

Laide & Aultbea Community Woodland

Newsletter – April 2010

<http://www.laidewood.org.uk>

Laide and Aultbea Community Woodland is a Charity Registered in Scotland No SC034434

A New Winter-Loving You



Three psychological steps to help you improve your winter

A lot of people have been complaining about this Winter's weather. First it's snowing too much, then it's thawing and it's icy, then it's raining and even icier, then it's just raining...what next...wind? Well we do live on the west coast; it is winter. These are good examples of perennial grievances which can create seemingly insurmountable psychological barriers making winter a long and arduous ordeal.

So here are a few pointers for braving the 'Scottish Winter'.

Firstly the main point: Accept that it is winter. You won't be able to do everything you can do in summer. You wouldn't expect to go out in shorts and T-shirt in winter so why expect to be able to drive about the same.

Secondly, don't concentrate on how bad the weather is outside, instead think how good it is to escape inside. There are plenty of people in the world that can't get in out of the weather - they don't complain, they adapt.

Finally the best way to enjoy the winter is to take up a hobby or activity that can only be enjoyed in winter. This one is especially important - a true gold mine. If this technique is perfected properly you will even start to look forward to winter (Imagine!!)

So I thought I would give winter climbing a go. Unless you like getting up ridiculously early, slogging away for 13 hours a day and spending every minute of it cold, learn from my experience and don't bother. A reasonable alternative would be Alpine skiing. But again it can be pretty cold, expensive and even boring; being towed up a hill to slide down it. This wouldn't be my

first choice but if you enjoy this then good for you, you have taken an important step to a new winter-loving you.

My first choice however would be Nordic skiing. No need to travel to an over crowded ski resort carrying your own body weight in gear, just to be ripped off when buying a lift pass. No, just stick your ski boots on, clip in to your bindings and off you go at your own pace wherever you want. Nordic skiing can make anywhere that is covered in snow fun, your garden, the neighbouring field, hills or even your local wood. Imagine taking your dog for a ski where you normally go for a walk, while the sun is setting, with no one else around.....alternatively why not take the kids sledging.

Donnie Chisholm



**Laide Wood
Primrose
Walk
Saturday
1st May**

Don't miss this years Primrose walk
Commencing 2 p.m. Main Car Park

**Duck Race
Treasure Hunt for children
Machinery Demo
Face Painting
Yurt
Refreshments
And the Primroses**



2011 Calendars

The 2011 calendars, the result of last year's photo competition, have now been produced and are about to go on sale. It is a limited print run, so order your calendars soon to avoid disappointment. They will be available for sale in the following venues:- NT Inverewe Gardens Poolewe, Laide Post Office, Old Smiddy holidays, Ewe View Holidays, Maggies Tea Room at Dundonnell and through the Website. At £3 a go, plus 50p if you want them posted they are a snip. Of course, this was our first event of this kind and we hope to do even better this year. These photos will go to making up a 2012 calendar, So get your cameras ready, clean up those lenses, and get snapping in 2010!

Our Photographic Competition and Calendars are sponsored by:-

[Aultbea Butchers](#)

Tel: 01445 731 357

[Aultbea Hotel](#)

Tel: 01445 731 201

[Aultbea Woodcraft & Eweview Holidays](#)

Tel: 01445 731 394

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A Belated Happy Easter

The cold winds blow across the UK, with that traditional March and April weather we can never predict. Blustery snow showers swept over the wood, whilst in March the frogs in abundance carried on their usual pre Spring fandangos'. However, to lighten up your day we can offer a warm wish for a good Spring and Summer which goes out to all our members, from everyone here:



Sheila's chicks and rabbits

Sheila (whose surname we can't reveal on pain of death - she is a shy lady) has once again been very busy for us and knitted bunnies and rabbits with a Cadbury cream egg inside as an Easter fund raiser. Many thanks Sheila, sold out as usual.

All members of the committee now have a colourful cosy warmer to place on their Sunday morning boiled egg, and have long since enjoyed the chocolate variety.

Sponsor a Tree

The Laide Wood Sponsor-a-Tree programme is back up and running. Planting has already begun. If you would like to sponsor a tree, please download a form from the website, or ask for a form at the Butchers Shop, Aultbea.

Laide and Aultbea Community Woodland
Is a Charity Registered in Scotland
No. SCV034434

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Share Capital No. SC249676

LACW are members of a group scheme which is independently verified to UKWAS/FSC standards of sustainable forest management

LACW is a member of the Community Woodland Association