

SOUTHDEAN ESTATE MATTERS

Official Newsletter of Southdean Estate Ltd



Welcome

September and October have brought autumn sun allowing us to cling on to the idea of summer. Dog walkers are still wearing their shorts and as yet there is not a woolly hat or fleece in sight. We know that this will change along with the colour of the leaves but for now we hope you are making the most of it.

Summer B-B-Q



A great night was had by all at the annual summer B-B-Q, the sun shone, all the wine was drunk and a spectacular raffle raised valuable funds for L'arche Bognor (our chosen charity for a second year). Special thanks must go to Vicky Harris for organising the event and to her capable assistant Paul Harris for barbequing and running the raffle. Thanks also to Glyn Bush for the loan of his wonderful barbeque. We look forward to our next opportunity to get together at Christmas.



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Beach Clean

A small enthusiastic group of estate residents gathered on a grey September morning for the second Beach Clean of the year. They worked fastidiously, scouring the shingle, vegetation and sand for the flotsam and jetsam of daily life on the Southdean Beach. It was heartening to see that at the end of their labours only four half-filled sacks of rubbish had been collected. This is a similar amount to the early summer beach clean and we hope it is an indication of people understanding their environmental responsibilities when using such a precious habitat. Thanks go to all that participated but in particular to Laurie Beestone for organising and encouraging us into action.

Wild Swimming

One of the privileges of living on the estate is our proximity to the beach. Many of us capitalise on the benefits of walking along the seaside, watching the ebb and flow of the tides and enjoying the space for recreation such as the residents' golf tournament on Sussex Day. A few of our residents however, are committed wild swimmers and can be seen taking the plunge all year round. The benefits of cold water swimming are much discussed so we decided to speak to one of our own, Louise Lubienski, who is a genuine enthusiast to get her perspective. Our conversation took place on the beach on a grey, cool autumnal day, Louise had already had a swim. The first question was the obvious one, why? Louise, 'I like the immensity of the sea compared to a pool, the extraordinary colours and observing the natural world'. Nature is never far away when she is in the sea; the previous day she had a close up of a cormorant perched on one of the beacons, stretching its wings in the sun. On another occasion she thought she had spotted a fellow swimmer decked out in the characteristic neoprene a short distance away but on further inspection she realised she was looking at the head of a seal! Inevitably you wonder what got her started. Louise has swum regularly throughout her life, initially encouraged by her father who regularly took her to an open air, unheated pool before school, beginning what he would not have known was to become a lifelong passion for her. She reflects that when visiting any new place she is excited to swim in a new location and this is one of the first things she will do. Louise admits to being a strong swimmer but she recognises the power of the sea. She minimises the potential risks by wearing the correct kit, including shoes (she does not like the stones!) and she swims parallel to the shore, remaining at a depth no greater than shoulder height and always ensuring that someone knows she is swimming. She also uses the Safer Seas and Rivers Service app to check local pollution levels before swimming along with important data like the tide position and water temperature. We discussed advice to new swimmers and the potential for being drawn into spending a lot of money on specialist equipment. Louise is adamant that initially all that is needed is a swim suit and goggles to enjoy the joy of summer sea swimming. She also advises swimming with someone who is an experienced sea swimmer when you first start. Finally what is the secret to getting in on a cold day we ask? Louise beams and explains that when she sees the sea she still has a child-like excitement and has to get in. I think many of us might not feel the same way!

Future Events

Christmas Party
12.12.24
The Elmer
from 7pm

Reminder
If you are having work done on your property please be aware that contractors' vehicles should not be parked on the road overnight.



Louise in action