



FoD U3A Newsletter

August 2023

Lunch club

U3A Lunch Club meets on the 4th Wednesday for a meal and a chat.

Contact: Jackie Chapman
07735 032208

Sign up at the monthly general meeting or by phone to Jackie
23 Aug 12.30 for 1pm at the
Orepool £13 - Menu

Salmon and Leek Fishcake
with potatoes
Plaice, Chips and Peas
Ham, Egg and chips
Cottage Pie and Veg
Brie and Cranberry Tart with
chips

Sticky Toffee Pudding
Bailey's Cheesecake
Fruit Salad
Medley of Ice Cream

Welcome to our August newsletter!

Following last month's AGM, when Pamela delivered a fascinating talk on The Enchanted Island, her husband, John Beckingham will this month give us A Brief History of Jazz.

Below are details of groups not much publicised previously here, including the Craft Group (see photo above) and the Book Group. We are exploring the possibility of a History Group, a follow-up to History Detectives which some of our long-standing members may remember. And two more excellent lunches are in prospect for this month and September.

Finally a brief note on the Hotfooters Group. If anyone is wondering about bringing their dog on one of the walks, bearing in mind that sometimes the walks can cross farm land, that is not a problem so long as your dog is kept on a lead. (Stan Boshier will be leading the walk on Thursday 17 August 17, starting at 10am by the children's play ground at the end of Buckshaft Road off St. Whites Road).

See you at 2pm on Wednesday August 16 at Lydney Town Hall,
Ken



27 Sep 12.30 for 1pm at the Bells
£15 - Menu

Pan Seared Chicken Breast with
mushroom and tarragon velouté
with Mash and Veg
Wye Valley Jumbo Faggot with
mash, peas and onion gravy
Breaded Smoked
Haddock&Mozzarella Fishcake&
garlic, spinach, peas & sweetcorn
sauce
Grilled Vegetable Ravioli with fresh
tomato & basil sauce topped with
mozzarella & cheddar cheese

Homemade Apple Pie and Pear
Crumble with shortbread topping
and custard
New York Style Baked
cheesecake with strawberry
compote and cream
Fruit Salad
3 scoops Vanilla Ice Cream



Craft Group, Book Group and a new History Group

Craft Group meets on the **1st and 4th Thursday** of the month from **10am until 1pm** at **The Springs** in **Lydney**.

We have a varied programme. Our last 2 projects have involved making a flower box, using fresh flowers and a sewing project when we made fabric tulips. We also do papercraft, including card making and associated skills, decoupage and anything else that Group Members choose. All sessions are Member led, All U3A members are welcome to join us. If you don't fancy the programmed activity you can bring along any craft that you choose. Contact Gill - moonwatchergill@gmail.com

Book Group Who is interested in sharing their ideas about books in a friendly and welcoming group? We will not be meeting in August but on Tuesday 19 September we will be discussing Forest Writers as well as deciding on our future programme. The Forest of Dean has spawned a wealth of creative talent and we will be sharing that amongst our group. We have just completed a year where each member selected a genre from a pot and then had to recommend a book based on that genre for the rest of us to read and discuss. I drew Forest Fiction and I was delighted to pass on some of the writers recommended by a speaker at the u3a Monthly Meeting many months back. I have read many of the titles mentioned by the speaker but couldn't decide which novel to recommend so I cheated and have passed the list of writers on to the group. The plan is they will select something from the list, be it fiction, memoirs or poetry and then share it with the group. I have just begun reading Shelter by Sarah Franklin which is a novel set during the 2nd World War about the lumberjills who worked in the forest and the Italian prisoners of war.

We meet on the 3rd Tuesday of each month at 10.00am in the home of Cynthia, one of our members who lives in Lydney. 40p will cover the cost of tea/coffee and biscuits. We have lost a couple of members recently owing to a house move and grandchildren duties so we would welcome anyone who would like to come along and meet us to see if Book Group is for you. If you are interested email me, Susan McIntosh susan.miriam@hotmail.co.uk and I can let you know the address.

History Group Look very carefully across the field (see photo on left)-can you spot the remains of a building? Do you know where it can be found in Lydney and when it dates back to? A small group of FOD U3A members are starting a History Group, covering more than just the Forest of Dean. Individual members will share information about items of interest by email and meet up at a local venue (tbc) once a month. A room will be hired once numbers make that viable. If you have an interest in history then please make use of [Forest Of Dean u3a: Contact \(u3asites.org.uk\)](http://ForestOfDeanu3a.org.uk) to contact the History Group Co-ordinator for more information.

Bob

Kurling: Thanks to all who helped with the teas and kurling at our last meeting on 13 July - hope to see you on Wednesday 9th August (not Friday). Ron Vaughn