

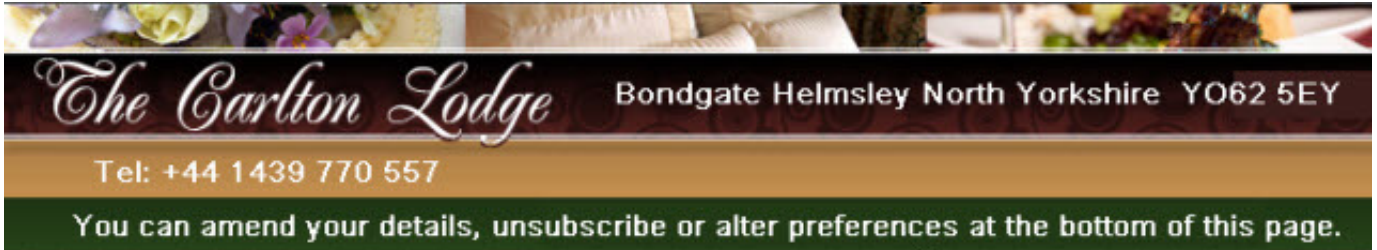
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Winners News

February 2012



Welcome to February's Winners News at The Carlton Lodge

Greetings!

Welcome to February in Helmsley and the North York Moors.

Well another year upon us then, I hope you have kept all your new year's resolutions. I've been incredibly successful with mine this year. I have taken a slightly more pragmatic approach to this year's resolutions than in previous years though which probably explains my success this time.

To start I only made three resolutions for 2012, I feel that's about enough for anybody at one time.

Secondly I decided on a positive approach to keeping them which I purposely made easy, and finally I rewarded myself with a little gift when I succeeded in keeping them.

I suppose by now your interested to know what my resolution were aren't you? OK here they are. I decided for 2012 I would:

- Only drink quality alcoholic products. (no more cheap stuff)
- Eat only when I am hungry (usually around 23 hours a day)
- Start each day with a little gentle exercise (I now get out of bed to

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Helmsley Arts Center Logo

Helmsley Arts Center

In small Market Towns all over the UK there are little things that make each one unique. In Helmsley one such thing is the Helmsley Arts Center. It is we believe unique. You must visit it when

book for next year.

Of course you might have to make them wait if you've won this time, read on to find out.

Ampleforth Abbey



Ampleforth Abbey nr The Carlton Lodge

Marvellous looking building isn't it? Ampleforth Abbey in all its majesty on a winter's day.

Why are we featuring them this time well as well as being a Monastery and a Public School they are also branching out into other things as well. They have always run successful orchards and are now making cider, apple brandy, sloe gin and other tasty products.

During February and March they are running tours of the Cider Mill and the Bond warehouse with a lunch after. It costs £12.00 and you can [see more here](#) and use the email link to check on availability.

I can't wait to get mine booked but it will have to be in March as Herself is away in February and I will undoubtedly need a driver!

We'll weather the Weather...

Are you one of those people who like to look at a weather forecast before venturing out? I'm a more 'take what you get' man myself as there doesn't seem much you can do about it anyway.

Well if you do like to know what to expect you can now check out the [Helmsley Weather Forecasting Service](#) for exact details of what to expect during your visit.

You can get a weekend, 15 day and



Extreme Weather fortunately

of the variety of [events](#) that the old Quaker Meeting House offers. It is one on Helmsley's pearls.

[Join Our Mailing List!](#)

I've been keeping a check, after all I need to know what the rainy days will be so I can schedule Herself to do the dog walking that day!

February and March

For February and March we've got a three nights for the price of two offer. So stay any three consecutive nights and simply pay for two.

It applies to stays any time during these months including half term. We're actually out of commission for 5 days from the 5 February as we have to



re-decorate the breakfast room. We've got the wallpaper, paint and some new curtains and it'll be yours truly who is doing the work.

You'll have to come and see it, it'll be a work of art, no honestly it will. Just one thing I need a bit of advice on, some of the wallpaper is sort of stripy (?) and I can't decide whether I should put it up vertically or horizontally. What do you think? Suggestions (decent ones only) please on our [Facebook](#) page.

Facebook

For up to the minute info and timely special offers as the sign says:

[Find us on Facebook](#)



New Exercise Regime!

To go with my new year resolutions I have decided to lose some weight. Yes I know with my sylph like body I shouldn't need to but its really to encourage Herself to do the same so I don't have to buy her another size up in her clothes. So this exercise regime looks promising especially as it is for senior people:

and shoulders.

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax.



Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10lb bags.

I'll never get used to this new bra!.

Then 50lb sacks and then eventually try to get to where you can lift a 100lb potato sack in each hand and hold your arms straight for more than a full minute.

This is my level right now!

After you feel confident at that level, put a small potato in each of the sacks.

Staying 2 Nights for Fr~ee this month is...

our winner



Paul Mason

Pick up the 'phone Paul and we'll talk dates.

OK, thanks for reading,
Need a break?
CLICK [here](#) NOW!

See you next time

Chris and Herself
The Carlton Lodge
01439 770557

Confirm that you like this.

Click the "Like" button.