



# FoD U<sub>3</sub>A Newsletter

## October 2023

Lunch Club: contact: Jackie Chapman 07735 032208 or sign up at the monthly general meeting.

The Cross Inn Aylburton  
25 October 2023 12.30 for 1 pm  
Menu £15

Wholetail Scampi, Salad, Fries, Tartare Sauce;  
Butter fried chicken breast, BBQ sauce, bacon, cheese, Fries, Coleslaw;  
Olive and Sundried Tomato Tart, Herb potatoes, Tomato Salsa;  
Home-made Lasagna, garlic bread, Salad;  
Home-cooked ham, Fried egg, Chips and Peas.

Apple Crumble, Custard, Cream, or Ice Cream;  
Fresh Fruit Salad, Cream or Ice Cream;  
Lemon Roulade, Cream or Ice Cream;  
Selection of Ice Cream.

Welcome to our October Newsletter!

This month we look forward to welcoming Air Marshal Sir Graham “Dusty” Miller who will talk about his journey from RAF apprentice to Air Marshal. As a pilot he flew Jet Provost, Hunter, Jaguar, and Tornado aircraft. He went on to become Air Secretary, and Deputy Commander at Joint Force Command in Naples. This is a great chance to hear from someone who lived through a significant period in RAF History.

The November newsletter will contain details of the talks schedule for the first half of 2024, which will include: police advice on safety in the home; nuclear power - does it have a future?; how the county council works; and the sinking of the Titanic.

If you have not already done so, please consider signing up to receive the U3 Magazine, Third Age Matters (TAM) - details on the next page.

I look forward to seeing you on Wednesday 18th of October at 2 pm in Lydney Townhall for what promises to be a fascinating talk by Dusty Miller.

Ken



## Online U3A Events

Live cookery demonstration

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Autumn recipes

Friday 13 October, 10:30 am

Chef Alex from vegetarian for life demos how to make three Autumn recipes including jackfruit wraps.

Family History: Why the Whole Family Matters  
Wednesday 18 October, 2 pm

Julie of Syston and District U3A will share insights, tips and examples for family historians.

For details of how to access these and other U3a event, please click on the following link: [online events page](#).



## Strollers, History, and Third Age Matters (U3A Magazine)

In August the **Strollers** had a gentle walk at New Fancy - a lovely day and 16 of us participated - see photo at top of newsletter. The Strollers said a sad farewell to Val Collett who has done an excellent job as co-ordinator for the last 8 years.

The Strollers Group meet on the first Monday of the month and have an hour's walk in a variety of places in and around the forest area, always choosing good level forest tracks. We have a coffee stop at the end of the walk.

Contact: Hilary Cant  
[hilarycant@btinternet.com](mailto:hilarycant@btinternet.com)

The **History** Group had an enjoyable afternoon at the Swan Hotel in Lydney talking about Rodley Manor.

Members were surprised at the amount of history associated with the estate and how it linked to other historical features in the region.

Due to the small number of members currently registered for the group, and to ensure that running the group remains cost effective, it was decided to hold next month's meeting in the Swan Hotel Lydney on the 30 Oct 2023 at 14.00.

This will provide members with the opportunity to test their knowledge on the Battle of Britain Memorial Flight (BBMF). If members would like to join the group for this discussion then please contact the Co-Ordinator to ensure that the correct size table can be reserved.

Bob Garside

Subscriptions to **Third Age Matters (TAM) Magazine** - apply by [Thursday October 12th](#)

Members who do not yet have a subscription to the U3A Magazine, Third Age Matters (TAM), but would be interested in starting one, should contact our Membership Secretary, Heather Harris (by Thursday October 12th) who can then forward their subscription to U3A.

Members who already have a subscription to TAM do not need to take any action - their subscription will continue as normal.

Contact details for Heather Harris, Membership Secretary, are as follows:

E-mail: [hharris267@btinternet.com](mailto:hharris267@btinternet.com)  
Phone: 01594 564118

## [November Lunch](#)

Details of the November lunch will be available shortly and will be published in the November newsletter.