



JULY 2026

NEWSLETTER



PRESIDENT'S MESSAGE

We have had a busy month, and thank you again to all the people who pitched in to make it special.

Our monthly meeting on Friday 5th June addressed the issue of Deep Brain Stimulation. Suliana Manuofetoa and Hayley Need from Medtronic gave us a thorough, professional, and detailed explanation of this procedure, and some of our members shared their experiences. It is one of the pathways that may be available.

Then on Saturday 6th June our choir sang at the Uniting Church Fete at Berowra. This was fun and very well received.

We also ran a stall. I was amazed at the volume of cooking, handicrafts, knitting, plants, jams etc that people donated, and the generosity of the members who gave up their time to man the stall. A big thank you to Diana and her team for excellent organisation.

The speaker at our next meeting on 3 July will be something quite special. Chris D'Arcy from Search Dogs Inc. is coming to explain the work done by his organisation. He comes highly recommended. It will be good to forget Parkinson's for a while.

Our annual Concert is getting closer. This year we have the fabulous Angela Hogan from Opera Australia as our visiting artist. Mark it on your calendar.

All the best,

Rose



ACTIVITIES / EVENTS

Tuesdays 10.00am	Walking and Social Group	Asquith Park, Mills Ave, Asquith
Thursdays 10.00am-11.30am	Parkinsong (Each Thursday)	Turrumurra Seniors Centre Gilroy Rd, Turrumurra
Fridays - July 10, 17, 24, 31 11.30am-12.30pm	Exercise Classes (except first Friday of Month)	Mt Colah Community Centre 6X LPierre Cl, Mt Colah
Fri. 3 July 10.00am-12.00pm	Members' General Meeting - (Guest Speaker) <i>Search Dogs, Sydney</i>	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 7 August 10.00am-12.00pm	Members' CONCERT - Angela Hogan from Opera Australia \$30 incl. refreshments. Bookings - 0412 346 301	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 4 September 10.00am - 12.00pm	Professor Simon Lewis (Guest Speaker) Address on the current Parkinson's Disease research	Mt Colah Community Centre 6X Pierre Cl, Mt Colah

Website Officer position filled

We are delighted to announce that **Nicole Morgan** has been appointed as our *Hornsby Ku-ring-gai Parkinson's Association Website Officer* from July 2026. We sincerely welcome and thank Nicole for taking on this vitally important role of communication to people affected by PD, carers and medical officers seeking the sort of resources we offer.

We also sincerely thank **Terri Weston** who has been our Website Officer for over seven years, having established and maintained the well-designed and innovative website. Terri has enjoyed her participation in the growth of the Association and looks forward to providing any training and on-going assistance Nicole requires.

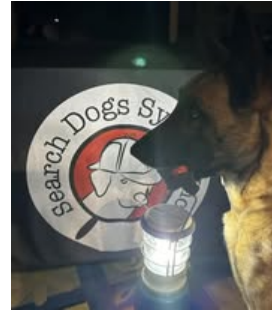
A huge thank you Terri for your dedication and advice over the years and for your continued involvement with Parky People. And a big welcome to Nicole.



GENERAL MEETINGS COMING UP - DON'T MISS THEM !

On **3 July** at Mt Colah, **SEARCH DOGS, SYDNEY**, will be speaking to us. Their mission is to provide and promote Search and Rescue and Recovery Canines, and Handlers, as a local resource in NSW to law enforcement, emergency management agencies, and the community in the event of an emergency.

Come along and find out about their support of NSW Police for Search and Rescue and Recovery operations, 24 hours, 365 days.



On **7 August** at Mt Colah, **ANGELA HOGAN**, will again be our guest. Angela is a much-lauded Sydney-based mezzo-soprano, whose vocal range and striking performances have earned her a reputation as one of Opera Australia's most diverse and powerful performers.

Born in Bendigo, Angela worked in multiple areas of musical performance before finding her passion for operatic theatre. She has shown time and time again that this experience has given her a wide acting range, a reliable vocal technique, and a commanding stage presence. She has been praised for her delivery of critical scenes in roles which called for "bold", "chilling", or "alluring" performances.



Early in her career she performed with Melbourne Opera in roles such as Suzuki in Madama Butterfly, Dorabella in Cosi fan Tutte, Dido in Dido and Aeneas, and Valencienne in The Merry Widow. Extending to Australian International Opera Company in 2013, she toured China multiple times as Carmen in Carmen. From 2014 to 2016 she worked with Opera Australia's Schools Company, where she performed as Cenerentola & Clorinda in La Cenerentola, and Hansel & The Witch in Hansel & Gretel. In 2017 Opera Australia (OA) signed her on as a Casual Chorister, and less than a year later she was signed on as a full time Chorister.

Now with Opera Australia (OA), Angela has performed in such acclaimed roles as Madame De La Haltière in Cendrillon, Flora Bervoix in La Traviata, as Frugola, La Zia Principessa and La Ciesca in Il Trittico, as Second Norn in Gotterdammerung, and as Carmen in Carmen, where through each of these performances she has won the attention of critics.

Angela's praise ranges from "Angela... chews the scenery with gleeful authority" in Cendrillon (Limelight), to being described as "the ultimate triple threat" (Sydney Morning Herald) for her roles in Il Trittico, to delivering "first class" performances as Flora Bervoix (JWIRE), to her "rich and agile" vocal performance and "unforgettable stage presence" as Carmen (Limelight).

She has also performed outside of operatic theatre, performing in Opera Up Late with Reuben Kaye in both 2023 and 2025, and OA's Opera Gala Concert at the Field of Lights in Uluru in 2019.



GENERAL MEETINGS COMING UP - DON'T MISS THEM ! (Continued)

On **4 September** at Mt Colah, **PROFESSOR SIMON LEWIS** will be updating us with the latest Parkinson's Disease research.

The Parkinson's Disease Research clinic led by Professor Simon Lewis, strives to develop better patient care and family support for people living with Parkinson's Disease and related disorders. This research investigates the causes underlying many of the problems faced by people living with these conditions.

He has addressed our Association previously and it will again be very encouraging to hear his commitment to improving the lives of people living with Parkinson's Disease and other related conditions.



FUND RAISING AT BEROWRA UNITING CHURCH

The following is a copy of an email from Diana Sidney (a member of our Parky People choir and the Berowra Uniting Church) to those who participated in the fundraising for our Association. Diana organised for our choir to sing at the Church's June market day and to run our own stall. The Church generously donated to us all the money stall holders paid to acquire their spaces at the Market. We raised a total of \$1,726.60 on the day - amazing.

Greetings All,

We were really blessed with fine and sunny weather (after a chilly start) on Saturday for the Berowra Uniting Church Markets. It usually rains on the first Saturday of every month, which is when the Church holds its monthly markets!

I wanted to thank everyone so very much for their contributions of plants, knitted garments, new, unused gifts and especially the amazing 'bumper crop' of assorted cakes, biscuits and slices baked for our Stall. I really appreciate the wonderful effort that so many of you put in to go 'the extra mile' (kilometre doesn't have the same ring to it!) to bake, knit and crochet garments to sell.

I need to extend a special note of thanks to Jack, who stepped into Naomi's shoes to conduct our Parky Choir, which received very positive and favourable reports on our performance.

As the old saying goes 'many hands make light work' and I applaud and thank those lovely folk who gave their time 'to man' our Stall while others had a much-needed break to have a coffee or to wander round the markets. I especially wanted to thank Dottie for 'holding the fort' while the Choir was singing and Jenny, her husband Jack, Ian and his wife Helen and Jeannie for doing such a sterling and fantastic job being great sales people! (Who knew our incomparable Dick could sell so much of our produce so quickly, when he offered bargains beyond belief as the Markets came to a close?). Thanks Dick!

We also appreciated those who supported us by coming along bringing family and friends to enjoy what I considered a very happy day. Take care, keep warm and be kind to yourselves, Diana 😊



FUND RAISING AT BEROWRA UNITING CHURCH (Cont.)

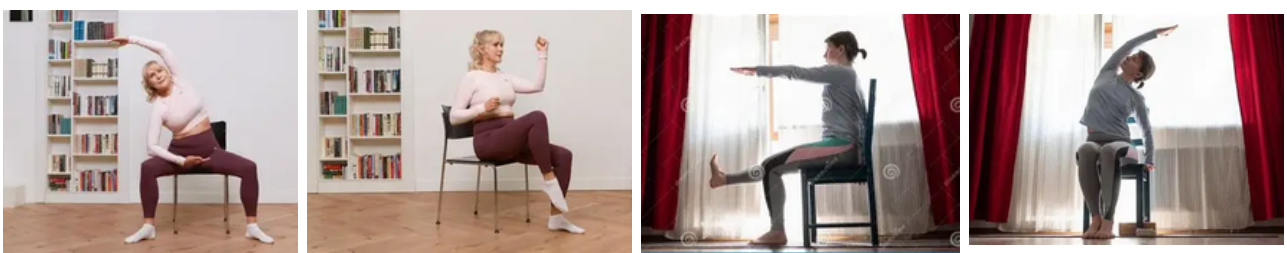
See the array of beautiful handknits by members and friends which drew attention to our Stall at the markets. Thank you Diana for your work in organising this wonderful fundraising event and thank you all who contributed to its great success.

Not all choir members could be with us on the day but we were enthusiastically received and people obviously enjoyed our choice of music with many wholeheartedly singing along with us. The second row of singers is obscured in the photo.



Each weekly sing-along at Turramurra is preceded by chair exercises and warming the voice box. Our computer operator selects from Youtube an Exercise Physiologist who is projected onto the large screen, demonstrating appropriate exercises sometimes in a beautiful country setting, together with an uplifting piece of music in the background. This quickly enters our psyche, encouraging us to get 'into the groove', throw limbs, stamp feet (if possible!) and, if we aren't careful, sometimes hitting the person sitting beside us, all in good fun. A great way to get-to-know someone.

Warming our voices may involve, for instance, poking out our tongues and blowing raspberries, or something resembling that sound. The resultant laughter also exercises our larynx. Following some more voice exercises we are ready for song which is followed by morning tea and more song. A great way to start the day and many of us walk out with one of the songs in our heads which can remain there for a day or two. Do come along, if only to share in the "getting to know you" exercises - all welcome. We are choosing new songs to sing at the moment so bring along your favourites.





OUR ACTING MUSICAL DIRECTOR AND THE GRUEN

The choir's Acting Musical Director, John Sice (Jack), was recently approached by the Australian Broadcasting Corporation (ABC) to form a choir in support of the long running show 'GRUEN'.

He was given very short notice during which time he had to recruit members who were available from an existing choir he conducts, negotiate terms and conditions with the ABC management, write a score as directed, organise a rehearsal and be ready to perform within hours.

The choir has proven to be extremely popular with the ABC as well as with the Gruen team and audience and has now performed twice on the Show. We don't have the names of all the choristers but Jack is 2nd from left, back row, and Dr Naomi Cooper, our long time Musical Director, is 1st from right, front row (Series 18. Episode 3).



Naoma gave birth to a beautiful daughter, Delphi, two days after this performance so she is now on Maternity Leave and Jack (the proud father) is looking after our choir in her absence, as well as being a very hands-on Dad. We are so lucky to have Naoma and Jack caring for us whilst also caring for their first baby.





DIETARY PROTEIN AND LEVODOPA ABSORPTION

Dietary protein can interfere with levodopa absorption in some people, particularly in advanced Parkinson's disease, due to competition for amino acid transporters in the gut and brain.

How Protein Interferes with Levodopa

Levodopa is a large neutral amino acid (LNAA), similar to the amino acids derived from dietary protein such as tyrosine, phenylalanine, and tryptophan. When protein is digested, it is broken down into amino acids, which use the same transporters in the small intestine and across the blood-brain barrier as levodopa. If these transporters are occupied by dietary amino acids, less levodopa may be absorbed into the bloodstream and brain, reducing its effectiveness. This phenomenon is known as the “protein effect” and can result in delayed onset of symptom relief or even dose failures in some individuals with Parkinson's disease. *American Parkinson Disease Association*

Who Is Affected

The protein effect does not occur in everyone. It is more common in people with advanced Parkinson's disease, while those in earlier stages often absorb levodopa effectively even with protein intake. Individual responses vary, so some people may notice no interference at all. *American Parkinson Disease Association*

Managing Protein Intake with Levodopa

Timing of Medication and Meals: Take levodopa 30–60 minutes before or after protein-rich meals to improve absorption. If nausea occurs on an empty stomach, a low-protein snack like bread or oatmeal is recommended. www.parkinson.ca

Protein Redistribution: Some people benefit from consuming most of their daily protein in the evening, when symptom control is less critical, while keeping daytime protein intake lower to optimize levodopa effectiveness. www.parkinson.ca

Do Not Reduce Total Protein: Protein is essential for maintaining muscle mass and overall health. Avoiding protein entirely can lead to muscle wasting, weakness, and increased fall risk. parkinsondiet.com

Monitoring and Adjustment: Track medication timing, meals, and symptom response. Discuss any absorption issues with your healthcare provider before making changes to your diet or medication schedule. www.parkinson.ca

Practical Tips

- Take levodopa on an empty stomach if possible, or with a low-protein snack.
- Avoid high-protein meals immediately before or after taking levodopa.
- Maintain a balanced diet and ensure adequate protein intake overall.
- Work with a dietitian or neurologist to tailor meal timing and protein distribution to your medication schedule. By following these strategies, most people can continue to take levodopa effectively while maintaining a healthy protein intake.



A BEAUTIFUL FAMILY HOLIDAY IN NORTHERN QLD

We recently returned from a lovely holiday at Airlie Beach and the Whitsundays with our family.

This took some organising as one son and partner live in Switzerland and the other son and family in Hobart. Our three grandsons had a great time snorkeling and swimming in the Airlie Lagoon and house pool.

After Airlie it was a road trip to Ayr where I lived for most of my childhood on a Sugar Mill Estate then onto Townsville where I was born to stay with a special "old" childhood friend - Holidays are great!

*Nancy S
Friend of Parkinson's & choir member*



Whitehaven Beach on a cloudy day



Airlie Beach at sunset



WALKING GROUP AT ASQUITH PARK 10.00AM EACH TUESDAY

Some members of the Parky People Walking Group discussed with Councillor Tilbury ideas for the future development of Asquith Park as a wonderful location for people of all ages and also accessible to those requiring support.

We take every opportunity to spread knowledge about Parkinson's and the efforts of Hornsby Ku-ring-gai Parkinson's Association to address the needs of people with this condition.





NEW EXERCISE EQUIPMENT FOR OUR FRIDAY CLASSES

Thanks to a recent Lindfield Bendigo Bank Grant (Ku-ring-gai Financial Services Limited), we've been able to add some new equipment to our classes.

My favourite - the pilates rings. They look simple, but they're surprisingly versatile. We use them for exercises such as chest squeezes and inner-thigh (adductor) squeezes. These movements help build strength, improve body awareness and encourage people to work both sides of the body together.

We've also added some floor markers for footwork drills. These can be used in lots of different ways to challenge balance, coordination, stepping accuracy and reaction time. Sometimes the challenge isn't strength—it's getting your feet to go where you want them to go!

One of the things I enjoy most about teaching is finding new ways to make exercise both useful and interesting. A simple piece of equipment can often be used in dozens of different ways.

A huge thanks to Dick for securing the Grant and making the purchases. The new equipment is already being put to good use and helping us keep classes varied, challenging and fun.



Roger doing chest squeezes with a pilates ring



Dick and Felicity storing away the new equipment



The class using the pilates rings for adductor squeezes

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Floor markers for footwork drills



AUSTRALIA APPROVES WEEDKILLER LINKED TO PARKINSON'S DESPITE BANS IN 70 COUNTRIES.

Australia's chemical regulator has approved the use of a herbicide linked to Parkinson's disease, in a move opponents say will have a "severe human cost". The Australian Pesticides and Veterinary Medicines Authority (APVMA) on Tuesday said it had found "significant new restrictions" were necessary on the use of paraquat. But its lengthy review found "the weight of evidence does not show that paraquat exposure through approved uses increases the risk of developing Parkinson's disease".

Paraquat, a weedkiller, has been banned in more than 70 countries around the world after being heavily linked to serious health issues, including the devastating neurological disease.

The APVMA's ruling means paraquat products remain approved for use, but with lower application rates and more controls. ACT Senator David Pocock, who grilled the APVMA chief on paraquat last month, said its decision was "yet another example of vested interests winning out over community interest".

"After this decision, Australia remains out of step with much of the rest of the world when it comes to protecting people against a chemical that the science shows has an association with Parkinson's disease," he said. "It is deeply concerning that the APVMA has failed to accept this evidence or apply the precautionary principle, especially when 70 countries have already banned it because of the risks it poses to human health and the environment".

APVMA chief Scott Hansen said the reviews weighed risk management and rigorous scientific investigation of the impacts of paraquat and diquat on human health and the environment. Paraquat has been under review for almost 30 years in Australia, with investigations starting back in 1997. "Both chemicals remain available for use with significant new restrictions on application rates and permitted uses," Mr Hansen said. "To protect users from acute exposure, new restrictions will phase out backpack sprayers and require enclosed mixing and loading systems for all uses, and enhanced personal protection equipment."

Overall, the maximum rate of application on paraquat and diquat will be 231 grams per hectare, when it was previously 1150 grams per hectare." In May, the US state of Vermont became the first in that country to ban paraquat use, citing concerns over Parkinson's disease.

China, the world's biggest manufacturer of the product, has even limited its use domestically, where the highly toxic chemical has been blamed for 5000 poisoning deaths per year.

Several people contacted news.com.au after its previous report on the paraquat debate in June to say they agreed the substance should be banned, with some stating they or people they knew had suffered serious health side effects from it. Josh Davis, executive director of Pesticide Action Australia, said the APVMA's choice not to meet with top public health experts and neurologists before its decision was "disturbing". "The human cost of this decision will be severe," he said. "The regulator and our government have missed an opportunity to protect the well-being of Australians and our environment and slow the rise of Parkinson's disease in Australia.



AUSTRALIA APPROVES WEEDKILLER LINKED TO PARKINSON'S DESPITE BANS IN 70 COUNTRIES (Continued)

"The APVMA's view that the weight of evidence does not show that paraquat exposure 'through approved uses' increases the risk of developing Parkinson's disease, stands in stark contrast to the submissions of Australia's leading neurologists, and global experts."

Parkinson's Australia chief executive Olivia Nassaris said the rate of Parkinson's was set to triple by 2050, posing pressure on the health system and economy. "This is going to be an absolute epidemic, and we have to be doing something now if we are to stop it," Ms Nassaris said. "While we welcome the controls, including increasing PPE requirements and getting rid of backpack sprayers in favour of enclosed cabs, they simply don't go far enough. "We're the last to act here – and we've failed."

Neurologist David Blacker, who has Parkinson's, said large-scale studies "have identified an association between paraquat and the incidence of Parkinson's". "Like myself, people who grew up on farms and live around places like golf courses that are using paraquat aren't safe."

Mr Davis was referencing a [recent report in the ABC](#), in which several prominent neurologists claimed their advice had been ignored by the APVMA during its review. "We put in submissions, myself, other scientific bodies, groups of neurologists, some of the leading scientific minds and organisations in Australia who have interest in Parkinson's disease, and as far as I know, none of us have been contacted by the APVMA," associate professor Wesley Thevathasan said.

The farming industry has campaigned against banning the chemical widely used across the country, saying it was critical to protecting crops and improving soil health. National Farmers' Federation president Hamish McIntyre said in a statement on Tuesday the body acknowledged "community concern around paraquat" adding it was critical that products were safe for farmers. He said agriculture "operates under stringent regulations, including strict restrictions on application systems, mandatory personal protective equipment, and training or certification requirements for chemical use".

"Paraquat helps support effective weed management and enable practices like no-till farming, which protects soil health, reduces erosion and helps retain moisture," he said. "These practices are critical as farmers respond to increasingly variable seasons and growing demand for food and fibre." Grain Producers Australia said the ruling was a "victory for science-based regulation". Its spokesperson, Andrew Weidemann, said Australia was "fortunate to have an independent, evidence-based agricultural chemical regulatory agency".

"This is a positive outcome for Australian grain producers and the ability to maintain minimum and no-till farming systems is one of the great success stories of Australian agriculture," he said.

*Heath Parkes-Huption, news.com.au -
23 June 2026*





COMMITTEE MEMBERS

- President, Rose Parkin
- Vice President, Michael Parkin
- Treasurer, Ian Madden
- Public Officer/Membership, Dick Babb
- Welfare Officer, Pam Beattie
- Event Co-ordinator, John Moore
- Music Co-ordinator, Peter Sidney
- Asst. Music Co-ordinator, Diana Sidney
- Secretary, Helen Jordan
- Assistant Secretary, Keith Kennedy



The Committee welcomes advice and suggestions regarding the Association's activities. Please don't hesitate to contact any of the Committee Members as feedback and new ideas are important to ensure we are addressing the needs of our members.



WELFARE CALLS

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



JOKE OF THE MONTH

Notice on farm gate:

**Private property, access prohibited.
Owing to the increased
cost of ammunition,
no warning shots will be fired.**

Thank you for your understanding.

**Thank you Stuart Cumming
our resident Jokester**



REMINDERS

CONCERT: Excitement is increasing for the Concert, featuring acclaimed Opera Australia Mezzo Soprano, Angela Hogan, to be held on Friday 7 August 2026, 10am - 12pm, at Mt Colah Community Centre, 6X Pierre Close, Mt Colah.

Book early to ensure your family and friends secure seats - **0412 346 301**

The \$30 ticket includes a sumptuous morning/devonshire tea.

* * *

AUCTION OF PAINTING: This beautiful painting titled 'Coral Trees' by Jan Cumming will be auctioned at the Concert.



* * *

MEMBERSHIP DRIVE: Our Hornsby Ku-ring-gai Parkinson's Association pamphlet is receiving an update which will be an important part in our proposed membership drive.

The excellent text will remain unchanged but as the photos are outdated the Committee would appreciate receiving any photos that portray our image as an all inclusive, informative and vibrant Association. If you are able to scan the photos and email them to Helen Jordan keithandhelenjordan@iinet.net.au or ring 0425 339 841 it would be hugely appreciated.