



# John Frost

**British Army, Gloucestershire Regiment**

**was a Prisoner of War at Stalag VIIIB Lamsdorf / Stalag 344.**

***He whom this scroll commemorates  
is numbered among those who,  
in the service of their Country, left all  
that was dear to them, endured hardship,  
faced danger and suffered imprisonment  
in the cause of freedom.  
Let those who come after see to it  
that his name be not forgotten.***