



EDITORIAL

We were at last able to hold our AGM at the Hove Club. There were no new additions to the Executive Committee and therefore the existing members were returned nem con. It was pointed out however, that we still need a **Treasurer** and **Social Secretary**. If any member was willing to step forward to fulfil either of these roles then this would relieve the burden of those EC members who are doubling up. Ray, our Secretary, would be delighted to hear from you.

As your re-elected Newsletter Editor, I should like to make one plea. The Newsletter is an opportunity for all members to submit any news, views, articles, book reviews, photographs etc. that would be of interest to us. For my part, over the last eleven years, as in keeping as I understand it, with Newsletter Editors of other associations, much of the content I have to supply myself. (End of whinge!!). Look forward to your submissions!

It is not too early to remind you of our EC Strategy Meeting in November, when we formulate a draft programme of events forthcoming year. Once again, this is a request for you to come forward with suggestions regarding speakers, visits etc.

AGM LECTURE/LUNCH

Following a successful AGM, we assembled to listen to a lecture on Night Fighter operations over Sussex given by Mr Ian Miles, recently retired from the CAA. Ian, a resident of Shipley, developed his interest from the discovery of a Heinkel 111 shot down over the area by a Beaufighter operating out of Tangmere. This led to further research into the mode and operation of what became airborne radar. Ian cited the pioneers in this field who included Sir Henry Tizard, Edward "Taffy" Bowen and Robert Watson-Watt. The platform for the new radar system was the Bristol Beaufighter, where the operator was situated in the dorsal turret formerly occupied by the air gunner. Many questions followed this most informative and entertaining lecture.

OBITUARY NOTICES

CAPT TIM NORMAN-WALKER RN has also passed away. he was CSO(R) to2SL and following retirement became General Secretary of the RNSA.

PICTURES TAKEN AT THE 2021 AGM





BACK TO BLACK (ARNO)
50th Anniversary of Submarine Service

To recognise the unique ethos of the Submarine Service's Dolphins within the Royal Navy, the First Sea lord has today announced that approval has been given for all qualified submariners, ratings and officers to wear black cap covers as of today. Black covers will now be the default except for ceremonial events.



Programme 2021
SUSSEX ASSOCIATION OF NAVAL OFFICERS

DATE	DAY	EVENT	VENUE	SPEAKER / TIME	TOPIC
9 th Sept 21	Thu	Pub lunch		1200	
23 rd October	Sat	Trafalgar Night Dinner	Hove Club		
27 th Nov 21	Sat	Lecture/Lunch	Hove Club	Mike Maddox	War in a Stringbag

TAILPIECE

Overheard at a naval officers' reunion:

I'm surprised that you don't remember; I always admired your spontaneous recall of other people's mess numbers!

Best wishes, Bob

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SANO PUB LUNCH THURSDAY 9th SEPTEMBER 2021

The **SANO PUB LUNCH** is scheduled to be held on Thursday 9th September 2021 at the **COODEN BEACH HOTEL, BEXHILL** in East Sussex. (The Cooden Beach Hotel is a two-minute walk from the Cooden Beach Rail Station)

<https://www.thecoodenbeachhotel.co.uk>

COST: Choose and purchase own lunch and drinks.
(Copy of menu attached)

SEATING: A block booking will be made to facilitate seating as a group. Please advise SANO Sec of your intention to participate.

TRAVEL:

1. Plan A.

Drive to Cooden Beach to arrive between 1200 and 1230 (Free car park adjacent to hotel)

See Note 1

2. Plan B

Take train to Cooden Beach.

See Note 2

NOTE 1

If using A27 be aware that there are heavy road works at the Berwick/Drusillas roundabout and at Polegate; a suggested alternative route would be the coastal road from Brighton, through Newhaven and Eastbourne out on the A259 towards Bexhill/Hastings – at the roundabout where A259 meets the end of the A27 follow the sign for Normans Bay from here the hotel is 10 minutes' drive; be aware that this is a bendy road, narrow in places which you should follow to the very end - a T-junction - where you will find the hotel on your right (and station on the left). It takes the Chairman a good hour to get from the hotel (very close to home) to the Hove Club – add another 20 minutes if driving the coastal (pretty) route.

NOTE 2

There are two trains per hour stopping at Cooden Beach station, one from London Victoria (calls at Gatwick, Haywards Heath, Lewes) and the shuttle from Eastbourne to Ashford; travel from Brighton/Hove entails a couple of changes. Southern Rail has announced that they have been affected by Pingdemic and travellers should not make travel arrangements more than a week in advance and check online that the train they want will actually run on the day (info correct at 26 July). There are two more trains that do not stop until Bexhill - ~3 miles east of Cooden Beach.

NOTE 3

The hotel is two miles east of the De La Warr Pavilion which may appeal to modern art aficionados.

The pavilion is open from 1000 to 1800 on a Thursday.

<https://www.dlwp.com/>

BRUNCH

MONDAY TO SATURDAY 10 am ~ 12 pm
SUNDAY 10am ~ 11am

PISTACHIO & PASSION FRUIT GRANOLA
WITH NATURAL YOGHURT & BERRY
COMPOTE (V) £7

SEASONAL FRUIT PLATE
WITH MIXED BERRIES (VE)(GF) £10

EGGS ROYALE
SMOKED SALMON, POACHED EGGS,
WARM HOLLANDAISE SAUCE
ON A TOASTED ENGLISH MUFFIN £15

SMOKED SALMON
WITH SCRAMBLED EGGS (GF) £15

EGGS BENEDICT
SLICED HAM, POACHED EGGS
WARM HOLLANDAISE SAUCE
ON A TOASTED ENGLISH MUFFIN £15

SAUSAGE OR BACON ROLL
IN BRIOCHE BUN £10

PANCAKE STACK (3)
WITH CRISPY BACON AND MAPLE SYRUP
OR MIXED BERRIES AND THICK CREAM (V) £12

Brasserie ON THE BEACH MENU



MAINS

FRESHLY COOKED AND SERVED FROM NOON - LAST ORDERS AT 9PM EVERYDAY

MEAT

CHARGRILLED LAMB CUTLETS
RED CURRANT REDUCTION
CREAMED POTATOES £20

PAN-FRIED CALVES' LIVER & BACON
CREAMED POTATOES, RED WINE JUS £19

CAJUN CHICKEN SKEWER
SKINNY FRIES & BISTRO SALAD (GF) £20

8OZ CHARGRILLED SIRLOIN STEAK
THICK CUT CHIPS, PEPPERCORN SAUCE
OR CAFÉ DE PARIS BUTTER SAUCE £25

8OZ GOURMET STEAK BURGER
CHEESE, BACON, TOMATO, GHERKIN
ONION RELISH, SKINNY FRIES
& BISTRO SALAD £18

HOT STEAK STONE - COOKED BY YOU
LOCALLY FARMED 8OZ FILLET STEAK
ON A HOT LAVA ROCK WITH SKINNY FRIES
& BISTRO SALAD (GF) £28

VEAL ESCALOPE
LEMON & CAPER CREAM
GARLIC ROAST POTATOES £19

**SURF & TURF, 6OZ FILLET STEAK
LOBSTER TAIL**
BEURRE BLANC SAUCE
FRIES & SALAD £36



FISH

COODEN FISH AND CHIPS
COD OR HADDOCK IN TEMPURA BATTER
WITH MUSHY PEAS £19

**DEEP FRIED BREADED
SCAMPI TAILS**
THICK CUT CHIPS, TARTARE SAUCE £18

OVEN BAKED WHOLE SEA BREAM
MANGO & BASIL SALSAS
MINTED NEW POTATOES (GF) £20

**THAI GREEN KING
PRAWN CURRY**
FRAGRANT LIME RICE £20

**LIME & CHILLI OVEN BAKED
SALMON FILLET**
CRÈME FRAICHE, BEETROOT RELISH
AND SAMPHIRE (GF) £20

CHEFS FISH OF THE DAY
ASK YOUR WAITER

**SEA BASS FILLET
& KING PRAWN TAILS**
FONDANT POTATOES
HOLLANDAISE SAUCE £20

SIDES

All at £4

SKINNY FRIES (V)(GF)

THICK CUT CHIPS (V)(GF)

GARLIC ROAST POTATOES (V)

SWEET POTATO FRIES (VE)

BISTRO SALAD
HONEY & MUSTARD DRESSING (V)(GF)

SPINACH
& TOASTED PINE NUTS (V)(GF)

**BROCCOLI &
FINE GREEN BEANS (V)(GF)**

BABY CARROTS
CHIVE BUTTER (V)(GF)

CHARGRILLED ASPARAGUS
& HOLLANDAISE (V)(GF)

CAESAR SALAD
CROUTONS, ANCHOVIES &
PARMESAN CHEESE



STARTERS

WARM SOURDOUGH MINI LOAF (V) £5

**HOMEMADE SEASONAL
SOUP OF THE DAY**
WITH CRUSTY BREAD £8

HAM HOCK & PEA TERRINE
CHILLI JAM £9

**GOAT CHEESE, BEETROOT
& WALNUT SALAD**
BALSAMIC DRESSING (V) £9

**AVOCADO, TOASTED
PINE NUT SALAD**
PARSNIP CRISPS
HONEY DRESSING (VE) £9

WATERMELON
FETA & MINT (V) £8

SALT & PEPPER CALAMARI
SMOKED CHILLI MAYONNAISE £9

HOT BREADED PRAWNS
WASABI MAYONNAISE £9

**CLASSIC PRAWN & AVOCADO
COCKTAIL £9**

VEGETARIAN -VEGAN

LEEK & MUSHROOM PIE
HERB CRUMB TOP
MINTED NEW POTATOES (VE) £18

FALAFEL & SPINACH BURGER
TOMATO, LETTUCE, SMASHED AVOCADO
IN A TOASTED SEEDED BUN
SWEET POTATO FRIES & SALAD (VE) £18

VIETNAMESE VEGETABLE CURRY
PILAU RICE (VE) (GF) £18



SALADS

**CHARGRILLED CHICKEN
CAESAR SALAD**
CROUTONS, ANCHOVIES
AND PARMESAN CHEESE £18

GRILLED GOATS CHEESE
ROASTED PEPPERS
PINE NUTS & RED PESTO £18

BLACK & BLUE SALAD
FILLET STEAK STRIPS, BLUE CHEESE
WALNUTS, BALSAMIC DRESSING (GF) £22

PRICES INCLUDE VAT. V - Suitable for Vegetarians. VE - Suitable for Vegans. GF - Gluten Free. Items on this menu may contain nuts.
All our food is prepared in a kitchen where nuts, gluten and other allergens are present, our menu descriptions do not include all ingredients.

IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.
Full allergen information is available on request.