would have had me burnt at the stake! At times, I needed your wise counsel for many things but dealing with cranky Exhibitors provided me with the impetus to continue. In a particularly sensitive situation with one Exhibitor, you told me to tell them to "*Fuck off*".

So I did. "*John Hinwood told me to tell you to fuck off*". It worked perfectly.

We had some good times John and I am forever indebted to your legacy. Your memory and your teachings will be long remembered and utilised. It is not often in one's life a prophet crosses one's path. You had a message from a higher being that you passed freely onto others with joy, gratitude, and purpose.

Enjoy what is left of your time here. The messages you receive will give you strength to continue to provide your greatest legacy regardless where you are in our lives.

It has been and will continue to be, an honour knowing you John.

With love and gratitude

David



Hi John,

Sorry to hear of your struggles with your health.

You will be sorely missed by your family, friends and the profession.

Thank you for all the enthusiasm, kisses, encouragement, technical and business skills, not that I liked being kissed overly much.

When I graduated having Judy and you so close made my transition to a practicing chiropractor much easier and you taught me many things.

I wish you well and a peaceful transition to whatever the future holds

Thank you for all that you have done.

Mark



Dear Phillip

Please pass on my support for John. He continues to be an inspiration for chiropractors in Australia. I was impressed when he and Judy first exploded onto our profession, particularly as he came from CMCC. At that time they had been exposed to a high degree of medical thinking, but maintained a higher degree of a more natural way. Thank you John for all you have done. Where would we be without organizations like ASRF?

I hope that his present care keeps the spark glowing.

Hart and Liz.



Hey Johnno

Just heard from Paul Pringle that you are in hospital! Is that right? Where? Up for a visit?

Love Keith



Hi John, Judy and family

Would like to firstly thank you for your astronomical contribution to our profession. You both have taught me a lot. I continue and will continue to teach others my learnings from you both.

John I have just learnt of your tragic news. I am saddened to hear this. I am forever grateful that I had the pleasure of knowing you and learning from you.

I'm sending my love to you all.

Always in love, health and happiness ❤️

Hazel



Dear John

I heard the news of your challenges just these past few days.

Bec and I send our love and prayers to you and your family for the difference you have made to the world and the growth we will all continue to have as a result of knowing you.

Slainte and much love

Ross



Dear John,

Yes that is a most sincere dear.

You have often wondered through the forecourt of my mind.

A great fellow whom many admire and love.

Sincere best wishes

Michael

Our prayers are with you and your family at this difficult time

Marie



Hi John

I have just received an email from Phil updating me on what you are dealing with right now. You have the love and support of the entire College, its faculty, professional staff, and its students. Your contributions to our library sit in reserve and are still recognised as yours and Judy's.

As a new graduate with very little understanding of chiropractic I traveled to DG in February 1997 and saw you for the first time. I remember it clearly. It was one of the first times I had seen passion for chiropractic on a stage and it has left an indelible mark on me. Your coaching in the early 2000s pushed me to establish my first practice and I still reference my 'sticky note' values list from back then. You have been one of the masons who have built the foundations of my career. I can never thank you enough. I hope that in some way the College will give just a little to these budding chiropractors of what you gave to me

I trust we will see each other soon.

Love

Patrick



Dear John

I have just been made aware of your circumstances and I was completely taken aback by the rapid and aggressive nature of the progress of the illness. Thank you for your contribution to the Chiropractic profession in Australia, we are all better off for you having been involved. While we have not always agreed on how things should be done, I have always admired your passion and drive. God speed and please know that both Colleen and my thoughts and prayers are with you

Sincere best wishes,

Andrew



Dear John

I just wanted to let you my prayers are with you, Judy and your family.

Much love

Anthony



Dear John,

I've just received Phil's email.

Megan and I send you, Judy and the family much love.

My multiple copies of your expect a miracle card and books adorn my study space, practice space, and home.

I'd love to have a yarn - can I give you a call tomorrow am sometime?

I've just been for 9 holes of golf with my son Hugo (5), Dad (77), and Uncle G (65). Hugo is starting to whack the ball well! Uncle Nev is staying next door to Dad and Mum's in Wamuran at the moment. Family is important.

Big hugs

Matt



Dear John & Judy

Phil just told me of your situation! What a shit place to be in is an understatement! F#%* asbestos!

FYI: Phil used to be a patient of mine in the Alice.

Not sure what to say except a most sincere thank you for your friendship, your creativity and your service to our profession and to the vitalistic health movement world wide. You most certainly have made a difference and how many people can truly say that in life??

Our thoughts & our prayers are with you both and the strong never know what life can bring, if anyone can beat this shit thing it's you! Hang in there baby!

Much love and appreciation from an old friend on this side of the pond

Paul & Maxine



Hi John and Judy,

I had no idea or awareness that John was even sick. I don't even know what to say, but having walked the journey with Glen so far I have a slight understanding of the process.

You have both contributed so much to the profession and I am in awe and appreciation for all you both have contributed. I know John was always the front man And Judy was always there in the background to support as an amazing team. I am sure that is still the case, and Judy I understand how tough that journey can be.

When you watch someone have difficulty breathing it is really traumatic to comprehend. Glen was extremely blessed to have a disease that was treatable by Transplant that has given him another three years so far of life. One thing I would take away from John's teachings is that if you have an opportunity take it As you never know whether you will get that same opportunity again. I learned a lot as a chiropractor and person from John in particular with coaching and as his friend. He somehow manage to fit everything in and I learned that if I got better at that then I could to achieve more.

John had a cracker of a sense of humour, and always a good story. I hope John you are documenting all of them to look back on and laugh through these tough times ahead.

I am sending love and good thoughts and I know there are never any appropriate words to go with that.

Love Tracy



Dear John

Thank for all the things I learnt from you early in my career. Your guidance was influential.

Thank you not only for the things I use but for exposing me to things I did not like or that I found were not ethically congruent for me.

We may not have agreed on many things over the years and our approaches to life have been different. But know that I respect you and the many positive contributions you have made.

As you may be aware I am an atheist and I believe that any afterlife is the effect you have had on those around you. Like waves in an infinite pond your influence will continue to resonate for a long time to come.

Again a simple thank you from someone who is a better man for having known you.

John



Paul, now in Ireland

I'm so sorry as John is not only a good friend but an immense presence in not only Australian Chiropractic but internationally. I wish him God speed on this journey we must all take and Judy the strength to see this through. We will all miss him and his presence in this profession.



My thoughts and prayers are with John, whose presence here in the States has meant so much through all my years contributing to the chiropractic profession. In an age when we seek inspiring figures rather than the buffoons who plague our political system, it is such a relief to think of all that John has meant to us.

Tony



Dear Mum, Uncle and Aunty,

I passed my final exam today with flying colours and am now officially a Psychotherapist.

What a journey, 4 years of study and growth. I must have been close to dropping out a dozen times and even doubted I'd get through from the start.

Hard work, trust and perseverance got me through to tea, what a wonderful cup of tea it is.

Driving to my exam today I got very teary, all the wonderful people like the 3 of you I have in my life who support me, love me and never gave up on me. Plus the fact that I knew deep inside that I'd done my best and that it was plenty good enough. Not only that but a feeling inside me which said that I'm bloody good enough as I am and that I know that I'm a very good therapist without the exam.

I would have loved to have had you all waiting for me with Laerke, Matilda and family when I got out of the exam to share this with me, yet I felt your presence, love and support.

With love and gratitude

Chris



Dear John,

I was so sorry to hear of your predicament at the moment, and I trust that it is just at the moment with one of your miracles pulling you back around.

I have fond memories of you warmly welcoming me to a conference in Canberra some years ago – one of the pleasant reminiscences over my years in the profession.

You sure made your contribution to the profession and to patients - you and Judy made a great team over the years.

Also hope the attached might give you warm positive thoughts. It is one of the most pleasing emails I have received.

I don't know what news or scuttlebutt I can pass on that you would not have heard. But I just wanted to wish you all and best as to say 'Hi'.

Warmest regards,

Peter

