Hornsby Ku-ring-gai Parkinson's Association

NOVEMBER 2026 NEWSLETTER

PRESIDENT'S MESSAGE

Another year almost gone. Good grief! Slow down World! We want to savour these final years!

And some very exciting developments in the understanding of Parkinson's mean we may be able to do just that. We encourage people to attend Professor Simon Lewis' Parkinson's Disease Public Forum on 26th November at Macquarie Park. (See information on page 3).

Our patron, Mr David Hill, has put his presentation on the Bayeux Tapestry on hold. He has been lured to the Greek Islands to celebrate finishing another book. (Hints of Homer's Odyssey!). So, we will wait until next year for that gem.

Our monthly meeting on Friday 5th November will be in the format of a Forum where you, the members, will give us feedback – what worked, what didn't, what can we improve or initiate? Each table will appoint a scribe to keep notes and then feedback to the meeting as a whole. This will be immensely valuable to help your Committee shape the program for 2027.

So, keep well, keep motivated, and enjoy our activities.

All the best,

Rose

ACTIVITIES / EVENTS

Tuesdays 10.00am	**Walking and Social Group** (each Tuesday)	Asquith Park, Mills Ave, Asquith
Thursdays 10.00am-11.30am	**Parkinsong** (each Thursday)	Turramurra Seniors Centre Gilroy Rd, Turramurra
Thursdays 12.30pm-2.30pm	**Craft Group** (each Thursday)	Contact Committee Member
Friday - 6 Nov 10.00 - 12.00pm	**General Meeting** (Forum re Assoc's activities & recommendations for the future)	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fridays - Nov 13,20,27 11.30am-12.30pm	**Exercise Classes** (except first Friday of Month)	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Thursday - Nov 19 10am/10.15am Sing 10.30am	**Christophorus House Retirement Village**	396 Peats Ferry Rd, Hornsby
Thursday - Nov 26 10am/10.15am Sing 10.30am	**Regis Aged Care** **(**Parkinsong)	245-247 Peats Ferry Rd, Hornsby
Thursday - Nov 26 12.30pm-4.15pm	**Parkinson's Disease Public Forum** **(Registration required - see link page 3)**	Lakeside Hotel & Conference Centre 5 Management Dr, Macquarie Park
Thursday - Dec 3 10am/10.15am Sing 10.30am	**Hornsby Hospital** (Parkinsong performing)	Palmerston Road Hornsby (parking vouchers available)
Friday - Dec 4 11am	**Christmas Party** **(Bookings $30 – 0402 415 441)**	Asquith Golf Club Lord St, Mt Colah
Sunday - Dec 6 9.00am **tbc**	**Wahroonga Village Fair** (Parkinsong performing)	Canopy in large carpark behind the shops

THE PARKINSON'S DISEASE PUBLIC FORUM TO BE HELD ON THURSDAY, 26 NOVEMBER, 12.30pm - 4.15pm

THE PARKINSON'S DISEASE PUBLIC FORUM will be held on Thursday 26 November 2026, 12.30pm - 4.15pm at the Lakeside Hotel & Conference Centre (formerly MGSM Executive Hotel), 5 Management Drive, Macquarie Park

This is a free event, sharing easy to understand, up to date information about Parkinson's disease from clinicians and researchers dedicated to improving everyday care. This session will explore exciting advances in Parkinson's research and how they may improve diagnosis, treatment, and personalised care for people living with Parkinson's, their families, and carers.

The guest speakers, Professor Glenda Halliday and Professor Nicolas Dzamko, will discuss new biomarkers for Parkinson's disease, advances in precision medicine, and plans for the new Parkinson's research centre.

For more information and to register please click on the following link:

ttps://event.mq.edu.au/parkinsons-disease-public-forum/registration/Site/Register?utm_source=eventsair&utm_medium=email&utm_campaign=parkinsons-disease-public-forum



Our Christmas Party is to be held at 11.00am
on Friday, December 4th
at the Asquith Golf Club, Lord Street, Mt Colah
in lieu of our Monthly Meeting.
Full details about the party will be sent via email shortly in the meantime please put this date in your diary.

INTRODUCING OUR ASSOCIATION'S EVENTS COORDINATOR - TONY YOUNG

I worked as a photographer in my 20's at DSL (Defence Standards Laboratories) and then at Macquarie University in CAT (Centre for Advancement of Teaching) before beginning my teaching career in 1977 as a photography teacher in the Graphic Design Section at Randwick TAFE.

There were many technological changes in the 80's particularly in the printing and graphic design area. The Macintosh computer came on the market in 1984. It was the first consumer computer that had the potential to do typesetting although not in a very sophisticated way at the start. As a sideline to my teaching, I set up a desktop printing business with my wife who was studying part time at UTS. We purchased an early Apple product package.

I went from being a normal teacher to being a Senior Head Teacher then a Head of Division, Design and Special Courses (on par with a Deputy Principal in TAFE). The Design Division wasn't that large, it comprised Graphic Design, Interior Design, Jewellery Design and Dress Design and a special course in Goulburn called an Associate Diploma of Music that I visited occasionally. I didn't have experience or expertise in any of these disciplines, but I got by. My position involved recruiting and inspecting teachers as well as visiting each section and discussing the curriculum with the Head Teacher of the section.

The restructuring of TAFE in the late 80's meant that my Head of Division job disappeared along with the quirks of a 30 hour a week with a weekday off job. I was looking after two young sons (aged 5 and 6 at the time). Fortunately, the perfect situation came about as Hornsby TAFE was looking at starting a Graphic Design Course in the old public school site and I managed to jump right into that whilst keeping my old job as the Head of Division pay rate for some time.

There was a lot of work to be done before classes could commence including testing and selecting potential students, recruiting teaching and support staff and acquiring equipment and supplies as well as sorting out a timetable. I don't know how we managed to get it all together to commence the course on time (the desks arrived the day before the course was due to commence).

The first few years there were rough and ready using the old school classrooms and temporary accommodation; we even used the cold old school hall as a classroom at times.

Eventually, new accommodation was designed and built with 4 special purpose computer rooms all equipped with Apple Macintoshes which had much superior graphics ability and better monitors than PCs at that time. We had to fight for these as they were much more expensive than the Apricots that were standard equipment at the time (it also meant the computer guys had to maintain two different operating systems which they were not keen on), four classrooms with drawing boards and a photography studio which was on the floor above: plus, staff offices and storerooms.

Computer technology and graphics were advancing leaps and bounds at this time with desktop publishing apps like Quark Express and Adobe PageMaker for page layout as well as illustration apps like Adobe Freehand and then Adobe Illustrator for sophisticated illustration work. Another app called Flash was brilliant for animation but was eventually killed off with the help of Steve Jobs because it was so memory hungry and was never really replaced with something else.

The design ability of the students always amazed me, but the really creative ones didn't always make the best students. We set a test for potential students to submit which consisted of a drawing and a design. This was submitted and marked before the holidays at the end of the year. If they passed that then they were invited to come in at the beginning of the next year to do a further test and a panel interview with a panel of two or three teachers. I used to keep a check on how the students performed in the course compared to how well they did in the tests. It proved to work out reasonably consistently between the two. There were always a few older students who were looking for a change of career. They were typically not as talented as the younger ones but were prepared to work much harder as they had given up full-time work as clerks or other boring jobs and their spouses were often left to carry most of the bread-winning rolls.

Working with creative people had its moments. I remember the time I was walking down the corridor and saw two design teachers having a very loud and heated discussion. I asked them to come into my office one at a time to fill me in on the issue. One at a time they both proceeded to tell me what they thought of the other person and almost word for word told me what the problem was with the other.

The seventies saw many gay people die of AIDS and we sadly lost two teachers out of about 30 staff.

One teacher was German and I often had students on mass complaining how rigid and inflexible he was. It was a difficult line to tread, but I always got back to him and quietly persuaded him to consider being a little more flexible. He returned to Germany for a holiday and came back saying how incredibly rigid the Germans were as a race.

My first office at Randwick TAFE was on the top floor of the building; it overlooked Centennial Park. I used to call it the Penthouse Suite, and I shared it with an old Lettering teacher who was nearing retirement age. He knew my parents and disliked my father (who would not have tolerated him) but really liked my mother and told me I was a lot like her; she was a softer and kinder person. The other side of the corridor was the photographic studio overlooking Randwick Racecourse and offered a good view of the races.

Being a Senior Head Teacher, my teaching load was almost halved, so I only had to teach 10 hours a week. But this was still difficult to do as very often I had people lined up to see me before I got in my office door.

Shortly after I retired, I wrote a book called Mabel Syrup and the Mystery of the Crystal Cavern. Full of magic like Harry Potter but a 12 year old girl as the main character. I sent the manuscript to a publisher, but she wasn't interested; the first Harry Potter book was apparently knocked back by about eleven publishers till one decided to give it a go. I felt it was a good book and made a few copies to pass around to young adults and it was for sale at a bookshop in Gosford for a while. I received some very positive feedback including from a mother who wanted to play the part of Mabel in a movie.

I became involved with: ABC Friends Blue Mountains and maintained the website for several years and was actively involved in presentations and other activities, Stop Coal Seam Gas Blue Mountains was involved in protests and other activities and was actively involved with RAWSA (Residents Against Western Sydney Airport) for a short time.

INTRODUCING OUR ASSOCIATION'S EVENTS COORDINATOR - TONY YOUNG (Cont.)





"New technology introduced and taught alongside traditional methods."

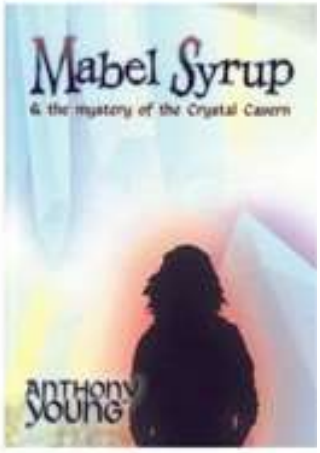






Captions from top left
MU Admin Building
The photography teacher
Student first work with computer
Anthony Battaglia
Making a speech at end of the year
With Apple Mac salesman Chris
Gravathus in new computer room
Mabel Syrup book
receiving a TAFE award
Demonstrating new Macs to staff and
big wigs









EXERCISES WITH FELICITY

There's More to Noodle Hockey Than Meets the Eye!



At first glance, a group of people chasing a ball around with pool noodles might look like a rather silly way to spend an exercise class. There's actually quite a lot going on!

Noodle hockey challenges coordination, balance, reaction time and the ability to change direction. It also encourages bigger, more deliberate movements, quick decisions, and the ability to respond to something unexpected. These are all particularly useful skills for people living with Parkinson's.

Many of these ideas reflect principles I learned when I completed my PD Warrior Level 3 training. Although I'm not a PD Warrior practitioner, the course gave me valuable insights into the importance of purposeful, challenging movement, encouraging bigger movements and making the brain and body work together. The laughter and friendly competition are a bonus!

On a more personal note, I recently read Rose's President's Report from the AGM, and it reminded me just how special this group is. I love our Friday classes, the enthusiasm you bring, the willingness to have a go and, above all, the wonderful sense of community.

Parky People isn't just part of my working week. It's part of my purpose. Thank you for letting me be part of it.

Felicity Neale
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CELL DEATH DISCOVERY COULD LEAD TO NEW TREATMENT FOR PARKINSON'S



Researchers have discovered how to block cells dying, in a finding that could lead to new treatments for neurodegenerative conditions like Parkinson's and Alzheimer's.

The team at Walter and Eliza Hall Institute of Medical Research (WEHI), including researchers from the Parkinson's Disease Research Centre, have identified a small molecule that can selectively block cell death.

Published in Science Advances, the findings lay the groundwork for next-generation neuroprotective drugs for degenerative conditions, which currently have no cure or treatments to stop their progression.

A new hope in the fight against degenerative conditions

Millions of cells are programmed to die in our bodies every day. But excessive cell death can cause degenerative conditions including Parkinson's disease and Alzheimer's disease, with the premature death of brain cells a cause of symptoms in these diseases.

Professor Grant Dewson, co-corresponding author and head of the WEHI Parkinson's Disease Research Centre, said: "Currently there are no treatments that prevent neurons from dying to slow the progression of Parkinson's. Any drugs that could be able to do this could be game changing."

The new study aimed to find new chemicals that block cell death and could be useful to treat degenerative diseases in the future.

To identify novel small molecules, the team worked with researchers in the National Drug Discovery Centre, headquartered at WEHI.

A high-throughput screen of over 100,000 chemical compounds identified one that was effective at stopping cells from dying, by interfering with a well-understood cell death protein.

Co-corresponding author Professor Guillaume Lessene said: "We were thrilled to find a small molecule that targets a killer protein called BAX and stops it working.

"While not the case in most cells, in neurons turning off BAX alone may be sufficient to limit cell death."

CELL DEATH DISCOVERY COULD LEAD TO NEW TREATMENT FOR PARKINSON'S (Cont)

Building on decades of pioneering cell death research

The new research builds on decades of world-leading WEHI discoveries in cell death. A pioneering discovery at WEHI in 1988 of a protein that stopped programmed cell death sparked huge interest in the field and has since led to a new drug to treat cancer.

While drugs that trigger cell death are transforming treatment of certain cancers, the development of cell death blockers – that could be similarly game-changing for neurodegenerative conditions – has proven challenging. The new molecule targets a killer protein called BAX which kills cells by damaging mitochondria, the powerhouse of cells.

Lead author and Dewson Lab researcher Kaiming Li said: "For the first time we could keep BAX away from mitochondria and keep cells alive using this molecule. "This could pave the way for next-generation cell death inhibitors to combat degenerative conditions."

The study demonstrates the potential to identify drugs that block cell death and may open a new avenue to find much-needed disease-modifying drugs for neurodegenerative conditions such as Parkinson's and Alzheimer's.

The WEHI Parkinson's Disease Research Centre is focusing on its expertise in cell death, ubiquitin signalling, mitochondria and inflammation in the hunt for disease-modifying therapies for Parkinson's.

By using a multidisciplinary approach to build understanding of the mechanisms behind the disease, the centre hopes to accelerate the discovery of drugs to stop disease progression, transforming the lives of those living with the condition.

The research was supported by the Bodhi Education Fund and the National Health and Medical Research Council.

Sources:

Walter and Eliza Hall Institute of Medical Research (Melbourne)

Science Advances journal

21 October 2026

DOGS CAN DETECT PARKINSON'S WITH 98% ACCURACY BEFORE SYMPTOMS

This cute and non-invasive method offers hope to detect the disease long before traditional symptoms appear, potentially allowing earlier treatment to slow progression.



July 18, 2025

A study published in The Journal of Parkinson's Disease describes how dogs trained to detect Parkinson's disease using biomarker scents have incredible accuracy in a double-blind trial, identifying skin swabs from those with the disease with up to 80% sensitivity and 98% specificity, even with the presence of other health conditions. This cute and non-invasive method offers hope to detect the disease long before traditional symptoms appear to potentially allow earlier treatment to slow progression.

Parkinson's Sniffing Dogs

In collaboration with Medical Detection Dogs and the Universities of Bristol and Manchester, two dogs were trained (a Golden Retriever, named Bumper, and a Black Labrador, named Peanut) to distinguish between sebum swabs from those with and without Parkinson's disease. The dogs were trained on over 200 odor samples from those who had tested positive for the disease and control samples from those without the disease.

For their training, the dogs were presented with samples and rewarded for correctly indicating a positive sample while ignoring negative samples. The dogs' training proved to be effective, as not only did the dogs correctly identify samples with a sensitivity of up to 80% and specificity of up to 98%, but they also detected it in samples from patients with other health conditions. (According to Dog Academy, many dogs can be trained to perform similar tasks to identify medical problems, like oncoming seizures.)

"We are extremely proud to say that once again, dogs can very accurately detect disease, said Claire Guest, Medical Detection Dogs CEO and Chief Scientific Officer."Timely diagnosis is key as subsequent treatment could slow down the progression of the disease and reduce the intensity of symptoms."

"Identifying diagnostic biomarkers of PD, particularly those that may predict development or help diagnose disease earlier is the subject of much ongoing research. The dogs in this study achieved high sensitivity and specificity and showed there is an olfactory signature distinct to patients with the disease. Sensitivity levels of 70% and 80% are well above chance and I believe that dogs could help us to develop a quick non-invasive and cost-effective method to identify patients with Parkinson's disease," said lead author Nicola Rooney, Associate Professor at Bristol Veterinary School at the University of Bristol.

"It's wonderful to be part of this research inspired by Joy Milne and our Nose2Diagnose programme. This study adds to the growing body of evidence showing that simple, non-invasive skin swabs can be used to diagnose Parkinson's disease, offering a faster and more accessible method for early detection," added Perdita Barran, Professor of Mass Spectrometry at The University of Manchester. (Worldheath.net)

COMPUTER ADAPTATIONS FOR PEOPLE WITH PARKINSON'S DISEASE

According to the National Parkinson's Foundation, Parkinson's Is second only to Alzheimer's as the most prevalent neurodegenerative disease in the United States. A diagnosis of Parkinson's can lead to frustrating experiences while typing or using a computer mouse.



There are, however, some adaptations and accessibility settings that can make these tasks much easier. These same accommodations can benefit those with tremors and diseases such as MS.

Keyboard Control

A common symptom of Parkinson's is uncontrollable tremors. This results in extra keystrokes and difficulty with mouse control. In Windows, turning the Bounce Key function on will help to control the number of keystrokes made when keys are pressed.

This can be accomplished on Windows 7 or later by:

- simultaneously clicking the 'Windows logo Key' + 'U' to reach the Ease of Access Center. (Or search 'Ease of Access' in the search bar.)
- Selecting "Make the keyboard easier to use" under Explore All Settings.
- Then selecting Turn Filter Keys on and choosing the options that you feel will best assist you with keyboard input.

Additional PC accessibility functions can be found here.

For Mac users, go to the accessibility settings to enable similar features such as Slow Keys. Find more details here and check out software that steadies the mouse and locks it onto targets, such as SteadyMouse.

Individuals with Parkinson's may benefit from a keyboard with larger keys. Keyboards like the BigBlu Kinderboard Large Key Keyboard and the VisionBoard Large Key Wireless Keyboard have large 1" keys that make typing easier.

Both Mac and PC users can use their voice to navigate around their computer and type, too.

Cont. over

INCIDENCE AND PREVALENCE FIGURES FOR EACH AUSTRALIAN COMMONWEALTH ELECTORAL DIVISION

Prepared by Professor George D. Mellick for Parkinson's Australia, January 2024

To find all the Commonwealth Electoral Maps, go to - https://www.parkinsons.org.au/wp-content/uploads/2024/04/Ecosystem-of-Parkinsons-Part-3-Appendix-2.pdf



Berowra (786 sq. km) covers an area from Hawkesbury River in the north, to the M2, Pennant Hills Road and North Rocks Road in the South. Osborn and Normanhurst Rd and Main Northern Railway and Belmont Parade, Cockle and Cowan Creeks in the east, Hawkesbury, Bellbird and Cattai Creeks, Boundary Road, Taylor Street, High Road, Castle Hill Road, Main Northern Railway, Old Northern Road, Gilbert Road, Merrick Way, Gawin Court and Linksley Avenue in the west. Suburbs include Annangrove, Arcadia, Berowra, Brooklyn, Cattai, Cherrybrook, Cowan, Dangar Island, Galston, Glenorie, Hornsby (part), Maroota, Middle Dural, Mount Colah (part), Mount Kuring-gai, Pennant Hills, Westleigh, West Pennant Hills and Wisemans Ferry. Outer Metropolitan — situated in capital cities and containing large areas Of recent suburban expansion. In 2021 it is estimated that: • 91 people developed Parkinson's (28 females and 63 males) • a total of 558 people were living with Parkinson's (266 females and 292 males).

COMPUTER ADAPTATIONS FOR PEOPLE WITH PARKINSON'S DISEASE (CONT)

Mouse Control

Mouse use can also be challenging for individuals with tremors. Using a large trackball mouse such as the Bigtrack Ball Mouse and adjusting *mouse speed* in your computer's settings can make mouse use much easier. Another option is to use Mouse Keys (again, a setting on your computer).

This allows the cursor to be moved using the up and down arrows on the keyboard. And for individuals that choose to use mouse or mouse key input, consider using your computer's On Screen Keyboard instead of an actual keyboard. Additionally, try the free demo of Steady Mouse software to steady your mouse movements.

Individuals that have difficulty with mouse clicks can use a mouse with larger buttons, like the Bigtrack Ball Mouse shown below. It is available in a wireless version, too. Or they can use Dwell Click software that automatically clicks if the cursor is held in a location for a preset amount of time. Check out Dwell Clicker 2 for Windows or Dwell Click for Mac for this functionality.

June 20, 2020 Adaptive Tech Solutions

COMMITTEE MEMBERS

- President, Rose Parkin - 0412 346 301
- Vice President, Michael Parkin - 0491 009 557
- Treasurer, Ian Madden - 0404 974 242
- Secretary, Helen Jordan - 0425 339 841
- Music Co-ordinator, Peter Sidney - 0407 926 019
- Welfare Officer, Pam Beattie - 0435 716 392
- Event Co-ordinator, Tony Young - 0402 415 441

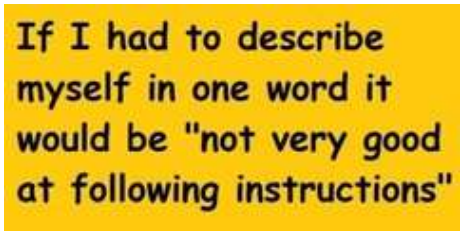
In addition:

- Public Officer/Membership, Dick Bagg - 0450 542 423
- Music Co-ordinator Support, Diana Sidney - 0427 405 416
- Minute Secretary, Keith Jordan - 0417 225 809

WELFARE CALLS

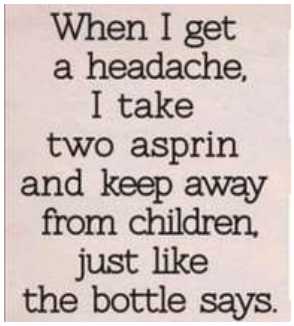
Please advise Pam Beattie, our Welfare Officer, if you know someone who would welcome a call from Pam - 0435 716 392

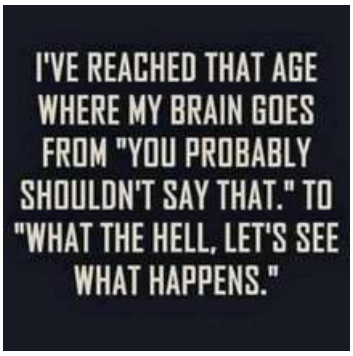
JOKES OF THE MONTH
























PARKY PEOPLE
Hornsby Ku-ring-gai
Parkinson's Association