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The Great Escape Oz September 2023 Newsletter

G'day to all Rallyitives and those who are interested in joining our trusty group.

G'day to everyone this will be my last Newsletter as I hand everything over to Mal Boardman who will be the Organiser of the future The Great Escape Oz fun car rallies for CURE4 Cystic Fibrosis Foundation.

In some ways this has been a very hard thing to do but as my health has declined over the past 2 years, I had to make that decision, also Covid took 2 years out of having rallies. I was not going to step aside till I organised and completed Rally number 20. That is now done, and Mal is the right person to take the GEO on for the next 10 years.

Let me self-indulge!

I can remember the process I was going through as CEO of Cystic Fibrosis Australia (CFA) in 2001, having purchased the Holden Panel Van (which become Rossie) to give to 2 of the boys on the Northern Beaches of Sydney who had CF, both had played a big part on the clinical trials of Hypotonic Saline which I totally supported and gave money to keep the research moving, the saline was used to help clear their lungs. The reason these boys were chosen, as they were surfers and the salt air was seen as having a positive reaction with their lungs, which should be trailed on other CF people living away from the coast. With the research proving successful I also looked at the possibility of CFA doing the Branding and Marketing of the product which would keep the cost down for the CF community. Once the pharma companies saw that I had a plan, they then rethought their sales strategy and costing. So although it did not become a CFA product, we were able to keep the price down for the CF Community. The boys then took off in Rosie for a month creating awareness for Cystic Fibrosis, in NSW, Qld and Victoria, which worked and also sparked interest in a car rally, which in turn became The Great Escape

While all this was going on I had to get the best out of the National Data Registry which was going nowhere due to cost. So, I was looking at a number of ways of raising funds on an annual basis, which included lotteries similar to the Queensland type lotteries and following a conversation with an ex-rally driver on setting up a car rally solely for CF. I asked how I go about setting up a car rally to raise money for the National Data Registry, he suggested I contact Jamie Lawson, who was living in Toowoomba, and he had just lost his position of organising the Kidney Kar Rally.

I contacted Jamie, and yes, he was interested, so on a plane and headed to Toowoomba and struck a deal with Jamie on a handshake. The Great Escape was born. So that took some pressure off, but there was a lot of work in front of both of us. The rally in 2002 got

underway and there was a small income generated from the rally and that went straight to the data registry and each year that continued to grow, both in numbers competing in the rally and income going to the registry.

In 2005/06 we made the registry electronic and had Tony Abbott, who was then The Health Minister, flick the switch to make the registry electronic. The registry now started to get interest from more hospitals and overseas CF organisations.

I just wish the registry had kept going the way it was set up for the clinics and it would have kept its position within the top 3 data registries in the world.

The registry is used in many ways within clinics, with pharma countries using it for clinical trials and of course research. And I feel in some way the registry has had an influence in the success of many of the new drugs and therapies.

Enough of the Data Registry, but just remember what we set out to achieve in raising money for the registry, it has been a wonderful tool for many researchers both in Australia and overseas and from their work things have changed for the better for the CF Community.

The Great Escape Oz, Rally number 20.

From all accounts it was successful, although long, it also entered into areas that we had not been, which made it more adventurous .

I hope you all feel it was successful and to end in the beautiful Karumba, that was a treat in itself. I didn't hear any complaints about the Awards Dinner, prawns and Barra, what more would you want.

So we all move on to a new era, Mal Broadman as the organiser of the rally 2024, CURE4 CF as the continuing benefactor from the rally with clear goals on finding a cure for this dreadful condition, and once that is achieved, we can say CF stands for Cure Found.

Thank you to everyone who participated in the rally, thank to those who attended the Welcome Dinner/20th Birthday Celebrations and others who joined us along the way.

To all the entrants in Rally number 20, Firstly, thank you for being an entrant, for your ongoing support along with making it a great financial success and for all the fun along the way.

To Rolly and Chrisy, Bluey and Beryl, Cara and Karl a big thank you for what you all as a family what you have contributed to the rally over the last couple of years. The wonderful top quality rally jackets that have been hot property at auction time. I would personally like to thank the family for the jackets that were presented to Sharon and myself at the Welcome Dinner. All the design and production of everything was done by Jokers Ink, which is Karl and Cara Ross who is Blueys daughter and Son in law. Further thanks to all the family for the great Stubby Holders and baseball Caps, all branded The Great Escape Oz and sold by Supa Salesman Bluey Miller (Zero Car). Great presentation and great income earner.

Thank you to our never say die Workshop Officials, Mal and Brian who kept the cars rolling, although under constant pressure with some major breakdowns, but all done with a smile on their face. Along with the Spares Truck guys Brendan and Brian, who were called on a number of times to help out and doubled up as Admin.

To Rolly/Bluey, Froggy/Mrs Froggy, Doc/Rick, Fred/Jarred, Lloydie/Windy, who kept us on course with the help of the Track Book.

Also, Tony Wehl who organised and re-organised new cars like a magician as they went down, not of his doing either, well done Tony, I am sure the young boys owe you.

To our new Photographer Meredith and husband Steve, who stepped into something they knew nothing about and joined in, as they had done this 1000 times and loved it.

I think all the meal stops worked out well, Caldervale Station was sensational, with great entertainment, great riding skills and a whole heap of fun. Likewise at Wellshot Pub, we certainly had fun there, I am not sure if CQ would agree. Just bring you up to date with his recovery.

Sharon and I called in to see him on our way back from the Cape. He had been to 3 hospitals, and nothing has been done, the medical decision was just let it mend itself, of course there is some pain but no dancing. In talking with him over the photo this week, he is hoping to get rid of the sling and they will start physio within the next week

Well now it's up to Mal in 2024 to pull it all together, the mud map is done, and the survey is not far away, it's out there, starting in Albury, swing around and up to Bourke and head across to Coffs Harbour, all happening from 31st August to 7th September 2024. So get behind Mal and continue the success of The Great Escape Oz.

Mal will be taking over the website in the next week, the Facebook page in the coming week along with the next Newsletter.

Please give Mal the same support you gave me in 2013 when I become Track Boss, a name I'll continue to use and hold in memory of the great time I enjoyed with so many new friends. "Rallyatives". It has been a privilege and honour to be your Track Boss.

News from CURE4CF.

I received, a Media Release this week from CEO Suzy Dimaline of CEO of CURE4 CF advising of a new clinical trial of phage therapy, if this proves to be successful as it will be delivered through the lungs via bronchoscopy and nebulisation, giving children the ability to receive future treatment at home and reduce time spent in hospital. The first trial will happen at Childrens Hospital Westmead and the phage's will be manufactured locally at Westmead Institute of Medical Research, so this will be carried out locally and then working in collaboration with Sydney Children's Hospitals Foundation. Although this is being trailed for CF effected children, it will have a broader use outside of CF.

Wonderful News and it could have been money coming from The Great Escape Oz funding these trials. Will Done CURE4CF and Well Done Rallyatives of The Great Escape OZ.

Time to Reflect.

Well, now I can sit back and watch, if needed I am there, certainly I'll miss it, the people, the fun, the bush, the smelly cars, the fun conversations and there was many, the great theme nights and days, the fabulous bush towns. I have over 5000 friends on Facebook which includes all my overseas work with CF Worldwide, and they get all these FB photos and fun times, so they know what The Great Escape Oz is all about, also I have 400 plus friends for my normal Facebook account.

There are regrets: I wish that funding from The Great Escape Oz could have continued funding the Data Registry and who knows many more good projects would have come from working with the registry.

I also would have preferred that CF Car Rossie would have stayed in CF Hands and continued to be involved in creating awareness for CF.

Well what now. Rest and Refresh.

I have been thinking of a number of activities, which are different and could be good fundraisers, along with some tennis ideas. But first of all its grandkids time, my younger daughter is having her 2nd child due in March '24, so now with 7 grandchildren I think that could be a full-time job. I am working with my oldest grandchild just on 13 Yrs teaching him to breath correctly. Also showing him how to correct his balance for his track and field events and of course tennis and the next grandchild also wants to do tennis and track and field, so I think I have plenty to do. And outside of that I give advice to my 3 children who all have their own businesses, so that keeps the brain active. But I'll still miss the rally.

The Trip to the Cape York from Karumba.

Many of you have been waiting for this report, it is certainly not flattering, I would never do it again, but I am glad I have done it, Sharon's view would be very similar to mine. It's a long way for nothing spectacular, just a bunch of rocks at the water's edge, but it is the Tip/Top of Australia Cape York.

From door to door, which included the rally we did just under 10,000 klms, the trip meter ticked over 400,000 klms during the rally, so a milestone for the Toyota.

Majority of the roads to the top are dirt 70% and 30% black stuff, they are corrugated and very dusty, you are better off driving on the outside of the white marker posts on the road, as there seems to be less corrugations, and if you are following someone the dust becomes your enemy, as there are many wash outs, so your speed is restricted. As you are driving along, you pass by many cars that never made it and you see their carcasses on the side of the road it is the brutal evidence of their failed attempt.

Obviously, fuel was a major concern but that now is well covered with fuel stops every 430 klms along with food and accommodation if needed, it's the roads that are the problem and it is going to be years till these roads are fully sealed, but to some that is part of the adventure.

Also the Termite mounds which we passed are there in their millions, the mounds change colour as it depends on the soil cover around where they build, they could be black, brown, sandy colour etc. Some are up to 4 metres high and could be 2 metres base, they are incredible and certainly well structured. With imagination they could be head stone for graves, it's an eery feeling looking at them scattered over an area but in a very uniform way.

A callout to the VB Boys who tagged along, thanks guys for your company and some fun evenings.

Well that's all folk's, it's been a great joinery and I have enjoyed it in a singular way and a collective way, it's been fun and in a successful way we all have made a difference to the on going development of therapies to improve the lives of people young and older with Cystic Fibrosis until a CURE is found.

My favourite writer and poet Banjo Patterson knew how to say things simply.

'WHEN A MAN HAS DONE HIS BEST, HE HAS DONE ENOUGH'

Best wishes to you all.,

Sharon and I will miss you.

Terry Stewart. Aka. Track Boss

See 'Ya down the track.

Terry Stewart

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