



The Rooster

Rooster Association Annual General Meeting

7.30pm on Thursday 19th March in The Black Horse

All who support *The Rooster* with donations are deemed to be members of the Association and are cordially invited to attend..

Committee members will provide light refreshments at the start of the evening. The Chairman, Alec Dodson, will then lead an informal discussion of the newsletter's role and ways in which it could serve the community better, whether in content, presentation or distribution. The Committee would welcome feedback from readers. Your views will be most welcome.

Finally, there will be the AGM proper, including reports by the Chairman and Treasurer, since donors have a right to know how their money has been used and to put questions to the Committee.

There will be elections for the posts of Chairman, Vice-Chairman, Treasurer and Secretary and for other places on the Committee. We hope more residents will be willing to be nominated for election *but no one will be pressured to stand.*

The current Committee members are :

Officers:- Chairman Alec Dodson Vice-Chair Ann Coupe
Treasurer Ken Cross Secretary Leslie Helliwell

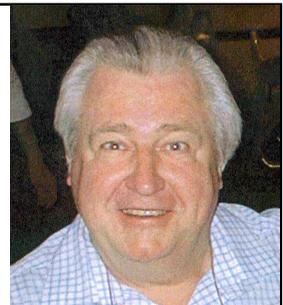
Others :- Willis Ainley, Bob Feetom, Lawson Lewis, Alicja Feetom, Margaret Dodson. Tracey Proby.

If you value *The Rooster*, please support the hard-working Committee at the AGM.

Leslie Helliwell. *Secretary*

In Remembrance

On January 20th Bob Feetom passed away unexpectedly. He was a valued Rooster committee member, and was also a proof reader and deliverer. He leaves a beloved wife Alicja, and a son and daughter. Our thoughts go out to them as he will be sadly missed.



The Rooster Association

SUMMARY OF EXPENSES 2008

	Paper	Fuel	Tel/Elec	Post	Stat	Copy	Ink	Total
Jan	19.14	2.50	3.36	2.40	.30		144.46	172.16
Feb		2.50	.53	2.40	.30		49.98	55.71
Mar		2.50	.56	4.94	29.34		28.00	65.34
Apr	17.40	2.50	6.98	3.22	.39		28.00	58.49
May		2.50	2.13	2.40	.36		25.50	32.89
June	19.53	2.50		3.24	.48		75.00	100.75
July		2.50	4.56	3.24	.48			10.78
Aug	26.10	2.50	5.41	2.70	.40		176.13	213.24
Sept		2.50	1.90	2.70	.48			7.58
Oct		2.50	3.05	2.97	.44		68.95	77.91
Nov	26.10	2.50	5.00	2.47	.40			36.47
Dec		2.50	5.00	2.43	.40		144.42	154.75
Total	108.27	30.00	38.48	35.11	33.77		740.44	986.07

Circulation

The Rooster is supplied to 540 addresses, including some outside the parish. It is funded entirely by voluntary donations from its readers and local institutions. Local groups are offered free publicity for their coming events. Businesses and individuals who advertise their services are charged a small fee.

In 2008 144 households (27%) donated £905, an average of £6.28p per household.

An extraordinary donation of £100.00 was received from the Friends of the W.I.

Business advertisements contributed £404.00.

Expenditure

Printing remains our main expenditure and this year accounted for 86% of our budget, but since purchasing the laser printer and keeping the printing in house, we have achieved a saving over the 2007 expenses of £544.00. Whilst we are pleased with this saving we must bear in mind that the printer has been used for 18 months and will possibly require replacing in the near future. We are very grateful to volunteers who give their time free of charge to undertake delivery of *The Rooster*. All other expenses are kept to a minimum.

The bank account for The Rooster is still held at Lloyds TSB and a balance of £1018.58p was held in credit at the 31st of December 2008.

Further Donations

Please find with this issue of *The Rooster* a donation slip. If you intend to contribute, please post / deliver your donation to:-

Ken Cross

Tall Trees, 1 Hinch Garth

Roos HU12 0HR.

or leave at the Roos Store in an envelope marked "*Rooster*".

Please enclose the donation slip giving your name and address, phone number and amount. **(Strictly Confidential)**

Please note that any cheque must be made payable to: **The Rooster Association**

Alec's Patch ... By Alec Dodson

Bulbs

Bulbs that have flowered indoors can be planted out in odd corners of the garden. If the weather conditions are cold and wet keep them in a shed or greenhouse until conditions improve.

Towards the end of the month snowdrops in large clumps can be divided and replanted before the leaves turn yellow.

When you see bulbs emerging in the borders or rock garden it is good practice to lightly fork between them to improve drainage.

Lawns

If areas of the lawn are soggy aerate with a garden fork piercing the surface at 6" intervals, moving the fork to and fro a couple of times before moving on to the next set of holes. Incorporate some sharp sand in the holes to improve drainage.

Early Potatoes

If you want to grow some early potatoes, buy the tubers as soon as possible. Arrange them in one layer in shallow trays with the end with the most eyes uppermost. Put them in a frost-proof shed or room with light to encourage the tubers to sprout. As a guide, three and a half pounds will plant a 25 foot row. The present trend is to grow them in buckets or very large pots. Plant on 2 to 3 weeks later or when shoots are adequate.

Roos Women's Institute

Roos WI meeting held on 4th February at 7.30pm in the Memorial Institute, Roos.

The President Mrs H Boynton welcomed members. The minutes were read and signed as correct.

The members were informed that a thank-you card had been given to Denise and staff of the Black Horse for the Pie and Pea Supper provided at the January meeting.

From the Newsletter there is a lot to look forward to. A spring walk at North Cave, the Treasures of York Minster, silk painting and box making, plus the pudding club and flower-arranging classes, so we have many new things to learn if we choose to do them.

We are looking forward to our annual dinner on the 18th February, which gives us all a chance to talk together over a nice meal.

Our speaker for the evening was Mrs S Gardner, who showed slides and talked about people "Bound for Botany Bay". Much research had gone into this subject and Mrs Gardner still continues with this today. A vote of thanks was given by Mrs S Kettle.

After refreshments the competitions were judged. An item from Australia: 1st Mrs S Kettle. Flower of the month: 1st Mrs B Travis.

After the raffle was drawn Mrs Boynton thanked everyone for attending.

The next meeting is on 4th March. New members are very welcome.

Heather Boynton

Elsie Hinch – a profile.

Roos 1939: A young woman cycled past the Old Rectory and towards the small house on the corner of Hodgson lane, to the home she shared with her mother. The girl was Elsie Bayes, and as she approached the cottage, a young man stepped out from the lee of corner house. His name was Harry Hinch.

A cold November evening. Storm clouds had only recently broken over much of Europe. In this little corner of Holderness, the young couple were about to embark on a life together, a marriage in fact, a process made urgent not only by the hastening war but by the small matter of a shop up for rent.

Elsie Bayes arrived in Roos on the back of her grandfather's horse-drawn carriage as a four-year-old. Driving from Hull, the journey would have been familiar – her mother Elsie May Metcalf had grown up in Holderness. One of eight children, Elsie May was born at Ridgemont, a large Georgian house in Halsham. We'll come back to her adolescence later, but for now it fits our tale that she was married to John Thomas Bayes, son of a Flamborough fishing family that smoked kippers in the original Rank Hovis Windmill on Holderness Road.

John was desperately ill from TB and the family's move was forced – fleeing the industry of Hull to what was hoped would be a cleaner, recuperative life here in Roos. The year was 1923 and the family moved to Poor house row along from the butcher, and a little later to the little cottage on Rectory Road now Sycamore House, which is still home to part of their extended family.

In late December 1927, John Bayes died, his TB resistant to the rural charms of the parish, and left his young family to organise the funeral with little money to get them through the horrors of their loss, let alone the Christmas, which was imminent. Elsie remembers vividly the trip to Hull to buy black , sheltering in sleet and rain on Christmas Eve on Holderness Road. To picture a young girl clutching a doll with panic-stricken eyes glaring out at the camera, hides nothing of her devastation.

Elsie May was a fighter, though, and hers was a house that coped. Washing came in the front door and was soon taken out the back into a large copper boiler that stood in the lean-to shed. The cassocks from the choir, along with whatever was brought for her to launder, would be starched, the cottage no doubt witnessing a fug most days.

It is hard to image that either mother or daughter found much to enjoy in life in those difficult early years. Some consolation came, perhaps in the form of Aunt Minn, whose husband, Clem Metcalf, was brother to Elsie May. Clem lost his life in the First World War, and the experienced older family member became a support to the young family.

They would walk together to the train in Ottringham, a camel train of children, prams



and ‘Sunday best’ to see family that still lived on the old route into town.

School was something that Elsie loved – her teachers Miss Gardiner, and the beloved Mr Wilbraham still sit in her memory. When the children were forced one by one to sing ‘We thank the lord for what his bounty doth provide us’, it was found to be Elsie that, at the back of the choir, had been sending the others off kilter. ‘What is bounced off a spider’ was her interpretation of these particular lines.

As she approached her 10th birthday, a gift came in the form of ‘lartle Ern’, the two-year-old cousin and son of Uncle Morris (Morr) Metcalf, whose wife Violet had recently died. He became, and still is, the brother that Elsie never had, and the two grew up as just that until Morris remarried. Ernie Metcalf went on to have a remarkable military career, surviving being shot in the leg and back. Initially a member of the Seaforth Highlanders, Ernie soon joined the special forces and fought in Madagascar, India, and Burma, recuperating from Malaria in Bazra along the way. He finished the war as part of the early MI6 before being demobbed in 1946.

In his turn, a figure from Elsie May’s past was to complete this unconventional family. William Goundrill had been engaged to the adolescent Elsie May. A farm labourer, he had suffered like many of his generation in the agricultural depression that swept the nation in the first decade of the 20th century. Along with several friends and cousins, William had been tempted by the offer of land and wealth in Canada.

Elsie May and her sister Lucy planned to follow their brother Clem and the aforementioned William Goundrill, Frank Eyre and others across the Atlantic once the men had established themselves in 1910. Lucy went, but for some reason Elsie did not. Relatives of Lucy and her husband Frank settled in the foothills of the Rockies near the US border at Pincher Creek and although many letters were written, Elsie never saw her sister again. Many of the men who emigrated returned to fight in the Great War, and William and Clem played their part, but sadly only William survived to return to Canada. His gold and his oil shares had evaporated in the Great Depression, and the young man moved west from Calgary to Vancouver and lived in poverty. Somehow, this remarkable young man heard that Elsie May had been widowed. William – Bill – returned to Roos and married his childhood sweetheart. A smiley, grey-eyed man, he returned to farm work, and dug ditches for the rest of his life for the Burrell family at Humbleton. Oh, and he became a second father to young Elsie.

Leaving school aged 14, Elsie took her bicycle daily up the short hill to Halsham to work for Mr and Mrs Smith, famers. Helping with milking, cleaning and cooking for the Mart’mass boys that lived in the farmhouse gave Elsie a good apprenticeship for her later marriage. The sight of Elsie with a group of farm hands, sat at the edge of a cornfield sharing a bucket of milky tea gives a picture of a simple, happy, if hardworking adolescence. The bucket of tea would have been carried out to wherever the men were working. As gangs arrived to help with harvest, the number to be catered for at mealtimes in the farmhouse would double for those weeks of the summer.

Throughout Elsie’s adolescence, another young man had, literally, loomed large. Harry Hinch had been born the youngest of eleven in a shed at North End. His mother, Annie, had also been the youngest – of 23 – and lived in a cottage, long gone, behind the large vegetable garden owned by George Baker – Grandfather to John. An apprentice joiner, Harry too cycled to work, carrying his tool bag all the way to Hollym, and would

continue to do so every day until many years after the couple were eventually married. Waiting on the corner of Hodgson lane on the night our story began, Harry had an urgent message for young Elsie. Mr Sewerby had offered Harry a bicycle repair shop to rent on Main Street – a house with three acres of land and, perhaps, an income to be made from selling paraffin and petrol. They had just two weeks to be married and move in – which they did just hours after the ceremony, and opened the shop the very next day – November 19th 1939. That same day, Harry got on his bike and went to work as usual and Elsie took to the job of sorting out exactly *how* to serve petrol, which drawer to use for the till, and how to cook dinner on the old Yorkist range that was recessed into the kitchen wall. No doubt plenty of family were on hand to watch how the young couple were to cope. Her mother and Aunt Min were by now the old guard of the Metcalf family.

Gradually, the network of travelling salesmen found the shop and provisions were ordered and the stock grew, though for the first two or three decades, Hinch's shop was a very simple oil, paraffin, petrol and bicycle repair business.

Other shops in the village catered in turn for dresses, provisions, saddles, joinery and what you couldn't buy in those could be ordered from Hull, brought on a carriage by Grandad Metcalf, who moved into the village, first living next to the old surgery and later the main street opposite his granddaughter's shop.

An assurance that the shop would pay its way was not given. Within a month of their arrival on Main Street, the army had requisitioned the petrol pumps and used the front field – now the entrance to Hinch Garth – to park their vehicles. Times, it might be said, were uncertain.

As well as managing a large house and smallholding, suffering with good grace Harry's habit of bringing home dogs, cats and anything else that took his fancy, there was the small matter of raising three children. Terry, Sandra and Barbara. Terry had a habit of locking his younger sister, Sandra in one of the many chicken sheds - to be rescued variously by Roydon, Dusty Millar or Sid Robinson – local men who came to work with Harry. Born during the war, the two older children were kept company by David Bushman, an evacuee from Hull, while the Denny family moved into two rooms at the front of the house – the furniture having been moved to protect it from regular bombing. The Dennys themselves only stayed at weekends. The picture is of a busy, slightly chaotic, but you can bet, clean, house. Oh, apart from those occasional days when Sandra would rub the week's lard rations into one of the pulled rugs on the kitchen floor.

Unlike many other families, theirs was able to stay together during the course of the war. A hole in the heart had caused Harry to collapse one day when he was up a ladder at work. Not able to join up, he fulfilled the role of painter and decorator, undertaker and shopkeeper. His undertaker's top hat would have to be warmed in the bottom oven of the range before it would fit. After being removed for church, it would be precariously perched on his large ears, and wobbled from back to front.

Elsie took her turn in setting out the bodies in the top shop, looking after the children and caring in turn for Elsie May and Bill who eventually came to live at the shop and be cared for. Her upbringing and training as a maid on Smith's farm had given Elsie the skills she needed to cater for such a large and growing family, and scones, ground rice cakes, prune pie and Dr Field cakes would be prepared at weekends for the varying

being cared for properly. Always a deft hand with milk, Elsie always made her own curd into wonderful, currant sprinkled cheesecakes and did so until recently.

The young Hinch's had the valued asset of a large local family – and played a part in the local village. As Captain of the Roos Robins, the village football team, Harry managed a good scoring record despite having legs bowed wide enough to act as a goal. Later, his sporting activity was reduced to Billiards, which he loved. Scandal broke in the house one Christmas when a table was bought and Granddaughter Louise taught Elsie that blowing the balls in to the pocket was allowed if a near miss had occurred. Keen to win her first match against Harry after all these years, Elsie was soon corrected.

Time moved on, and in their turn, Jubb's, Hornby's, Cheeseman's and the other shops closed. As they did, Elsie and Harry expanded their stock until there was almost nothing that they did not sell. Papers, tobacco, fruit and veg, petrol and sweets – from 6 in the morning till 10 or later at night – 365 days a year – with only Christmas afternoon off. Invariably, even then, someone would call around the back of the house. One Christmas day a request for 'half a pint of petrol' occurred at family mealtime when Elsie gets



yearning. The man got his petrol and the goose was left to go cold that year. At other times, various neighbours were called upon, such as the time that Mr Jubb helped put out the haystack fire on the front lawn that the boys had started.

Eventually, of course, the children left home and worked, all in technical or mathematical fields. Grandchildren were produced in various quantities, and now great grandchildren come to visit, much to Elsie's delight. One, Harry Hinch, bears the name of his forebear.

Retirement was not an easy choice for the couple, and they put it off for as long as they could manage the shop with Sandra's help. Eventually, when Elsie was 76, the door was closed for the last time, 53 years to the day that she and Harry first opened it. Harry died, aged 78, on April 24th the following year.

Having spent a life during which people inevitably came to see them, the prospect of a quiet retirement was always going to be a difficult one for Elsie, and yet with the help of friends, she has managed a very busy one. Now aged 92, she still visits her weekly Knitting Group with old friends Mary Winter – (nee Hornby), and others. Betty Lawson, a friend for many decades, is a regular and good family friend. And of course, lartle Ern, who would come valiantly in his Robin Reliant every Friday, can still be tempted by the prospect of fish and chips or a piece of curd tart.

Elsie remains in good health. Her strong, large hands bear the features of someone who worked hard all of her life, and her agile brain bears testament to all those years spent adding up the paper bills. She is quick to laugh, still sings and can, on occasion, still be persuaded to give a fine rendition of the Yellow Rose of Texas.

Today, Elsie still enjoys a simple life. Never a drinker or smoker, she passes time knitting, and watching, come mid-afternoon, for the children to come home from school – waving as they wander by.

Gerard Baker

***Cookery Corner* By Gerard Baker**

Dr Field Cake

A cake that keeps well, this buttery sponge recipe came from the aforementioned Dr Field – or at least his housekeeper, who lived at South End in the 1930s. She was famous for her cakes, but when giving out this recipe, had no name for it, so we have always named it after her employer. Using butter is important not only for flavour – it helps the cake keep well.

Makes 1x 7 inch cake

Ingredients:

6 ozs/150g unsalted or lightly salted butter

6ozs/150g caster sugar

2 eggs

8ozs/210g self raising flour

Method:

This works best if all of your ingredients, including the eggs, are at a warm room temperature.

Preheat the oven to 170 Centigrade, gas 6/350 Fahrenheit., or fan 150 Centigrade.

Grease and line a deep 7 inch/18cm cake tin, and line with greaseproof paper, and grease this too.

In a large bowl, beat the sugar and butter together until really light and fluffy. Beat the eggs together in a separate bowl, just enough to break them up a little. Add a little of the egg to the butter/sugar mix and beat well, and repeat this until all of the egg is used up and the mixture is glossy and resembles mayonnaise.

Sieve the flour onto a plate to remove any lumps and then, using a large metal spoon, fold it gently into the cake mixture. Carefully spoon the mixture into the cake tin and smooth the surface.

Place the cake in the oven on the middle shelf and bake until well risen and golden brown – about 45 minutes to 1 hr. To test if the cake is ready, insert a sharp knife or skewer into the middle and if it comes out clean, the cake is baked.

Cool for fifteen minutes in the tin before removing onto a cooling rack. Wrap the cake when completely cool or store in an airtight tin – it will keep a fortnight.

Gerard Baker Cookery

Home catering and cookery teaching for two to two hundred, using local seasonal food, and menus designed especially for you. Dinner parties catered for from £20 per head, and teaching in your own kitchen from £50 per person per day. All enquiries considered. Please phone Gerard on 01964 670049 / 0781385 66 84, or email on gerardbaker@onetel.com

The absolute deadline for items to be included in next month's issue is Friday 6th March 2009

To All Dogs (and their Owners) in Roos.

My owners and I walk round Roos a couple of times a day. I find it keeps me and them fit plus it gives me the chance to do the things us dogs have to do. Every time I stop for what my owner calls 'a number two', I have to hang about like a spare part while they bag it up and take it home. Now, I'm not sure what they do with it once they get back, maybe they have a large collection somewhere, but even I know it's good manners not to leave it on the grass or on the pavement for some unsuspecting resident to step in.

I've noticed over the past couple of weeks that some poor dog has the bad luck to have an owner who isn't quite up to date with dog etiquette and seems quite happy to leave their hound's mess where it is dropped. This can cause huge embarrassment to any self-respecting dog, particularly if he or she is new to the area and trying to fit in. Now I'm no bloodhound, but I've noticed deposits at the bottom (no pun intended) of Beechwood Views, along the footpath from there to the Post Office and also along Rectory Road. I don't think he or she gets walked to North End as I haven't noticed any there yet, but I have come to the conclusion that this poor dog isn't a small breed but must be a reasonable size. Don't ask me how I know, I just know! Quite a few humans use the path to the Post Office, little ones on the way to school and big ones going to the shop.

So, if you are a new dog in Roos (or if your owner used to clear up after you and can no longer bother) and get taken round those areas, have a word in your owners' ear, tell them that their lack of cleanliness has been noted and that they are giving the likes of us and our thoughtful owners a bad name. I know everyone would appreciate it if they did the decent thing after you've done your thing.

A thoughtful Dog



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NEWS FROM ALL SAINTS' CHURCH

From: the Rev Pam Burdon.

The Vicarage, Main Road, Thorngumbald, HULL HU12 9NA

Tel: 01964 601464 email: pam@tonyburdon.karoo.co.uk

Dear Rooster readers,

Last month I wrote to you one or two thoughts about Lent. The actual word has at its heart the idea of Springtime. Now as we enter March we have a sense of the season changing and new life springing up. It's a very beautiful time of the year and to reflect on the new life around us is a very helpful way of preparing to celebrate Easter with its extraordinary and wonderful message of Resurrection.

March 22nd this year brings us to Mothering Sunday, an opportunity to spend time with our family members and to show our appreciation especially to those who care for us or to remember with thanksgiving those who have cared for us in the past and who are no longer with us.

I recently found this poem by Bernard Thorogood and I thought you might like it:

Motherhood was never easy, not for Mary, not for us.

There's longing in it, waiting, pain, hard work and tight budgets.

But you, creating God, come that way, lighting with glory the bond of trust and humble devotion.

Speak to us, God, through our mothers that we may know your steadfast love.

With good wishes,

Pam Burdon

FUTURE SERVICES IN THE BENEFICE

FEBRUARY 2009 CALENDAR

15th	Sunday	10.00	Garton	Morning Prayer	TBA
		11.00	Roos	Holy Communion	Rev D Harris
		15.00	Hilston	Holy Communion	Rev A Burdon
22nd	Sunday	09.00	Tunstall	Holy Communion	Rev R Howard
		11.00	Roos	Holy Communion	Rev P Burdon
		15.00	Garton	Evening Prayer	Rev S Deas

MARCH 2009 CALENDAR

1st	Sunday	10.00	Garton	Holy Communion	Rev P Davies
		10.30	Roos	United Service at the Memorial Institute	
8th	Sunday	09.00	Tunstall	Holy Communion	Rev J Waud
		11.00	Roos	Holy Communion	Rev R Howard
		15.00	Garton	Evening Prayer	Rev S Deas
15th	Sunday	10.00	Garton	Morning Prayer	Mr P Oakes
		11.00	Roos	Holy Communion	Rev P Burdon
		15.00	Hilston	Holy Communion	Rev J Campbell
22nd	Mothering Sunday	09.00	Tunstall	Holy Communion	Rev A Burdon
		11.00	Roos	Morning Prayer	Mr C Reid
		15.00	Garton	Evening Prayer	Rev A Burdon
29th	Sunday	11.00	Garton	United Benefice Service of Holy Communion	Rev R Howard

Methodist services

Roos Memorial Institute

FEBRUARY 2009 CALENDAR

15th (No Service)

22nd Sunday 10.30 - 11.30

Mr D Houlton

MARCH 2009 CALENDAR

1st Sunday 10.30 - 11.30

United Service

Mr M Cox

8th Sunday 10.30 - 11.30

Mrs M Thornton

15th (No Service)

22nd Sunday 10.30 - 11.30

The Lord's Supper

Rev Brown

29th (No Service)

A friendly welcome is assured for all members of the village and visitors.

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Local Events

LOCAL EVENT CALENDAR 2009

Wednesday 18th Feb	WI Annual Dinner	Memorial Institute, Roos
Tuesday 10 March	Pork Bingo	Memorial Institute Roos 7.30pm start
Thursday 19th March	The Rooster AGM	Black Horse Roos 7.30pm.

Roos & District Horticultural Society Annual General Meeting

Monday February 16th 7.30pm in the Memorial Institute Roos.

New committee members will be very welcome.

You don't have to be a gardener to be a member,

Friends of Roos WI - Pork Bingo

Tuesday 10th March 2009 7.00pm for 7.30pm start

In the Memorial Institute, Roos

+ Raffle

All Welcome Proceeds to good causes.



ROOS CRICKET CLUB

Annual General Meeting 2009

Roos cricket club recently held its AGM in the playing field pavilion.

Unfortunately it was on an evening when many players were unable to attend.

The following were elected:-

Club President	Dudly Hulme	Chairman	David Winter
Vice Chairman	Paul Kitchen	Club Secretary	Graham Jeffs
Treasurer	David Winter	Press Secretary	Mark Thompson
1st Team Captain	Mathew Dixon	2nd Team Captain	Paul Kitchen
Vice Captain	Mark Thompson	Vice Captain	Pete Dearing

It was agreed to hold practice nights during the season on Thursday evenings.

New players are welcome and anyone wishing to join the club please contact Club Secretary Graham Jeffs Tel:-01964 670343.

MRS HELEN AUDLEY BA (Hons) ALCM

MUSIC TUITION

Clarinet . Piano . Theory

Beginners welcome Ring 01964 670895



Reflexology

Reflexology is a holistic therapy that dates back to ancient times. The word holistic means treating the whole person, not just the apparent condition, but all conditions which may or may not appear. It means looking at everything about the person, their job, lifestyle, home life, diet, exercise regime, their history, sleep pattern as well as their general health.

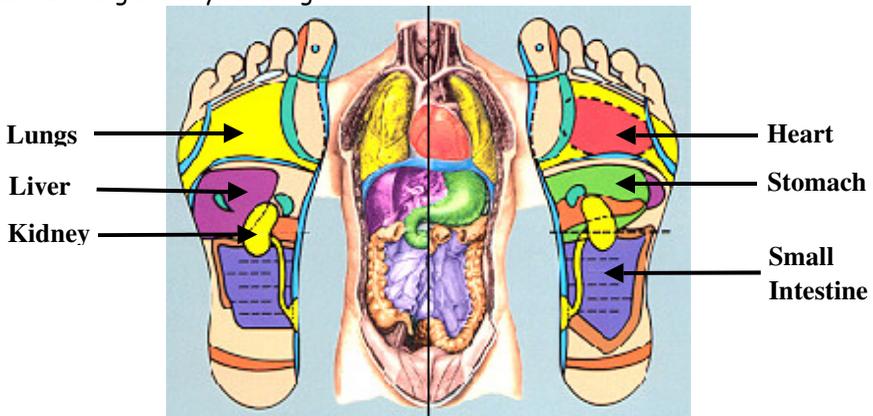
It is based on the discovery of reflex points on the feet, which correspond to organs, structures and systems within the body.

A reflex is when stimulation at one point brings about a response in another. By using special pressure techniques on the feet, any imbalances in the body can often be effectively treated to restore balance.

Reflexology is generally suitable for most people. It does not attempt to diagnose nor treat a specific condition although it can effectively improve health and well-being when received on a regular basis. Using a combination of therapeutic touch and pressure techniques, reflexology encourages the body's innate healing mechanism to restore harmony within.

The benefits of reflexology are quite profound and vary from one person to the next. Some claim they have more vitality after treatment and feel a tangible sense of well-being. Others find that symptoms they have previously experienced are relieved. All in all, reflexology is a balancing therapy that is ideal for all the family. It is equally effective for re-energising a tired mum or calming a hyperactive child. An initial treatment involves a consultation to ascertain your present state of health. Treatments generally last an hour, so you can switch off and unwind. Many find reflexology is the perfect therapy for relieving the adverse effects of tension and stress.

Treatment is generally relaxing.



**If you would like more information or an appointment please
telephone Julie Key - 01964 670273**

Roos Parish Council Meeting 9th Feb 2009

Seven members were present.

Apologies from Councillor D Craggs

The January minutes were approved. Extracts below.

The full minutes are posted in the parish notice boards.

Dispensing of medicines

The Clerk reported receipt of a letter from Graham Stuart MP which confirmed that the Government had backed down and agreed that there should be no change to GP dispensing arrangements and the Council express satisfaction with the outcome.

NHS East Riding of Yorkshire

It was confirmed that the Chairman of the above organisation would be attending the March Council meeting at 7.00pm to discuss health services to local communities.

Southfield Lane - Tunstall

It was reported that ERYC could not agree to winter gritting of the lane as the Government criteria were still not met but the Chairman and Clerk would be meeting ERYC to consider the provision of grit at suitable locations on the lane.

A report was also received from the Area Engineer of ERYC which stated that following the recent site meeting with the Chairman and Clerk the problem of standing water on the lane would be addressed in the near future.

Proposed allotments in Roos

The Clerk reported receipt of a reply from the Church authorities which stated that glebe land in Roos is managed by Dee Atkinson & Harrison in Driffild and that enquiries should be directed to them. The Clerk confirmed that he had made an initial approach and a response was awaited.

Councillor Smales commented that if current enquiries were unsuccessful there may be an area of land south of Pinfold Lane available for allotment use.

Sea Embankment at Tunstall

A reply was reported from the Environment Agency which stated that all the landowners had been contacted and that in principle they were broadly supportive of the preferred option to construct a new bank 200 metres inland from the existing coastline and that an investigation into ground conditions would be carried out and a contractor appointed for the purpose which is scheduled to take place in March.

Flooding and related matters

It was reported that the three additional grilles had now been provided in the vicinity of Dimples Cottage which it was hoped would now alleviate future flooding problems in the area.

A response from Gerry Frisby of ERYC was reported in relation to proposed water retention areas off Rectory Road and north of the school which stated

that the matter had been referred to Andy McLachlan for attention as he had been actively working in Roos on other flooding matters.

Following the recent site meeting with the Area Engineer of ERYC a reply was reported stating that he had e-mailed Andy McLachlan about the access to the downstream end of the culvert under Lamb Lane and the problem with the drain under the access to the Old Rectory on Rectory Road and that he hoped to address the standing water problem on Rectory Road if/when a JCB became available by levelling the verge to allow water to drain into the ditch.

It was agreed that Mr McLachlan be invited to a site meeting to discuss outstanding matters causing concern in Roos and that a costing for clearance works to the access to the grille in the beck on Lamb Lane be sought.

Emergency Plan

Councillor Cracknell produced the emergency boxes which would now be placed at the Memorial Institute, Tunstall Village Hall, Owstwick Hall and St Margaret's Church Hilston and the Chairman expressed thanks on behalf of the Council for her invaluable work in the production of the plan.

Correspondence

Tunstall village green

Receipt of a letter from ERYC was reported stating that the cost of ground maintenance for the village green for 2009/10 would be £87.35 plus VAT and it was agreed that ERYC continue with this maintenance.

Planning

Applications

Erection of pool house and construction of swimming pool following demolition of existing at North End Cottage, North End, Roos

It was agreed to recommend that the application should be approved.

Decision

Retention of ménage for equestrian use at Church Farm Riding School, Tower Road, Hilston.

It was reported that ERYC had approved the above application with conditions.

Any other business

Dog-control orders

Reference was made to proposed dog-control orders to be made to ERYC and the Clerk undertook to make further enquiries in the matter.

Footpath maintenance

Aspects of ERYC improvements were made and the Chairman reported that ERYC had recently attended to some footpaths and that others would be addressed in the new financial year.

Burial ground

It was agreed to enquire of the Parochial Church Council as to expected availability of burial facilities within the churchyard in view of its nearing capacity.

Public Session

Mr Londesbrough referred to difficulties he had experienced with his insurance company in gaining suitable property insurance following the flooding in 2007 and it was agreed that a draft standard letter to insurance companies outlining the improvements that have been made, be considered for approval at the next meeting.

Next Parish Council Meeting Monday 9th March 2009
at 7.00 pm in Roos Memorial Institute.
Guest speaker from the NHS Karen Knapton
Members of the public always welcome

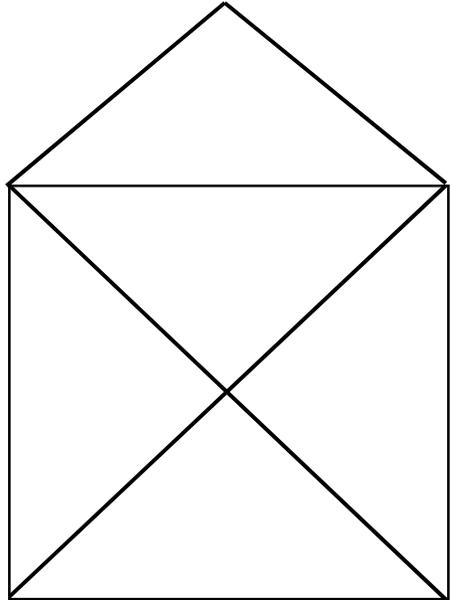
Puzzle Corner

FOR THE KIDS

DRAW THE SHAPE

Can you draw this shape with one continuous line, without removing your pencil from the paper and without going over the same line twice?

There are several solutions, one will be given next month.



SUDOKU Place the numbers 1 - 9 in each empty cell in such a way that each row, each column and each 3 x 3 box contains all of the numbers 1 - 9. (This means that no single digit can appear twice in any one row, column or 3 x 3 box)
 Solution next month.

				6				
8				9		2		
	4	3	2				7	
9	1							8
3			9				5	
	7		3		6			
5	6					4		
		4	6		5	9		
		1		4	9		3	

Solution to the
December
Puzzle

4	8	2	1	5	3	6	9	7
1	3	9	6	4	7	2	5	8
5	7	6	2	9	8	4	3	1
7	6	8	3	1	4	9	2	5
2	5	1	9	8	6	7	4	3
3	9	4	5	7	2	8	1	6
6	1	3	7	2	9	5	8	4
9	4	5	8	6	1	3	7	2
8	2	7	4	3	5	1	6	9