



Monthly Newsletter

NOVEMBER 2025

<http://www.parkypeople.org>

NEW COMMITTEE

At the Annual General Meeting held on Friday October 3rd at Mount Colah Community Centre, 6X Pierre Close, Mt Colah, Election for the Committee resulted in the following changes

POSITION	ELECTED OFFICER
President	Rose Parkin
Vice President	Michael Parkin
Treasurer	Ian Madden
Secretary	Helen Jordan
Public Officer	Dick Babb
Welfare Officer	Pamela Beattie
Events Coordinator	John Moore

As well as the formal elections for the Committee positions, the following responsibilities were allocated:

Responsibility	Person	Responsibility	Person
Newsletter	Keith Jordan	Assistant Secretary	Keith Kennedy
Choir meet & greet	Keith Kennedy	Choir Coordinator	Peter Sidney
Meetings Meet and Greet	Vacant	Exercise Coordinator	Vacant
Webmaster	Terri Weston	Catering	Danielle Berthou

IMPORTANT ANNOUNCEMENT

GUEST SPEAKER

10.00am Friday, November 7th


Professor Dominic Rowe is an acclaimed Neurologist specialising in neuro-degenerative diseases, particularly Motor Neuron Disease and Parkinson's Disease.

Please advise friends and family of this very important event to be held at our next monthly meeting commencing at 10.00am on Friday November 7th at Mount Colah Community Centre, 6X Pierre Close, Mount Colah.



Our patron, David Hill, sends his apologies. He will be unable to come to Professor Dominic Rowe's presentation on Friday November 7th because he will be taking part in a ceremony opening a special park and garden at Molong. This beautiful, tranquil area has been dedicated to the children who suffered under the Fairbridge Scheme. It will be a moving day for all involved

BECOME AND ACTIVE GROUPIE

Monthly Meeting (free) Raffle Tickets optional (3 for \$5)	10.00am-12.00am 1 st Friday of the month	Mount Colah Community Centre 6X Pierre Close, Mt Colah
Walking Group (free)	Tuesdays 10.00am	Asquith Park Mills Street, Asquith
Parkinsong (\$15)	Thursdays 10.00 -11.30 am	Turrumurra Senior Citizens Centre Gilroy Rd, Turrumurra
Craft Club (free)	2 nd & 4 th Thursdays of the Month 12.15-2.00pm	Parkin Residence 42 Bouvardia Street Mt Colah
Exercise class (\$10)	Fridays (except for 1 st Friday of month) 11.30-12.30	Mount Colah Community Centre 6X Pierre Close, Mt Colah
<p>Each of these activities assist in combatting the effects of Parkinson's disease:</p> <ul style="list-style-type: none"> • Social interaction • Muscle stimulation • Vocal chord stimulation • Improving dexterity 		

CHRISTMAS PARTY

Our Christmas Party is to be held at 11.00am on Friday, December 5th 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.

MEMBER WELFARE

Please advise our Welfare Officer, Pam Beattie on 0435 716 392 (or another member of the Committee) if you know of a member who is ill or needs assistance.

DIETARY INFORMATION FOR PEOPLE WITH PARKINSON'S

In the science of brain health, we often use the word neuroprotection: the process by which we can support the health of brain cells and their ability to communicate with one another. Over the years, various food groups have been studied in animals and in large epidemiological studies of human populations for their potential to promote brain health. Initial research has provided some evidence about possible benefits of certain foods. Although there isn't yet evidence about the specific benefits for Parkinson's disease, what we do know is that these foods are part of a healthy diet. Read more about nuts and herbs for their potential to promote brain health: <https://www.parkinson.org/living-with-parkinsons/management/diet-nutrition>

SCIENTISTS REVEAL PARKINSON'S RESEARCH BREAKTHROUGH

The following link is an article dated 1 October 2025 in the UK INDEPENDENT Newspaper. <https://www.independent.co.uk/bulletin/news/parkinsons-disease-treatment-brain-clusters-b2837392.html>

RAFFLE PRIZES

The Committee would appreciate help from members to source items for the meeting raffles, please discuss with a Committee member. *The Christmas Raffle is a Quilt!*

Sadly for us, two of our stalwarts have left us to move to Terrigal. Cheryl's impeccable record keeping and sense of fun, and Richard's quiet and intelligent organizational skills will be greatly missed. THANK YOU FOR ALL YOUR SUPPORT

Is there an item you would like to include in the Newsletter?

If it interests you, it will interest others! Please contact Keith Jordan 0417225809 or bindene@iinet.net.au. For more information about the Hornsby Ku-ring-gai Parkinson's Association visit our Website <https://www.parkypeople.org>

I didn't think that Orthopedic shoes would help me. But I stand corrected.

I drafted up a Carpentry pun. I thought it woodwork. I think I nailed it, but nobody saw it.

What do you call a bullet-proof Irishman? Rick O'Shea!!

Keith Jordan