



# FoDU<sub>3</sub>A Newsletter

## May 2023

### U3A Lunch Club

When: 24 May The Fountain Inn 12.30  
for 1pm £15

Contact: Jackie Chapman 07735  
032208

Sign up: At the monthly general  
meeting or phone Jackie.

\*3 Wye Valley Pork Sausages, Mashed  
Potatoes, Peas, Gravy (can be df)

\*Pan Fried Chicken in Creamy White  
Wine and Stilton Sauce, Peas, Chips or  
New Potatoes (can be gf)

\*8 oz Gammon Steak, 2 Eggs, Chips  
and Peas Moroccan Tagine with Spiced  
Chick Peas, Sweet Potato, Courgettes,  
Apricots, Sultanas and Rice (v, df, gf)

\*Vanilla Cheesecake and Red Berry  
Compote and Ice Cream

\*Cappuccino Roulade with Chocolate  
Sauce and Ice Cream (gf)

\*Apple Crumble with Custard or Ice  
Cream

\*Fresh Fruit Salad (gf, df)

(v = vegan, df = dairy free, gf = gluten  
free)

Welcome to the May newsletter!

For our monthly meeting on May 17 we welcome back  
Barry Simon who will give us an insight into Historic  
Gloucester.

### Volunteering

From 1-7 June it will be National Volunteering Week,  
and on Thursday 1 June at 3pm, U3A will be hosting a  
learn and share session to encourage more members  
to volunteer. [Book here to take part.](#)

Volunteering can of course happen at many different  
levels, and if you are interested in becoming a  
committee member (trustee) and would like to know  
more about what is involved, there are online  
workshops on Friday 12 May and Friday 1 June - for  
details of these and other events go to [the workshops  
webpage.](#)

Or you could simply talk to one of your own committee  
members at this month's meeting at 2pm on  
Wednesday 17 May in Lydney Town Hall - see you  
there.

Ken Syme

**28 June 2023 The White Hart,  
Cinderford 12.30 for 1pm  
£15.00**

- Ham, Egg. Peas and Chips
  - Homemade Lasagne, Garlic Bread, Chips and Salad
  - Homemade Cottage Pie and Chips
  - Scampi, Peas and Chips
  - Sweet Potato, Goat's Cheese, Spinach Pie, Chips and Salad
  - Roasted Butternut Squash, Peppers and Breadcrumbs, Chips and Salad
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- Cookie Dough Cheesecake
  - Sticky Toffee Pudding
  - Fruit Salad
  - Banana Sticky Toffee Pudding (v)

**Sign up:** At the monthly general meeting or phone Jackie Chapman 07735 032208

U3A AGM 18 October 2023

Please note that the U3A AGM will take place on Wednesday 18 October (which happens to be the same day as our regular monthly meeting).

The AGM will include the results of elections for U3A Directors and Trustees (in this context Trustees are different from the committee members referenced on the first page of this newsletter).

Trustees are not required to have been committee members of any U3A group). Further details can be found via the following link : <https://mailchi.mp/u3a/agm-23-director-trustee-elections?e=8e5133c9ce>

Please note that nominations must be submitted by 9 June 2023.

## Hotfooters Walks June to September 2023

All members are welcome to join me on the walks. It would be helpful if members can confirm attendance by emailing me ([bob.garside1@btopenworld.com](mailto:bob.garside1@btopenworld.com)) because this will enable me to control the numbers of walkers.

15 Jun Starting from the Swan Road Lydney Car Park at 10.00.

Along the 5 mile route we will pass some historic structures. On arrival at the harbour there is a chance to have a refreshment break for 20 minutes to allow time to explore the harbour before returning to the start via the Lydney Golf Club.

20 Jul Starting at Parkend Sports Field, opposite the Memorial Hall at 10.00.

A 5 mile circular route that will allow us the chance to visit Cannop Ponds before any construction work is started.

17 Aug Still awaiting a volunteer to lead the walk

21 Sep the walk will start at Chepstow Castle Car Park time/route details to follow

## Speaker Programme May to October 2023

Date	Subject	Speaker
17 May	Historic Gloucester	Barry Simon
21 June	Wrecks to Relics - Purtons Mulberry Blue Print	Paul Barnet
19 July	The Enchanted Isle	Pamela Holland
16 Aug	Brief History of Jazz - Where, How and Why did it all start?	John Beckingham
20 Sep	History of UK Nuclear Weapon Test Programme 1952 to 1967	Dennis Hayden
18 Oct	Brat to Big Hat ...and Beyond	Air Marshall Sir Graham "Dusty" Miller