

**GET ACTIVE · GET INVOLVED · GET OUT THERE!**

## *From the President's Tent...*

Welcome everyone to the start of another exciting walk season.

There have been a few changes at FOLT. Richard our President has moved on to new and exciting challenges and I have the honour of continuing on in his footsteps.

After such a wet and wild end to 2016 it has provided quite a bit of work for FOLT members to get involved with. We have a bit of something for everyone in April and May. You can help us with trail maintenance, join us for a social get together or come along on an overnight hike.

The 'Friends' is your club so if you have ideas suggestions or have to time to assist outside of the scheduled events get in touch we would love to hear from our members.

See you at the welcome BBQ.

*Sue Chambers,*

*President - Friends of the Larapinta Trail*

## *Upcoming Events:*

**SATURDAY APRIL 1 - 4pm to 6.30pm - gold coin donation**

Welcome BBQ and Info Night at Simpsons Gap.

**SUNDAY APRIL 2 - 9am to 1pm**

Todd Mall Market Stall, Alice Springs.

**WEDNESDAY APRIL 5 - 6pm to 7pm**

AGM - Club Eastside, Undoolya Road.

**SUNDAY APRIL 9 - 9am to 1pm**

Working Bee at Tangentyere Junction - Section 3.

**SUNDAY APRIL 23 - 9.30am to 1pm - free entry**

Market Stall at the Heritage Week open day - Alice Springs Telegraph Station

**THURSDAY APRIL 26 - 5.30pm to 7pm - gold coin donation**

Product Information Night at Lone Dingo in the Todd Mall. Learn about new gear, safety tips & more.

**MAY 6 & 7 - Section 1, 23.8km ASTS to Simpsons Gap**

**More information and a copy of our full events calendar is available on the website.**



# Your 2017 Friends of the Larapinta Trail Committee\*

A humongous thank you to outgoing committee members Kym Stockman, Erin Westerhuis and Katalina Mindszenty... and a VERY special thank you and farewell to our former President Richard Mayne who served on the Committee for 2 years plus. Richard brought so much to the Friends and we are grateful for his invaluable contribution.



## PRESIDENT

**Susan Chambers**

Adventurer extraordinaire, Sue loves to hike, travel and mountain bike ride PLUS she makes stuff happen!



## SECRETARY

**Phil Cowan**

A founding member of the Friends and our Parks and Wildlife representative on the committee, Phil is the working bee man.



## TREASURER

**Emil Mavilio**

New to bushwalking, but a pro with numbers, last year Emil tackled 11 out of 12 sections of the LT with his brand new gear.



## PUBLIC OFFICER

**Jill Catchlove**

Bringing a touch of class to the committee, the lovely Jill will be keeping us accountable with her ever calm professionalism.



## COMMITTEE MEMBER

**Clare Drabsch**

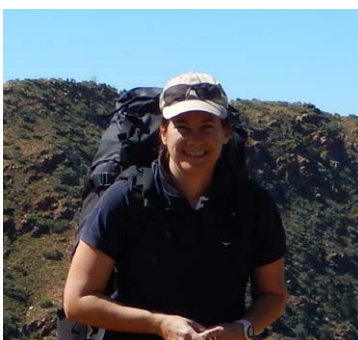
A veteran of the Trail, Clare is a brilliant tour guide and all round awesome person.



## COMMITTEE MEMBER

**Tony Jennison**

An ideas man and always ready to help, we are super happy to have Tony on board!



## NEWSLETTER EDITOR

**Kylie Cowan**

Inspiring people to get out and enjoy the Trail is Kylie's motivation for creating a great newsletter.



## YOU???

**Help needed**

We have many more jobs that don't require being on the committee. How could you help? Some ideas listed below.

\* Interim Committee - if you would like to nominate for a position, please get in touch or come to the April 5th AGM

## *Don't want to be on the committee, but happy to help?*

### We need several people to:

- Manage our Facebook page, mainly to promote events, share photos and respond to messages.
- Liaise with our Corporate Sponsors (seek, welcome, support, promote).
- Order new merchandise as required.
- Source donation containers.
- Add text, photos and logos to our website.
- Maintain an up to date member register.
- Lead a walk or a working bee with assistance from the committee.
- Volunteer at our monthly market stall.





Would you like to support FOLT by placing an ad in our newsletter?

1/4 page for \$ 75 or 1/2 page for \$ 150

## 2017 CALENDAR SELL OUT

Last year was our first attempt at creating a calendar and it was a resounding success! We sold 100 wall calendars and 5 desk calendars which was a great fundraiser for the Friends.

The calendar highlighted 12 photos, one for every section of the Trail, all taken during last year's Progressive Walk.

Andrea Celofiga was the brainchild behind the initiative, along with Sue Chambers and everyone who contributed photos. Thanks to Cheryl for selling almost half of them single-handedly!

## WALKING THE TRAIL

Are you thinking of walking a section or two or twelve this year? Don't forget to jump on our website and have a read of Andrea's reflections of each section of the Trail undertaken during last year's Progressive Walk.

## KIDS TRAIL HIKES 2017

We plan on having two walks specifically tailored to kids 7 - 10 years old who are ready to take their bushwalking to the next level. Stay tuned!

## RUN LARAPINTA - 11-14 AUG

[WWW.RUNLARAPINTA.COM.AU](http://WWW.RUNLARAPINTA.COM.AU)



## SPONSOR IN THE SPOTLIGHT:

Once again Milner Meat and Seafood have donated the best sausages and steaks in the Alice to our upcoming welcome BBQ and info night.

We hugely appreciate their support, why not pop in and see what great new products they have in store for your next BBQ, weeknight dinner or party.



## VOLUNTEERS OF THE YEAR 2016:

Congratulations to Cheryl Baker and Emil Mavilio who were the well deserved recipients of our annual volunteer award.

Both Cheryl and Emil have been quiet champions of the Friends by donating their time, making newsletter contributions, car pooling, doing working bees and giving their time on a Sunday to volunteer at our market stalls.

Thank you guys, we appreciate you!



Find us on  
**Facebook**

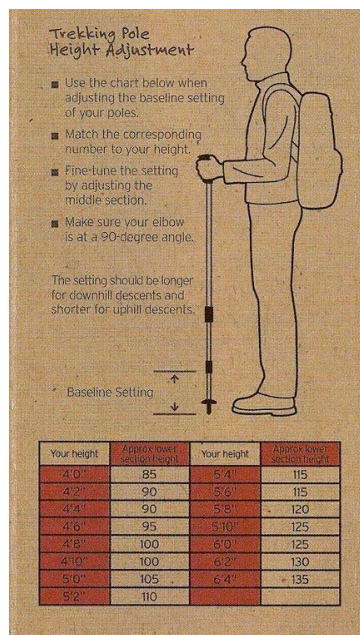
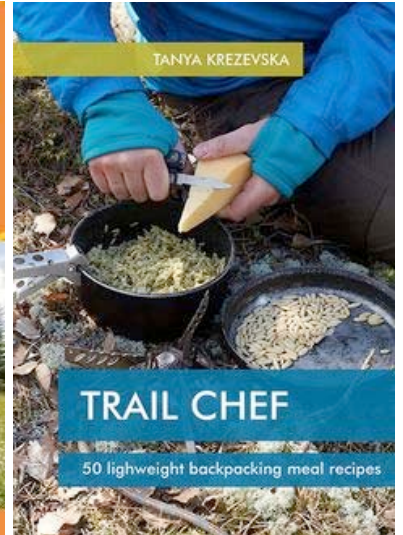
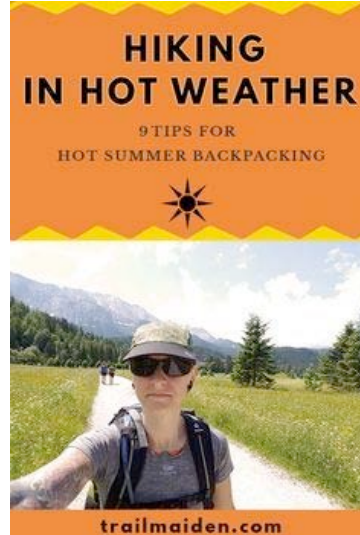
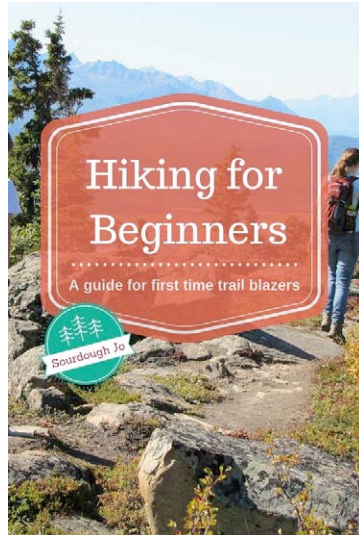
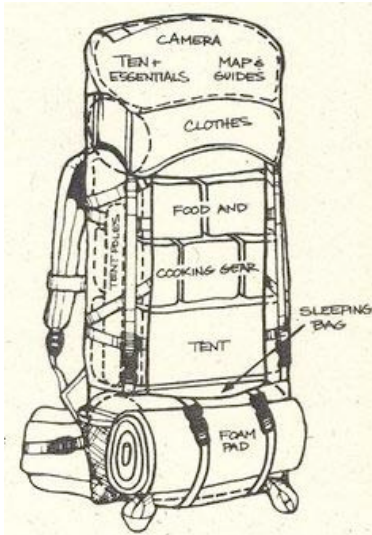
'Like' our page for reminders about upcoming events and other info related to the Larapinta Trail.



# PINTEREST FOR BUSHWALKING?

In a nutshell, Pinterest is a visual bookmarking tool that helps you discover and save creative ideas. It is hugely visual, often inspirational and you save your ideas in themed 'boards' that will take you through to the full website.

For us bushwalkers, it can be brilliant for discovering new places to hike, recipes, gear, tips... the list is endless. It is largely Americanised, but here are a few examples of 'pins' that appeared when we typed in the words 'bushwalking tips':





# Trail Tip #11

A roll of duct tape will prove its worth when you are in need of a quick repair. Wrap the tape around a trekking pole, or a container if space is a real concern. Duct tape will fix a torn tent, a ripped backpack, hold a flapping boot sole at bay, extend a cracked water bottle's life and even help prevent blisters.



Section 12 - The climb up Mt Sonder  
Photo by Cheryl Baker

Our first TODD MALL MARKET stall will be on the 2nd April and we'll also have a stall at the TELEGRAPH STATION OPEN DAY on the 23rd April (free entry)

## Welcome BBQ & Info Night

**WHEN: Saturday 1st April**

**WHERE: Simpsons Gap Picnic Area**

**TIME: 4pm - 6.30pm**

We are kicking off the season with an informal get together and BBQ for members new and old... and if you're not a member, come and find out more about the Friends.

We'll launch our coming events calendar, have a look at one of the Larapinta Trail shelters and hear from a guest speaker.

BBQ provided (thank you to Milner Meats!) and a gold coin donation is appreciated.

Please RSVP via email for catering purposes to [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au)

## Product Information Night

**WHEN: Thursday 26th April**

**WHERE: Lone Dingo, Todd Mall**

**TIME: 5.30pm - 7pm**

Our dedicated sponsors at Lone Dingo are hosting a great, start of season event to bring you up-to-date with the latest hiking gear.

This is a great chance to ask questions, learn more about the Trail and to hear valuable safety advice from NT Parks and Wildlife Rangers.

Nibbles will be provided - a perfect event for people new to hiking.







## How to Pack Cheese FOR HIKING

lotsafreshair.com

Caro from the bushwalking website 'Lotsafreshair' shares her Kimberley hiking experience AND her tips about how to carry yummy cheese even when it's hot!

- Choose a hard cheese such as Parmesan or Grana Padano. I chose the Grana Padano and it seemed to last better in the hot temps than the Parmesan.
- Remove and dispose of any plastic packaging before heading out.
- Slightly moisten a Chux Superwipe Cloth and wring out completely.
- Wrap the cheese in the slightly damp cloth.
- Pack the cheese in the centre of your pack, surrounded by other soft items such as sleeping bag, clothes or tent. (ie. don't have it against the sides of your pack.
- Each 2-3 days, rinse the cloth completely in clean drinking water and wring out completely.
- Each lunch, keep an eye on how fresh your cheese is and make a wise judgement as to whether you feel it is still food safe.

**Click here** for the full article and other brilliant tips, informative videos, trail and gear reviews or visit [www.lotsafreshair.com](http://www.lotsafreshair.com)



## Parks and Wildlife Commission NT update:

Hello everyone and welcome to the 2017 walking season.

The centre is still looking green following the summer rainfall and many parts of the trail will still be a little hard to see with all the fresh grass growth. Creek crossings and parts of the trail in low lying areas are worst affected so if you are out on the trail early this year, please make sure that you carry good maps and pay extra attention to where the trail is going.

Park rangers have already started to clear the worst affected areas and a large volunteer project is commencing at the start of April to replace signs and clear the trail.

We have also recently continued to install remote monitoring telemetry on more of our water tanks, giving us accurate and real time data on water tank levels 24 hours a day. This will ensure a quick response to any dramatic water loss, as rangers don't have to wait until they are on a patrol to see that there is a problem.

Over the next few issues of the newsletter I'll talk more about our continued infrastructure work happening on the trail.

Happy walking,

*Phil Cowan - Senior District Ranger, West.*





# The Larapinta Extreme Walk is happening again in 2017



The third Larapinta Extreme Walk will take place between 15 May and 26 May. 32 volunteer walkers and support crew will walk the full 223 kilometres to raise money and awareness for the NPY Women's Council. Funding their own journey the walkers will walk the length of the Trail from Mt Sonder to Alice Springs over 11 days.

In the first two years the event has raised over \$255,000 specifically so the NPY Women's Council can host their annual Law and Culture meeting. The survival of the NPY Women's Council annual Law and Culture meeting is a critical element both in the fight to preserve Australia's Indigenous culture and in our national journey to close the gap between indigenous and non-Indigenous Australia. This year there is a target to exceed \$100,000 in fundraising and every dollar raised helps.

The event concludes on National Sorry Day (26 May 2017) at the Old Telegraph Station in Alice Springs and an afternoon of celebration will be taking place from Noon onwards. Feel free to join in the welcoming of the weary walkers by coming down to the Old Telegraph Station, all are welcome.

For more information visit the event's Facebook page [www.facebook.com/Larapinta.Extreme.Walk/](http://www.facebook.com/Larapinta.Extreme.Walk/) or their webpage at [www.larapintaextremewalk.com.au](http://www.larapintaextremewalk.com.au)

We sincerely thank Friends of the Larapinta Trail for the ongoing support of our event. If you would like to tackle the trail end-to-end between 15 May and 26 May 2018 for a worthy cause you can submit an expression of interest at the event's website (there is no obligation to participate by expressing interest).



**Tax Deductible donations can be made via <http://www.larapintaextremewalk.com.au/donate>**



# FOLT MERCHANDISE!

Support the Friends and get your new gear today.

**\$18**



**\$18**



**\$38** (Latest Edition Larapinta Trail Package)



**\$25**



**\$5**

**\$6**



## A BIG thank you to our sponsors!

And a special shout out to Glen Helen Homestead Lodge who are now Corporate Sponsors 2 years running

**BBS**



Principal Products

