



Welcome to the August issue of *Waterlines*. We hope that you find items of interest. The SHRA committee meets monthly at the Sovereign Harbour Yacht Club to discuss the concerns and issues raised by our members and we continue to contact and lobby various organisations and people about those concerns and other matters.

Your comments and suggestions are always welcome, as are articles for publication in future editions; anything that would be of interest to Sovereign Harbour residents. [waterlines@shra.co.uk](mailto:waterlines@shra.co.uk).

Although the local clubs listed within are beginning to open up, with the community centre still remaining unavailable, please check dates, venues and times with the organisers. If you manage or attend one of the clubs please let us know of any corrections or updates needed to your listing as we are keen to support these local initiatives.

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Our thanks to the companies below for their generous sponsorship of Waterlines for 2022

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## Cinema Site Application Approved

EBC are recommending approval is given for a B&M store on the old cinema site in the Crumbles Retail Park. The plans include an open air, fenced-off garden centre at the rear of the building.



Planning officers reported that; "The use of the building for retail purposes and the erection of a garden centre area to the rear are considered to be compatible with surrounding uses and, as such, would not result in a harmful impact upon the character and appearance of the surrounding area or the amenities of the neighbouring residents. The proposed development will bring into use a unit that has been vacant for a significant period."

## Seal Information and Protection Notices

We are fortunate to have harbour and grey seals who consider the Harbour as their home and who we claim as our own. The SHRA has been working closely with Steve Savage of the Sussex Seal Project and Thea Taylor of Sussex Dolphin Project, discussing how to help protect the seals in the hope that they will continue to make use of the Harbour. Thea was a guest speaker at the SHRA AGM last month and gave a very informative presentation about 'our' seals which can be viewed in the 'latest' on the SHRA website or by clicking this link: [www.shra.co.uk/pdfs/SussexSeals.pdf](http://www.shra.co.uk/pdfs/SussexSeals.pdf)

Steve has an equally informative article about the seals on page 15 below. We're grateful to Thea and Steve for their continued interest, support and expert advice.

As our members continue to show such a keen interest in the seals, the SHRA has decided we should look to provide a permanent information board about the seals, very much like the bird information board by the locks and the SS Barnhill board. We're currently looking at costings and permissions required and we've approached some of our previous sponsors for help with the cost.

Meanwhile, we've attached two seal protection banners near to the areas where the seals haul-out. Thank you to the many members at the SHRA AGM who chipped-in to help cover the cost of these notices. We have also met a request from local residents for temporary laminated A4 notices to be displayed on their garden railings.

Sue, SHRA's Chair, recently had a close encounter with a seal while swimming off the North Harbour beach. She was unsure how to react to its presence but later found the information on the Outdoor Swimming Society website: [www.outdoorswimmingsociety.com/seal-swimming/](http://www.outdoorswimmingsociety.com/seal-swimming/)



### Harbour Friends



Harbour Friends meet every Wednesday evening at 7.30 at the Yacht Club.

For the uninitiated, Harbour Friends is a social group of Harbour Residents, of all ages, both singles and couples, with the purpose of building friendships and generally enjoying life on our lovely harbour.

Events are open to members only so why not join. At only £15 per year this is a bargain.

For further information please visit the Harbour Friends website at: [www.harbourfriends.co.uk](http://www.harbourfriends.co.uk)

### Rotary Club of Sovereign Harbour



The Rotary Club of Sovereign Harbour meets every Tuesday at 7:00pm for a buffet dinner in Seasons at the Sovereign Harbour Waterfront. Visitors and any prospective new members are very welcome to join us.

For more information please visit the [Rotary Club of Sovereign Harbour website](http://Rotary Club of Sovereign Harbour website).

Please note that when reading 'on-line' in your web browser, [links](#) from this PDF version of *Waterlines* may not always open in a new window or tab. Hovering over the link and pressing down on your mouse wheel may work. Or, from a followed link press the "back" button of your browser to return to *Waterlines*; or download the PDF to your device.

Please consider printing copies of *Waterlines* to hand to neighbours who may not use the Internet.

## Premier Marinas and the CIC

The SHRA is still finding it very difficult to engage Premier Marinas and the CIC. Back in February at a meeting which was facilitated by Caroline Ansell MP and the Environment Agency (EA), Premier agreed to meeting us every three months. A date was set for the first meeting but this was cancelled. Despite repeated requests to Premier no new dates have been arranged. We have now written to Caroline Ansell to ask for her help and she has again written to Premier.

As many of you will know there is major project underway to improve the sea defences in Eastbourne including those around the harbour. The EA have indicated that it expects Premier to share the costs of the work around the harbour and we need to begin discussion with Premier about how the annual rentcharge may be effected. We need to work with Premier on a solution to funding sea defences that suits all parties – not just have the costs foisted on to residents as part of the rentcharge. We have an adversary in common – the sea.

## Macauley Place Public Open Space

As many of you who live in Sovereign Harbour North will know, the Public Open Space (park) adjacent to the new Macauley Place development was planted up six months ago. At the time of the planting it looked really good but has now fallen in to a sorry state.

Since the Spring, the SHRA has made repeated attempts to get the park opened. We have approached local councillors, we have asked the developers and written to the council ourselves, repeatedly. The information from the Council suggested that the park is mired in a problem between solicitors acting for the Council and those acting for the Developer. We have asked the Council to intervene to sort this out but as yet no progress.

## Water Quality and Supply Issues

**Southern Water** have a new web site called “Beachbuoy” which informs people when sewerage discharges into the sea have occurred in their local area. There are several sewerage outfalls in Eastbourne and Pevensey and discharges of sewerage occur, particularly after heavy rain. With the lovely weather, clearly we would like to know before we go swimming! Use the link below to visit the Beachbouy web site and scroll down the page for a live map showing recent discharges.

[www.southernwater.co.uk/water-for-life/our-bathing-waters/beachbuoy](http://www.southernwater.co.uk/water-for-life/our-bathing-waters/beachbuoy)

For up to date information on water supply issues visit this Southern Water website: [www.southernwater.co.uk/help-advice/works-or-issues-in-my-area](http://www.southernwater.co.uk/help-advice/works-or-issues-in-my-area) **South East Water** are asking for our assistance to ensure they can maintain local water supplies this summer.

STOP: Using hosepipes & sprinklers. Take shorter showers.

THINK: Do you have to wash your car? Let your lawn go golden. It will recover.

ACT: Do all you can to cut down on everything but essential water use.

Acting now could help prevent a more drastic situation arising.

### Sovereign Harbour Berth Holders Association

The Sovereign Harbour Berth Holders Association was formed in 1999 and is RYA affiliated. The Association benefits the berth holders as well as the harbour management.

Membership offers discounts from local trades people, free RNLI safety courses, workshops and other courses. Visit their website for more information:  
[www.shbha.co.uk](http://www.shbha.co.uk)

### Sovereign Harbour Short Mat Bowls Club

As you would expect the Club has not been able to meet since the first Covid lockdown and any hope of resuming shortly has been dashed by the Community Centre hall being required by the NHS as a vaccination station.

We are, however, hoping to resume our Wednesday afternoon meetings as soon as the hall becomes available which may not be until January when we would welcome new members.

No previous experience is required as tuition will be given nor is any specialist equipment or dress necessary save for a pair of flat soled shoes.

If you are interested in joining us please contact the Secretary Anne Newson either by e-mail at [newson17@live.co.uk](mailto:newson17@live.co.uk) or by phone on 01323 472259





# Harbour Friends Social Group



Hi to everyone,

During the recent lovely weather, the group has enjoyed the following great selection of events:

An evening of greyhound Racing with a meal on 23rd June at Hove, Jazz Lunch at Langham Hotel on 3rd July, Croquet at Compton Club on 5th & 19th July & "Variety Bingo" on 6th July in the RSS suite of SHYC.

All events were very well attended, with most being fully sold out.



Hard to believe that we are already at the end of July, rapidly heading towards the Autumn and coming up in the next few months Harbour Friends members have the following special events to look forward to:

Table Games evening on 27th July, Talk about Hurstmonceux and Greenwich Observatories on 24th August, Coach Trip to Portsmouth on 24th August, Country singer John Lane back again by popular request on 14th September and a Talk by the R.N.L.I on 28th September.

Just a reminder if you are already a member of Harbour Friends Social Group, that memberships are due to be renewed from 1st September. There will be a member of the committee in attendance on all Wednesdays in September, to take any renewals in person. A reminder to renew will also be sent out by email to all current members at the end of August.

If you are not currently a member of the group, why not arrange to come along and meet with us, by prior arrangement at Sovereign Harbour Yacht Club where we meet on a Wednesday evening. The annual membership fee will be increasing a little this year, but will still represent great value at less than £20 per person.

*Continued on page 5*

## Harbour Women's Institute (WI)

The Harbour branch of the W.I. meets on the second Monday of the month at 2:00pm in Sovereign Harbour Yacht Club. It also has a Craft Club with separate meetings.



If you are interested in taking part, please contact Frances Harrap on: 01323-472649.

Website: [www.shra.co.uk/wi/](http://www.shra.co.uk/wi/)

## Harbour Exercise Classes

Mari-Anne is fully insured with a MSc in exercise physiology, specialising in clinical exercise and exercising with cancer.

Currently, classes are held virtually on Fridays: 9.15-10.10am Pilates.

Contact: Mari-Anne Elder

Tel: 07748 678030.

Email: [mariandy@btinternet.com](mailto:mariandy@btinternet.com)

## Ward Councillor Surgeries

The Sovereign Ward councillors hold a surgery on the third Saturday of the month between 10.30am to 12.30pm in the Simply Italian restaurant on The Waterfront

## Sovereign Harbour Social Club

The Sovereign Harbour Social Club meets every Wednesday from 10:00am to 11:30am in the Simply Italian annex at The Waterfront for coffee. There are occasional outings for lunch, theatre, places of interest. All are welcome. For further details please contact Betty Saunders on 01323-479514. Website: [www.shra.co.uk/shsc](http://www.shra.co.uk/shsc)



At the moment due to increasing numbers, we are sorry that we are unable to accept any new associate "off harbour" members. Full membership is, however, still available to anyone with a postcode commencing BN23 5xx.

For further details please visit our website at [www.harbourfriend.co.uk](http://www.harbourfriend.co.uk) from where you can also make contact with our membership secretary Sandie Goman, by using the contact form. Sandie can then arrange for herself or one of the committee to personally welcome you and the very first visit is always considered to be just a taster, with no obligation or pressure at all to join.

We also have a Facebook page that is regularly updated with everything going on at Harbour Friends. The page is public, so can be viewed by anyone and no Facebook account is needed. The page can be found at the following weblink: [www.facebook.com/harbourfriends/](http://www.facebook.com/harbourfriends/)

Finally, it has come to our attention that there is another Facebook page entitled "Eastbourne Harbour Friends". Please be aware that we have no connection whatsoever with that page, or the people that run it. The official Harbour Friends Facebook page does NOT have the word Eastbourne in the title.

That is about it for now and I would just like to take the opportunity to wish you all the best during the busy summer school holidays.

*Dave Hawkins*



# **VOLUNTEERS NEEDED!**

**Eastbourne International Air show  
(previously known as Airbourne)**

**WHERE? Eastbourne Seafront**

**Free park & ride service will be  
available for our volunteers**

**When? Thursday 18th, Friday 19th, Saturday 20th  
and Sunday 21st August  
10am-1.30pm, or 1pm- 4.30pm, or all day**

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If you can help please contact [fundraising@childrenwithcancerfund.org.uk](mailto:fundraising@childrenwithcancerfund.org.uk)  
or call 01323 488561

Children With Cancer Fund - Polegate. This is an incredible air show that you do not want to miss, and a great one to support us at! If you can volunteer with us at any of the days below, please get in touch.

Volunteers currently needed for Saturday & Sunday

Email - [fundraising@childrenwithcancerfund.org.uk](mailto:fundraising@childrenwithcancerfund.org.uk)

[www.facebook.com/ChildrenWithCancerFundPolegate](http://www.facebook.com/ChildrenWithCancerFundPolegate)

## **Sovereign Harbour Art Group**

The Sovereign Harbour Art Group classes resumed on Thursday mornings at Christ The King Church Hall, Princes Road (Langley Roundabout) between 10:00am - 12:30pm.

Learn to paint with acrylics, oils, watercolours and pastels with an experienced art tutor in a friendly, relaxed and enjoyable environment. Fees are £10 per person for each 2.5 hour session, which covers hall hire and tuition. Annual membership fee is £6.

For more information please phone Phone Angela on 07914-884378 or visit the Art Group's web page at: [www.shra.co.uk/artgroup/artgroup](http://www.shra.co.uk/artgroup/artgroup)

## **Eastbourne Age Concern Walking for Wellness**



**Every Thursday morning starting at 10.30am** Walk length: 75 Minutes. Meet outside Seasons restaurant at 10.30am for a vigorous circular walk of up to 3 miles around the harbour, marina and shoreline. It does you good! There is some uneven ground. Ends back at cafe for refreshments. [Visit website for further details.](#)

## **The Garden Bar Sunday Football Team**

The team plays its home games at Hampden Park, and have been champions of the Lewes and District Premiership. They have been runners-up in several knock-out cup tournaments.

For more information, call in to the Garden Bar at The Waterfront, Sovereign Harbour, or email [gardenbar@hotmail.co.uk](mailto:gardenbar@hotmail.co.uk)

# Sovereign Harbour Yacht Club

We are having a very full summer. Our racers have been out on the water, competing in races such as The Dieppe Dash, Round the Island (Isle of Wight), Tour des Port de la Manches (around the Normandy coast) and, as I write, the racers are doing another Dieppe Run.



Our racers race every Sunday morning and Wednesday evening during the summer when the weather permits and over the last couple of months have had some fabulous conditions. On your evening or morning walks the colourful spinnakers out in the bay are a sight worth seeing.

The club is also very honoured to welcome other clubs to SHYC. In June we welcomed JOG (Junior Offshore Group) who are based in Cowes who raced from the Isle of Wight to Eastbourne, then raced against us on the Saturday, returning to Cowes on the Sunday. In August we will be welcoming about 50 skippers and crew from Shoreham Yacht Club.

On the social side we continue to have our VERY popular Thursday night quizzes, in addition to once a month Saturday night Music or audio Entertainment quizzes. We also regularly host live music nights, Music Bingo, Rock 'n Roll evenings, Ladies Lunches and many other events.

We also continue to hold charity events. We supported Eastbourne Foodbank when stocks were very low and you harbour residents joined forces with club members to help them out considerably. You really made a difference for which the Foodbank were extremely grateful. At the end of July we held a BBQ, disco and raffle to raise money for Wetwheels - a charity which provides opportunities for people with a wide variety of disabilities to access the water. You may well have seen the Wetwheels Solent boat last week, here in the harbour, taking disabled people out for trips to the lighthouse.



Talking of lighthouses!!!! We had four unsuccessful attempts to arrange a flotilla out to the Royal Sovereign Lighthouse after it was decommissioned back in March/April to take final photos close up before they begin taking the lighthouse down. *Continued on page 7*

## Maritime Volunteer Service

The Maritime Volunteer Service (MVS) is a charity organisation which aims to promote seamanship and maritime engineering for the young and old alike through local units around the country.



Training nights are held every Tuesday evening at 19:30 in the new MVS unit within the Boat Shed. New members are always welcome, but give us a call first so we can organise for someone to greet you.

For more information, [visit the MVS website](#) or [E-mail MVS](#) or Tel: 01892-853500.

## The Haven Players

The Amateur drama group based at the Memorial Hall, Dittons Road, Stone Cross. Members include Sovereign Harbour residents.

Visit their Website for details: [www.havenplayers.co.uk](http://www.havenplayers.co.uk)

## Residents of Sovereign Harbour Facebook Group

An active group on Facebook with news, photos, information, events and other posts and discussions on local issues from Sovereign Harbour residents. [www.facebook.com/groups/129998750673307/](https://www.facebook.com/groups/129998750673307/)



## Sovereign Harbour Community Facebook Group

An active group on Facebook with news, events and commercial information from Sovereign Harbour residents. [www.facebook.com/SovereignHarbourCommunity](https://www.facebook.com/SovereignHarbourCommunity)







We are celebrating the 25th anniversary of SHYC this year and we are having a party on Saturday, 27th August, so we are hoping to get a flotilla out there on that Saturday lunchtime - weather permitting!

Another date for your diaries is our annual **Commodore's Sail Past on Saturday, 13th August**. Many of the traditions of yachting come from our links to the naval past of the sport. Sail Past is a parade of boats past the Commodore's boat. Skippers are encouraged to decorate their boats and crew and this year's theme is pirates, so hopefully it will be a colourful afternoon on the harbour. Boats will leave North Harbour at 4pm and go through the bridge up to the locks, turn, and return to North Harbour. So the waterfront is a great viewing spot.

*Ros Saunders*

Events Organiser at SHYC

## Airbourne 18-21 August

Airbourne returns to the town from 18-21 August after a two year break due to the pandemic and organisers have confirmed the popular firework show will take place at 9pm on Sunday, fired from the beaches near the Wish Tower.

Confirmed aircraft displays include the RAF Red Arrows, RAF Typhoon and Battle of Britain Memorial Flight, Belgian F-16, MiG 15, The Blades, the Aerosuperbatics Wingwalkers and many more,

More details and sign-up for 'Airbourne Insider' email alerts at:

[www.visiteastbourne.com/airshow](http://www.visiteastbourne.com/airshow)

It was revealed earlier this year that this year's Airbourne could be the last if donations are not forthcoming from visitors and businesses. Eastbourne Borough Council says financial support is needed as it must run at no cost to the taxpayer. Contributions to support Airbourne can be made through bucket collections or through the card readers that will be available along the seafront. Donations can also be made online via this website: [www.visiteastbourne.com/airshow/donate](http://www.visiteastbourne.com/airshow/donate)



## Sovereign Harbour Yacht Club



We welcome new members at any time. You don't need to own a boat. Lots of social functions and many other varied activities throughout the year.

We have great food and discounted drinks to our members and are the only club in the harbour selling Harveys beer!

Our opening hours are:

Tues-Thurs	17.00-23.00
Friday-Saturday	12.00-23.00
Sunday	12.00-18.00

Call in and speak to Sarah to view the club, or contact the membership secretary, Linda Hayler.

Tel: 01323 470888

[membership@shyc.co.uk](mailto:membership@shyc.co.uk)

Website: [www.shyc.co.uk](http://www.shyc.co.uk)

## The Eastbourne Historic Vehicle Club

The Eastbourne Historic Vehicle Club Ltd. dates from 1975 and resulted from the activities of a small group of transport enthusiasts.



It is a member-involved club, run for their enjoyment and benefit. Its aims are simple and straightforward and its activities diverse within the preservation field.

The Club meets on the fourth Thursday of each Month at Langney Sports Centre, Priory Lane. Details on our website: [www.ehvc.biz](http://www.ehvc.biz)

# What's On at The Waterfront 2022



The Waterfront at Sovereign Harbour is set to be a hive of activity, with an incredible array of food, drink, leisure and entertainment operators onsite and a programme of events scheduled throughout 2022.

## Urban Beach

The popular children's Urban Beach at The Waterfront is currently open for everyone to enjoy and a chance for the whole family to get together. With deckchairs, buckets and spades provided, the beach is free to use and open daily from 10am to 5pm.

## Wheels on The Waterfront

A display of custom and classic cars will be on show at The Waterfront on **Sunday 7th August** - a must-visit for car enthusiasts. The first event saw 28 American and classic cars on display for all to peruse and the second event welcomed 68 cars in total – pop down and view the cars from 9am to 11am.



## HPC Classic Car Rally and Competition

Join local car dealership HPC Classics at The Waterfront on **Saturday 13th August from 10am to 4pm** to view a range of classic cars with a waterside setting. Plus, you can get involved and bring your own classic car down to join the rally and enter the competition in three categories: Most Original Classic Car, Cleanest Car and Coolest Build. For full details visit [www.eastbournewaterfront.co.uk](http://www.eastbournewaterfront.co.uk)



## Halloween Antics and Autumn Pop-Up Market

Expect friendly spooks and a variety of entertainment for a family day out at the Waterfront during the Autumn Half Term **from Monday 24th to Sunday 30th October**.

Plus, on the weekend 29th and 30th, we have an incredible line up of local businesses in attendance for our quarterly Pop-Up Artisan Food Market. Try something new or purchase a familiar favourite as we showcase an amazing choice of food and drink items – locally sourced, produced and sold.

*Continued on next page...*

## Sovereign Harbour Bridge Club

We hold our duplicate bridge sessions every Tuesday and Thursday, in the first floor bar of the Sovereign Harbour Yacht Club.



Please arrive by 13:15, for a prompt 13:30 start. Hosts are provided, so a partner is not necessary.

We extend a warm welcome to both experienced and novice players, we are a very social club with members often partaking in activities together including having a drink in the bar when our bridge finishes at 5pm.

Please visit our web site for more information:

[www.bridgewebs.com/sovereignharbour/](http://www.bridgewebs.com/sovereignharbour/)

## Save the DGH

Working since 2006 to fight the down-grading of core services at Eastbourne District General Hospital.



Core services include:

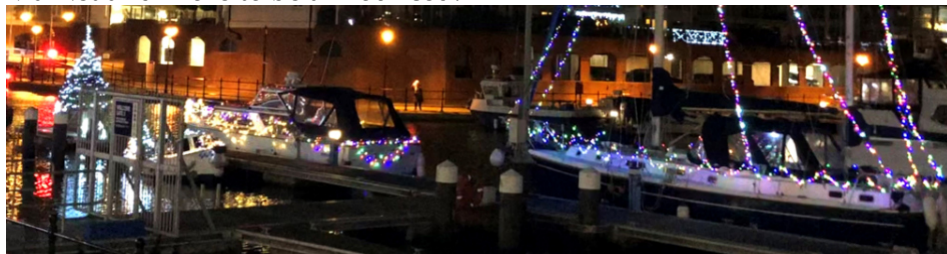
- Consultant delivered obstetrics;
  - Acute medical admissions 24/7;
  - Urgent surgical admission 24/7;
  - Accident and emergency 24/7;
  - Acute psychiatric service 24/7;
  - Paediatric ambulatory service
- And, all in-house services essential for the function of the core services.

Web site: [www.savethedgh.org.uk](http://www.savethedgh.org.uk)



## Sovereign Shines Festive Fun

To help boost community spirit and raise much needed funds for two amazing local charities, The Waterfront will celebrate this year's Sovereign Shines with an array of onshore entertainment. In collaboration with the Sovereign Harbour Berth Holders Association and The Rotary Club, the event will include activities **across Friday 9th to Sunday 10th December**, including a live reindeer family, a Christmas Market and more to be announced!



And to continue the festive fun from Sovereign Shines, join a community **Santa Stroll around Sovereign Harbour on Saturday 10th December**, organised by The Rotary Club with all registration fees donated to and split evenly between the two chosen local charities.



To stay up to date with all the latest news and events at The Waterfront visit [www.eastbournewaterfront.co.uk](http://www.eastbournewaterfront.co.uk) and follow their Facebook and Instagram channels.

## Platinum Jubilee at The Waterfront

The Waterfront and Premier Sovereign Harbour went all out to celebrate the Platinum Jubilee in June, with berth holders and residents invited to decorate their boats and houses with patriotic and royal themed attire and join in the National Maritime 'Ship's Salute' in honour of Her Majesty!

At The Waterfront, a regal weekend was held with special themed delicacies and offers by the onsite restaurants, complete with red, white and blue bunting and a street party atmosphere. We also welcomed a Wheels on The Waterfront car rally, Face Painting, Magic Acts and Live Music.

Plus, a special shoutout to Sovereign Harbour Duty Manager Kim Rees who created an incredible painting of Queen Elizabeth II in honour of the Platinum Jubilee (pictured). Kim had been working on painting this day by day since the start of this year and the final piece shows the time and talent she has put into this - which has also been recognised by the Crown and will be going up at Buckingham Palace!



## Pevensey Bay Sailing Club



Friendly, family orientated dinghy sailing and windsurf club, 10 minutes walk along the beach from the harbour. General sailing, training at all levels and regular club racing and social events.

We welcome beginners and experienced sailors alike and we sail at the weekends and on Tuesday & Thursday evenings in the summer. Our clubhouse offers hot food and a bar at the weekends, and a sun terrace with stunning views over the bay to Bexhill and Hastings. Do come and have a look round the club at any time or contact the membership secretary by email: [membership@pbsc.eu](mailto:membership@pbsc.eu) Website: [www.pbsc.org.uk](http://www.pbsc.org.uk)

## The Garden Bar Golf Society

We meet once a month for a day's golf at high quality courses. Current members cover a wide range of abilities, with handicaps ranging from 6 to 28 and, although the golf is important, the social aspects of the day are equally significant.

For more information, call in to the Garden Bar at The Waterfront, Sovereign Harbour, or send us an e-mail [gardenbar@hotmail.co.uk](mailto:gardenbar@hotmail.co.uk)

# Cooking with Faz Razeen

## Creamy Chicken Tagliatelle

This creamy chicken tagliatelle recipe is quick and easy to make with just a few ingredients. A great base pasta dish, ready in under 30 minutes! Traditionally, tagliatelle is served with meat sauce or Bolognese, but you can serve it with a variety of sauces and this creamy chicken tagliatelle recipe is one of my favourites.

### Ingredients

250g (half a packet) tagliatelle  
2 medium size chicken breasts  
1 tablespoons extra virgin olive oil  
2 tablespoons butter  
1 garlic clove, minced  
1 small onion, finely chopped  
1 dash of single cream  
1 cup freshly grated Parmesan  
Black pepper and salt for seasoning  
Lemon slice for garnish.



### Instructions

Bring a large pot of water to boil. Add pasta and cook according to package directions. When draining, keep one cup of pasta cooking water and set aside.

Season the chicken breasts on both sides. In a pan, heat the extra virgin olive oil over medium-high heat. Add the seasoned chicken and cook on both sides for 5-7 minutes, once cooked cut into cubes to mix in with the tagliatelle

Over medium heat, melt butter. Add garlic and onion, cook for 3 - 4 minutes until onion is light golden and soft.

Add cream, about 3/4 cup pasta water and Parmesan. Stir, then simmer for 2 minutes until it reduces slightly - you don't need to be exact here. Season with salt and pepper.

Add pasta and toss gently in the sauce for about 1 ½ minutes. The sauce will thicken and coat the pasta, do this until you get the sauce consistency you want. If your sauce gets too thick, add a splash of pasta water.

Garnish with additional Parmesan cheese and lemon slice.



## Sovereign Harbour Photoclub UK

The Sovereign Harbour Photoclub UK meets on Tuesday evenings from 7pm over coffee, in the Sovereign Harbour Yacht Club. Prospective members of all abilities, from beginners to professionals are welcome.

The objective of the club is help our members take better photographs with camera or smart-phone and to increase members knowledge and ability through projects, exhibitions and competitions, supported by talks and demonstrations. Young photographers especially welcome.

If interested in taking part, please e-mail Bob Stanborough (club secretary) at: [shpcuk@outlook.com](mailto:shpcuk@outlook.com) with your name and a daytime telephone number.

## Royal Sovereign Bowls Club

Situated at the bowling greens in Princes Park, there is seating for non-bowlers and spectators around both of the greens.



Open daily from the end of April until end of September each year.

New members, whether new to the game or who have played previously, are welcome. Please visit our website for more details [royalsovereignbowls.wordpress.com](http://royalsovereignbowls.wordpress.com)

## Sovereign Harbour flickr Group

The Sovereign Harbour Eastbourne Group on flickr is an on-line public gallery to view and upload photos of Sovereign Harbour. Website: [www.flickr.com/groups/sovereignharboueastbourne/](http://www.flickr.com/groups/sovereignharboueastbourne/)





## Discounts for SHRA Members

The local companies listed below have kindly agreed to offer a discount to SHRA members on production of a SHRA life membership card. We hope this encourages you to support these local businesses.

Discounts are offered at the discretion of the proprietors. A typical discount is a 10% reduction. Terms and conditions may apply (e.g. may apply only to food or eating in and/or only on certain days). Please let us know of any difficulties.



- **Active Days Mobility Services.** Repairs and maintenance of mobility devices. 01424 532620 [www.activedaysmobility.co.uk](http://www.activedaysmobility.co.uk)
- **AP-it.** Computer health-checks, upgrades, data backup. Tel: 01323 887894 [www.ap-it.co.uk](http://www.ap-it.co.uk)
- **Boatshed Brighton** - 10% off brokerage through Boatshed, Sussex' most highly rated yacht brokers. 079200 22540 [timkingston@boatshed.com](mailto:timkingston@boatshed.com) <https://brighton.boatshed.com>
- **CoCo Hair** - Hair and beauty salon. The Waterfront, Sovereign Harbour. Also require proof of Harbour address. 01323 471147 [www.cocohair.co.uk](http://www.cocohair.co.uk)
- **Curry Leaf Restaurant.** On eating-in food costs. 8 Susans Road. Tel: 01323 727900 [www.just-eat.co.uk/restaurants-curryleaf-bn21/](http://www.just-eat.co.uk/restaurants-curryleaf-bn21/)
- **Listening to You.** Discount on Counselling services. Strictest confidence. 07976 399 998 [www.listening-to-you.co.uk](http://www.listening-to-you.co.uk)
- **Pablo's Restaurant.** The Waterfront. On food costs only. Telephone: 01323 470400. [www.pablos-eastbourne.co.uk](http://www.pablos-eastbourne.co.uk)
- **Planet Golf** - a 12-hole, space themed, glow in the dark mini golf course, located at 20, The Waterfront is pleased to offer SHRA members the discounted opportunity to play as many holes as you can in an hour between 11am-6pm midweek (Monday to Friday, not weekends nor bank holidays) for £5 on showing their SHRA membership card. [On Facebook...](#) [Planet Golf website....](#)
- **Quay Fisheries** -fishmonger, smokery and deli. 10% discount applies to fish, shellfish, ready to eat items from our counter and frozen products only. [www.quayfisheries.co.uk](http://www.quayfisheries.co.uk), Facebook or Instagram page for opening hours. Tel: 01323 379590. **Currently closed**
- **Revival Car Care.** Discount on car valeting services. Tel: 07507 899191 [www.facebook.com/revivalcarcare/](http://www.facebook.com/revivalcarcare/)
- **Simply Italian Restaurant.** The Waterfront. Discount on food costs only. 01323 470911 [www.simplyitalian.co.uk](http://www.simplyitalian.co.uk)
- **Sea Training Sussex (STS).** On-line, shore-based and on-water powerboat and sailing courses. Discount on some training courses. Telephone: 07713 639066 [www.seatrainingssussex.co.uk](http://www.seatrainingssussex.co.uk)

**Membership of the SHRA** is open to all households in owned or rented residential property located within the Sovereign Harbour estate, and owners of such residential property.

[www.shra.co.uk/join](http://www.shra.co.uk/join)

## Harbour WI - Meeting Report

There was a very good turnout for the Harbour WI meeting on the 11th July considering the very hot weather, but it was nice and cool in the room. President Jacquie Frost welcomed 2 visitors and went on to tell members that the planned visit to Merriments Gardens had unfortunately had to be cancelled but members could make their own way there if they wanted.

Daphne Chamberlain read out various correspondences from the ESWI including notice of a 'WI Day' to be held all day on the 16th September at headquarters in Hailsham. Everybody welcome!

Members were then treated to an excellent talk all about Nancy Wake – The White Mouse. The speaker was Paul Barwith, a retired police officer who had served 34 years with the police in the London area – 22 in uniform and then a further 12 years in police intelligence.

Nancy Wake was born in 1912 in Wellington NZ and at the age of 16 was working as a nursing assistant in a mental home when she received an inheritance of £200 and decided to go travelling. She went to Canada, the USA [New York] and ended up in Britain in 1932 at the age of 20. She went to France for weekends and loved it; becoming fluent in French. She trained at London School of Journalism and became a freelance journalist in Paris. On a trip to Vienna she witnessed atrocities towards Jews. Brown Shirts [Hitler's Nazis] were whipping Jews encouraged by the crowds.

Nancy met and married a wealthy Frenchman in 1939 and when France surrendered to the Nazis in 1940 she was living in Marseilles in the south of France. She became a messenger for the French Resistance. She claimed it was easier for a respectable married woman to get away with it! A Captain Grant Garrow was in Marseilles prison organising escape routes for prisoners. Nancy bought an ambulance and joined the Volunteer Ambulance Service, using it as a front to help them escape to Spain. When this became too dangerous she started taking them across the Alps at night in the winter and helped at least 1,000 servicemen and airmen to safety.



The Gestapo offered a 5million French francs reward for her capture, calling her the White Mouse. As she became closer to being captured she tried to flee to Spain. It took 6 attempts to cross the border. She was arrested once and accused of being a prostitute! Another time she jumped from a train! After a short time recuperating in London she was again approached by Captain Garrow and was trained to become part of Churchill's 'Secret Army' the SOE. Having been trained in explosives, demolition and unarmed combat, she was parachuted in to France to help coordinate supply operations as well as recruitment. Quickly accepted and respected they formed a proper guerrilla army.

In Montlucon in 1944 Nancy stormed the Gestapo Headquarters with grenades and killed 38 SS officers. They executed 100 villagers in retaliation. When asked what her greatest achievement was she said it was a 250 kilometres bike ride to collect replacement code books. It took her 3 days all together – and a very sore posterior! She lived a long and eventful life in Australia after the war; standing 3 times for parliament. She was awarded the George Medal for her services; together with 9 others from across the world. Prince Charles paid her bill when she moved back to Britain at the age of 89 to the Stafford Hotel in London. There is a bust of her in the American Bar. She ended her days in the Royal Star and Garter Home at the age of 99.

Diana Groot Copp thanked Paul for a very interesting talk.

*Continued on page 13*



*Continued from page 12*

Former President Gill Nokes then told the members about her visit to Liverpool as our delegate for the NFWI AGM on the 11th June. There were over 3,000 delegates – some via Zoom – and it was a very good meeting with 2 excellent speakers. A long way to go but well worth it!

The Craft Club will meet to do 'Felting' at Sandie Goman's house; the 4th Tuesday Club will meet in Four Seasons on the 26th July this month and the Lunch Club is going to The Royal Oak and Castle in Pevensey on 20th July. Future events include in a Christmas Lunch in November at the Langham Hotel.

The next meeting is on the 12th September – no August meeting - at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club with a talk by Pete Allen titled 'Watching the Detectives'. Information on the Harbour WI can be found on our web pages at: [www.shra.co.uk/wi](http://www.shra.co.uk/wi)

## Quay Fisheries

Since opening in August last year, Quay Fisheries at Fishermens Quay have welcomed customers from Sovereign Harbour and neighbouring districts and slowly expanded their produce range.



Unfortunately, after posting the following announcement on social media, they are now closed.

"We would like to apologise for the recent closure of our Quay Fisheries shop due to unforeseen and difficult circumstances. We would also like to take this opportunity to thank all of our lovely, loyal customers for their continued support.

The shop will, hopefully, be opening again soon and we will keep you updated as and when we know anything further."

For future news keep an eye on their Facebook page: <https://www.facebook.com/pages/category/Fish-Market/Quay-Fisheries-Eastbourne-102361155433026/>

## Football Reboot

We are an Over 30 Football Group who play **6 a Side Football** twice Weekly at **Cavendish Sport Centre**.



Several of our members come from the Harbour and although we are not in a League our games are very Competitive & Fun.

Our games are **Outdoor and Indoor on a Tuesday and Thursday at 6:30 - 7:30pm - Cost £ 4**.

We looking for new Players and welcome Adults regards off Fitness and Football Ability.

Contact - by Phone - Stephen Maxwell on 07966214279 or Email - [StephenMaxwell53@gmail.com](mailto:StephenMaxwell53@gmail.com). "

## Harbour Dolphins

Harbour Dolphins are a swimming / dipping social group in Sovereign Harbour. Currently enjoying the benefits of cold water swimming, we started the adventure in November 2021.



Harbour Dolphins get their kicks between the GROYNES opposite the Martello tower on North Harbour beach.

Membership. Now with 1047 members on Facebook, about 10 core weekday regulars, 17 core members at weekends and many more who have given it a go or are thinking about trying it. And not forgetting our furry companions who wait at the shoreline until we safely emerge.

NewsRoundup.

Full moon swim 13th July. Lovely evening for a dip in the moonlight, yes, the moon showed up this time.

Four Dolphins went on a swim tour to Portugal and had a blast, here's hoping more can join in next year.

Upcoming:

- Friday 12th August - Full moon swim
- Saturday 13th August - Commodore sail by.
- Friday 19th August - Photowalk

Until next time, just keep swimming.

### SWIM TIMES

Weekdays 8am and about 5:30pm during the summer.

Weekends 9am. Bank holidays 9:30am.





## Update on the fascinating seals of Sovereign Harbour by Steve Savage, Sussex Seal Project

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In the previous edition of Waterlines I discussed some of the things we have learned about the seals that visit the outer harbour and introduced my seal monitoring project (since 1998) which includes Sovereign Harbour. This article continues with an update of the visiting seals over last few months.

With help from a handful of local residents, I have continued our daily monitoring to help build up a clearer picture of the seal ecology in the outer harbour. So far, this continues to support my earlier findings which are.

1. The outer harbour is used as a haul out by a number of different individual seals throughout the year, both harbour seal and grey seal. Some seals visit on different days for a few weeks before moving on, others visit once and the occasional seal returns over time.
2. Seals visiting the harbour are animals present in the waters off East Sussex and beyond who need to find a safe place to rest. Due to coastal development and human activity there are few opportunities on the coast. So we need to think of them as visitors rather than seals that live in Sovereign harbour which swim out to sea to feed and then return, as it was once thought.

One big change we have noticed in recent weeks has been the lack of harbour seals and an increase in grey seals. Individual grey seals have visited the harbour earlier in the year but a number of grey seals hauling out together is in fact unusual for almost all areas of Sussex.

The grey seal is the UK's largest land-breeding animal and males can weigh 350 kg and up to 2.8 m in length. Female seals give birth to a single pup and this often takes place on established colonies. Unlike harbour seal pups that can swim at birth, grey seal pups are unable to swim until about three weeks old. Grey seals are born with a white fur coat and stay on land close to their mother and the water. This makes them vulnerable to natural dangers and man made disturbance. In fact its estimated that up to 75 percent of grey seal pups may die in their first 18 months. Grey seals are one of the rarest seal species globally with about 35-50% of the world population found in UK waters. While occasional adult greys turn up in the harbour its mainly the juveniles that haul out here.

Earlier this year, two juvenile grey seals appeared quite frequently on the RNLI gangway. I later named one seal GingerB due to the organic iron that stains some seals when they spend a lot of time laying on estuary mud. The second seal was even younger, with a flipper tag, but sadly we have not been able to see the number, but the tags size and colour suggests it might be one of this years rescue/released seals from Mallydams Seal Hospital in Hastings. Looking back at the records it appears that the harbour seals stopped visiting when the dredger was in the harbour and afterwards we had a slow increase of grey seals visiting. GingerB regularly visited the harbour even when the dredger was in operation and still turns up occasionally in the harbour.

Over the last few weeks the maximum number of grey seals hauling out at one time increased to 5 seals. Grey seals can be distinguished from harbour seals by the profile of their head. Harbour seals head shape is very cat like with a distinctive forehead and snout. With grey seal the head slopes straight to the end of the snout, although with juvenile seals there can be a slight concave dip half way. When seen face on, the grey seal snout appears longer than a harbour seal. One reason why we usually see few grey seals in Sussex is because they prefer rocky coasts. This is probably why we have seen the occasional grey seal haul out on the pebbles at high tide or on the RNLI gangway.



However the current group of grey seals seem to favour hauling out on the West Beach or the central mud. It is also usually the grey seals that enter the locks and swim into the inner harbour for a few days to feed, before heading back out through the lock.

To give you an idea of the coming and going of seals in a single day, here is a sample report that shows how the seals come and go during a tidal period. In the sea, these seals are solitary and only haul out together for safety.

First seal turned up at high tide, bottled for a while, then hauled out on the gangway. 1.30pm there were 2 grey seals on west side of harbour (H1), later joined by a third seal. At 2.03pm there were 4 and at 2.33pm the grey seal from the gangway swam over and joined them making 5. At 5.25pm one seal had left the harbour, four remained on the mud. 6.00pm there were three grey seals hauled out together. Unfortunately we were unable to get further sightings that day, but this is a good example of seal activity in the harbour.



The harbour is of course a very busy site and so disturbance of the seals is a big concern to many. Seals have to haul out regularly to restore energy lost while swimming and foraging. Visiting seals balance the benefits of the harbour as a place to rest, against the amount and duration of disturbances. My study across Sussex in the sea, Sussex rivers, estuaries and harbours also explores seals interaction with other animals, humans and response to human disturbance. All seals are protected in the UK under the Conservation of Seals Act (1970) which prohibits the killing or deliberate harming of seals. It is now recognised that human disturbance is a real threat to seals and it is hoped that the new proposed amendments to the current protection will give seals space and reduce disturbance. So far this has been developed with seal colonies in mind. Sussex seals are mainly wanderers rather than colonial and through my project I aim to highlight the many low but continuous disturbance that such seals in Sussex face. The UK also has a special responsibility for the grey seal under Annex II of the EU Habitats Directive, as half the global population live in the UK. With all this in mind, it has been great to see the new Seal Warning signs in place, (see page 2 for more information).

If you have a sighting or a photograph, please do consider sharing with us as all sightings are valuable to help build up our understanding of these beautiful and fascinating mammals in the harbour and beyond. This can be done using our sighting email [seawatch17@yahoo.co.uk](mailto:seawatch17@yahoo.co.uk) or the Harbour Life Facebook Group. Please share as much detail as possible, but basic information include date, time, swimming/hailed out, where in the outer harbour you saw the seal. I hope this article answers some of your questions about seals and adds to your enjoyment watching these fascinating mammals. Thank you for your help.

*Stephen Savage*

*Sussex Seal Project*





## St Richard's Church, Langney

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St Richard's, Langney warmly welcomes all Sovereign Harbour residents to join us at any of our forthcoming events:-



### Network of Light – Saturday 17th and Sunday 18th September

Saturday 17th September - CONTEMPLATE & CREATE 10-12.30 at St Wilfrid's Church, Pevensey Bay BN24 6EZ. Make a creative response to a gentle biblical meditation. Art materials provided or bring own. No need to be religious or artistic!

Saturday 17th September - CELEBRATE & SING 2-4pm at St Richard's Church, Langney BN23 7DT. Music, hymns & worship songs come & join in or sit & listen. Refreshments & children's crafts.

Sunday 18th September - SONGS OF PRAISE 4-5pm on the beach by Sea Road car park, Pevensey Bay. Come and join in singing well-known hymns/songs. Everyone, including accompanied children, welcome to all events.

### Harvest Festival Service – Sunday 25th September – 10.00am – St Richard's, Langney.

Please feel free to join us for our regular church services on a Wednesday at 10.00am and Sunday at 8.00am or 10.00am, you will be warmly welcomed.

[www.strichardeastbourne.org.uk](http://www.strichardeastbourne.org.uk)

## Sovereign Harbour Photoclub UK

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Well, our membership is slowly growing as an integral part of the Sovereign Harbour Yacht Club, with our meetings every Tuesday evening at 7pm.

A large number of our current members are 'smart phone users' and we have trying to help them get the very best from that. The quality of smart phones these days is exceptionally good, albeit there are of course limitations regarding the operators ability to control shutter speed, aperture and ISO settings, but there are always ways of improving that situation. We have also been giving tuition on the use of the free editing 'app' (Snapseed), which gives even more options for creativity.

With our weekly projects (this week is car details) and the recent classic car show on the waterfront, members had the perfect opportunity to get some good shots (as below)



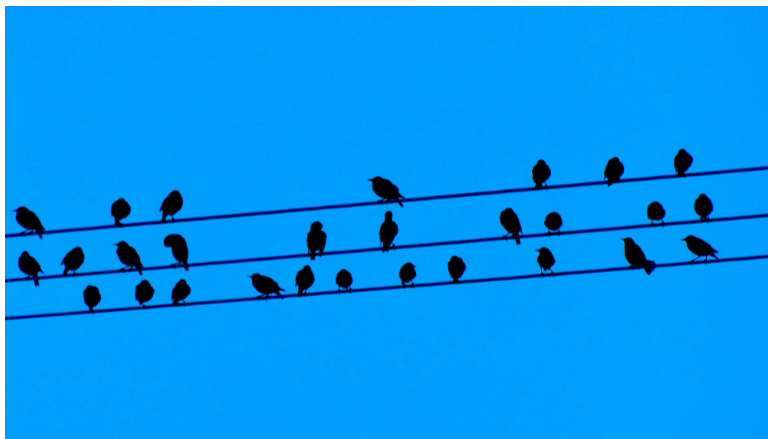
We also have a monthly challenge, with members posting their pictures on our Facebook site and the Eastbourne photographers hub Facebook site (which must have been taken during the current month, of any subject. Viewers will add a 'like' to the picture (if indeed they like it), and the picture at the end of the month gets posted as the header on our Facebook page. We have two categories, those pictures taken with a camera (-C) and those taken with a mobile phone (-M). Please check it out and add your votes !

We also have a monthly challenge to take pictures of something local. Last month was Eastbourne Pier. Check out the picture below, which was edited using the afore-mentioned 'Snapseed' editing App.



It give a whole new dimension and great fun to use. If you want to know more, why not come along Tuesday and find out more.

Last weeks project was 'Blue' (no, not that sort of blue - no videos). Here are a couple of examples of those



Obviously if you have a conventional digital camera (or what have you), we can help you get the best from it and understand the huge variations of settings to get the very best shots.

We are simply a friendly group of like minded photography enthusiasts, who enjoy a drink (can be coffee) and a friendly chat about our interest and exchange views and advise for the mutual benefit of each other.

This month's challenge is Beachy Head, so watch out for those. Why not even post some of your own pictures on our site for others to enjoy. We are always happy to give advise and friendly critique, BUT we aren't a highly competitive group, so there's no big prizes I'm afraid for getting a winning accolade.

Just have fun with your photography and hope to see you one Tuesday ??

*Bob Stanborough*  
Secretary (SHPCUK)



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Childrens Attractions  
Vintage Fair

Beer Tent  
& Food Court

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# LANDMARK

LANDSCAPES *and other works*

**Art Exhibition** by Sussex

artist **Richard K. Potter** BA Hons PGCE MA

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RKP



# NETWORK OF LIGHT Art Music Prayer

in Langney & Pevensey Bay

Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> September 2022



**Saturday 17<sup>th</sup> September**

## CONTEMPLATE & CREATE

**10-12.30 at St Wilfrid's Church, Pevensey Bay BN24 6EZ**

Make a creative response to a gentle biblical meditation. Art materials provided or bring own. No need to be religious or artistic!

## CELEBRATE & SING

**2-4pm at St Richard's Church, Langney BN23 7DT**

music, hymns & worship songs  
come & join in or sit & listen  
refreshments & children's crafts

**Sunday 18<sup>th</sup> September**

## SONGS OF PRAISE

**4-5pm on the beach by Sea Road car park, Pevensey Bay**

Come and join in singing well-known hymns/songs

**Everyone, including accompanied children, welcome to all events**

*More information from*

Revd. Alan Weaver 01323 743606 [vicarstrichardlangney@gmail.com](mailto:vicarstrichardlangney@gmail.com)  
or Revds Clive & Merriel Woodward 01323 509891 [revd.merriel@hotmail.co.uk](mailto:revd.merriel@hotmail.co.uk)





Havona NZ49 arriving at Sovereign Harbour with sea



RNLI 16-23 Eastbourne Lifeboat at Sovereign Harbour.



Marx Belle Charter Boat.



Eastbourne Pier.

# Oliver's Postcards

**A new set of eight professionally printed postcards for a £10 donation to Eastbourne RNLI**

The colourful images have been drawn by talented, 13 year old Oliver from Eastbourne, who is autistic. His first set of cards raised over £1,200 for the RNLI. Email Anna to order & donate: [blandanna62@yahoo.com](mailto:blandanna62@yahoo.com)



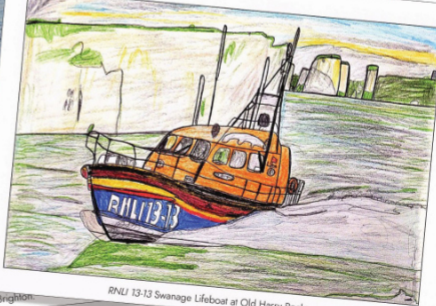
Wetwheels Solent coastguard marine catamaran at Beachy Head.



Southdown bus PUF647 Guy Arab IV 5



Sea Leopard charters at sea off Brighton.



RNLI 13-13 Swanage Lifeboat at Old Harry Rocks.

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