

# Yate & Sodbury District



THE UNIVERSITY OF THE THIRD AGE

NEWSLETTER

May 2011

## FORTHCOMING PROGRAMME

**TO ASSIST WITH A MORE EFFICIENT ENTRY TO SOCIAL EVENTS PLEASE  
BRING YOUR MEMBERSHIP CARD**

Date	Event	Time		Venue
Friday 3 <sup>rd</sup> June	Badminton	10 am until 12 noon	Taster Session.	Yate Leisure Centre
Thursday 9 <sup>th</sup> June	Demonstration on Indian Head Massage & Talk	2 p.m. until 4 p.m.	A Talk and demonstration on this alternative therapy.	The Old Grammar School Chipping Sodbury
Thursday 14 <sup>th</sup> July	Strawberries & Cream Tea	2 until 4 p.m.	An annual event - entry will be by ticket only - Please phone Sue Yallop 01454 316320	Charter Suite Town Hall Chipping Sodbury
Tuesday 23 <sup>rd</sup> August	Book Swap And Open Meeting	2 pm until 4 p.m.	A relaxed meeting for afternoon tea and a chat – A summer read book swap!	The Old Grammar School Chipping Sodbury
Wednesday 14 <sup>th</sup> September	Tea/Coffee Morning	10 am to 12 noon	A Coffee Morning combined with a Demonstration and Talk on Reflexology	The Old Grammar School Chipping Sodbury
Thursday 13 <sup>th</sup> October	Talk On the Old Vic	2 p.m. until 4 p.m.	This Talk will be given by Andrew Stoker, who works within the Theatre.	The Town Hall Chipping Sodbury
Wednesday 16 <sup>th</sup> November	Tea Dance	2 p.m. until 4 p.m.	If you love to dance or just watch other people enjoy themselves please come and join us for afternoon tea! – Tickets will be available nearer the date. Please phone Sue Yallop 01454 316320	The Town Hall Chipping Sodbury
Thursday 15 <sup>th</sup> December	Mulled Wine	10 am until 12 noon	A date for your diary – tickets will be available nearer the time. Please phone Sue Yallop 01454 316320.	The Town Hall Chipping Sodbury

### Message from our outgoing Chairman – Peter Stevens

***A fond farewell**  
Winter is over,  
The A.G.M. too!  
My duties have ended  
Bye bye to you – ALL.*

Peter thanked the Committee and Group Leaders for their support and hard work over the last three years of his office.

[Website](#)

## A Message from our new Chair Person

A warm welcome to all members, new and old, to the 2011/2012 membership year. I have had the privilege to be elected by the executive committee as your Chair following the end of Peter Stephens's term of office. This may surprise some of you as I was only elected to the committee in April. Others will know that I was part of the planning group which founded our U3A and that I served on the Committee as Secretary and Membership Secretary for several years until Janet Stanton took over in April 2009

The successive members, group leaders and committees of Y&SD U3A have put it on a solid foundation since its start in 2005 and we now have many successful groups and a sound financial base. So I feel the time is ripe to move into a further stage of development not only with the introduction of the new groups and activities you suggested through the recent survey done by Janet, but also by forging links and sharing interests and information with other local U3A's and with the national umbrella organisation. Y&SD U3A has much to learn and much to give in both these spheres which can only be to the mutual benefit of all parties. But be assured that I and the Committee will never lose sight of the fact that we are here to serve the interests of you, our members. To produce the U3A you want we need to know what you think. It is nice to know if we get something right, but it is also important to tell me if we've got something wrong. Please feel free to contact me by email or telephone with all your ideas and comments.

**Margaret Carter**

[mjcarter32@aol.com](mailto:mjcarter32@aol.com)

01454 311704

### COMMITTEE 2011/2012

Chair		Margaret Carter	01454 311704	<a href="mailto:mjcarter32@aol.com">mjcarter32@aol.com</a>
Vice Chairman		Angela Barber	01454 326437	<a href="mailto:fairfield@live.co.uk">fairfield@live.co.uk</a>
Secretary		Janet Stanton	01454 317645	<a href="mailto:janetstanton@uwclub.net">janetstanton@uwclub.net</a>
Treasurer		Elaine Jefferis	01454 882503	<a href="mailto:elainejefferis@live.co.uk">elainejefferis@live.co.uk</a>
Membership Secretary	Jointly held by	Rosemary White	01454 228005	<a href="mailto:davandro@tiscali.co.uk">davandro@tiscali.co.uk</a>
		Jane Climpson	01454 228672	<a href="mailto:janeclimpson@btinternet.com">janeclimpson@btinternet.com</a>
Groups Organiser	Jointly held by	Pat Fryer	01454 853736	
		Richard Carter	01454 313399	
Newsletter & Publicity		Rosemarie Hughes	01454 232928	<a href="mailto:rosemariehughes@btinternet.com">rosemariehughes@btinternet.com</a>
Member		Phoebe Morland	01454 310100	
Member		Sue Yallop	01454 316320	<a href="mailto:sue.yallop@tesco.net">sue.yallop@tesco.net</a>
Member		Sandhya Sinha	01454 313903	<a href="mailto:sandhyas@hotmail.co.uk">sandhyas@hotmail.co.uk</a>

### CONGRATULATIONS TO ROBERT HUMPHRIES

#### U3A Yate & Sodbury District Artist's Success

One of the members of the Painting and Drawing Group submitted an entry to the Wildlife of the Year 2011 competition which is founded by the artist David Shepherd. There are three categories of entries and candidates were asked to paint, draw or show pictures depicting how our wildlife is endangered using the categories of general art, or climate change.

**Robert Humphries** chose the categories of endangered and climate change. His painting of a lemur in oils entitled "Where are the trees" was shortlisted for the Wildlife Artist of the Year 2011 exhibition at The Mall Galleries, London.

The competition is open worldwide to amateur and professional artists and this year's response was phenomenal. Many congratulations to a very fine wildlife artist.

The exhibition runs from June 6th - 11th

*Sue Bruten, Leader, Painting & Drawing Group*

Please remember that if you are unable to play through injury or illness we still want to hear from you - there are all sorts of ways we can help you get through the course - keep in touch!!  
The Committee

**IMPORTANT**

**There is no upper or lower age limit to the U3A**

**PLEASE REMEMBER TO INFORM US OF ANY CHANGES IN YOUR PERSONAL DETAILS I.E. HOME ADDRESS OR EMAIL ADDRESS**

**BOOK CLUBS**

**Monday Book Club**

Held every four or five weeks at Brimsham Green School at 7.15 pm. in the School's new Study Centre, a comfortable and attractive venue

Muriel Godwin Group Leader 01454 319615

**Tuesday Book Club**

Meetings held on the first Tuesday of each month at Brimsham Green School for 7.30 start. This group is now full but happy to take names for a waiting list!

Contact Brenda on 01454 316939 or Jenny on 01454 882814

**GREEKS & ROMANS**

In our first two well-attended meetings, we have racked our brains trying to remember what we know about the Romans and learned about Roman houses (did you know some were more than 5 storeys high?).

The next two sessions will be at the Brockeridge Centre, Woodend Road, Frampton Cotterell, BS36 2LQ. At 2 p.m.

Monday 11<sup>th</sup> July Roman religion  
Monday 8<sup>th</sup> August to be decided

Contact Gill Greef (01454 774479 or email [gill@gillgreef.com](mailto:gill@gillgreef.com)) for more information – **new members will be very welcome!**

**M.O.T.O (Members on Their Own)**

A friendly social group who meet on 3rd Friday of every month at the Ridgewood Community Association, Yate, from 7 - 9pm.

- May 19<sup>th</sup> - Bingo
- June 17<sup>th</sup> - Board Games
- July 15<sup>th</sup> - Skittles (Shire Way)
- August 19<sup>th</sup> - Whist
- September 16<sup>th</sup> - Beetle
- October 21<sup>st</sup> - Quiz
- November 18<sup>th</sup> - Christmas Meal
- December 16<sup>th</sup> - American Supper and Social

All the above are subject to change and new suggestions for activities are always welcome.

**Group Leader : Janet Stanton** 01454 317645

**POETRY FOR PLEASURE**

A small but friendly Group who now also have 4 male members who cope very well but would love more masculine back-up!! We Meet at 10.30 until 12.30 on the last Wednesday of the month in The Old Grammar School Chipping Sodbury.

**Our themes are as follows:**

<b>May</b>	<b>Gardens and Flowers</b>	<b>June</b>	<b>Happy/Sad</b>
<b>July</b>	<b>People</b>	<b>August</b>	<b>Occupations</b>
	<b>September</b>	<b>End of Summer/Harvest</b>	

Please note that all themes are chosen by the members themselves and we now include Prose Readings, by popular request.

**Contact: Jan Davies 32 Gorlands Road  
Chipping Sodbury , Bristol BS37 6LA**

**Basic Computing Course – Starting in May**

The Course started on May 4<sup>th</sup>, in Yate Library, each Wednesday 2 - 4pm, for seven weeks – This course is now full. However, if there are sufficient students, we will run another basic course, probably after the summer holidays, when the children have returned to school, and our lives have returned 'to normal'.

Also if there are members out there who wish to move to the level beyond basics, please contact me and we can see what we can do, dependant on response

Mac Templeton Contact No. 01454 324804

**BRIDGE**

Held on Monday afternoons at the Shire Way centre, starting at 13.30 sharp. If you've got a partner just turn up before then, if you haven't then call Gill, she may well have one you can try out, table money is a mere £1.20!!

**Contact : Gill Welch 01454 882239**

## "Playing Music for Fun"

"Our Own, our Very Own,  
U.3.A. Wind Band"

**Our new Music has Arrived!**

*Now we do invite more U.3.A. folk to join us, at 4:00 p.m. on Thursdays afternoons, during term time, in the music studio at Brimsham Green School. Please phone me, Peter Veale 01454 771803 or e-mail [peter.veale@talktalk.net](mailto:peter.veale@talktalk.net) We have music for almost any instrument. **The Fun we have is Enormous! So Come and Join us!***

**Contact: Peter Veale 01454 771803**

## Wine Tasting Group

*Do you enjoy wine?*

*Would you like to learn more about wine – discover new wines?*

*If so, we'd love to have you join us at the U3A Wine Group. We meet the last Wednesday of the month @ Pop Inn Café, Yate at 7.30 pm.*

*Each month we have a wine tasting in an enjoyable and social environment. We're not experts, though we do have experts come and talk to us sometimes.*

*At these meetings we discover not only good wines but good value wines at affordable prices.*

*No expertise is required – just an interest in wine and an enthusiasm to learn more. We hope you'll give us a try, so we look forward to seeing you at a meeting soon*

**For more details, please contact our Secretary**  
Angela Barber [fairfield@live.co.uk](mailto:fairfield@live.co.uk)

## History & Social Studies

**Programme**  
**(Please note earlier start time!)**

Meetings held in the Charter Suite, Chipping Sodbury Town Hall. We meet for refreshments at 10.00 am aiming to start the talk by about 10.30 am.

- 22<sup>nd</sup> June – History of the Bristol Coalfield  
– Steve Grudgings
- 20<sup>th</sup> July – David Lloyd George; Part 2  
(Edwardian Series No 9) Tony Nicholson
- 17<sup>th</sup> August – Overview of the Tudor Period  
(Tudor Series No 1) Roger Cole
- 21<sup>st</sup> September – Rediscovering Cabot; 1496 – 1500  
(Tudor Series No 2)  
Evan Jones, Bristol University

**Currently the Group is not accepting new members but has a waiting list for those who would like to join when there is a vacancy.**

**Contact: Roger & Christine Cole 01454 325887**

## EXCITING BOOKLET FROM HISTORY & SOCIAL STUDIES

**Copies of this 32 page A5 booklet with photographs is available from Jenny Smith 01454 882814 for £1.**

Another booklet entitled 'My First Job' may be published later this year. If anyone is interested in contributing a written piece – up to 1000 words - please contact Jenny.

## BOULES (PETANQUE) GROUP

Although we currently have about 50 players on the books we still welcome new members whether they have never played or are expert. Remember, this is a game for the whole family.

### Coaching

As an English Petanque Association qualified/CRB checked Coach, I am in the process of organising some coaching sessions for those who have already put their names on the list. Please contact me if you want to join these sessions.

### Playing days

It appears from attendance that not everyone can play on our current specified days and times, so the organisation of further playing days is in the pipeline. This will hopefully give all group members an equal chance of playing when it is convenient to them.

Group Leader : Duncan Brown Tel No. 01454 882513

**Please Note new email address:** [Boules.yandsu3a@virginmedia.com](mailto:Boules.yandsu3a@virginmedia.com)

## NEW GROUPS

### BIRD WATCHING

The new U3A bird watching group meets on the 2<sup>nd</sup> Thursday of each month. The meeting point is the car park behind the church in Chipping Sodbury. The start time for each trip will vary a little depending on the venue for the day, but will usually be at 09.30 am.

9 June	Lymington (Gull colonies)
14 July	Frampton on Severn
11 August	Cotswold Water Park
8 September	Clevedon
13 October	Westhay, Nr Glastonbury
10 November	Chew Magna – Evening Starling Roost

On the trips taken in March and April we ticked off 35 different species (including Goshawk and Common Crossbill) in the Forest of Dean and 43 (including Avocet) at Newport. For more information contact Stuart Miller, either by phone; (01454) 315735 or e-mail address is [stuartpmiller@hotmail.co.uk](mailto:stuartpmiller@hotmail.co.uk).

### DEBATING

Meetings will take place in the Fire Station, starting promptly at 10.00 and ending just before noon, on the first Tuesday of each month.

The next topic: 'Why is there no female equivalent to misogyny?' (Hatred of women)

Group Leader: Heather Brooks 01454 856869

### FAMILY HISTORY

A new group with over 40 members will be delving into their past.

At : 2 pm until 4 pm  
In Ridgewood Community Centre

Group Leader : Mike Hampton 01454 882192

### WILD FLOWER STUDIES

This group will meet on the first Wednesday of each month at 2 p.m.

1 <sup>st</sup> June	Wapley Meadow
	Please gather by the gate in Shire Way (near the zebra crossing)
6th July	Wick Wick by Downend
	Meet at Wickwar Car Park in Chipping Sodbury and car sharing will take place to venue.

Group Leaders: Pauline Wilson 01454 310540  
Christine Cole 01454 325887

### ANIMAL TRAINING DISCUSSION

The following training issues are very common and, with advice, many can be overcome.

#### Problems of early days

- Toilet training
- Puppy biting
- Puppy chewing, furniture etc.,

#### Problems that may have continued into adulthood.

- Jumping up to greet people
- Jumping on furniture
- Stealing food
- Lead pulling
- Doesn't come when called

Initially we plan a session without your dog/cat and if there is enough interest we will run sessions that you can attend with your dog at a later date.

Please register your interest on 01179372764

[timbergypsy@tiscali.co.uk](mailto:timbergypsy@tiscali.co.uk)

### CONTACT NUMBERS for other Groups

Computer Workshops	Peter Vincent	01454 318973
Drawing & Painting	Sue Bruton	01454 316232
Spanish	Mike Statham	01179 405584
Theatre Group	Ann Triner	01454 316957
	Christine Ward	01454 316617
Cards for Fun	Tony Nelson	01454 882991
Supper Group	Sue Yallop	01454 316320

### **"South Gloucestershire"** **Archaeological Society**

If you are interested in joining this society - please contact Jenni Craft ([jennicraft\\_28@hotmail.com](mailto:jennicraft_28@hotmail.com)) or phone 01454 314147 in the evenings.

This is not connected in any way to the U3A.

## Cycling Group 'Ride Again' - Bob Keen and his Team will be running the Festival Rides

Besides riding on the 1st, 3<sup>rd</sup> and 5th Thursdays of each month, the cycling group now frequently ride on the intermediate Thursdays as well. Members take it in turn to organise the rides which are relatively easy paced (the leader will tell you if there are steep hills) and vary from 25 miles upwards with the occasional option of using transport to a distant start point such as Sherston or Cirencester. The usual start point is now the Chipping Sodbury car park in Wickwar Road (we now are on the 9.30 hrs summer start time) or Coalpit Heath if we are using the Bristol to Bath cycle path. Pub lunches are often included, although some riders bring snacks. Concerns over winter ice and snow have now faded – and it is comforting that riding in extreme heat is less taxing than it seems, as moving through the air does generate a nice cooling breeze.

We have been asked to give advice to the local parish council's Joint Cycleways Group on cycle parking in Chipping Sodbury and to outline our preferred "off road" route from there to Yate (also usable by prams and invalid scooters, not just bikes).

The team is again tasked with running the two Cycle rides which take place on the last day of the Chipping Sodbury Festival and would be grateful for any offers of assistance with road crossing marshals for the family rides. Contact Bob Keen if you can help on the 19<sup>th</sup> June. We did get quite a bit of media interest in last year's rides, and even managed a photo in the U3A's magazine.

**Leader Bob Keen 01454 881966**  
**R2-keen@blueyonder.co.uk**

## Walking Group

A total of 22 people from the walking group enjoyed a very successful and enjoyable holiday at HF Brecon at the end of March. Many expressed an interest in going on an HF holiday next year. I have therefore booked us 27 places for April 30<sup>th</sup> 2012 at HF Selworthy which is on the edge of Exmoor. Four nights will be £335 less a group discount. This is full board. If you would like more details and/or to join us please give me a ring as soon as possible on 01454 323928.

In the meantime keep walking....!!!! There are still some walks on the current programme. A new list will be out before the beginning of July; however, the May until June list of walks is attached to this Newsletter. If you normally get a copy in the post and don't get one please give me a ring.

Lyn Bulley  
01454 323928

## LATIN - LINE DANCING

The Line Dancing Classes are going strong. If you are on your own and love dancing – come and join us. Pick whichever day you feel is convenient and join us for some fun and gentle exercise – no pressure!! Just pay £3.00 per session – this covers the cost of the hall and the teacher.

Mondays 2.00 until 3.30  
at The Ridgeway Community Centre

Wednesdays 2.00 until 3.30  
At Shire Way Community Centre

These classes will run each week until further notice.

## LATIN GROUP

Since our language work at present is concerned with Roman Britain, the small but enthusiastic Latin group enjoyed a visit to the Roman Baths at the end of February. Further visits are possible in the summer – we might even try to persuade other U3A members to join a visit to Fishbourne Roman Palace

Contact Gill Greef 01454 774479 or [gill@gillgreef.com](mailto:gill@gillgreef.com)

## Folk Singing

"Folk –singing is an excellent way to start your week". If you enjoy informal singing in a cordial atmosphere do come along to our weekly group. There are no auditions and all song words are provided. If you would care to join us, we meet every MONDAY morning at 10am in the Holy Trinity Church, Church Lane, off Wotton Road in Rangeworthy. We look forward to welcoming YOU!

Liz Hamer 01454 851550

## French

Held at: Brimsham Green School  
Tuesday 4.00 – 6.00

We are primarily a conversation group and if anyone is interested in dusting off their rusty French (apologies for the English here) then they are welcome to come along for a trial session. If you would like to know more :

Contact Linda Morgan 01454 322248

## Travel Group - Trips for 2011

**Thursday May 12th Kennet & Avon Boat Trip:** Fully booked.

**Friday June 10th RHS Wisley:** The coach is also full for this trip.

**Thursday July 14th Brownsea Island:** This is owned by the National Trust, and is reached by a Ferry from Poole quay. Coach cost will be £10, Ferry approx £7.50(group rate) plus entrance to Island, if not an N.T.member will be £4.80 (group rate). Coach is full.

**August 4th Boat Trip (in addition to May 12<sup>th</sup>)** we have booked and filled another boat. This seems to be a popular outing.

**Tuesday September 6<sup>th</sup> Hampton Court:-** Numbers are pretty good so we can hopefully retain coach cost to £10 again. (Entrance cost will be £10.35, which is group concessions price). **Seats still available.**

**Friday 7<sup>th</sup> October - Cardiff Bay** Coach £12 (2 hour coach tour with a commentary and a short stop on the Barrage), (£1.50) or 1 hour luxury boat trip Rivers & Bay, (£6) or 1 hour Road Train (from waterfront), Working Port/Barrage, £3.50)per person. Possibly time for shopping as well.

**Monday 21<sup>st</sup> – 25<sup>th</sup> November - Turkey & Tinsel – Shanklin on the Isle of Wight - Cost £245.**

We have secured this break with Chauffeurhire. We already have 28 people going, but it would be nice if we could fill the 35 seater coach. A £50 deposit will secure your place.

**Please make Cheques payable to Yate & Sodbury District U3A Travel Group and** send completed booking form (U3A Number and names of all people going, to ERIC & LIZ (GOODE)

**1 ST MARY'S WAY, YATE, BRISTOL BS37 7AR Telephone :- 01454-319231 Email: [ericandliz@talktalk.net](mailto:ericandliz@talktalk.net)**

### U3A TRAVEL GROUP BOOKING FORM for - September – November 2011

**NAME - Address & Membership No. for each person.**

**Phone No.....\_**

.....

<b>Name of Trip</b>	<b>Date</b>	<b>Brief details</b>	<b>Cost</b>	<b>Number of Tickets</b>
Hampton Court	Tuesday Sept 6th	Coach Group Booking to House & Gardens	£12 £10.35	
Cardiff Bay	Friday October 7th	Coach A 2 hour coach Tour with commentary and a short stop on The Barrage	£12 £1.50	
Isle-of-Wight	November 21st-25th	Chauffeurhire – Turkey and Tinsel £50 Booking Fee required	£245	

**PLEASE REMEMBER TO PUT EACH PERSON'S NAME & MEMBERSHIP NUMBER AT TOP OF THIS  
BOOKING FORM  
NO MONEY AT THIS STAGE THANK YOU**

**Please send Booking Form to Eric and Liz Goode : 1 St Mary's Way. Yate. Bristol BS37 7AR**

## MUSIC APPRECIATION

Our current meetings are held at: 2 p.m.

on : the second and last Friday of each month  
In: the Old Grammar School, Chipping Sodbury.

Date	Subject	Presenter
27 May	Pastoral Music	Anthony Morris
10 June	Informal Meeting – M	
24 June	Crescendo	Peter Forman
8 July	Informal Meeting – N	
29 July	How the Piano can rock!	Anthony Morris
12 August	Informal Meeting – O	
26 August	Composers of Northern Europe	Bob Maunder
9 September	Informal Meeting – P	
30 September	Some 50-year-old Memories	Anthony Morris
14 October	Informal Meeting – Q	
28 October	Vaughan Williams PLUS	Ian MacKereth
11 November	Informal Meeting – R	
25 November	Music Quiz	Anthony Morris
December	No Meeting	

For Information Contact: Anthony E Morris \* 26 Horse Street, Chipping Sodbury Telephone No. 01454 313579

### ***Message from the Editor***

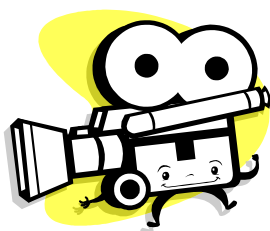
Janet Stanton is working hard to set up Taster Sessions from all the feedback she received recently – please bear with us – we are listening to you – just be patient !! Also, if you have offered your help in any way – Janet has a list and will contact you with regard a Rota very soon. Thank you

### **FIRST ASSIST**

This is legal advice service available to all U3A members. The telephone number and code required is now available from Janet Stanton, Secretary to our U3A Branch Telephone No. 01454 317645

# 3A CINEMA CLUB

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Venue: BRIMSHAM GREEN SCHOOL  
Broad Lane, Yate  
Meet at New Study Centre at 3.45pm

Date	Film/Year/Classification	Starring	Duration
May 26 <sup>th</sup>	<b>Glorious 39</b> (2009) (12)	<b>Romola Garai</b> <b>Bill Nighy</b>	<b>2 hrs</b> <b>9 mins</b>
<i>A mysterious tale set around a traditional British family on the eve of World War Two.</i>			
June 16 <sup>th</sup>	<b>Knight and Day</b> (2010) (12)	<b>Tom Cruise</b> <b>Cameron Diaz</b>	<b>1 hr</b> <b>45 mins</b>
<i>An action-comedy centred on a fugitive couple (Cruise and Diaz) on a glamorous and sometimes deadly adventure where nothing and no one – even themselves – are what they seem.</i>			
July 14 <sup>th</sup>	<b>An Education</b> (2009) (12)	<b>Carey Mulligan</b> <b>Peter Sarsgaard</b>	<b>1 hr</b> <b>36 mins</b>
<i>A coming-of-age story about a teenage girl in 1960s suburban London, and how her life changes with the arrival of a playboy nearly twice her age.</i>			

There will be a £1 per person charge to cover expenses  
Tea and coffee will be provided free of charge  
Come and enjoy an afternoon at the cinema!

Any queries, please contact either:

Phoebe Morland tel. 01454 310100 or

Keith Gane tel. 01454 321450 e-mail: [keith.gane@btinternet.com](mailto:keith.gane@btinternet.com)

In order to save printing and postage costs, please let us know if you no longer wish to be on the Cinema Club membership list.  
Thank you.

## Yate and District U3A Walks Programme May - June 2011

### Hello Walkers

Below is the next programme of walks, hope that you can all find something to suit you. Please take time to read through the [GUIDELINES FOR WALKERS](#). Hope to see you out on a walk soon.

Lyn Bulley

### Grading of Walks

Easy walks are on relatively level easy ground with few if any stiles.

Medium walks are in more hilly areas or have a number of stiles some of which may be difficult to climb.

Strenuous are for the more able and experienced walkers.

### GUIDELINES FOR WALKERS

1. **START POINT** Unless otherwise stated all walks meet in Wickwar Road Car Park Chipping Sodbury in time to arrange car sharing, get route instructions and depart at 9.30a.m. Walks where start time is different are marked \*\*
2. **WALK DETAILS** For more details please contact leaders e.g. if you wish to go straight to the start.
3. **WALK DIFFICULTY** To enable you to choose walks which are most suited to your ability please refer to the grades in the box below. If you wish to know how long a walk should take reckon that we walk at about 2 miles per hour plus stops and remember to add journeying time to and from the start.
4. **PICNICS**– We recommend bringing a picnic on all daytime walks. Even though walks of 5 miles or less should be completed before 10'clock this may not be possible in the event of a delay. Walks do often end at a pub and a number of people do like to socialise over a drink and/or a pub lunch. However even if a pub is mentioned we cannot guarantee that it will be open or that there will be sufficient time to stop for a meal. Remember to carry sufficient drink on all walks.
5. **FIRST AID** a) Please carry a personal first aid kit particular to your possible needs.  
b) Please inform the walk leader in private if necessary if you have any medical condition that could be a problem e.g. diabetic and need regular stops for food.

#### May

Friday 20<sup>th</sup> BATHFORD – MONKTON FARLEIGH      Medium 5 miles      Leader Gill Sheppard 0117 9560869

Tuesday 24<sup>th</sup> FRAMPTON – ON – SEVERN      Easy 7 miles      Leader Norman Johnson 01454 313472

**Next Walks List Planning Meeting Wednesday 25<sup>th</sup> at 7.30pm. at Lyn's house**  
**Anyone who would like to lead walks please come along - for more information ring Lyn on 01454 323928**

#### **June**

Wednesday 1<sup>st</sup> MENDIPS \*\*Bus Walk      Medium 8 miles      Leader Moira Trenchard 01179 502931

We will take the bus to the Priddy area. Please ring Moira to let her know you are coming and for full details.

Friday 3<sup>rd</sup> CASTLE COMBE and SUMMER LANE      Medium 5.5 miles      Leader Gill Sheppard 0117 9560869

Thursday 9<sup>th</sup> SEVERN BEACH      Easy/medium 7 miles      Leader Mike Lawrence 01454 316498

Tuesday 14<sup>th</sup> NEWTON ST LOE      Medium 6 miles      Leaders Lyn and Alan Bulley 01454 323928

Wednesday 22<sup>nd</sup> PAINSWICK      Medium 6 miles      Leader Wendy Richardson 01453 842656

Thursday 30<sup>th</sup> DURSLEY,ULEY and OWLPEN      Medium 8.5 miles      Leader Chris Greef 01454 774479

