



THE GREAT ESCAPE ESCAPADES

OZ Raising funds & Awareness for Cure4 Cystic Fibrosis Foundation



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The Great Escape Oz Monthly Newsletter called Escapades

Things are starting to happen again with restrictions being eased, travelling opening up and I am sure we will see borders open up shortly. I hope you and your families are all well in all ways as it has been a very trying time for us all.

But with things changing it has given me the opportunity to get the Mini Rally up and ready to go, and in saying that I must give acknowledgement to the Mudgee trio of Russ (Doc) Maxwell, Jonathon (Chappy) Chapman and Troy Leatherm who have marked out the track arranged for catering and accommodation over the 2 day mini rally Sat 25th to 26th July 2020 around the Mudgee region.

I have given a full explanation on how this will work in the attached "Mudgee Mini Rally Daily Insight". I am hoping that it will give people the opportunity to get involved whether you have done them before or are wanting to know more about how they operate. You will get all the answers on getting involved with the first mini rally around the Mudgee region and/or the Hume Weir/Albury region during the Long Weekend in October 2020, where Frank & Belinda Corby and others will set out some tracks for us over the 3 day long weekend. See the attached Entry Form.

Most of you know my passion for research that is where the cure will come from whether its stem cells or gene therapy or new forms of research that is where the cure lies. As an example.

If you or someone you care for fell ill with a severe case of Covid-19, you would hope that there were treatments for it? In the absence of a vaccine (which could be a long time coming, and indeed may never arrive) your doctors and nurses have to reply on treatments.

The trouble is, there is no real proven treatments for coronavirus even now.

And that's why medical research into many conditions is so important and why The Great Escape Oz is raising funds for Cystic Fibrosis Research, so just remember that is why we are doing what we can to help find a cure for CF.

Moving on, many of you know or know of Sharon Ellinsworth from the CFA office. I'm sorry to say, Sharon has resigned from CFA after some 13 years in the position, so I asked her to put some words together for the Newsletter as a number of things in her life have changed since you last saw her at the Awards Dinner in Canberra for the 2019 Great Escape. for around 13 years.

Many of you have known Sharon Ellinsworth as the voice on the phone when you contacted CFA to discuss various aspects of The Great Escape, you will know she spent most of her time driving the Great Escape. Sharon has done a great job in holding people together which is one of the most important jobs within an event like the GE. She was always up for a laugh and a bit of cheek back down the phone which was taken in great spirit by all. She was always desperate to come on the GE and in 2016 that happen when she accompanied Tow Ball in the Sweep vehicle, what a year that was, certainly a baptism of fire!

So I'll let her explain. Thank you and 'A Job well done Sharon'.

Sharon Ellinsworth

Well 2020 has certainly been a different year for all of us so far, and I hope everyone is keeping safe.



The past year has definitely been a hard one for Paul and I. Back in October 2019, Paul was diagnosed for Stage 4 Renal Cell Cancer. He had his left kidney removed straight away, and he is currently on treatment for his illness. It has been a rocky and emotional road, but he is doing well and putting up a great fight. I have been busy caring for Paul and working from home for CFA. A few weeks ago I had my own scare and suffered a mild stroke caused by an Atrial fibrillation of the heart.

I am doing well and am now on medication for my condition, but it certainly got me thinking about the years ahead. It was a hard decision to make but last week I resigned from my position at CFA. I have been with the company 13+ years and I never imagined the day I started that I would be lucky enough to be involved in a project as wonderful and rewarding as The Great Escape.

I would like to sincerely thank you all for your support and friendship over the years. The trust you gave me from the beginning back in 2007, and with each and every year has been amazing. I have met so many incredible people and I class you all as my family (My rallyative family!).

I wish you all the luck in the world, whatever your next venture may be. I hope you will keep in touch on Facebook messenger, and you never know, I might meet up with you one day somewhere on your next rally.

All the best, Sharon Ellinsworth

Being in isolation has given me time to think about the situation we are in, so I would like to introduce Emmah Money, who is the Patron of The Great Escape Oz and I have asked Emmah to write about being a person living with CF. It troubled me so I said to Em how about you do a story of you, CF, and Covid-19. Time permitting, each month she will give us glimpses of her life from a baby to now a mother of 2 wonderful children, her achievements, and her dark days, she has written 2 books and the list goes on.

I have known this wonderful lady since she was 15 and some of you may recall when she spoke at the finish of the 2008 at Tanunda (Barossa Valley), so she knows lots about the GE but she has lots of her own stories to tell. Many CF people are terrified of Covid-19 as they catch it and die.

There are a 1000 story's like Emmah's but there are certainly some very strange twist and turns within her life. So this month's story is how a person with CF is coping with Covid-19. I think Emmah explains it in a non-medical way that needs to be understood.

COVID-19 and CF by Emmah Money

2020 Australian of the Year: Emmah Money, Cystic Fibrosis Advocate



https://www.youtube.com/watch?v=J_f8Xn3tgtg&list=RDCMUC5iLnYoF4Ryb63YdGD9RfWQ&index=1

It's definitely been an interesting few month for many of us, personally, to some extent, I feel that having CF has allowed me to feel "calm" about COVID-19.

My entire life I have had to be careful about germs and different 'bugs' that others around me may carry, something as simple as catching a cold from someone can be deadly for someone with Cystic Fibrosis. Hand washing, antibacterial gels and keeping my "distance" has always been a part of my everyday life.

Those who live with CF are very familiar with the fact we are not allowed to be within 6 feet of each other due to cross infection. This is where one CF person will carry a bug that another CF person may not, so if they mix with one another there is a high chance of these infections being given to one another and again, this can be deadly.

Wearing a mask to hospital appointments is highly encouraged due to the germs that are around hospital's and it is highly encouraged for us with CF to wear a mask if we are out and unwell due to our bodies being more susceptible to catching an infection.

I was walking around the food shops just before COVID-19 came into full swing, I remember seeing a man sneeze and as he "AAACHHOO-ed" I saw the snot come out of his nose and mouth as he wiped with his sleeve and continued to put his hands on the handle bars of the trolley... it is something as simple as this that causes germs to travel fast.

One of the main things I feel that has affected me is that every time I cough, which is one of the key CF "trademarks" is, having a constant, chronic cough, it's a bit different now. Every time I cough, I find people are very quick to glare at me or look at me with concern. It has made me very self-conscious that's for sure.

Overall, COVID-19 has been eye opening to many, I feel that it has been a good way for the rest of the world to gain some understanding on what it is like to live with CF on a daily basis. It has been made very obvious how easy it is to pass infections on to one another. I am grateful there have been safe practices put in place, it is the simple things like washing your hands that help prevent the spread of infections, not just COVID-19.

I always like to look on the positive side of things, too often we get caught up in the negative and find it hard to oversee the silver lining.

We also seem to allow ourselves to worry over things we do not have control over, causing the fear of the unknown to become a bigger worry than necessary.

COVID-19, whilst it is a global concern, we do not have control over it. What we do have is control of our actions. I have learnt to not let the fear of the unknown overpower me and having CF is something that has helped bring me gain this coping mechanism.

My advice for you all, be safe, do the right thing as it is the small things that can make a huge impact.

Emmah Money



2020 MUDGEE REGION MINI RALLY AND CRUISE

This has been a long time coming as I had to cancel what I had set down for March due to the Covid-19 restrictions along with travel restrictions.

As mentioned above, also included in this month's mail out is the July 2020 Mini Rally Entry form (see attached). Please let me know if you are coming by no later than **Monday July 20** so that we can have your Track Books printed and ready for a great weekend travelling around the Mudgee region. You may even make some new friends. It is family friendly and doesn't need a rally car as you can do the tracks or take the easy road. No charge to join in the fun, you will only need to pay for your food and accommodation.

Come and join in the fun, the Mini Rally starts at 10.30 AM on Saturday July 25 in Rylstone, NSW.

So, Welcome to the **2020 The Great Escape Oz Mudgee Regime Mini Fun Rally and Cruise**. We will be on dirt and sealed roads/tracks so it's open to rally cars and the family car, you can decide what course you are going to take. Both courses will follow each other and some of the time will be the same track, the rally track will encounter some ugly stuff, but you will be alerted to that within your Track Book, so you (navigator) must read your book and call the correct instructions loudly to the driver. Also remember that you have a UHF so this will be heard by everyone including people out for a drive and they are on the channel we are using, so stay alert.

We will have a Crew briefing and receive your Track Book at 10 am. and start at 10.30am, remember this is not a race and all roads are open to the public and you will encounter traffic and other road users, even on the quiet back roads. All road rules are to be adhered to and common sense and courtesy must be used at all times. The Great Escape Oz and CURE4 CF want to maintain a good name and reputation within the bush so we want to maintain that for the future. In regard to courtesy please slow down when you are passing homes next to dusty roads, do not speed and keep on your side of the road.

This Mini Rally is all about fun and you will find that on the courses, enjoying the Aussie bush, giving back to the farmers who have done it tough for years with drought and now corona virus, with restricted travel. Well we are out there to help them in a small way, it will be seen, and I am sure appreciated by the small business we will be using. And those who are new to rallying will get a small taste of what The Great Escape Oz is all about. If you are new, welcome, and please do not be shy in asking questions or you need help. If you are experienced, please do not be shy in lending a hand and keeping an eye out for everyone.

We have an overnight stop at HILL END (Royal Hotel) where we will enjoy dinner and after dinner in the bar you will hear some hilarious stories from the various crew in the rally, it's all part of The Great Escape Oz spirit and humour. There is a camping ground at Hill End run by Parks and Wildlife phone. 02 6337 8206 for bookings, you cannot camp behind the pub.

There is no cost involved in being involved, your costs are food, booze, bed, and fuel.

Everyone needs to register, registration form attached, if you have friends wanting to come but are not on our mailing list get them to call or email me for an entry form. All entries must be returned to me by Monday 20th July '20 as I need to print Track Books

You need to fill out an entry form (attached) and return it to me as we need to know how many are going to prepare the catering people with numbers, so all members details in each car.

Overview of the course: -

Starting in RYLSTONE at the Globe Hotel Rego at 10.00am Start outside pub at 10.30am 25th July

It has accommodation or camp out the back or camping ground down the road for those arriving on Friday night, 24th July. (Globe Hotel 02 6379 1048) BOOK **EARLY!**

- ✓ **LUNCH** At the Centennial Hotel Gulgong, 25 July
- ✓ **DINNER** At the Royal Hotel Hill End, 25 July
- ✓ **OVERNIGHT STOP** Royal Hotel Hill End, 25 July
- ✓ **BREKKIE** At the Royal Hotel Hill End, 26 July

- ❖ **ACCOMMODATION Sat 25th July Royal Hotel Hill End 02 6337 8261**
- ❖ **Camping Ground 02 6337 8206 run by Parks and Wildlife. Cannot camp behind pub – BOOK EARLY!**

National Parks & Wildlife control much of Hill End; we are not able to have people camp on hotel land. NPWS has two campgrounds; you can book here:

<https://www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/village-campground>

<https://www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/glendora-campground>

Sunday morning 26th July we will leave Hill End (Royal Hotel) at approx. 9.30am for our rally tracks towards the Finish at Mudgee.

Lunch approx. 1pm at Kelly's Hotel Mudgee, after lunch and following Presentation you can shoot off home.

All the correct times will be release closer to the rally weekend, but the Rego and Start time are correct and you need to be at the Rylstone Globe Hotel at 10.00am for a start at 10.30am.

Summary of FACTS and approximate times: -

- **ENTRIES MUST BE RETURNED TO ME BY MONDAY 20th JULY 2020**
- **START 10.00 am Rego and START 10.30 am Rylstone, GLOBE HOTEL**
- **LUNCH CENTENNIAL HOTEL Gulgong**
- **DINNER, BED AND BREKKIE ROYAL HOTEL Hill End**
- **FINISH AND LUNCH at KELLY'S HOTEL Mudgee Approximately 1pm**

MINI RALLY INFORMATION SHEET

STARTING IN RYLSTONE @ 10.30 AM

SATURDAY JULY 25, 2020 TO SUNDAY JULY 26, 2020

- NO FEES
- TRACK BOOK (GIVEN AT REGO PRIOR TO START)
- ALL RALLY RULES APPLY
- FAMILIES & FAMILY CARS WELCOME
- GREAT OPPORTUNITY TO MAKE NEW FRIENDS
- RALLY OR TRANSPORT COURSE - YOUR CHOICE
- FOOD & ACCOMMODATION AT OUR OWN COST
- NO PRIZES BUT LOTS OF FUN
- OVERNIGHT STOP (HILL END, ROYAL HOTEL)
- GREAT RALLY SPIRIT AND HUMOUR
- COME & HELP THE BUSH IN ITS RECOVERY
- DRESS THE CAR AND DRESS YOURSELVES
- COMPLETE THE ENTRY FORM & RETURN TO TRACK BOSS

(RETURN BY NO LATER THAN **MONDAY JULY 20** TO ENABLE PRINTING OF TRACK BOOK)



The Globe



Centennial Hotel



The Royal



Kelly's Pub

I will have another Great Escape Oz Escapades Newsletter in July with more complete time details etc.

A lot to absorb this month but given we are still isolating, take the time to read all the news and please

- ✓ email me, trackboss508@gmail.com
- ✓ Call me on 0413 704 104
- ✓ website: www.thegreatescapeoz.com.au, or
- ✓ or visit our  page "trackboss508"

I'm excited about catching up with as many of you as possible at the upcoming July 25/26, Mini Rally and for those who can't make it to Mudgee, I look forward to seeing you on the October long weekend for the Mini Rally around the Hume Weir/Albury area. Further information on this a little later but mark the date in your diary's.

See Ya down the track

Terry Stewart

Track Boss