The Rooster NEWSLETTER FOR THE PARISH OF ROOS December 2022 & January 2023

EDITORIAL

Hello! Don't miss our prize word search on page 3 of the Rooster -



good luck! We wish all our readers a very merry Christmas and all the best for a peaceful & happy 2023.

As always email us with stories, pictures and comments to roosternews22@gmail.com.

Sue & Caroline

CONTRIBUTE TO YOUR ROOSTER

ONLINE

The Rooster Association Sort code 30 94 44 A/C no. 41840468

IN CASH AT THE POST OFFICE

We have our very own collection box in there \odot and we received £12 in donations last month.

OCTOBER DONATIONS £262 - Anon

£50 - R Smales & Son

SPONSOR AN EDITION

Get your family or business name in front of everyone in the Parish of Roos - only £120 per edition.

The editors and committee reserve the right to accept or refuse submissions and edit for content and length. The opinions expressed here do not necessarily reflect the views of the newsletter.



REMEMBRANCE DAY

Roos CE Primary School marked Remembrance Day with a special service in school led by Mrs Christian, Headteacher. Members of the Royal British Legion joined the school service and year 5/6 children laid a wreath at the Memorial Institute. The annual village Remembrance event was held at the Memorial Institute on Sunday 13th Nov. A beautifully dressed horse was in attendance as well as a large congregation. Remembrance wreaths were placed in memory of those villagers who were lost in the two world wars.

HARVEST AUCTION

There was another great fund raising event held at the Black Horse on 11 Nov which raised £2,265 in aid of the village & C.R.Y.





This edition has been sponsored by a very generous anonymous donation - thanks and a very Merry Christmas to you!

Roos Woodland Group

A GREAT NIGHT OUT!

More than 60 quests attended the Roos Woodland Group social supper on 12 November. A great night was had by all with a great dinner event put on by the Group members. Entertainment was provided by Colleen's Fancy with many in the audience joining in.

More than £700 was raised, which will all go towards tree and hedge planting in the parish.

A big thank you to all who came along to enjoy the evening and to all who contributed in many ways to making the evening a great success.









ROOS JUICE

There is a limited amount of Roos Juice left for sale. This is available from Melbourne Butchers, Great Newsome Brewery, Halsham Waterside or from a group member. These make a great Christmas gift or a refreshing drink when something non alcoholic is required over the festive period. Don't miss out!

The Roos Woodland Group would like to wish all of their sponsors, volunteers and the wider community a happy and peaceful Christmas - it will soon be the new vear and time to look out for all the spring bulbs we have planted around the village.

THE PLATINUM TREES

It is hoped to plant the Platinum Jubilee trees in the very near future with trees going to Hilston, Owstwick, Roos and Tunstall. Keep an eye out for them!

ALL SAINTS' CHURCH

Everyone is warmly invited to our Christmas services which begin with our Family Breakfast Service at the Institute on Sunday 4th December at 10am with an Advent theme so there may be chocolate in addition to bacon rolls, cereal, toast etc. These services are proving to be very successful and are great fun. If you would like to read at one of the services or help in other ways eg assisting with the lighting of the candles or with the catering or decorating the church do let us know. All offers of help gratefully received.

Carol singing in the village has become a tradition and seems to be very much appreciated. This year the date is Tues 20th December starting and finishing at The Roos Arms by kind invitation of Caroline. If you would particularly like us to sing near you, please could you let Helen Audley know 01964 670895.

LOCAL ROAD CLOSURES 28 NOV - 13 JAN

This plan shows where. The red line is the road which is closed, the blue line is the diversion. No works will take place 26 Dec - 6 Jan.

More information on eastriding.gov.uk

EAST RIDING OF YORKSHIRE COUNCIL



ROOS PRIMARY SCHOOL

The children did fund raising activities for Children in Need by coming to school dressed in spots or bright colours and entering a decorated bun or biscuit into our competition and covering a giant Pudsey Bear in pennies!

They had a fabulous day and hope their fundraising makes a difference for any 'Children in Need.'

The Friday morning (9.30-10.30am) Toddler Group did some spotty painting and Pudsey activities.



ROOSTER **CHRISTMAS** WORD SEARCH

HILSTON INSTITUTE PURE BEAUTY CHRISTMAS TREE NEW YEAR ROOS ARMS RUDOLPH CHRISTINGLE CAROL SINGING POST OFFICE PARTY BLACK HORSE MELBOURNE NATIVITY TUNSTALL TOLKEIN PILMAR LANE ELLA D ROOSTER VILLAGE



Play this puzzle online at: thewordsearch.com/puzzle/4348338 - post a screen shot of your time on our Facebook page and the fastest time will win £20! Closing date 23rd December.

SPOT THE 10 DIFFERENCES - JUST FOR FUN!



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Roos Spring Show



69th Roos & District **Horticultural Society Spring Show**



Saturday 1st April 2023

Roos Playing Field Pavilion



Opens at 2pm

Presentations at 3.30pm



Tombola Admission to Show

Refreshments Available

Raffle

Cake Stall

Adults 50p Children 20p

16 Years and Under Classes

- 23 Posy in a Saucer (7 years and under)
- 24 Posy in a Saucer (8-11 years)
- 25 Posy in a Saucer (12 years and over)
- 26 Arrangement in a Shell (7 years and under)
- 27 Arrangement in a Shell (8-11 years)
- 28 Arrangement in a Shell (12 years and over)
- 29 Container of Spring Flowers (7 years and under)
- 30 Arrangement of Spring Flowers (8-11 years)
- 31 Arrangement of Spring Flowers (12 years and over)
- 32 A Pasta Picture (7 years and under)
- 33 A Pasta Picture (8-11 years)
- 34 A Pasta Picture (12 years and over)
- 35 A Decorated Easter Bun (7 years and under)
- 36 4 Decorated Easter Buns (8-11 years)
- 37 4 Decorated Easter Buns (12 years and over)
- 38 Draw, colour or paint a Picture of your choice (Pre-school & FS1)
- 39 Draw, colour or paint a Picture of your choice (FS2/ Reception)
- 40 Draw, colour or paint a Picture of your choice (Years 1/2)
- 41 Draw, colour or paint a Picture of your choice (Years 3/4)
- 42 Draw, colour or paint a Picture of your choice (Years 5/6)
- 43 Draw, colour or paint a Picture of your choice (Attending a Secondary School)
- 44 Single Photographic Colour Print "Best Friend"

Pictures no larger than A4, please state age in years & months & school year on all exhibits.

Open Classes

Flowers Cut

- Five Yellow Daffodils (Large Trumpet)
- 1a Five Daffodils (Large Trumpet any colour)
- 2 Five Narcissi (Large Cup)
- 3 Five Narcissi (Small Cup)
- 3a Five Narcissi (Any other variety)
- 4 Five Tulips
- 5 Vase or Container of Spring Flowers (Distinct, excluding Daffodils and Narcissi - Same type, Colour, Cultivar)
- Vase or Container of Spring Flowers (Mixed) 6
- Vase or Container of Flowering Shrub 7
- 7a Vase or Container of Polyanthus/Primula
- 7b Vase or Container of Winter Pansies

Plants & Bulbs

Classes 8-13, pots not to exceed 30cm diameter

- 8 Pot Plant in Bloom
- Pot Plant in Foliage 9
- 10 Pot of Succulent Plant
- 11 Pot of Cacti
- 12 Pot of Cyclamen
- 13 Pot or Bowl of Bulbs (Any variety)
- 13a Alpines including Miniature Bulbs
- 13b Orchids including Hardy Orchids
- 13c A Spring Patio Container

Note: The above classes will be judged on cultural quality

Decorative Arrangements

- 14 Miniature Arrangement any container 10x10x10cm max
- 15 Arrangement in a Posy Bowl, Ring or similar container
- 16 Arrangement in a Stemmed Wine Glass
- 17 Arrangement in a Shell
- 18 Basket of Flowers (Basket not exceeding 20x15cm, any height)
- 19* "A Modern Arrangement"
- 20* "Shades of Green" (Foliage only)
- 21* "Grand National"
- 22* "Easter Parade"

*Space allowed for Classes 19 - 22 will be a 45x45cm base and must be submitted by 30th March

Photography

All entries unmounted 18x12.5cm maximum.

- 22a Single photographic colour print "Autumn Shades"
- 22b Single photographic colour print "Christmas"
- 22c Single photographic colour print Any subject
- 22d Single photographic black & white print Any subject

Fruit & Vegetables

- 45 One Winter Cabbage

46 One Spring Cabbage

49 Three Broccoli Shoots

51 Two Lettuce

- 48 One Cauliflower or Broccoli
- 50 Two Leeks
- 52 Three Dressed Onions 53 Four Shallots Dressed

Eggs

- 54 Six Tinted Hen Eggs 55 Six Brown Hen Eggs
- 56 Six Bantam Eggs 57 Six Eggs - any other variety

How to enter the Spring Show

You will receive an entry form through your door with the Spring Show schedule.

All entries to be submitted to MaryJane Barker, Tel: 01964 670 259 / 07946 601 337 or Email: marvianebarker@hotmail.co.uk or can be submitted on the day up to 11.30am.

Entries for Floral Art Classes in Alcoves to be submitted by latest Thursday 30th March, 2023

Entry Fee 20p adults, 10p children: Prize Cards only for Classes.

Children - please grow a Pot of Marigolds to exhibit at the Summer Show

ROOS CRAFTY CRAFTERS

They held a Christmas Fayre on the 29th October in aid of C.R.Y. (cardiac arrest in the young) and British Divers Marine Life Rescue with a raffle, tombola and a cake stall. They raised a total of £856.65 of which all proceeds will be going to these two charities.

They would like to thank all the people who donated prizes, all the ladies that helped on and before the day and all the lovely people who supported them.

They have now moved their classes to the Hall on the playing field from the Memorial Institute, still Tuesday 1pm till 4pm - we would like to welcome members old and new to call in for a tea/coffee and meet the ladies.

EVENTS DIARY FOR ROOS & AREA

Thur 1 - Sat 24 Dec	Roos Arms Christmas menu available, view the menu on their Facebook page or in the pub! Wed-Sat from 5pm				
Sun 4 Dec	Family breakfast service, Roos Memorial Institute, 10am				
Thur 8 Dec	Roos Arms 50's & 60's music, 2 - 5pm				
Fri 9 Dec	Roos Arms, Christmas Quiz, 8pm				
Sat/Sun 10/11 Dec	Shores Christmas Fair, Table Top Sale, Seaside Rd, Withernsea, 10am - 3pm				
Tues 13 Dec	Prize bingo, Roos Institute 7 for 7.30pm \pounds 6, cash only				
Thur 15 Dec	Roos Arms 50's & 60's music, 2 - 5pm				
Sat 17 Dec	Black Horse, live music - Bonemuel, 8pm				
Sun 18 Dec	Candlelight Carol Service at All Saints' Church, Roos with the Roos & South Holderness Singers and Roos Handbell Ringers followed by homemade soup, mince pies and mulled wine, 6.30pm				
Tues 20 Dec	Carol Singing around Roos, 5.30pm followed by refreshments at the Roos Arms				
Thur 22 Dec	Roos Arms 50's & 60's music, 2 - 5pm and FOR ONE NIGHT ONLY! Caroline, Barry and Steve sing! 8.30pm				

47 Four Sticks of Rhubarb (3" top)

Rules

- Any natural decoration may be included in Classes 23-31 and flowers used don't have to be grown by the exhibitor, they can be bought
- All cooking must be home made
- Photographs must be taken by the exhibitor
- All exhibits to be staged for judging between 10am & 12 noon
- Exhibits must not be removed before 4pm
- Children's prize money will be paid by the Treasurer at 4pm
- An exhibitor may not take more than one prize in any class and exhibits which have previously won a prize may not be entered again in this show



Thur 22 Dec					
	Black Horse, live music - Connor Penson, 6pm				
Fri 23 Dec	Black Horse open for drinks 2pm - finish				
Sat 24 Dec	Candlelight Christingle Service, Roos All Saints' Church, 6.30pm				
Sat 24 Dec	Christmas Eve, Black Horse open for drinks, 12pm - close				
Sun 25 Dec	Morning Prayer with Carols, Roos All Saints' Church, 9.30am				
Sun 25 Dec	Roos Arms open for drinks only, 12 - 2pm				
	Black Horse open for drinks, 12 - 3pm				
Mon 26 Dec	Roos Arms open for drinks only, 3 - 8pm				
	Black Horse open for drinks, 12pm - finish				
27-30 Dec	Black Horse open for drinks, 2pm - finish				
Sat 31 Dec	New Year's Eve @ The Black Horse, 12pm - finish				
Sun 1 Jan	Black Horse open for drinks, 12pm - finish				
Tues 21 Feb	Meeting of the Roos Village Amenities Association - all welcome				
Sat 25 Feb	Black Horse, live music - The Pub Lads, 8pm				
27-30 Dec Sat 31 Dec Sun 1 Jan	Black Horse open for drinks, 12pm - finish Black Horse open for drinks, 2pm - finish New Year's Eve @ The Black Horse, 12pm finish Black Horse open for drinks, 12pm - finish Meeting of the Roos Village Amenities Association - all welcome				



HIGH QUALITY, CARING, PERSONAL HEALTH SERVICE

LF CARE Z

Self Care is important - here are some tips!

The Pharmacist is an excellent source of advice for many ailments. What can my Pharmacy help with?

Low Back Pain Eczema Heartburn and Indigestion Fever in Children Constipation Headache **Coughs in Adults** Acne (spots) **Sprains and Strains** Sore Throat Ear Ache Common Cold Sinusitis

All it takes is just 5 minutes to make

sure your medicine cabinet is ready to

help vou manage common illnesses.

Painkillers, such as paracetamol

A laxative to help constipation

A first aid kit with plasters

and bandages to manage cuts

should contain the following:

A self care guide

or ibuprofen

and sprains



NEW Health Corners

We now have our own Health Corners at two of our surgeries, Church View Surgery in Hedon and St Nicholas Surgery in Withernsea. They are situated to the left of the main seating area as you enter at Church View Surgery and to the right of the main seating area as you enter the surgery in Withernsea.

You will be able to use the self BP machines, weigh yourselves and find lots of information relating to your health.

You can also find some forms to record your blood pressure results and weight, and self refer in to our Proactive Care team.

Please feel free to come down and use this fabulous new facility!

GP Practice Christmas Opening Hours

Christmas Eve - Saturday 24 December -

We will be providing a limited number of face-to-face GP appointments in the morning and telephone consultations in the afternoon. These will be pre-bookable by contacting the surgery on Friday 23 December or by booking online. Our dispensary will be open rom 8.30am to 11.30am as usual.

> Christmas Day - Sunday 25 December - Closed Boxing Day – Monday 26 December - Closed Bank Holiday - Tuesday 27 December - Closed

Wednesday 28 December - Normal working hours across practice sites. Evening appointments until 8pm at St Nicholas' Surgery, Withernsea.

Thursday 29 December - Normal working hours across practice sites. Evening appointments until 8pm at St Nicholas' Surgery, Withernsea.

Friday 30 December - Normal working hours across practice sites. Evening appointments until 8pm at Hedon Group Practice, Hedon.

New Year's Eve - Saturday 31 December

We will be providing a limited number of face-to-face GP appointments in the morning and telephone consultations in the afternoon. These will be pre-bookable by contacting the surgery on Friday 23 December or by booking online. Our dispensary will be open rom 8.30am to 11.30am as usual.

> New Year's Day - Sunday 1 January - Closed Bank Holiday - Monday 2 January - Closed

All the Partners and Staff at Holderness Health would like to wish all our patients a very Merry Christmas and a Happy New Year.

If you need medical assistance when the practice is closed please call 111. If it is an emergency please call 999.

Christmas Recipes from Alan Lavender

"Since leaving Roos we have really missed the village and its great sense of community, although after much work our new house is now a home and we have adjusted to the hustle and bustle of a very busy town!

So when the Rooster contacted me to ask if I could give some content for the Xmas edition I was more than happy to oblige. Hopefully the recipes will help you have a very tasty Christmas time. Merry Christmas to the whole village!"

COOKING YOUR TURKEY

Set your oven to 190C/170C fan/gas 5. For accurate timing, always weigh your turkey after it has been stuffed. If it's very large, you may need to use bathroom scales.

If the turkey is over 4kg, calculate 20 mins per kg +90 mins. If the bird is under 4kg, calculate 20 mins per kg +70 mins. To test if it's done, make sure the juices run clear when you pierce the thigh where it meets the body. If not, put it back in the oven for another 20 mins, then test again.

PROPER TURKEY **STUFFING**

2 large onions 50g stale bread 200g vac-packed

chestnuts (can be omitted) 1 kg minced shoulder of pork

1 bunch of fresh sage (30g)

1 turkey liver (finely chopped can be omitted if not available)

3 rashers of smoked streaky bacon

1 whole fresh nutmeg, for grating 1 lemon

1 orange or clementine

METHOD

- Preheat the oven to 190°C/375°F/ gas 5
- Finely chop the onions and place in a large bowl
- Process the bread into breadcrumbs and add to the bowl, then crush and crumble in the chestnuts
- Add the pork mince, turkey liver and the chopped sage leaves, roughly chopped and add the bacon, followed by 1 level teaspoon of white pepper and a good pinch of sea salt
- Finely grate in 1/4 of the nutmeg, the zest of 1/2 a lemon and just 2 or 3 gratings of orange or clementine zest

- Because the pork is raw, you're committed to seasoning it well, so add another pinch of salt and pepper, and then mix it all up until well combined
- Take just under half of the stuffing out of the bowl to use for stuffing your turkey, and then transfer the rest to an earthenware dish
- Place it in the oven to cook for 50 minutes to 1 hour, or until bubbling and crispy. If you're doing it as part of your Christmas lunch, you want to put it on at the same time as your spuds.
- Once done, pour away any excess fat before serving, if you want to. It will be soft, juicy and succulent on the inside, crispy



100g sliced leek, onion, celery 200g peeled and chopped parsnip 100a chopped apple 1 litre vegetable or chicken stock 1 teaspoon tikka/curry paste Salt and pepper Large Sprig of coriander 1 teaspoon olive oil **METHOD**

Sweat all the veg in the olive oil





Self Care Forum

dicines are still in date. If you're not sure ock or how best to treat the symptoms





- GPs recommend your medicine cabinet
- Antihistamines for allergies Antiseptic cream for bites and stings

Be prepared by keeping your medicine cabinet

at home well-stocked.

TURKEY TIMETABLE

Oven ready weight	Servings	Thawing time	Cooking time
3-5lb or 1.4-2.3kg	4-6	24 hours	2-21/2 hours
6-8lb or 2.7-3.6kg	7-10	36 hours	21/2-31/2 hours
9-11lb or 4-5kg	11-15	48 hours	31⁄2-4 hours
12-16lb or 5.4-7.2kg	16-20	72 hours	4½-5 hours

and chewy on the outside. Enjoy!

CHOCOLATE TRUFFLES

225g plain chocolate

- 25g butter
- 2 egg yolks
- 2 tsp brandy
- 2 tsp double cream
- 2 tblsp cocoa sifted

METHOD

- Melt chocolate
- Remove from heat
- Mix in the butter, egg yolks, brandy and cream till thoroughly mixed

100

- Chill for about 2 hours
- Divide into 24 pieces, roll into the cocoa and shape evenly

PARSNIP AND APPLE SOUP - SERVES 4

with the tikka/curry paste

- Add the stock and apple, season and simmer until all the yea is cooked
- Pass through a sieve or liquidise until smooth
- Check seasoning and serve with the chopped coriander
- You can add a little cream or crème fraiche for a richer soup

FESTIVE RED CABBAGE

1 tablespoon olive oil

- 1 medium red cabbage shredded
- 1 finger size stick of ginger grated
- 2 sliced onions

1 tsp each allspice & mustard seeds

100g caster sugar

150ml red wine vinegar

LINZER TORTE

This recipe uses a 'dough' base in place of short pastry - keeps for 3/4 days. Thanks to Robert Schleicher

INGREDIENTS

Base

150g butter at room temperature

200g white sugar

200g ground hazelnuts (ground almonds can be substituted)

- 250g plain white flour
- 1 level teaspoon baking powder
- 1 tablespoon cocoa powder
- 2 level teaspoons ground cinnamon
- 1 knifepoint/pinch ground cloves
- 2-3 tablespoons milk
- 1 large egg
- 2 tablespoons Cherry Kirsch/ Schnapps (optional)

Topping

Jar of good quality redcurrant or raspberry jam – 350-400 g Icing sugar for dusting

METHOD

- Sweat off the onions, red cabbage, allspice, ginger and mustard seeds in the olive oil for a couple of minutes
- Add the sugar and vinegar, simmer gently for about 30 mins or until the cabbage is cooked
- Check the seasoning and adjust

METHOD

- Preheat oven to 160 C
- Grease a deep 23 cm (9") spring cake tin with butter, dust with flour
- Combine all the dry base ingredients in a mixing bowl
- Add beaten egg, kirsch and enough of the milk to mix into a smooth soft dough
- Roll about ¾ of dough to approx 1cm thick and line the cake tin, dough should be worked to give an even thickness and a neat rim
- Spread jam onto dough in the tin
- Roll remainder of the dough to about ½ cm, cut into thin strips to form a lattice over the jam
- Place in pre-heated oven; 160°C for about 1 hour, test after 45 mins
- After baking take out of the oven leave in tin to cool on a wire rack for about 15 minutes then dust with icing sugar
- Allow to cool completely and remove from tin



as required

• Can be stored in the fridge for up to 3 days and can even be frozen

Yoga with lesley Wadforth

Get active in January!

Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

Lesley runs a variety of classes every Tuesday for all abilities at Burton Pidsea Village Hall.

healthinharmony.me.uk

1 -	Strengthen, tone, stretch
2.30pm	and relax yoga
5.30 - 6.15pm	Yoga for strength and fitness
6.30 -	Evening wind down
8pm	yoga



Health in Harmony

OPENING HOURS IN THE VILLAGE OF ROOS

OPENING HOURS	MON	TUES	WED	THUR	FRI	SAT	SUN
Surgery Reception	8am-1pm 2-6pm	8am-1pm 2-6pm	8am-1pm 2-6pm	8am-1pm 2-6pm	8am-1pm 2-6pm	Closed	Closed
Pharmacy	9am-1pm	9am-1pm	Closed	3.30-6pm	9am-1pm	Closed	Closed
Shop	8am-2pm 3-5pm	8am-2pm 3-5pm	8am-2pm 3-5pm	8am-2pm 3-5pm	8am-2pm 3-5pm	8am-2pm 3-5pm	9am-12pm
Post Office	9am-2pm	9am-2pm	9am-2pm	9am-2pm	9am-2pm	9am-2pm	9am-12pm*
Roos Arms - drinks	2pm-close	2pm-close	2pm-close	2pm-close	12pm-close	12pm-late	12pm-close
Roos Arms - food			6-8.30pm	5-9pm	12-3pm and 5-9.30pm	12-3pm 5-9.30pm	12-6pm
Black Horse	3.30pm- close	3.30pm-close	3.30pm-close	3.30pm-close	3.30pm-close	2pm-close	2pm-close
Nineteen: 2 hair salon	Closed	Closed	9.30am-3pm	9.30am-3pm	9.30am-8pm	9am-5pm	Closed
Pure Beauty salon	Closed	10am-5pm	10am-7.30pm	10am-7.30pm	9am-5pm	9am-2pm	Closed
Melbourne Butchers	Closed	7am-5pm	7am-5pm	7am-5pm	7am-5pm	7am-12pm	Closed
Propa Butchers	8am-5pm	8am-5pm	8am-5pm	8am-5pm	8am-5pm	8am-5pm	Closed

*This is under trial and could stop at any time - will be monitored on a monthly basis to ensure it remains viable. Mail will leave the following day.