

SHORELINE

News and Views from Charmouth



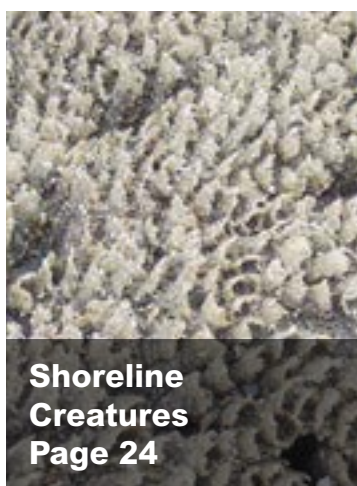
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Editorial

“Cherish yesterday,
dream tomorrow,
live today”

Richard Bach

Our Health and Wellness feature on pages 16 to 18 is a guide to some of the complementary therapies and exercise classes available in Charmouth. For complete harmony and health, there must be enrichment of mind, body and soul, something which is certainly addressed by these varied healing arts and daily practices.

The fourth annual Christmas Fayre on 7th December was a great success and for once the weather was fully cooperative. Congratulations to all the Charmouth traders who put so much time and effort into making the evening such a fun and festive event for the whole village to enjoy. Phil Tritton's article and photos of many of them in all their finery can be seen on the back cover.

Huge thanks to Bob Dunlop who took the design reins mid-gallop and produced the last three excellent issues of *Shoreline*. He has now handed them over to John Kennedy, who nobly jumped into the saddle with barely a noticeable change of pace! John and his wife Jan moved to Charmouth three years ago from London, where John was senior designer for two top financial ad agencies and for the last 20 years has been providing his creative graphic design skills as a freelancer for a wide range of print and electronic media.

On behalf of the *Shoreline* team I would like to wish all our readers a very Happy, Healthy and Peaceful New Year.

Jane

THE SHORELINE TEAM

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Letters

CLAUDE MUNCASTER

I've just read the Autumn 2012 issue of *Shoreline* and as ever it is a great read. I found Neil Mattingly's piece on Claude Muncaster's Village Post office fascinating.

I bought the poster of the painting, already framed, at the 2009 Great Dorset Steam Fair. It measures 19" x 15". I can tell Neil, being a bit of an anorak, that the car facing up the hill is a Triumph Mayflower and the car behind is probably a Morris 10 Series M.

Well done team, keep up the good work.

Fred Smallpiece
Dunstable, Beds.

COVER TO COVER

Thank you for the latest issue of Shoreline. I love the magazine and have read it from cover to cover. We have been visiting Charmouth for nearly 20 years and are totally in love with the village and the surrounding area, and can't wait for our next visit. We hope the magazine is around for a long time to come. Many thanks.

Patricia East
Little Common, East Sussex

PARISH COUNCIL MEETING APPEAL

Since moving to Charmouth, my husband and I have been amazed and delighted with the number of societies and activities which abound in the village. We have also been gratified by the warm welcome we have received.

However, I have been somewhat surprised and disappointed in the lack of villager attendance at the Charmouth Parish Council monthly meetings. I am often the only non-official person listening to very informative and often humorous details about the village, of which I feel a member – even though we actually live on the hill opposite the village in the parish of Stanton St. Gabriel!

Occasionally people do attend the meetings to discuss particular village activities, parking issues or planning applications, when they are invited to speak in a half-hour devoted to queries from the public, but they then go after their concern has been dealt with.

I find this lack of interest rather odd, as Parish business concerns everybody and lack of attendance is not typical of the interest and energy shown in all the other activities which take place in Charmouth. So why not join me in listening to everyday running details about our lovely village?

Penny Rose

The meetings are held on the third Tuesday of every month at 7.30pm barring February 2013, i.e. January 22nd, March 19th, April 16th, May 21st, June 18th, July 23rd. No meeting in August -Ed

WONDERFUL CHARMOUTH

We stayed at Woods Farm with our caravan for a week in August 2012 and secured a copy of Shoreline from the beach shop in The Street.

We would like congratulate you and your staff on your informative contents and presentation. We are sure that your magazine contributes vastly to your community with so many interesting articles, i.e. the Olympics, the pubs, fossil finders and, most importantly, details of local folk. We feel that we have got to know you all so much better and look forward to the next time we can visit wonderful Charmouth. Your local bakery and other shops have such helpful assistants - much appreciated.

Arthur & Mavis Marrow
Clevedon, North Somerset

News from The Elms

Charmouth Beach - Winch

Life will be a lot easier for boat owners – a winch has been purchased and is now in place at Charmouth Beach. Some training on how to operate the winch has taken place and more training will be available for Charmouth boat owners in the spring, after which they will be given keys.

Donations

Youth Groups in Charmouth were delighted to receive donations from the Parish Council – the funding which was available from the overflow car park was divided between five youth groups.

The Bopper bus received £300, which will go towards its running costs for 2012/13. The 1st Charmouth Brownies and 1st Charmouth Guides both received £300 and will use their donation to help towards a visit to the pantomime and travel

costs. The 1st Charmouth Scout Group is looking to spend their £300 on purchasing camping equipment. The CHCC Young Wardens requested £160 to buy snorkeling sets.

A donation of £100 was also awarded to the Charmouth Village People Committee (Village Breakfast) and their donation will go towards general running costs.

Flower Boxes

We received so many lovely comments regarding the flower boxes at Braggs Corner that we thought perhaps it would be a good idea to try winter flowers. We hope this will continue to be a successful venture and we will be talking to other village groups and hopefully more flower boxes will appear around the village.

Finally, the Parish Council wishes every one of you a very prosperous 2013.

Charmouth Parking Scheme

Charmouth Traders are pleased to announce the launch of the Charmouth Subsidised Parking Scheme. When you park in the Lower Sea Lane Car Park and pay for up to two hours parking, you can get your money back when you spend £10* or more in any Charmouth outlet displaying the 'P FREE' symbol. Most shops, pubs and cafes in Charmouth village centre are in the scheme and two hours gives plenty of time to find out what the shops have to offer and also to enjoy food and drink at one of the four cafes and pubs.

**At participating outlets. Some outlets may exclude certain products.*



Dog Mess – A Continual Problem

Dog Mess is the most offensive type of litter on our streets and it is consistently raised as a public concern. Charmouth Parish Council is to get stricter with residents who fail to clean up after their dogs. The Parish Council will be sending out letters, stating the implications and fines to those people seen to leave dog mess on the streets, pavements and verges of Charmouth.

It is the responsibility of the dog owner or the person in charge of the dog to clear up any dog foul left by their dog. If you fail to clean up after your dog you can be issued with a Fixed Penalty Notice, or if the case goes to court a fine of up to £1,000. The regulations state specifically, that being unaware that the dog has fouled, or not having a suitable means of removing the faeces is not a reasonable excuse for failing to clean up after your dog.

Hard hitting posters – the parish council will be putting up very graphic posters to highlight the need to pick up your dog mess. Dog mess is not only unpleasant it is dangerous. The biggest threat to public health from dog excrement is toxocariasis. Toxocariasis is an infection of the roundworm *toxocara canis*. The eggs of the parasite can be found in soil or sand contaminated with faeces and if swallowed, result in infection that lasts between six and 24 months. Symptoms include eye disorders, vague ache, dizziness, nausea, asthma and, in extremely rare cases, seizures/fits. Often the eggs are ingested when passed to the mouth by the hands, but this can also occur through contact with dogs or other inanimate objects including the wheels of toys and the soles of shoes. Infected soil samples are often found in play areas and as a result, Toxocariasis most commonly affects children between 18 months and five years.

The Parish Council staff reported an increase in dog mess this year at the Foreshore, on the pavements, along Barrs Lane and by the playing fields. They would politely request that locals help them to keep Charmouth tidy by clearing up after dogs so that they can strim grass verges etc without being splattered in excrement.

And finally if you see one of your neighbours leaving dog mess in Charmouth please report it to Lisa Tuck the Parish Clerk on 01297 560826 or email her at charmouth@dorsetparishes.gov.uk. Any report will be handled with complete confidentiality and will help us all work together to reduce this nasty problem.

Jane Bremner

*West Dorset District Councillor for Charmouth Ward
01297 560431*



Local Dental Services

We are currently finalising arrangements for NHS dental services in the Lyme Regis and surrounding areas. However, despite our best efforts we regret we are unable to give details in time to meet the publication deadline for this issue of *Shoreline*. We will publish details on our website www.dorset.nhs.uk when available and will also be sending this to the local media. In the meantime, we would like to reassure all local people that NHS dental services will continue to be available in the New Year. For the latest information follow us on Twitter @HealthyDorset.

If you require urgent dental treatment during the New Year holidays and your usual dental practice is closed, please call the Dorset Dental Helpline on 01202 854443 during normal office hours or 0845 7010401 in the evenings and at weekends.

Keith Williams
Dorset PCTINHS

Superfast Dorset Broadband

Charmouth is likely to benefit from the Superfast Dorset project to invest £38 million private and public funds to ensure rural areas do not get left behind in the race for faster and more reliable broadband. Two maps are now available on www.dorsetforyou.com/superfast which show the commercial broadband providers' plans for the area until 2015. The superfast or 'NGA' map shows there are no commercial plans to install superfast infrastructure before 2015. Charmouth is therefore in the white 'intervention' areas that could be covered by the project which aims to ensure 90-95% of Dorset has superfast speeds of at least 24Mbps. Superfast Dorset does not yet know which areas will be in the 90-95% getting the higher speeds. A supplier will be appointed in the spring; detailed planning will start after that.

However a commercial supplier looks set to supply most of Charmouth with basic broadband by 2015, if it does not already have it. But there are some small areas near the village which are white on the basic broadband map, showing they would be left out of the commercial supplier's rollout. Superfast Dorset will act in those areas as it promises to ensure all Dorset has at least 2Mbps - the basic speed - by 2015. Although the details are yet to be decided in the detailed planning, it is likely the project will be active in the village.

It is crucial that we understand local people's needs to pass on to the appointed supplier. People are therefore encouraged to visit the website at www.dorsetforyou.com/superfast to find out about how broadband could benefit them and register their interest on our survey. We are also looking for local broadband champions to act in local areas, collating information about people's needs and encouraging people to find out more, get involved and register their interest.

Penny Syddall

*Senior Public Relations Officer, Superfast Dorset
Dorset County Council
Tel: 01305 225065
Email: p.syddall@dorsetcc.gov.uk*

Oyez! Oyez! Oyez!

David Craner, champion Town Crier, is moving to Charmouth in the New Year. He has been a Town Crier for seven years, a progression from his former role as a Morris dancer. David has a keen interest in tradition and, with his flamboyant livery, loud voice and bell, he'll be very hard to miss. He has been busy representing Crewkerne, Beaminster and Seaton, attending and promoting the three towns' events.

"Whilst I seek commercial work as a source of income, my main role is in charity and community work where I am happy to give my time freely. I look forward to moving to Charmouth and to joining your community" says David, who is available for private engagements, weddings, birthdays, anniversaries, openings and special announcements. Keep your ear to the ground!



Lesley Dunlop

THE ROYAL BRITISH LEGION POPPY APPEAL 2012/13



Charmouth and District which includes Catherston, Wooton Fitzpaine and Monkton Wyld raised the grand sum of £2798.16 for the Poppy Appeal.

A big thank you to everyone who helped to raise that amount. Amongst them the volunteers who went house to house, those who collected on the street, the Brownies for the mile of pennies, the coffee morning put on by supporters, the shops and public houses who put out poppies and collection boxes and to all of those who gave to the Poppy Appeal.

THE FIRST EVER POPPY DAY

The Legion was founded in 1921 by combining four ex-Service organisations. The first official Poppy Day in Britain was 11th November 1921.

In 1922 Major George Howson MC, who served in World War I, founded the Disabled Society. He arranged with the Legion for the unemployed ex-Service people to make artificial poppies, and founded a small factory which was later to become the Poppy Factory. All these years later the poppy still stands for Remembrance, and the Legion still stands up for the welfare of serving and ex-Service men and women of all generations and all conflicts.

Pat Stapleton and Tricia Forsey

Poppy Appeal Organisers for Charmouth and District



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“A Perfect Life” – Pam Ladd

In her relatively short time in Charmouth, Pam Ladd has made a significant impression. From dramatics to pantomime and from Tai Chi and Qigong to art and crafts, she is well known in the village and far beyond.

Originating from Camberley, Pam's early interests revolved around musical comedy, drama and dance, to the extent that in her spare time she taught danceroletics and worked as P/A to the Artistic Director at Elmhurst Ballet School before it moved to Birmingham. Pam was taught painting and drawing by her artist mother who exhibited at the Royal Academy and the Paris Salon. “She was a respected Fellow of the Society of Women Miniaturists and was listed in Who's Who, notes Pam. She and two of her three sisters (Morecombelake's Ronnie Creswell is one) still paint.

A busy career followed and Pam became PA to various managing directors, mostly in the Marconi Group, but she maintained an active interest in acting, danceroletics and yoga. “Then I discovered Tai Chi in the late 1980s; there are so many facets to it. After a lot of training, I was approached by the Camberley U3A to run a weekly class. It worked well, so I did additional teacher training and Tai Chi started to become a large part of my life. But I didn't stop acting.”

In 2003 Pam and her sister Ronnie, who was then living in Byfleet, were walking along the South West Coast Path towards Lyme Regis. Encountering a cliff fall on Charmouth beach, they decided to walk into the village. “I looked in the window of Fortnam, Smith & Banwell and, quite by chance, saw a photo of a lovely place for sale. As I'd always wanted to live by the sea, I decided to take a look at it and as soon as I walked in, I decided it was mine. I knew nothing about the area, but I went straight back to Camberley and sold my house within two days. I was in Charmouth in seven weeks and it was the beginning of a big adventure!”

“I moved at the end of a week and on the Saturday I saw a notice in the chemist's window about Charmouth Companions. I asked Francis Locke, the pharmacist, what it was all about and, before I knew it, I was talking to Mike Whatmore. My first rehearsal for the pantomime took place two days later!”

Not long afterwards, Pam read in the local newspaper that Lyme Regis Dramatic Society were inviting interested parties to a play reading for the production of Lord Arthur Saville's Crime by Oscar Wilde. “I like doing plays so I went along for the reading, not expecting to be cast. But I was. And then I was well away!” Since early 2004 Pam has graced the stage

of the Marine Theatre in numerous productions and in a wide variety of roles. One of her favourites was the athletic waitress Mimi Labonq in ‘Ello ‘Ello. “I love comedy and farce and enjoy making people laugh”, smiles Pam. She was Miss Marple in A Murder is Announced and a snooty wife in Ghost Train, to name two of her more serious roles. She will be involved in Richard Harris's play, Local Affairs, at the Marine Theatre in March.

“I love comedy and farce and enjoy making people laugh”

Pam has appeared on television; in fact she is proud of her “little moment” with Gerard Depardieu in his film Pour l'amour du pere in which she played a Swedish lady. She was a witness in court in The Bill and appeared in Helen West with Amanda Burton. She was also in the Paul O'Grady comedy series Eyes Down. “I was usually one of a number of walk-on artists and it was all good fun”, she says.

When Pam first joined Morcombelake Art Group, like all new members, she had to say what she had done in Camberley. “I said I did drama and had taught Tai Chi. I didn't anticipate the reaction. Lots of them said they'd always wanted to do Tai Chi and asked me to start a group. Then I discovered that it was one of the points for discussion on the AGM agenda! So I started with one class and now run five regular classes – three during the day and two in the evenings.” Pam has 100 students on her register, 60 of whom are regular attendees. She runs Qigong and Tai Chi workshops with other Masters for her students and Qigong sessions as requested with other organisations. “The exercises improve the immune system and strengthen the body and mind. Tai Chi isn't like a choreographed dance. It's far deeper; you have to feel it. In fact my first Chinese teacher hardly told us anything. You learnt by watching and feeling. Tai Chi movements are like bamboo swaying in the wind and they give you the strength to sidestep trouble”, she says. Every solstice and equinox, Pam takes her Tai Chi class to the beach and they do their exercises as the sun rises. “The location couldn't be better. It's heaven.”

During the 2012 Olympics, Pam was at Weymouth. She was an ‘air hostess’ at the Jurassic Airlines boarding desk during the Olympics and Paralympics. The flight through 250 million years to the supercontinent Pangea was the most popular non-Olympic and Paralympic attraction. She also took her students to Charmouth beach and, under the banner “Tai Chi Welcomes the Olympics to the UK”, led Tai Chi and Qigong exercises in



Pam as Mimi LeBonq



Practising Fan Form in Beijing



Reading Shoreline: Master Zhang, a revered Daoist Tai Chi Master from Wudang Village in China's Wudang Mountain range.

which onlookers were invited to participate. Oh yes, and Pam was our very own 'Queen' lookalike (ably accompanied by Mike Whatmore as the 'Duke of Edinburgh') at Charmouth's Diamond Jubilee celebrations.

Pam has recently returned from her fourth visit to China and spent time with the Daoist monks at Wudang Village in the Wudang Mountains, said to be the birthplace of Tai Chi, as they marked their temple's 500th anniversary. "My first experience of China was with my Tai Chi master who had entered me into an international competition. I was one of a team of four representing Great Britain in Shanghai. The following year I went to Beijing for Tai Chi training with one of my Masters and a cultural experience. My third visit started from Beijing and then I travelled to the Wudang mountains for additional training and to deepen my knowledge."

"I've travelled around England a lot and, as far as I'm concerned, Charmouth has everything anyone needs for a perfect life."

"I've travelled around England a lot and, as far as I'm concerned, Charmouth has everything anyone needs for a perfect life. Lovely scenery, art groups, a tennis club, bowling, dancing.... You could be busy every moment of every day if you chose to. I just wouldn't want to live anywhere else. My five grandchildren visit frequently too and now they come down on their own by train, which is really nice."

Pam hand knits gloves, socks, children's jumpers and toys and her work is in great demand by shoppers at Felicity's Farm Shop at Morecombelake. She paints for pleasure and gives each of her Tai Chi students a beach stone with a hand-painted yin yang symbol on it as a reminder to do their exercises. She keeps a box of flat stones from the beach on which she intends to rekindle her acrylic and water scenes of Charmouth beach. "They're for the day when I have nothing to do. But I really don't know when that's going to be!" she grins.

For more details about Pam's Tai Chi and Qigong classes, see www.charmouthtaichi.co.uk

Lesley Dunlop

CHARMOUTH MAN IMPRISONED FOR STEALING CABBAGES.

"George Stevens from Charmouth, a married labourer, aged 25 received two months hard labour for stealing cabbages." 10th July 1832

Distant Shorelines

We have now published three photos of Shoreline in distant places – Sydney, the Himalayas and China's Wudang Mountains. If you're travelling abroad, why not take a copy of the magazine with you and capture your own distant Shoreline. We'll include it in the next available issue.

Exeter Leukaemia Fund Coffee Morning



I just wanted to say a big thank you to everyone who helped with the coffee morning for Exeter Leukaemia Fund on 17th November. Having taken over the organisation of this from Ann Macnair, who had done such a wonderful job for 20 years, it was with some trepidation that I approached the day. I need not have worried. The support, as always, was tremendous from traders who gave raffle prizes, to helpers who were so generous with their time and, of course, the people of Charmouth who came along to meet their friends over a coffee and mince pie and to purchase our fine array of goodies including cakes, Christmas gifts and crafts, books and bric-a-brac. The event was a great success, raising £772 for Leukaemia Research in the South West, so again thank you everyone.



Jan Plummer

The Mothers' Union

The Mothers' Union is as relevant today as it was to Mary Sumner who formed the organization in 1876. Mary Sumner's heart was to see a "mother's union wherein all classes could unite in faith and prayer", and this has become the foundation of all that the MU has achieved and will continue to achieve for many more generations. Mothers' Union is an International Christian membership charity of four million members living in 83 countries who share one heartfelt vision - to bring about a world where God's love is shown through loving, respectful and flourishing relationships. Members actively pursue this vision through community programmes, advocacy campaigns and a committed prayer life. Our aim and purpose is to demonstrate the Christian faith by the transformation of communities worldwide through promoting stable marriage, nurturing family life and the protection of children. Before the Golden Cap team was formed there were many branches throughout the Marshwood Vale, and then they became the one branch - the Golden Cap Branch of the Mother's Union, where we still have some of those members belonging to this day. One of our prayers is: May we always see the world through the eyes of Christ, speak to those we meet with the words of Christ, and take with us on our journey the peace of Christ. We meet once a month for fellowship and different activities. We would welcome new members.

Pauline Berridge, Branch Leader
Tel: 01297 560 957
john@berridge-online.com

Shoreline Winter 2013

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ASK THE EXPERT

Q. Why are some agents' fees so much higher than others? After all, they all basically do the same job.

A. The first point to make here is that it's a free market, so all agents are entitled to set their own fees- and stand or fall by them. Besides, just imagine the public outcry, and the accusations of price-fixing that would start flying around, if we all charged the same!

Apart from that, the simple fact is that in estate agency - just like anything else - you generally get what you pay for. In other words, all agents do not do the same job! Cheap agents will always cut corners. Some, for example, may be "virtual" agents with no high street presence at all, relying instead

entirely on the internet. This might all sound terribly 21st century, but with no staff on hand to give expert local advice, they will probably expect you to do quite a lot of the work yourself!

Also, always remember that the low fee model only works with high volumes. Agents - virtual or otherwise - who charge less than the going rate for your area need fast turnover in order to survive. That means that they will probably want to push through sales at almost any price, rather than taking the time needed to market your home properly.

The fact is, a decent, professional estate agent does a great deal for his or her money: -

- they use their knowledge of the local market and recent comparable sales to value your property
- they advise on presentation

- they use a mix of both internet and print media, together with a range of specialist tools such as floor plans, virtual tours and embedded video, to generate the maximum degree of exposure to the market
- they process all offers, using their professional judgement and experience to help you evaluate them, and ultimately ...
- they find you a buyer!

But it doesn't stop there. A good agent will continue to provide you, their client, with professional advice and support at every stage of the process, right up to completion.

Of course, a cheap agent won't do half of that. But frankly, when it comes to selling your most prized asset, why risk a bad bargain?

NEW YEAR GREETINGS

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The Char River Challenge

The River Char. Some of us know it because we have land adjoining it, some of us know it because of its recreational value and we are familiar with the various footpaths that follow its course, some of us just know it's there and most of us probably don't give it a second thought until it floods! After all, it's not a very big river. The OS map shows it as a tiny thread, barely visible at the point it rises somewhere between Pilsdon Pen and Lewesdon Hill. It isn't even a very long river, fed by various springs and streams it winds through the Vale until it reaches Whitchurch Canonichorum where it widens and begins its journey to Charmouth and the sea. How important can it be? Well, it gives the Parish its name, for a start!

Sadly, the river is not in the best of health and has been ailing for a number of years. On-going investigations by the Environment Agency and the Dorset Wildlife Trust reveal a mixed picture and in response to concerns expressed by a number of residents, Nick Gray from the Dorset Wildlife Trust and Julian Wardlaw, Environment Management Team Leader, from the Environment Agency were invited to talk at the September meeting of the Char Valley Parish Council about recent work and future plans. Both organisations work closely with farmers and landowners to advise on schemes to minimize pollution and the EA especially is involved in ongoing work, regular monitoring and responding to one-off pollution problems whilst developing strategies which it is hoped will see the health of the river improve significantly by 2015.

Mr Wardlaw revealed that the Environment Agency's tests (which have been carried out over a number of years, at various locations and will continue) indicate that the river fails against a number of standard criteria. Fish and invertebrate levels are low, phosphate levels are high. These are indicators of a sick river. It was explained that there are a number of reasons for this, some of which we have no control over but others we can influence.

The shingle bank at the mouth of the Char at Charmouth is now routinely cleared every year by Charmouth Parish Council, this enables certain fish species to swim upstream from the sea to spawn.

Then there is the basic problem of Jurassic Coast geology: the heavy, impermeable soil here exacerbates the problems for farmers of agricultural run off. Similarly, the run off from domestic septic tanks, which should be filtered through the soil and further neutralized, can pass directly into waterways. Recent EA tests of water in the streams that run through Whitchurch Canonichorum revealed high levels of certain pollutants associated with raw sewage. Mr Wardlaw confirmed that the current domestic drainage system contributes significantly to the pollution of the river particularly around and down stream from the village. A mains sewage system would greatly improve matters.

It also became clear that few of us know how to maintain our tanks correctly and Mr Wardlaw confirmed that septic tanks should be emptied annually. It is easy enough to assume that because there are no obvious problems - no nasty smells and the loo's not backing up - then all is well. Not so: most of us will never bother to think about our effluent until the someone from the Environment Agency comes to call.

Mr Wardlaw explained that the Environment Agency investigates all reported incidents and definitely prefers the carrot to the stick, but there are stiff penalties for allowing pollutants to enter waterways including fines and possible prosecution. He added that he is happy to answer questions and offer advice personally but suggested that the EA's website provides a great deal of useful information.

(The contact details are given at the end of this article.)

Nick Gray spoke about the DWT's work locally and told us of the results of recent kick tests in the Char. A kick test, he explained to the uninitiated, is exactly that: you stand in a muddy bit of the river and kick up the mud and see who, or what, you have stirred up. These revealed an adequate incidence of some invertebrates but he acknowledged that whilst this is a positive result, there are still significant problems. He also talked about the various initiatives DWT and the EA are working on with local farmers to reduce agricultural pollution and it is hoped that more farmers might be encouraged to cover yards and so protecting water courses from this type of run off. Other proposals include fencing off stretches of the river bank and forcing livestock to access the river at specified points only, and he explained how allowing vegetation to grow up along the banks can help prevent run off flowing directly into the river.

It was an interesting talk and it became clear that although the Char is pretty poorly its condition is not, as yet, terminal! There are reports of otters, kingfishers and a duck or two but these are thought to be occasional visitors rather than residents. But when the air is full of dancing mayflies, iridescent damselflies and dragonflies we should remind ourselves that the Char has the potential to be a much richer and more diverse ecosystem where otters and kingfishers have more than just walk on parts! There are opportunities to revive the river and as a community, with help and advice from organisations such as the Environment Agency and Dorset Wildlife Trust, farmers and householders can work together to make the Char a river to be proud of.

*www.environment-agency.gov.uk
enquiries@environment-agency.gov.uk
Tel. 03708 506506*

*mail@dorsetwildlifetrust.org.uk
Tel. 01305 264620*

Carolyn Speck, Char Valley Parish Council



Fashion, France and Fighting for Charmouth Library – Hazel Robinson



Hazel Robinson, whose sterling public relations efforts over the last two years to team build, fundraise, protest and communicate to County – and well beyond – the need to save Charmouth's library, is a skilled and experienced business trouble-shooter.

After leaving Southampton University, Hazel worked for a consultant aeronautical engineer who, to quote her, “put companies in the black when they were in the red”. She enjoyed the regular short commutes to London, Sweden, Denmark and Norway which fitted in well with her newly married life with Alan, whom she supported when he returned to education and studied for a degree. But when a six-month contract in Nigeria loomed, she resigned.

“I was offered three jobs and the one I took was with a women's coat and suit manufacturer. I only planned to work there for 18 months as Alan and I wanted to travel the world”, recalls Hazel. “The company had been selling downmarket – literally to markets – and the new MD's older brother had decided to go upmarket; they were about to open showrooms in London's Regent Street. Not only did the work sound interesting, but the pay was an additional £1 a week compared to other jobs I was offered. It sounds incredible now as you can't even buy a newspaper for £1, but in those days it amounted to a third of our weekly rent! So I began as Assistant to the Sales Director. However, three weeks later my boss was sacked and I effectively became Sales Director, knowing nothing about the business.” The experience that Hazel had gained during her first job in a business trouble-shooting environment was to prove invaluable.

Less than two years later, she discovered she was pregnant and suddenly life changed. Abandoning their travel plans, the couple bought a maisonette in North London and Alan, who had just finished his degree, had to find work quickly. “Our son was born, followed by another a year or so later, and I stayed at home with them until they went to kindergarten”, says Hazel. “But when my eldest son was five, my exasperated former boss asked me to return to my job. In those intervening five years, he'd had nine people working for him; no one would stay. I returned part-time, but under my own conditions; the children had to come first. Eventually the increasing workload and overseas travel became too much so I contacted Alexon, the fashion house, which had made overtures to me in the past.” Hazel was put in control of their wholesale division and was soon dealing with three seasons' collections simultaneously. When the company closed down their complete wholesale division, she was made redundant.

Gravitating away from manufacturers, Hazel's next job was with a clothing agent. “I set up a separate company from nothing, marketing a German middle-to-upper market tailored collection to customers like Harrods and House of Fraser. Within two years we had a turnover in excess of £1 million, which was a lot of money 30 years ago. Then I was head-hunted by Frank Usher, the evening wear company, which also marketed a German casual wear collection and other small collections. I was asked to take on this import division and their casual wear collection. It became so successful that the European company asked me to set up my own agency to market it outside the Frank Usher umbrella. Two months later I started my own business in Great Portland Street with the casual wear collection and six months on I combined it with the German tailored collection offered to me by the agent for whom I had set it up several years previously. It worked well symbiotically, and I ran the business for six years, starting from nothing and turning it into a multi-million pound company. Then the recession hit and the nature of retail began to change. Every woman will have noted what happened. Instead of buyers coming in individually for their collections, you began to see concessions in shops. It was then that I decided to get out and fortuitously managed to sell the company.”

Alan, who had been a University Lecturer for several decades, was offered early retirement around the same time. “With the boys gone, I'd always had this little inkling that we could spend time abroad, so we did the traditional thing and bought a derelict farm in an idyllic spot, three hours' drive from St. Malo”, says Hazel. “We developed it into holiday accommodation with five gîtes and our own farmhouse, a swimming pool, a lake, an orchard and a children's playground and spent our summers there, as Alan had taken on part-time thesis supervision in London between October and April. It was very hard work, but it proved a great success. Six years later, Alan's parents started to ail and we decided to sell up.”

With only a pied-a-terre in London, Hazel and Alan looked for a house near the sea. Having enjoyed village life in France, they sought a small, friendly coastal community. “Many years ago my family decamped from London to Bournemouth so I knew Lyme Regis, but the cottages we viewed there couldn't accommodate all our furniture. Instead we found a house in Charmouth as a temporary measure. That was nearly 13 years ago! We love the village and it has all the amenities we wanted – including a nice library.”

“I'd be a very poor woman if there wasn't a library in Charmouth...”

A self-confessed “print addict” who often reads a book a day, Hazel pronounces: “I'd be a very poor woman if there wasn't a library in Charmouth. It seems so iniquitous that Dorset County Council tried to close it down. Initially I rushed to protest and then very reluctantly took on the Chairmanship of the Friends of Charmouth Library. But we had to ensure that it was what people really wanted, so we took several entrepreneurial steps and initiated weekly Story & Rhymetime sessions for the under-fives and a tea and chat club for the over 50s in conjunction with WRVS and POPP (Dorset Partnership for Older People Programme). They've been very successful. The two book groups that originally met at the library continue and have been joined by a creative writing group, a senior discussion group and we have requests for IT classes, a knitters' circle, art and crafts for children and we will go on from there. And now that we've secured a large grant from Village SOS, we'll be able to add to the available space. We should be self-funding after the first year.”

"Charmouth Central, as it is now called, should be a great drop-in centre for residents and tourists as it becomes a wi-fi enabled internet cafe, available for small groups. Any groups wanting to use the building should come and tell us what they have in mind and, if it's physically possible, the answer will be "yes". I like to make things happen. As I've become more involved, I've become more determined that we'll keep the library and improve it – but more than that, we'll make it more comfortable and much more useful to the community. But none of this will be possible without the great team that is the Board. I'm the noisy one that gets the praise and kudos, but it really isn't all me."

Tremendously well done Hazel, and we wish you and Alan a happy Golden Wedding anniversary in 2013.

Lesley Dunlop

Help Wanted: Members of working party with practical skills – particularly a small team to take up carpet tiles on 22nd January and about ten days later to reposition bookshelf supports, paint and decorate, reinstate the carpet tiles, build shelves and cupboards – and so on! Can you help? Please phone Hazel on 01297 561214 or e-mail hazelrosery@aol.com

Visions of the Future

It hardly seems possible that only a year ago in January 2012, Friends of Charmouth Library were still protesting and attempting to keep Charmouth library within the statutory library provision, unchanged. That battle was lost, but Charmouth Central is beginning to stir into life since Dorset County Council handed over the freehold on 9th November.

The plans are that the building will be closed and cleared of equipment from 21st January for four weeks while the vinyl floor tiles, which contain asbestos, are removed, the leaking roof is insulated and resurfaced and central heating is installed. When the library reopens at the end of February, it will be redecorated, refurnished....and warm. This will be the beginning of the transformation of the library into a real community hub.

Dorset County Council is going to continue to provide a circulating system of books, two public access computers, the library management system and three hours' professional help a week. Everything else – staffing, paying all the utility costs, insurances, maintenance of the building and grounds – will be the responsibility of volunteers. Some volunteers have already been trained in how to run the library management system and training will continue prior to the official handover in February.

While all this is happening, the Board of Charmouth Central will be examining tender offers from contractors for the construction of an extension to the back of the building made possible by a grant from the Big Lottery Fund (Village SOS) for £50,000. This sounds a lot of money, but will in fact not be quite enough to build and furnish the tea and meeting place, kitchen/servery, storage room, disabled-access loo and tourist information point, for which there is planning consent.

Fundraising and donations brought in over £5,000 in 2012 and some events will continue, such as the Auction of Promises on 2nd March. Friends of Charmouth Library has become the fund-raising arm of Charmouth Central Ltd. and the committee has some great new ideas for future events.

All volunteers and any adult users who possibly can are being encouraged to take out subscriptions to Friends of Charmouth Library. The aim is that subscriptions will always be voluntary but to put it in context, if 150 subscribe, their contributions of £2 a month will, just, pay the costs of gas and electricity for the year. Without sufficient subscribers, there will not be enough income to pay the bills and the whole venture is likely to fail. Forms are available in the library and on the website – www.charmouthvillagelibrary.org.uk click on "Come on in."

Other income will come from sales of refreshments and of locally produced goods – one of the reasons we need the

space an extension will provide. However, the extension is not primarily for income but to produce a comfortable ambience for clubs, classes, activities and maybe just sitting around reading the paper, using the computer or chatting.

Although the members of the Board still believe that this situation should never have occurred, to view it in a positive light, Charmouth has been handed a real opportunity to produce a great asset for residents and for tourists and, with the continued support of the village, that is just what it will be.

Hazel Robinson, Chair
Friends of Charmouth Library
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www.charmouthvillagelibrary.org.uk

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Charmouth Bonfire and Fireworks

Following last year's successful re-introduction of bonfire night at Charmouth beach, Charmouth Traders organised a repeat this year on Saturday 3rd November. Around 500 people enjoyed the bonfire and fireworks. It was a cold night but thankfully the rain held off and the wind helpfully blew the smoke away from the crowd.

An army of volunteers laboured all day to build the bonfire, collecting wood from several locations around the village, while others set up the barbeque and bar.

At 6.15 the evening began with the best-dressed guy competition, which was won by Freia Southcott. Freia and the two runners-up, Caroline Sparks and Carl Jordan were presented with Nisa vouchers while all the other entrants received seasonal cookies.

The crowd made the most of the BBQ and bar, cheerfully manned by yet more volunteers. The Charmouth community spirit was very much in evidence!

There were cheers when the bonfire was lit, providing some much-needed warmth. The spectacular fireworks were, of course, the highlight of the evening, let off by Tim Holmes, with many oohs and aahs, especially at the finale.

Thanks to donations from the spectators and income from the bar and BBQ, early indications are that the evening was self-funding. Any surplus monies will be donated to local causes in the New Year.

Phil Tritton



Freia Southcott with her winning guy



Top and bottom right photos Neil Harvey

Pie in the Sky



Photos by Jane Clifford

On the 12th and 13th of October the Charmouth Companions presented two little plays with a two course meal, the profits going towards the further refurbishment of St Andrew's Community Hall. The plays were written and produced by Mike Whatmore and featured several well-known local stage faces and a couple of new ones as well.

The first play entitled "Act One, Scene One. The Scottish play" featured Jan Bearpark, Ann Cobb and Jane Clifford as the three witches. The action took place on a windswept moor during a storm and around a small fire complete with a witches' cauldron. The play, although short, was conducted entirely in rhyming couplets and was appreciated by the audiences on both nights.

The second play was much longer and told the story of the end, and eventually the beginning, of life, the universe and everything. The action took place in a kind of sorting office somewhere between heaven and hell, where dead souls were allocated a place in one or other of these establishments. Familiar faces were Mike Davies as Beelzebub, with red horns and a tail and Richard Stirk, complete with large white-feathered wings, as the Archangel Gabriel. They were joined during the course of the action by the Four Horsemen (in this case three were horsewomen) of the Apocalypse. David Clifford was a convincing DEATH, with Jane Morrow as WAR, complete with plumed helmet and armoured breastplate. The other horsewomen were Nicky Coleman, very amusing as FAMINE, and Linda Crawford, acting her socks off as PESTILENCE. The ensemble was complete with the arrival of Ann Cobb as Raphael, a cheeky little angel who had been instructed to blow the last Trump, much to the consternation of the other six, who had been left out of the arrangements by himself - "GOD" played by Mallory Hayter.

Both evenings were a success and over £1000 was donated to the Community Hall Window Fund. Plans are afoot for an "Olde Tyme" variety show in the spring.

Mike Whatmore



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Travels with and without a Shoreline

As I write this after breakfast, I visualise the row of chalet type rooms zig-zagging along terraces built into the hillside. Each room has twin beds and basic wooden furniture. There is a smell of mothballs and a mosquito light in the corner of the room. A bathroom comprises a shower which sometimes has hot water and a toilet with a bottom shower and not much toilet paper. The communal room is set back from a paved area which overlooks the hills of the Kumaon region of North East India. Close to the border of Nepal, it is cold at night but in October when we visited there is hot sunshine during the day. It is now midday there (5.5 hours ahead).

There was a magazine rack attached to the wall of the dining area under a porch which also contains the reception. Into this rack I placed a copy of *Shoreline*, news and views from Charmouth. I had my photo taken, the previous morning, holding the latest copy as the sun rose, lighting up the sharp contours of the Himalayan peaks of Trisul and Nanda Devi. We were 100 miles away from them. Imagine seeing Stonehenge from Charmouth! We were 8000 feet up and the mountains we were looking at were nearly 8000m.

We had gone to this region on a yoga trip. Two yoga teachers from England, Ranju Roy and Dave Charlton, had suggested the trip earlier this year. I had always wanted to visit India and this trip made it possible. The yoga hall in the mountains had a huge log fire and got a bit smoky sometimes. The generator would cut in and out causing the lights to flicker. At the first evening practice, a large creature jumped onto the roof of the hall and jumped off again with a yowl. We had been told not to go out alone because of the presence of leopards in the area, so we all kept in groups as we made our way back to the dining room for our evening meal of parathas, paneer, dhal and rice. In our early morning practice the next day, we realised that the animal was probably a rhesus monkey. A whole gang of them were now attempting to raid a terrace of corn as a young boy with a long stick tried in vain to scare them off by shouting and chasing them away. One lucky thief sat by the side of the road munching on his ill-gotten gains. We returned to our yoga practice, getting used to the sights and sounds of this remote area, a bit more interesting than the weekly yoga class at the Leisure Centre!

There was a fair bit of construction going on. Mukteshwar and the surrounding areas are a place of pilgrimage for Indians. Most western yoga students will head for Rishikesh, Poona and Kerala in the south. The 15 hour coach trip from Delhi, the last part on mountain roads in the dark, would probably put a lot of people off. Next year they are going to make most of the journey by train, which will be another experience. The mountains of the Kumaon are considered to be the abode of Shiva, the Hindu god. The Trishul mountain is named after the trident he holds in his hand. The red sunrise is his colour and even the crescent moon which appears on his forehead appeared for us in the orange sunset.

Another hero of this area is the legendary hunter Jim Corbett. I was reluctant to read his book, *Maneaters of the Kumaon*, but decided to buy it for my Dad. I made the mistake of reading the introduction and after that I couldn't put it down. My Dad was born in 1924 and Jim Corbett was hunting man eaters at that time. These animals were responsible for the death of hundreds of Kumaon inhabitants, maiming and terrifying many more. He was regarded as something of a local saint and we went on safari in a large national park named after him. We didn't see a tiger (the open jeeps gave us a clue that we wouldn't!) but the fact that over 500 square miles of the plains of India are protected for wildlife is a testament to his conservation work.

The viniyoga that we were studying is based on a theoretical, practical and scientific study of yoga based on the yoga sutras of Patanjali and developed by the Indian guru, Desikachar,

so although we saw many mosques, temples and holy cows wandering about, this for me was a very separate experience from the yoga. Bathing in a pool fed from a waterfall straight from the Himalayan snows, being fed and looked after, and the smiles and interest of the people around us, supported my yoga practice and made the long journey worthwhile.

Back in Delhi after our adventures, we passed much destitution on the streets in our air conditioned coach and stayed in the most luxurious hotel I have ever experienced. Next morning, a whole room was filled with every type of breakfast food you could imagine whilst Delhi residents outside went hungry. It's the contradictions in India which are hard to take in but they also can shift the mind to see things a different way. Everything in India is on such a grand scale, the luxury, the poverty, the amount of people, the vast open spaces and the mountains. My enduring memories will be of the friendly nature of the Indian people, the stunning views of the Himalayas and the relief that we didn't meet a tiger in an open jeep.

If you want to see details about next year's trip and look at photos of this year's, visit www.sadhanamala.com

Mary Elliott



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Yoga in the South West

There are so many types of yoga to choose from now that it can get a bit confusing. Yoga originated in India as a cleansing therapy (kriya) and the techniques of, for example, nasal cleansing (neti) and abdominal gymnastics (nauli) still exist in some traditions.

With the arrival of Buddhism in the East, came a type of yoga which addressed how important it was to work on the mind in yoga as well as the body, described by Patanjali's yoga sutras and with that, postures to limber up the body to enable it to sit in meditation postures with ease (light on Hatha yoga).

Hatha yoga has now become the default type of yoga which British wheel of yoga teachers are trained to teach. Ha and tha actually mean sun and moon and it is based on tantric yoga which addresses the energies in the body. Most British wheel teachers are teaching a westernised mix of physical yoga backed up with various yoga philosophies; however, the good thing about wheel yoga is that it emphasises safety, as care needs to be taken when embarking on yoga practice.

Most yoga teachers, when they have qualified, will find their own style, and use the philosophy which makes most sense to them; so if you've been to a yoga class and didn't get on with it...try another one. There are as many styles of yoga as there are yoga teachers.

Yoga is for everybody. If you think that you can't do yoga, all

the more reason to try it. You will find a type of yoga which suits you, if you persevere. Yoga is great for lung capacity. The breathing techniques allow us to develop breath awareness and quality of breathing. Yoga is great for posture, lengthening in the spine and developing flexibility and strength. Also and most importantly (in my opinion) is that yoga is good for the mind, developing a present mind mentality which allows breathing space from the pressures of modern society.

As Patanjali's first 3 sutra's suggest; let's practice yoga NOW (not when you have more time!)

Yoga is when the muddy waters of the mind settle and we see clearly. Then your essence sits comfortably in its human form.

Namaste.

Mary Elliott

Trained with the British wheel of Yoga and now practising a style of viniyoga.

I am a qualified yoga teacher and offer 1-1 yoga sessions at my home or yours. These sessions are designed to get you ready to attend a yoga class or to develop your own yoga practice (or both). I am also a qualified reflexologist and offer hops ear candling. I am happy to take GBP or nets (local currency) to the value of £30 per hour. (Concessions available if needed).

Contact: mary.elliott77@yaboo.co.uk or 560924

Mary Elliott



Supporting Health Naturally

Everyday stresses such as environmental pollutants, poor diet (often caused by mass industrialised production of foods treated or injected to preserve and market them), allergies and intolerances can develop into life-changing conditions. An allergy is an exaggerated reaction to a foreign substance following exposure to that substance – sometimes a very small amount. We all know someone who only has to be in contact with peanuts to have a very unpleasant, even life-threatening reaction. Such reactions place enormous stress on the body's immune system – particularly the adrenal glands and the pancreas and varied physical and emotional symptoms can occur. Prolonged emotional stress can affect the adrenal system, leading to negative cycles and patterns. The adrenal system was never designed for such repetitive action, but for occasional life or death situations- fight or flight emergencies!

Kazy Vincent-Janes is a qualified practitioner, tutor and examiner, trained in the combination of physical, emotional and spiritual aspects of the human being. She offers allergy testing using a nutritional and orthomolecular approach, emotional therapy, hypnotherapy, NLP therapy, life coaching, kinesiology and The Lightning Process. Tel 01297 489894

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Classes start 4th January

Aloe Vera: The Healing Plant

As Aloe Vera is added to more and more products, many people are asking "what is so special about aloe vera?" This article will hopefully give you a little more information.

Aloe Vera is a succulent plant that grows in hot, dry climates and looks a bit like a cactus but is a member of the lily family, as are onion and garlic. Across the world, aloe vera has folklore names that reflect its well known medicinal healing powers: burns plant, healing plant, dietary plant, to name a few. Documented use of aloe vera dates back to ancient Egyptian, Chinese and Indian cultures as a detoxifier, to heal skin and gut conditions and as a beauty aid. Greek and Roman physicians recorded its use and Alexander the Great is said to have fought a battle over the Island of Socotra to obtain a supply of aloe to heal his wounded soldiers.

What part of the plant is used?

The part of the plant that contains all the beneficial components is the inner leaf gel that has to be extracted from the leaves and stabilised to keep its active properties. This can be taken as a drink (like a vegetable juice) to give benefit to the whole system or applied directly to the skin or membrane surfaces. It contains a cocktail of nutrients including a wide range of vitamins (for example B12, A, C and E) minerals (calcium, copper, iron, magnesium, manganese, and potassium) and 20 of the 22 amino acids required by the body. Other components in the aloe gel ensure that these vitamins and minerals are absorbed straight into the blood system.

Enzymes, plant sterols (natural steroids), anthraquinones, saponins, salicylic acid and lignin in the gel give it anti-inflammatory, pain killing and anti-septic properties while other components are known to balance the immune system.

What benefits can you get from Aloe Vera gel?

The main sites of action of aloe vera gel are at the skin (which includes the digestive tract, the lungs and any membrane surfaces), the immune system and the joints. Applying aloe gel to skin can help with anything from bites, burns and cuts, to chronic conditions such as acne, eczema and psoriasis. Drinking aloe vera gel is known to help in many cases with any inflammatory conditions such as irritable bowel syndrome, ulcerative colitis, arthritis and asthma. It will increase the rate of healing of any wound and will reduce scar formation. Aloe helps the body's normal defence mechanisms to function by supplying vitamins, minerals and detoxifying agents. So people who start to take aloe regularly tend to find that they have more energy, look better and are generally in good health. As a beauty aid, it will improve the condition of skin, nails and hair.

Finally, it has the same benefits for animals as humans so if you can't afford it for yourself maybe you can for your dog or horse!

For further information on aloe vera crèmes lotions or drinks and supplements contact

Julie Leah, on 01297 560621 or e-mail : Julie.Leah @ soaringteam.com website ; www.time4aloe.co.uk/store

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Massage is one of the oldest forms of treatment, and is mentioned by some of the earliest medical practitioners. It works on the physical body, using pressures and movements on the soft tissues to stretch and relax the muscles, improve circulation, reduce pain and ease movement. Massage can also induce a deep sense of relaxation, which helps to promote physical health and calm the mind. It can be used on the whole body as a general treatment to enhance well being, or on any specific area that might need particular attention, for example back, neck and shoulders. The depth of massage can be adjusted to suit each client's preference.

Indian Head Massage

This therapy is carried out with the client seated and clothed. Massage techniques are carried out to upper back, arms, head and face. On a physical level this releases tension in the muscles in these areas, and allows the whole body to relax. However, it has a more profound effect, helping to clear a busy mind, and returning a sense of balance and harmony. It is useful for helping to manage stress and depression, and can also assist with eye strain, headaches and mental fatigue.

Healing and Reiki

These are a non-invasive way of helping the body and mind. Healing energy is channelled by placing the hands on or near the body as the client prefers. This makes it particularly suitable for those people who would rather not be touched. It can be used alone, or in conjunction with other therapies. The body absorbs the healing like a sponge where it is needed, and although clients do not always feel anything specific during treatment, some do report sensations of heat, cold or tingling. Healing is very effective in relaxing the mind and body, and can bring a sense of calm and understanding after trauma and shock.

Reflexology

Historically, reflexology can be dated back between two and three thousand years, and seems to have developed simultaneously in different parts of the world. The therapy uses massage and pressures over points on the feet, or sometimes the hands, which represent different areas of the body. This seems to help the body to find and maintain homeostasis (its point of balance), and to eliminate toxins. After treatment, most clients say that they feel very relaxed and some find they sleep better for a night or two. Often pain is reduced, and mood is improved. Although reflexology will not cure existing medical conditions, it may ease symptoms, and can help to make things easier to cope with by enhancing the body's general state of balance and wellbeing.

Sophie Graves / Mandy Stead / Izzy Robertson

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Mind Over Matter or is it Matter Over Mind?

Over the years the scientific community have dismissed notions that psychology might affect our physical health. Yet, instinctively we know that when we are stressed and feel under pressure we are more likely to fall ill or “go down” with something. Well, now we have good evidence that our minds and bodies are inextricably linked to each other and that what happens to one will very much set the stage for what is happening in the other.

In his excellent paper back; “The Sickening Mind”, Paul Martin discusses many examples of the way in which mind and body affect each other. He starts with mortality statistics from the first day of the 1991 Gulf war when SCUD missile attacks were launched at Israel and it was reported that the Israeli death rate leapt up by 58% that day. However, these were not deaths by physical injury, in fact hardly anyone was hurt by the missiles in the first days of that war, but instead, people were suddenly dying from heart failure and heart attacks due to the mental stress of the bombardment. Paul Martin is a behavioural Biologist and a Fellow of Wolfson College in Cambridge and his book gives us a fascinating glimpse into this world of neuro immunology, explaining the alterations to our nervous systems, our hormones, our blood cells and the consequent toll this takes on our bodies when we meet with stressful circumstances. Stress, when it is lasting and combined with our circumstances and personalities, will help to make us vulnerable to infections, heart disease or cancers.

We have to go back to our Stone Age ancestors to understand the benefits of stress causing a physical response in the body. When a sabre toothed tiger or a woolly mammoth comes out of the jungle to attack us, then we need an instant response to protect ourselves from danger. This has to be immediate and by reflex because there is no time to weigh up the pros and cons of our actions. A special area of the brain takes over and puts the whole body into a “fight or flight” response without waiting for the thinking areas of our brain to work. This alarm centre situated in the more primitive area of the brain in a special area called the amygdala, immediately activates the sympathetic nervous system and an outpouring of stress hormones to put the body in a state of readiness. Blood pressure rises, muscles tense and fill with blood diverted from the gut. There is no spare energy or time for digestion so the gut empties by vomiting and diarrhoea. Breathing quickens, the pulse quickens and pupils dilate to take in more light, and our awareness becomes strangely focused on the small, minute details of the danger with which we are faced and excludes all else. Together, this allows us to prepare for some serious fighting or probably more sensibly, for some serious running away.

Unfortunately, modern stresses are not here and gone in a matter of minutes or hours like the predators, they are sometimes here to stay for weeks, months and years and while some stress in our lives can be helpful to keep us performing optimally, on-going stress can have many detrimental effects on our bodies, reducing the function of our immune T helper lymphocyte cells to fight infections and increasing levels of cortisol with long lasting effects on many body systems. It can be difficult to rid ourselves of these modern stresses which can include relationship, work and financial stresses. It can be difficult to rid ourselves of stress just by talking without the danger of rehearsing our problems. What can we do?

Luckily there are hundreds of relaxations, mindfulness and meditation techniques which have been devised and taught in order to help turn this alarm system down. Many come from different cultures and bring their own individual benefits such as yoga and tai-chi which teach flexibility and strength, bring us social support in groups and help us to be in touch with our spiritual sides. What they also do is to bring the mind and body out of “fight and flight” and into the everyday “housekeeping” calm of the parasympathetic nervous system, in which our breathing and pulses slow, our digestion works normally and much more importantly, our minds stop that reflex, poorly thought out “black and white” thinking and allow us to examine

our situations calmly and begin to make good decisions. And very importantly, we can sleep at night because we no longer have to be on high alert for those sabre toothed tigers! These wonderful techniques all share some common features:

- *breathe in through the nose*
- *a long out breath*
- *and relax your tense muscles.*

Whenever you feel very acutely stressed, upset or angry and want to calm down, it is possible to begin to turn the alarm down very quickly by following some simple advice. Anyone can try it, anytime, anywhere and when we go into “housekeeping” we become calmer more relaxed and start to make good decisions.

- *Sit upright.*
- *Breathe in through your nose counting 7 in your head.*
- *Breathe out slowly counting 11 in your head and relax your most tense muscles.*
- *Repeat.*

This “7/11 technique” is in the books on anxiety and anger by the Human Givens Foundation. Alternatively, walking is also excellent for unwinding and housekeeping itself with its rhythmical movements and purposeful distraction will also bring us out of our stress responses and into a calmer state where we can begin to problem solve.

So we know we can use mind over matter, but now what about matter over mind? The astonishing truth is that another quick way to change your state of mind or your mood is simply to act as though it has been changed already? Can it be possible that our bodies do not follow our emotions but that actually, our emotions follow our behaviour and our bodies? We don’t run away from the tiger because we are afraid but rather, are we afraid because we find ourselves reflexly running away from the tiger? This is now the astonishing conclusion from a large body of psychological work. It is discussed in a brilliant and very readable paperback in the shops at the moment called “Rip It Up” by Prof Richard Wiseman who is professor of popular psychology from the University of Hertfordshire. In it he describes the work of William James, a contemporary of Freud who strongly disagreed with Freud’s techniques. James claimed that if you want some quality in your life then you only need to act as if you already have it. Want to feel happy? Then make a smile. Want to feel more confident? Then walk tall and look people in the eye. Want to feel courageous? Then make a fist and draw yourself up to full height. In short, the more we act, talk, look and walk how we want to feel, the more we actually feel that way inside. Hundreds of experiments and observations back up the effectiveness of James’s “As If” principle. If you read the book then an added benefit is the fun of ripping pages out of the book at intervals in order to complete the exercises Prof Wiseman sets.

Mind and matter, matter and mind. Essentially we have to look after them both and luckily there are some quick and easy ways to make beneficial changes.

And whoever minds ...I for one think it does matter!

Have a happy, healthy 2013.

Dr Sue Beckers



Clinic of Chinese Medicine
Acupuncturist MBAC. LicAC.

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Meet the Izzards – Meet Yourself!



We are all miraculous. It's a little-known fact that under our skin we each carry inside of us the DNA of all our previous human ancestors, passed down the line like a personal baton in an unending marathon relay of family life.

So, just stop and think about that: all of our previous mums and dads, going back 10,000 generations, have left their genetic mark in us like the sediment cross-sections of time we see in our Jurassic Coast cliffs. What a thought!?

I'd first heard about this on a local TV documentary about Cheddar man a few years ago. The film-maker had DNA-tested the bones of this ancient Briton and by testing local Somerset people had discovered a nearby teacher who shared the same DNA as Cheddar Man: they were ancient ancestral cousins.

As I spend a good deal of time walking my dog up at the magical iron-age fort at Lambert's Castle – and quite often at the even more mystical Coney's Castle – I set to thinking about making a TV series to find out whether any local people in the Marshwood Vale could be ancestrally related to the Durotriges tribes who lived up there just 3,500 years ago, farming and foraging on what must have been prime Iron Age real-estate! (I was thinking of maybe a watchable DNA Time Team series?)

I arranged to meet a top geneticist who ran a DNA-testing company called Britain's DNA and after one of the most exciting and stimulating lunches I've ever had, I left his Edinburgh University office a changed man. Aside from discovering that we are 97% genetically related to chimps and that we all have up to 3% of Neanderthal DNA inside of us, I was fascinated to learn that we share 40% of the same DNA as an onion and a banana!

But the most amazing discovery was that he could tell any of us exactly where in the world our ancestors had moved and migrated across the globe over the last 190,000 years.

By spitting into a test tube and having my DNA analysed, this genetic magician could plot me the route on a map that showed how my specific ancestors wandered round Africa (for 120,000 years), eventually crossed the Red Sea into Yemen (about 70,000 years ago) and then trace their route into Europe and finally across into Britain (probably sometime in the last 15,000 years as a Celt, a Roman, an Anglo-Saxon, a Viking or a Norman or even as an African slave?).

On that long train journey south, through the ancient British landscape, past Hadrian's Wall and the unchanging Lake District, across the floodplains of Cheshire and Somerset and finally back into the welcoming Dorset landscape, I kept

thinking about my ancestors. I imagined that the train from Edinburgh was carrying 1,000 of my most recent ancestors.

Five carriages of people – mums and dads going back 1,000 generations – who together could tell the story of my history back 20,000 years to the point when the first humans re-populated northern Europe after a dramatic ice age retreat. Imagine them all telling each other about their lives and their families and their stories...what a family party!

Then I realised that the 100 people in my train carriage could be my mums and dads of the last 2,000 years. My last 100 genetic relatives DID exist, had children of their own, lived through wars and pestilence, from the Romans, through the Dark Ages, as Anglo-Saxons, dodging Vikings and succumbing to the Normans, tilling the land, fetching and carrying, in sickness and in health, praying to be saved from death, just hoping their children would survive... well they did! (Or at least long enough to get me here.)

And as I looked round the carriage at all those disparate human faces with dark hair and freckled skin with blue eyes and brown, large noses and small ears, the tall and the short - each with their own compelling train-full of ancestors - it dawned on me that while I could never meet my previous 10,000 ancestors, perhaps I could follow their journey?

Why not trace their migration route across the globe from Africa to the Red Sea, across to Yemen, up the Bosphorous River into Turkey, across Italy, Spain and France and finally back into this Sceptered Isle: a genetic, time-travelling travelogue?

But, better still, why not get comedian, actor, marathon runner and cross-dresser Eddie Izzard to trace his ancestors journey over 200,000 years and show the world that we are all connected up under the skin, all part of the same human family? What a mad idea – but would he agree to do it?

Well he did. And this summer, I flew out to Namibia with Eddie to take him to meet the Kalahari bushmen in the remotest part of that remote country. We spent a week with these gentle hunter-gatherers who have the world's oldest DNA and, who, after donating their spit, we can say are the closest to Eve – harking back from 192,000 years ago.

But if you want to know more about Eddie's ancestral journey or more about your own, watch out for MEET THE IZZARDS on BBC1 in Spring 2013 or have a peek at www.britainsdna.com. Otherwise just take yourself up to Coney's Castle and feel the history under your skin. Up there, you can smell your ancestors!

Eric Harwood

News from Charmouth Primary School

The end of the autumn term is approaching fast and I have almost completed my first term as Head Teacher. It has been a very busy term establishing new routines and expectations and everyone is ready for a well-deserved break.

I am delighted to have met many people from the village and hope to continue to make new links in the New Year. It is my intention to build stronger links with the local community in Charmouth so if you have any ideas or areas of interests that you would like to get involved with the school, then please come and talk to me.

This Christmas, the children are going to perform Cinderella and Rockerfella. They are looking forward to performing to residents of Charmouth at our dress rehearsal and then to families on three other occasions. The final week of term will be filled with Christmas festivities, including a Christmas lunch with the children and staff. The last day of term will end with the whole school attending a Carol Service in church before going home for the holiday.

On our return, we look forward to preparing for the launch of our new school website. It will provide lots of information about the children's learning and it will be a hub to let parents, visitors and the local community know what is going on inside our school. Hopefully it will also attract families to the area and come and see what our school has to offer in this very special place. The children may even be able to share some of their work about the website in the next edition of the newsletter so watch this space!

It just remains for me on behalf of the children, staff and governors to wish you a peaceful New Year and we look forward to sharing more news of our school with you in 2013.

Gillian Morris, *Headteacher*

Charmouth School Parents, Teachers and Friends Association

As I write this I am reflecting after a very busy day at the Christmas Bazaar. It was a fantastic two hours packed with fun. The whole school was buzzing with excited children queueing to see Santa in his grotto, playing the many games in the class rooms (all organised by parents and teachers), face painting, tombola, the popular children's 'jolly jar' tombola as well as lots more. We had some new additions such as the gingerbread stall, the pink and purple stall and the bell ringers who kicked off the proceedings. It was a fantastic start to a new year of fund raising. Huge thanks to all the local businesses who generously supported us.

We have a selection of events planned for the New Year starting with Bingo on Friday 25th January - doors open at 7pm, eyes down 7.30pm. A table-top sale will be held on Saturday 9th February with refreshments and breakfast in a bap - to book a table call me on 560030. The school disco follows on Friday 8th March and Easter Bingo on Friday 22nd March.

We also have an EGM on Friday 11th January at 9am in the Charmouth School hall. All parents are entitled to be on or can elect the new committee and we are really looking forward to involving new people to come and be part of the PTFA. It's good fun and you will help raise valuable funds for the school's children.

Polly Wild, *Vice-Chair PTFA*

Police

In recent months Charmouth has continued to see low rates of crime. There have been two arrests for domestic violence, one stolen vehicle reported which was found in Axminster, two arrests for drugs possession and a report of criminal damage to a window.

On 15th November the country went to the polls to elect the first Police and Crime Commissioners (PCC). In Dorset, Martyn Underhill was the winner, and on the 22nd November took up his post as Dorset's PCC. He will spend the next couple of months putting together his Policing Plan for the next financial year to take Dorset Police forward. You can keep up to date with news from Martyn Underhill at www.dorset.pcc.police.uk and also follow him on Twitter @PCCDorset.

With the cold weather and Christmas approaching this is historically the time of year we see a rise in heating oil thefts and burglaries. Over the past few years many people have purchased alarms for their oil tanks and we have seen a marked decrease in the number of oil thefts reported. If your tank is not alarmed then we can put you in touch with a suitable installer. Please keep your doors and windows locked when you go out as the majority of burglaries occur in insecure properties and report any suspicious sightings. We would much rather come out to a false alarm than have to deal with a burglary later on.

Lyme Regis Safer Neighbourhood Team are now on Twitter @LymeRegisSNT and also Facebook, www.facebook.com/LymeSNT. You can still email us on lymeregisnt@dorset.pnn.police.uk or call us on 101.

PCSO 5474 Luke White



PCSO5474 Luke White



PC2204 Kirsti Ball



PCSO5386 John Burton

HUGE REWARD FOR CAPTURE OF CHARMOUTH PRISONER

"Broke out of Dorchester Gaol, on the night of Sunday the 5th of February 1809 — Benjamin Crocker, late of Charmouth, Dorset, and formerly of Winsham, Somerset, charged with forgery. He is 30 years of age, 5 feet 8 inches high, has grey eyes, swarthy complexion, a cut on the left side of the chin near the mouth, a mole on the left side of the upper lip, a cut on the middle of, and hesitates when he speaks.

As the said Benjamin Crocker had on his irons, and was totally naked, it is presumed he must have received some assistance from without the walls, and it is particularly hoped no person will furnish him with clothes.

Whoever will apprehend the said Benjamin Crocker, and lodge him in any of His Majesty's gaols, shall receive a reward of one hundred guineas, over and above what is allowed by Act of Parliament, by applying to R.W. Andrews, Gaoler Dorchester Gaol". February 6, 1809

1st Charmouth Scouts

Fundraising boost for Charmouth Cubs & Scouts

1st Charmouth Cubs turned the tables on their rivals by winning the Dorchester & West Dorset District Swimming Gala. The Pack, which came last in 2011, surprised everyone by storming to success in this year's event. According to Toni Green who is stepping down as Cub Leader after many year of sterling service, "It was not just our strong swimmers who did well. Every member of our team made a final, and everyone contributed points to our winning total. So it was a true team performance."

Charmouth's Scouts also swam brilliantly, but had to settle for third place in their event, losing out by a mere 4 points to the joint winners.

A number of the Cubs are moving up to Scouts in January, leaving some gaps in the Pack that the group is keen to fill. If anyone has a son or daughter who is keen to join, they should contact Kevin Payne on 01308 459080.

For more information contact Kevin Payne, 01308 459080/07976 534517, email: payne.kevin6@gmail.com

Fundraising boost for Charmouth's Cubs & Scouts

There was good news for the 1st Charmouth Scout Group this week. It has been accepted on LocalGiving.com's latest matched funding scheme.

"Anyone donating £10 to the Scout Group will have their tenner doubled, so it's a great time to help us raise money to subsidise activities and renovate the HQ", said Tom Summers, Group Chairman. "We have already re-stained the front and side of the hut and put up a brand new sign, so things are starting to happen."

"Donations should be made via the Group's web page: <http://localgiving.com/charmouthscouts> in units of individual £10s to gain the maximum benefit for the Cubs and Scouts," added Tom.

For more information contact Kevin Payne, 01308 459080/07976 534517, email: payne.kevin6@gmail.com

1st Charmouth's Box Carts prove successful at District Scout Races

Six male and six female Scouts from the 1st Charmouth Scout Group joined with fellow members from all over West Dorset at the Freshwater Holiday Park on 18th November for the annual Scout Box Cart Race. Each of the 16 carts had to tackle three different events: a Road Race, on the tarmac paths; an 'Off Road' course, around a very bumpy field; and a Downhill sprint. This year the Off Road course was made even more challenging since teams had to take their carts round a post located in slimy mud and placed perilously close to the edge of the River Bride.

The Scouts from 1st Charmouth entered three carts: two of a conventional design and one made from broom handles and old wooden cable drums lashed together. Although the latter looked out of place against carts with pneumatic tyres, it performed well, stayed in one piece and came third in the Downhill sprint!

Charmouth's lead cart fared even better, coming second in both the Road and the Off Road races. This meant it came overall runner-up, when the times for all three events were combined.

For more information contact Kevin Payne, 01308 459080/07976 534517, email: payne.kevin6@gmail.com



Charmouth Youth Club 2013

Tuesdays 6.30 - 8.30

Cost £1

All Welcome 8-12yrs

2013 will see some changes at the club. The back room, normally used for storage, will be refurbished and become an exciting new space for young people to use as they wish.

The pool table is getting a new cover, the CD collection is getting a new player and the kitchen will welcome an oven, so now we can learn how to bake cakes and other yummy stuff, to sell in the café!

We will have our usual favourites too! Sports, film nights, music, art & crafts, games, chat and fun!

Our programme of events is developed in direct response to our members' needs. We encourage members to talk to us about what they want to do in their club. We will listen and do our best to help make it happen!

APPEAL FOR MORE FEMALE MEMBERS!

We have an appeal for more young women to come to the centre. What is it that would bring you back week after week? Tell us and in consultation with you, we will do our best to make it happen!

So come along and see us any time club is open for a chat.

APPEAL FOR VOLUNTEERS

It would be wonderful to welcome a new volunteer to the centre. This would mean so much to the young people, as we could offer a wider range of activities which could only benefit them.

Contact Louise on 0750108182. We are waiting for the phone to ring!!

Charmouth Heritage Coast Centre



Meirel Whaites - Senior Warden

2012 has proved to be another busy year for the Centre, with over 84,000 visitors and a further 6,000 school children attending on organised visits. In the period leading up to Christmas we hosted our annual Jurassic Art and Craft Fayre, which gave local exhibitors the chance to sell their handmade wares and paintings to the public. This event also raised funds for the Centre, with many villagers donating cakes, bakes and preserves for the Junior Ranger stall, the money from which goes towards funding the free taster Ranger sessions that are run in September for the children of Charmouth Primary School.

Over the winter period there have been many changes in regard to both events and also the layout of the building. Over the past 18 months the warden team have been developing a five year interpretation plan so that the Centre remains fresh and inviting for both visitors and our local supporters. The first stage of this plan is being implemented over the New Year and involves the relocation of the shop and welcome desk within the main exhibition area. The layout of interpretation panels will have changed and the large marine tank will be absent from the Centre for the 2013 season. The small marine tank will still be in place though, so our local marine creatures will be on display to the general public from Easter onwards. The large marine tank will be reinstated at a later date. We would like to thank our working party for all their hard work over the winter. They save the Centre a huge amount in terms of maintenance costs and ask no more than to be kept supplied with hot drinks and biscuits and the occasional bit of home baking!

The February half-term will be here before we know it and the Centre has a full programme of events planned with our Fossil Roadshow, fossil walks and other activities. Phil Davidson (Geology Warden) will be giving a lecture during this week on the Charmouth Dinosaur, which takes place on Wednesday 20th February at 2.00pm. Tickets are available from the Centre.

Although the spring and summer months feel a long way off, the Centre is already busy with bookings for 2013. The schools programme is already fully booked on some days during the summer months and, with an early Easter this year, the warmer days will be here before we know it.

Once the warmer weather has arrived, our intrepid Junior Rangers club will be braving our British seas snorkelling, which is hard to imagine at this time of year. We would like to thank the Charmouth Parish Council Community Fund for their contribution towards the equipment costs, which has made this all possible. Lyndsey Bird (Marine warden at the Centre) is also a volunteer leader with the 1st Charmouth Scouts, so they will benefit from the use of the equipment too. If any other youth groups in the village would like to borrow the equipment, then please do ask at the Centre; they will be available for loan free of charge.

With all the changes for the year ahead, our current volunteers will be attending training sessions in early February in order to familiarise themselves with the new layout (just in case any Friends are reading *Shoreline* before the newsletter comes out!). New volunteers are always welcome. If you have any time to offer, it is always much appreciated. Please contact the Centre on 01297 560772.

Phil Davidson - Geological Warden

All the flooding and rain so far this winter has meant that the cliffs are extremely unstable. Our major concern is on Stonebarrow and, as I write this, an enormous part of the cliff has collapsed near St. Gabriel's mouth. The cracks at the top

of Cain's Folly and at the start of West beach are increasing in size and are the indicators that these areas, in particular, are ones to watch out for. Here at the Centre we have been monitoring the cliffs and sending the photographs to the Jurassic Coast Team.

Despite all the movement, there haven't been too many scientifically important finds registered here. It always takes time for the sea to wash away at the landslides and reveal the fossils. Hopefully there should be an influx of interesting finds over the rest of the winter.

Please do take extra care when out on the beach and do give the cliffs a wide berth as they are very unstable. Also many of the mudslides will cut off the beach on incoming tides, so always check the tide times before heading out.

Lyndsey Bird - Marine Warden

I would like to thank the Scouts, some of whom are also Junior Wardens, for helping us empty our marine tanks as part of their community badge. They did a grand job and had the tanks emptied and cleaned in an hour-and-a-half, ready for the installation of the new shop.

The new Junior Rangers club has been a great success. With more kids attending on Saturdays, the group has now grown to 15. We have been out and about fossil collecting, discovering micro fossils and making blackberry pancakes, with an exciting Christmas special. Look out for the new programme coming out for spring term with the theme birds and bugs! If you are aged 8 – 12 and are interested in becoming a Junior Ranger, we still have spaces so why not join us! More information can be found on our website at www.charmouth.org, alternatively contact me at the Centre.

The Friends of Charmouth Heritage Coast Centre.

Once again the Centre has had a very successful year and, despite the poor weather nearly 90,000 visitors have been welcomed. The Centre is a very big attraction for those coming on a day trip or for holiday makers staying in the area. In addition to these visitors there were over 100 schools throughout the year and many of these make a regular booking.

For all this to run smoothly a lot of work and organisation is required – far more than the Wardens can provide and this is where the Friends become important. The Friends are local people who volunteer their time or expertise to provide this extra help. Some work during the winter to repair and renovate the displays, there are some who help with the school visits and guided walks but the largest requirement is for volunteers to help in the reception area. During the winter, when there are fewer visitors, is the best time to join the volunteers and learn the routine. No knowledge or experience in science or fossil collecting is necessary – though this will be learned very quickly as you hear the Wardens talking to visitors (especially the enthusiastic children!!) about the items found on the beach.

Volunteers are needed but it is not necessary to come every week or at the same time as you can be fitted into the rota at a time to suit you. If you are interested to know more please contact a Warden at the Centre for a chat or contact me.

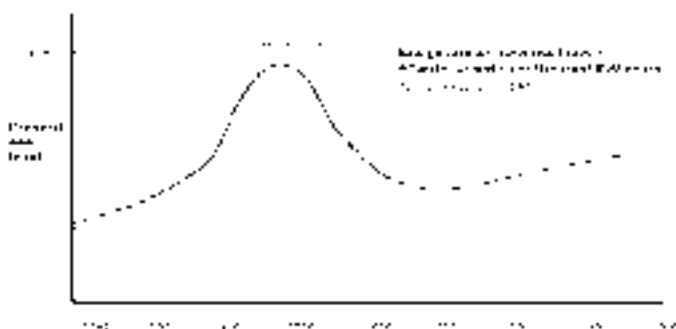
Chris Horton, Friends Chairman

Changing Sea Levels - Part 3

There was a strange period between the Elizabethan and Georgian periods which were characterised by particularly cold and harsh winters in Europe and elsewhere. The start and finish dates for the so-called "Little Ice Age" are often debated. NASA scientists point to the period between 1550 AD and 1850 AD as the main epoch in question in which there were three especially cold intervals. The first was heralded by the 'Great Frost' of 1683–84; the Thames was completely frozen for two months allowing a prolonged 'Frost Fair' to take place.

Another exceptionally cold period began in 1770, and yet another in 1850. Other scientists suggest that the great famines of 1315-1321 mark the beginning of a rapid period of change in the climate of Northern Europe. Others point to the increased global volcanic activity that began around 1500AD producing a cooling dust cloud around the earth. Whatever the primary cause, it was the coldest interval over Europe for at least 1000 years. It was also a period of glacial advance around the world. It is remarkable to think that the "Little Ice Age" refers to a period when mean global temperatures dropped by only half of one degree Celsius below the 1961-1990 global mean!

We noted in Part 1 of this series that ice over land can lower sea levels but ice floating in water does not affect levels. Remember also that warming water expands and therefore cooling water will contract. So putting this to the test...is there evidence that sea levels fell during the 17th and 18th centuries? A certain Professor Lamb made a detailed study (1977) of the number of recorded severe sea floods (Channel and North Sea coasts only) between 1000AD and 1900AD. The period 1000AD to 1300AD estimated a total of 25 but the next 300 years (1300AD-1600AD) estimated only 10. During the 18th century there were only 2! So, allowing for a 100-200 year lag in momentum, there would seem to be some correlation between phases of rising sea levels and the frequency of storm-induced floods.



The chart above shows that sea levels have been steadily rising in the last 250 years.

In the last 125 years (since accurate tide gauges have been available) the mean annual rate has been 1.6-1.8mm/year.

There is an interesting set of records relating to Spurn head in the Humber Estuary: in 1639, sea levels were static or slightly falling and 100 years later a small island known as 'Sunk Island'

had emerged from within the North Channel and 100 years after that (1840), it had actually become part of the mainland. It is difficult to accurately separate the causes of recorded increases in coastal land area because this was a period when great strides were being made in land drainage on the Fens, the Norfolk Broads and the Somerset Levels. Remember also that areas of deposition/accretion may be a result of severe erosion further along the coast



Thames Frost Fair 1683-1684 by Thomas Wyke

Given that from the 17th century to the 19th the climate (air) was colder, it is perhaps surprising that there appears to have been a modest rise in sea level...but this is due to the lag in momentum mentioned earlier. The vast volumes of water in the oceans take centuries to absorb heat from the surface air and equally, centuries to loose it back to the air again. There is also evidence (for the Thames) that due to the gradual downward tilting of Southern Britain, there was a slight additional rise in sea level but not sufficient to cause real problems.

The town of Rye (Romney Marsh) shows an interesting fluctuation in fortunes around this period. It was a prosperous port in the 15th and 16th

centuries but by the 17th century was in decline because the estuary was silting up. Today, the Rye Harbour has been re-established a mile downstream from the town and the mouth of the river is a further half-a-mile downstream.

Chichester Harbour has shown a similar fluctuation in shape and size over the centuries: in 1600 it was one mile wide but by 1778, just 260 yards as sedimentation occurred but during the 20th century, as sea levels rose again, the mouth widened to more than 1400 yards.

For the Severn Estuary, the 'Great Flood' of January 1607 (a possible Tsunami event) marked a turning point. For after this, the frequency of serious flooding fell sharply and the dunes in the Swansea Bay area continued to grow. When the docks at Port Talbot were being constructed (1928), an in situ stone was revealed at a depth of some 20ft bearing the date '1626' suggesting that 300 years of accretion had taken place.

The build up of sand dunes can be a complex and gradual process. Firstly there has to be a plentiful supply of sediment and a minimum of forces to move it along the coast. If levels fall and the sea recedes, more sand is exposed and can dry out. It becomes subject to wind blow. Slightly raised ground and low vegetation can act as a wind break allowing sand grains to settle and gradually dunes develop. It would be wrong to conclude that coastal accretion is solely the result of falls in sea level but it certainly would be a contributing factor just as land reclamations, planting of Marram grasses (to stabilise dunes) and hard sea defences are.

So we can appreciate that no two lengths of the coast behave in quite the same way. The Geology, the morphology, the physical properties of water, human interference and even 'bounce back'....a remnant of the last Ice Age all conspire to influence actual sea levels at every specific location.

In the final part of this series, we will look at the 20th/21st centuries and see what recent scientific research is telling us.

Tony Flux
National Trust Coast and Marine Adviser (SW)

The Memoirs of a Fossil Hunter

Episode 2 - The Japanese, the German, the Italian and the Dutchman

The Japanese

I am with a 'fossil king'. We are exploring Stonebarrow beach on a sunny day after a storm and there are many stones on the beach. This is good. After a while the 'king' spots a large ammonite on the outside of a stone, but it's worn and not really repairable. "Do you want it?" my friend asks. I decline and walk on.

Behind us we notice a young Japanese man. He is loaded with numerous appendages such as a hammer, spade, chisels and several bags, and a large, very professional haversack. Being a friendly fossiler, I merrily wish him a "good morning" and he responds with a smile and a bow, but swiftly begins to examine the beach again. "Looking for fossils?" say I (you know I sometimes wonder at my ingenious questions!). "Hah so", he replies and carries on. "Hey", say I to my pal. "Do you reckon he'd like that ammonite we found?" "Yeah, why not?" the 'king' replies.

We scurry back and retrieve the stone and catch up our very keen Japanese gentleman. "Excuse me, would you like this?" He looks at the big ammonite and, in an amazed tone he exclaims: "Foh me?" "Yes, you can have it." "Hah so... thank you so much... thank you", he grins and bows.

Our good deed done, we move on as he takes his haversack off and lovingly wraps the fossil in newspaper. He knows his stuff, this young man. A few minutes later he rushes after us and says: "Foh you" and hands us a package, bows and returns to his searching. I open the package and, incredulously, say to my pal: "He's given us his sandwiches." Thoughtfully we enjoy them and I say: "Have you got any pyrites in your pocket?" "Yeah, a few." "Me too." "Hmmm." "Do you think he'd like them?" I ask. "Why not?"

So again we approach the enthusiast and bowing (he's got me at it now!), I offer a whole handful of 'fool's gold' (pyrite) ammonites to him. "Foh me!!" he exclaims jubilantly. "Hah so, thank you, hah so, thank you so much" and bowing deeply accepts our offering. He unshoulders his haversack and again carefully wraps the handful of pyrites separately in newspaper. Feeling rather chuffed with ourselves, we say "goodbye" and move on. Suddenly he runs up behind us. "Foh you" he cries, "Foh you" and runs off. He's given us his banana! Our 'gast' is 'flabbered.' "Strewth" I cry. "Quick, find aoceras; if we find a really big one I reckon he'll give us his camera!" We rush around... but can we? Our new friend disappears into the distance (with his camera). Ah so.

The German

This event occurred one lovely summer's day. Up ahead I noticed a large apparition. Drawing nearer, it turned to be and spoke: "Goot Mornink." This blonde lady had to be six feet (across the shoulders) and about nine feet tall (well nearly). "Where are you from?" I ask, as if I didn't know. "From Chermanny." "Oh right... are you looking for fossils?" How I think of these questions I'll never know.

From then on we meet every day and exchange pleasantries, but she doesn't find much so I start to give her a few small pyrites and show her where to look... her shadow looming across the beach all around us! One day I slip a nice fresh large Echioceras in my pocket and when we meet I look up at her face and something makes me play an innocent little trick upon her. So, for a bit of fun, I point behind this pillar of German femininity. "What's that?" I cry. Spinning around like a top, making a sizeable sand dune, she explains: "Where?" Quickly, I throw my big 'Echi' at her feet. She turns back, causing further showers of sand with her mighty boots. "Oh, there's one you missed" I say and quickly bend down and pick up the lovely big 'Echi'. She stares down at the bright

gold ammonite. I laugh "Ha ha, it was just a joke" (fool that I am).

Anxiously I await her reaction as she works it out, then: "Ah zee English humour, very goot, ha ha ha, ho ho ho, ha ha ha" and

laughs good and long, throwing her head back and revealing wonderful white teeth, lots of them!" Man, this is a Cretaceous crocodile! "Very goot, ha ha" she cries and lovingly slaps me on the back.

By the time I get up off the beach she is plodding off into the distance, still laughing, leaving a trail of footprints in the sand behind her like a Diplodocus dinosaur. "Ha ha ha, ho ho" floats back. Right, some choke – I mean joke! Still, I've lived to fight (or run) another day.

The Italian

"Thisa isa my grandson" explains the small dark man. "Hea likes the fossil." I meet them on the beach as they search for pyrites. They have done quite well, even if the conditions are not ideal; hot dry summer weather and small tides. But of course children are sharp-eyed and nearer to the beach. The boy proudly shows off his little collections and explains that his grandfather is from Italy, but he is English. Each day I bump into them and each day they find a modest amount of fossils. "These are Belemnites" the boy says "and these are Crinoid stems." His grandfather beams proudly: "Hea likes his fossils" he says.

Their last day approaches and I decided to find a small present for them. Going through my heaps of fossils I pick out a small but quite pretty 'Asti', about two-and-a-half inches in diameter. It is in a nicely shaped flatstone matrix and has a fine yellow centre with a dark chestnut brown body chamber. I can spare this. There they are: grandfather and grandson on the beach searching hard for pyrites. "Hi there" I greet them. "What have you found?" They have done quite well, with several attractive pyrite ammonites and are enjoying their last day's fossiling. I ask grandfather if I may give his grandson a fossil. He gladly accepts and I bring out the newspaper wrapped ammonite.

The lad unwraps it and exclaims: "Oh wow, it's an Asteroceras, thank you!" The boy knows his fossils! Grandfather shakes my hand and smiles. "See you next year maybe?" I ask. "Oh yes, we are herea every yeara" grandfather says happily. I take my leave of them, pleased to have encouraged the young fossiler. Later that day I go out again and am just staring out on the beach when I hear someone calling to me. Hurrying up is grandfather. "We are just leaving. I bringa something for you" and handing me a large paper bag



he says "For a helping mya grandson." Inside? Two bottles of lovely Italian red wine!

The Dutchman

The weather is very hot and I meet the fossil hunter from Holland. We chat and discuss fossils. He had done very well, it seems, and over the years has managed to put together a good collection but – he needed an 'Asti' – had to have an 'Asti'. He desired an *Asteroceras obtusum* from the Stonebarrow flatstones. Now this is perfectly possible in fossiling season in the winter storms, but in the summer it is much rarer to find. The 'porridge' (the piles of clay at the top of the beach below the cliffs) has changed from the consistency it had when falling from the cliffs above. In the winter it would vary from thick clay goo to 'gravy'. Now in the summer it was concrete. So if there are any flatstones which have come down inside the porridge, the chance of them being washed out by rain and waves is remote.

We meet several times, the Dutchman and his friends. One day his pal, with whom he stayed, took me to one side and said: "He's always telling my wife and I that what he really wants is an 'Asti'; can't you find him one?" A tall order! "It's his last day tomorrow" he explains.

On a baking summer's day with many people searching and no movement in the cliffs or on the beach – impossible, I'd say. Still, I thought we could try so I agree to meet them next day. After high tide we all meet up and begin the hopeless task of producing an 'Asti'. We spend a nice day below the Black Ven Marl on Stonebarrow side where we stand the best chance. We search diligently, checking porridge and carefully examine all the sand and pebble surfaces on the beach just in case a corner of a buried flatstone could be spotted. Actually, there are flatstones in the beach and the concrete porridge, but they lie hidden until disturbed by wet stormy weather. Occasionally a calm sea can pull the beach off and reveal fossils beneath, but not today.

"This just isn't going to happen" I think as the day goes by. The tide begins to turn; it is a severely hot afternoon. We're tired and thirsty and so forlornly wend our way back. Our Dutchman makes a cheerful face of it but we can tell he is a bit down. "There's always next year" he says hopefully, but he's been saying this about 'Astis' for years and, as he only visits in summer, this state of affairs could go on indefinitely. Then, unreliably, our Dutch pal stops and stares. He has espied a tiny edge of something in the porridge. He scratches at it... could it be? He drags hard porridge off around it with a sharp chisel. "Is it one?" he asks incredulously. It is – but it's a big stone and it's going to take some getting out! Nevertheless it's in porridge, not in the cliff, and there is no overhang so it's a safe spot in which to work. He begins, but the spade just cannot make an impression. It will have to be a chisel job. An hour later our determined enthusiast is streaming with perspiration but has reached the point where the stone can be levered free. It is a big stone. Maybe it's a good one as it is five feet long, four feet wide and about one foot thick.

Our friend, who is quite excited by now as this is his first flatstone, lifts the stone onto its edge where it firmly stands with a good hold in the sand. We block it up a bit by placing some nice size stones each side of it. He looks at me for guidance. I explain that it has to be hit carefully, working down the stone from the top edge, just gently chipping small saucer sized 'slices' off it, and so he somewhat nervously begins work. Each controlled hit makes that familiar crisp flatstone sound and gradually he reveals part of its finely grained interior.

It is a calm tide, still well out; the sea is turquoise in the waning light and most people have gone home. 'Click, click' our pal toils. Another 'click', another piece falls – we are waiting and watching for a 'click' which reveals the outer edge of an

Asteroceras obtusum within its stone matrix. Another half-hour... he is a third of the way down the stone. I'm becoming a bit concerned as 'Astis' can be as few as one in 20 stones, but usually one in ten, and often there are at least a few 'Promis' or even an insect wing.

Now he's panting and rests awhile. With a deep breath he continues. We cannot help as it's his stone. Oh dear, he is halfway – still nothing. It's not happening. He looks at us despairingly, for he's down to the last 14 inches of stone; worse still, there's just a thin part of the stone left. Now he is down to the last ten inches we look at each other. He is going home tomorrow. Finally our pal shrugs his weary shoulders and, in a gesture of defiance, takes a big swing at the small morsel of flatstone left. 'Click... crack' and... gasp. There – popped cleanly right to the centre is a lovely yellow three-inch *Asteroceras obtusum* in all its glory! Our friend looks up at us all, thrilled and says: "It was the last hit, the last stone on the last day!" There is nothing left to say.

'The Mouse'

Look out for episode 3 in the next issue of *Shoreline*.



Phil Davidson, Geological Warden at Charmouth Heritage Coast Centre says:
'The best fossils are found loose on the beach. Due to all the recent rain, the cliffs are very unstable and you should make sure you keep your distance from them. Also the excessive rain has created lots of sticky mudslides that should be avoided and can cut off the beach on an incoming tide. Always check the tides times before going out fossil hunting.'



Shoreline Creatures: Honeycomb Structures on the Beach – What are They?



Low down on the shore, encrusting rocks and other hard surfaces such as shells or pieces of wood, there are interesting honeycomb structures made up of many sandy tubes. [pic 1] Together these can form large and quite dense reef-like colonies, each tube being the home of a worm, *Sabellaria alveolata* which grows up to about 40mm in length. These are a species of segmented Polychaete worm common in marine environments.

The tubes, longer than their occupants, are constructed of sand grains and attached along their length to a hard surface or to each other. [pic 2] *Sabellaria* worms have a preference for quite exposed parts of the beach because they need to be located in an area where there are plenty of suspended particles to use as building materials. Grains of sand are trapped by feathery tentacle-like structures (radioles) and cemented together with mucus - thus the tube is gradually formed. As illustrated, each worm tube has a small overhanging area regarded as a 'porch'; away from this entrance, the tube is narrower and the worm can move up and down inside using its many appendages.

Sabellaria alveolata worms are sessile filter-feeders and, when completely immersed, extend their tentacles in the shape of a

fan to catch microscopic organisms (plankton) from the water. These tentacles also act as gills, absorbing oxygen. One useful adaptation at the worm's head end is a series of modified bristles (chaetae) forming a kind of stopper or operculum; this is in place near the mouth of the tube at low tide helping to reduce the likelihood of the worm drying out. A big advantage of living in a tube is that the worm cannot be seen and few predators are known; fishermen sometimes remove these worms from their tubes for use as live bait.

Unless dislodged or crushed by an anchor, huge boulder or large boots, these reef-like habitats can be quite stable and the worms typically survive for 5 years or more. Although there are not many other creatures living in the crevices formed by the tubes, they may provide surfaces on which other marine organisms can live [pic 3].

If you would like to know more, see Jackson A (2008) *Sabellaria alveolata*. Plymouth Marine Biological Association of the UK. <http://www.marlin.ac.uk/speciesfullreview.php?speciesID=4277>

Rosalind Cole

Coastguard

During 2012, the Lyme Regis coastguard team has helped with the rescue of least 25 people cut off by the tide in the short distance from St Gabriel's east of Charmouth to Lyme Regis. Fortunately with the invaluable help of the RNLI and the Coastguard helicopter, all were recovered to safety. Whilst most of these individuals were visitors, a surprising number were locals.

In last three years we have also experienced some extreme weather and the floods in July were greatly exacerbated by a big incoming spring tide, giving the rainfall nowhere to go. The recent landslides mean that some parts of the beaches that are normally accessible become hazardous on an incoming tide. So with this all in mind, why are so many people oblivious to the simple principles of the tides and continue to put themselves in harm's way?

Apologies for those of you familiar with the concepts of the tide but it does seem worthwhile explaining some basics about tides as they apply to our local area. This is an oversimplified explanation and a quick search on the internet will provide the reader with a plethora of additional resources.

The tide comes in (sometimes called 'on the flood' or 'on the make') to give high water and goes out ('ebb') to give low water twice in every 24 hours and 50 minutes, so crudely this means that there are two high tides a day. The tides are mainly determined by the gravitational pull of moon, although the sun, atmospheric conditions and prevailing weather also influence the speed and height of the tide. It takes about 4 weeks for our moon to complete one full orbit around earth i.e. new moon to new moon via full moon. When the sun, moon

and earth are in line, the tidal effect is stronger because both the sun and moon's gravitational effects are combined and this causes bigger tides known as spring tides. Therefore spring tides happen when the moon is full (opposite side of the earth to the sun) or new (same side as the sun). It takes a couple of days for a full or new moon to produce the largest tides, so spring tides start shortly after the new and full moons and last for about a week. The height of the tide gradually decreases over the course of that week to become neap tides and then gradually increases again.

So much for the theory, what about the practicalities? Visitors to the beaches of Lyme and Charmouth should familiarise themselves with the time of high or low water and the height of high or low water. The easiest way of getting this information is the tide tables. The tide tables are a prediction of tidal activity for every day of the year. Local tide tables are readily available from many of the local shops and copies for the current month are available outside the harbour master's office in Lyme and the sea front at Charmouth. The table will show for each day of the year, the height and time of high water and low water.

Please note that it does not say high water or low water - this is inferred from the heights shown in metres; the larger the number is high water. The tide table also shows the phase of the moon, so you can see how these are connected to spring and neap tides. The 'tables' also adjust the time for British Summer Time. It is also interesting to look at the tidal ranges for both spring and neap tides. The tidal range is the difference between the heights of high water and low water. It is shown in metres and the range is much greater at spring tides and smaller at neap tides (spring range is greater than neap range). Another rule of thumb is that any high water early in the

morning or early evening will mean that you are in a period of spring tides.

These tidal predictions are exactly what they say 'predictions'. The weather affects the height of tide (e.g. high atmospheric pressure pushes the water level down and a low pressure system will pull it up) and we all know how accurate weather forecasts are! This coupled with an uneven sea bed and the waves means that predicting tidal heights to the nearest tenth of a meter or minute of time is impossible. Knowing all this information you should be able to plan and keep everybody safe by ensuring that your route off the beach will not be cut off by an incoming tide. If you think this may happen, it is always best to move to safety, three hours before high tide.

Nick Bale



Charmouth Property Management

Covering West Dorset, East Devon and South Somerset

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www.cpmman.co.uk

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News from St. Andrew's Church

You might remember that we included in the last issue of "Shoreline" a Survey Form: "Welcoming Children & Families to St. Andrews Church". To be honest, we have been disappointed in the response, with only eight people completing the Form. The PCC are now wondering what to do next – it might be that a more personal approach is needed through conversations with young people as well as families direct. Your views are, as ever, welcome!

The survey indicated that a slightly later time for our Sunday Service might encourage attendance – maybe 10am, rather than 9.30am. But it appears most would not attend our monthly Family Service in its current form, so perhaps a new more informal cafe-style (like at Whitchurch) might be a better idea. The most popular suggestion is that we hold a weekly Toddler Group in the back of St. Andrews, with activities provided or simply as a place for parents and toddlers to meet informally with drinks available. If there are a few people who can help to make this happen, please get in touch! One final and rather unusual idea is a Grandparents Group which provides support for older carers of children. Does anyone have thoughts on this suggestion?

In terms of recent Sunday Services, the Remembrance Service was very well attended. The uniformed organisations came in good number and paraded their standards really well. Many thanks to them and to the Royal British Legion for their substantial support and involvement. Next year we will try to have something of special additional interest for the younger people – if you have suggestions then please let me know, as I will be leading/speaking at the whole Service.

The work on the aisle roofs is now complete, after many months of labour by our contractors. They should be weatherproof for several decades now! The cost was around £50,000. This has hugely depleted our Building Fund Reserves, and so we have started fund raising again for the next Phase of the restoration/ redevelopment of St. Andrew's. The first event was the Christmas Bazaar. Thanks to all who supported; net proceeds were over £1,000! For this event we held a raffle, sharing the proceeds with Exeter Leukaemia Fund. We enjoyed working with the wider community with ELF, Save the Children and Charmouth Central taking part on the day free of charge.

The external work is vital but not visible! What will be seen and appreciated is the inside. The PCC have now decided on their first stage of plans for developing the interior of the building, so that it can be of greater use to the community. The plans have been drawn up by our architect, and can be consulted by appointment through our churchwardens, Ted Whatmore (560726) or Pauline Berridge (560957). Essentially we aim to:

- Remove all our side pews and level the floor to the side aisles

We will replace the pews with comfortable fabric chairs

- Create four special areas:
 - Children's Activity Corner
 - Publicity & Books Corner
 - Meditation & Prayer Chapel
 - Music & Piano Corner
- Install a disabled toilet, replacing current (inadequate) toilet
- Improve our kitchen area, with improved sink and electrical appliances
- Refurbish door/entrance to the tower, with improved access through the tower door

We will now begin the process of obtaining legal agreement through applying for a Church of England Faculty. The cost of this work is in the £20,000 - £30,000 range. We aim to obtain grants, fundraise with a smile, and any gifts towards these projects will be most welcome.

Revd Stephen Skinner

Team Rector

Holidays Through the Decades

Do you have any old snapshots of yourself, family members or friends holidaying in Charmouth years ago? If so, we'd love to publish them in Shoreline. Please email scanned copies to editor@shoreline-charmouth.co.uk or we can carefully scan the photos and will immediately return them to you. Just email or phone 01297 561644 and we'll do the rest. We look forward to hearing from you.



The Charmouth Poetry & Literary Corner

Flash Fiction for the Charmouth Literary Festival 2012



Here are the winning stories from the Literary Festival flash fiction competition, with the photo prompt they were based on. The adult competition was won by Alan Dodson, the junior competition by Tom Orchard, aged 13. Both live in the village. Next year's Literary Festival will be held on Saturday 21st September 2013, and more details will be posted on the website www.charmouthliteraryfestival.org.uk next year as they are finalised.

Anne Orchard

The Fossil shop

by Tom Orchard

When the silver bell tinkled for the third time that day the shopkeeper turned round to see yet another customer come through his grimy doorway. They were a sorry looking pair, coated in mud, sand, small stones and every manner of wet clothing. All the better for business, thought the shopkeeper.

"How may I asssssist you?" He hissed in his lithe and slippery voice that had served him so well in his little shop. The dejected pair turned to him, all six foot four of him, smartly clad in a striped black suit, his thick black hair slicked back over his head and a cunning glint in his eyes.

"We came all the way from London, down to the 'famous' Jurassic coast to find some fossils, and, and we found nothing! Nothing, would you believe!" Ranted the husband, obviously he had had a hard time down at the beach, just as many other tourists who had found their way here had. The shop keeper drifted out from behind the polished desk. They were many fossils in the room, but they mattered not.

"Of coursse, being so obviously of the highest class, you may buy my finesst prize!" He said, revealing the huge ammonite on the antique desk. The husband looked delighted and quickly agreed to buy the fossil, albeit for a hefty price, but at least he and his wife left smiling. But they were not the only ones smiling, as the shopkeeper heaved another plaster ammonite onto his desk.

Briefest Encounter

by Alan Dodson

Henry is a hunter. A former generation might have called him the oldest swinger in town. He knows it well, but experience grows thick skin. Sunny cafés are his favourite territory; beach cafés above all.

He found the tanned girl in the yellow bikini irresistible. "Mind if I join you?" he murmured, accent well polished. He sat before she could object.

"Beautiful day, I'm Henry by the way."

He tapped the picture postcard lying alongside the girl's glass. "Those fossils are called ammonites you know. Perhaps you don't. I'm inclined to forget not everyone does. I'm a geologist you see."

The girl studied him over her dark glasses. "I know all about ammonites."

"Ah," Henry hesitated. "Actually I'm a psychologist, but young ladies find that scary so I say geologist instead. Mustn't cause unnecessary alarm."

The girl said nothing. A family strolled by, the parents cool in flowing robes, children scampering ahead. Their mother called them to wait.

"Arabs I expect," Henry commented. "No," said the girl, looking up. "I speak tolerable Arabic."

"Clever girl," purred Henry. Leslie Phillips couldn't have done it better. She started collecting her things in readiness to go. Henry needed more time. "There must be lots to interest you here," he began, "you being a geologist."

"Do you think so?" She smiled for the first time and her mimicry became unmistakable. "Actually I'm an archaeologist. I work in Amman researching the ancient civilisations of Jordan. The Bible calls them the Ammonites you know."

Gardening in Charmouth

The Charmouth Lion

by Peter Crowter

They say there are some big cats in the country running free,
But no one ever proves it's true, I think you'll all agree.
But Charmouth has a big cat tale that no one can pooh pooh,
A real live lion running free, that's absolutely true.

T'was long ago in August, back in nineteen twenty-nine.
A circus leaving Charmouth, everything was going fine.
Heading for Lyme Regis t'was the next stop on their list,
The show for kids and parents, it was one not to be missed.

The brightly coloured convoy then was climbing up Fern Hill,
A coupling on a trailer broke, it had a nasty spill.
The trailer rolled back down the road and crashed into a tree,
The cage on board broke open and the captive lion walked free.

The lion then had a wander round and lay beside the road,
Someone stopped the traffic, and the trainer said, 'I'm blowed.
Don't anyone go near him,' but there was no fear of that,
'Cos he was big and mighty fierce, he was no pussy cat.

The trainer and the circus boss approached the growling beast,
Carefully because they didn't want to be its feast.
They got a rope around its neck, it wasn't having that,
It jumped a hedge into a field, it was an angry cat.

And then it jumped another hedge into a field of cows,
You will not be surprised to hear they quickly stopped their browse.
The herd took off, apart from one, she wasn't going to flee,
She stood her ground, attacked the lion, so brave you must agree.

She gored the beast and with her horn she gashed the lion's hide,
But he fought back with tooth and claw, the cow she later died.
The lion ran to a garden that belonged to Lily Farm,
The farmer saw him in his sprouts and he raised the alarm.

Mr. Goodchild got his gun and others joined the hunt,
Local farmers with their guns, the lion to confront.
Several hundred folk turned up to see what they could see,
Some shinned up poles or sat on roofs and others climbed a tree.

Men blasted with their shotguns and the lion was in a rage,
No doubt the poor thing wished that it had never left his cage.
Percy Smith the postman with revolver then arrived,
He shot the lion in the head it twitched and then it died.



GETTING READY FOR SPRING

Hello again,

It is amazing how time seems to fly by when we are enjoying ourselves and yet is so slow when we have a lot to do! Days get shorter, the weeks and months too. I remember when I was younger I still had lots to do but the days seemed to go on forever. The sun was always shining and the birds singing, especially the larks, as we ran across the fields to get away from the beady eyes of our parents; they were the ones who gave us lots to do! That's enough of reminiscing, but I thought it was better than talking about last year's weather.

Gardening jobs to do in the next three months:

JANUARY

It can be a very cold month. Check your plants and bulbs that you lifted and put in a frost-free place ready for this year. Make sure you have protected your summer shrubs and any garden plants that are dear to you. If you have bulbs in pots, such as amaryllis or narcissi, now is the time to bring them into the warmth. Evenings can be spent looking at seed catalogues, ordering and planning your plots for the coming season. Feed the birds. If you have problems with large birds scoffing all the food, place an empty upturned hanging basket over it, the little birds can get through the holes.

FEBRUARY

This can also be a really cold month so keep your eye out for problems. It's also time to get going if the weather allows. Dig your borders and prune any shrubs and climbers, especially wisteria. Hydrangeas should be pruned back to the last bud. Train your climbers now to grow them the way you want them to grow. Weed the garden and fertilize and mulch borders, rose beds and generally tidy up. Don't forget to feed the birds.

MARCH

Hopefully the weather should now be improving (fingers etc crossed). Now is the time to prune your roses. Remove winter protection and check all beloved plants to see if they have over-wintered well, if not, attend to them now. Beware we can still have late frosts. Repot your fuchsias and pelargoniums (geraniums) and move to a warmer spot. Divide your perennials and replant where necessary, having removed dead tissue. Pot up your summer bulbs and any tubers (such as dahlias) and place them in a warmer spot. (Re)plant shrubs and trees to get them re-established for the summer. Cut back any old leaves on ferns, ground cover plants and grasses. Now get going in the potting shed and get your seeds in. For those of you who are now real gardeners, remember to use fresh compost for your seed. John Innes No.1 is best for seeds as it is just the correct mixture. When your seeds are large enough to transplant, put them in John Innes No. 2 or 3 then they will grow big enough to transplant into either pots or the garden. Remember they're only babies, so treat them gently.

Hope you all have a good spring and I wish you all safe happy gardening.

Busy Lizzie,
Charmouth Gardeners

Charmouth Village People

The name of the new website, which we hope will be active in early January, will be [charmouthvillagepeople](http://charmouthvillagepeople.com) and you will be able to access information about what is happening for the older people in the village. The Hollands Room, located on Bridge Road, is the venue for many services of local interest, including a monthly lunch for senior citizens. Breakfast is also served every Thursday morning during the winter months, at very competitive prices. You can have anything from a full English to a waffle with jam and cream; there is a great choice.

We had a most enjoyable Christmas dinner in early December, followed by the film, *The Best Exotic Marigold Hotel*. Outings also feature and after a successful day out to the Cadbury Garden Centre, Congresbury in November, plans are being made for a visit to IKEA, Southampton, at the end of January.

Once a fortnight, on Wednesday afternoons, we are hosting the Memory Club; this has come about as a result of talking to the older people in our community and realising what a wealth of information they have to pass on. The village school has been doing a feature on the Second World War and several octogenarians living in the village have been along to the school to talk about their experiences. This has been wonderful for the children as they enjoyed real life contact with people who had lived through those difficult years.

With the library opening up its doors to a wider audience it is hoped to use this venue for ongoing activities; the Monday afternoon tea parties are already well attended and we would like to encourage more people to come along on the first and third Monday of the month.

For more information contact Jan Gale: 07897 511075



Church Floodlighting - It is hoped by the time you read this that you will have noticed the new floodlighting of our church which has been paid for by Charmouth Fayre.

Hanging baskets - We are still aiming to have these up and blooming next summer. I am currently looking at purchasing a small water bowser to aid the watering of the baskets. The Rotary Club of Lyme Regis have kindly donated 50% of the cost; any other contributions would be gratefully received.

Big Lunch - As I have mentioned previously the 'Eden Project' are trying to get the nation to hold a street party annually in early June, next year on the 2nd. "So far I have had little response, but if you are interested in any way, please let me know. Peter Noel (01297 560078)"

Charmouth & Wooton Fitzpaine Conservatives - Charmouth & Wooton Fitzpaine Conservatives held their annual Christmas lunch at Lyme Regis Golf Club on 7th December. The guest speaker was Oliver Letwin.

A very pleasant time was had by all and the Chairman reminded us that the next event would be at his house towards the end of February. Anybody interested in coming along should contact Peter Noel on 01297 560078 or peter@marshall-noel.co.uk

Peter Noel

Bymead House

Bymead House Nursing home, for those of you who don't know, is the large cream house with a red roof situated at the top of the hill on the way out of the village towards Lyme Regis. It has been owned for the last 20 years by Sue Blacklock and has recently had a 'makeover' including the lounges and dining rooms, and they now look very stylish. We employ over 40 local people and I would guess we are one of the largest employers in the village. We also pride ourselves in using local suppliers for all our food.

Over the last couple of months the residents, staff and families have enjoyed a party to celebrate Sue's 20th anniversary and of course the Christmas period has been full of visits and trips including the Mountjoy children and their wonderful handbells, the donkey from the Sidmouth Sanctuary all dressed up with his Santa coat and a trip out to look at the Christmas displays at Otter Nurseries. We are all now looking forward to the spring and warmer weather.

If you are ever passing and would like to have a look around Bymead House please do so.

On behalf of all our residents and staff I would like to wish you all a very Happy New Year.

Elizabeth Wilson
Registered Manager

Charmouth Traders

The village website, www.charmouth.org has been running for well over two years now and really has been going from strength to strength. We entered into a partnership with the Heritage Coast Centre to share the charmouth.org domain and since its inception the number of hits on the website has shown a steady and rather pleasing increase, which translates as people from all over the country and indeed the world, looking in on Charmouth.

The graph shows a comparison between 2011 in red and 2012 in green with the columns on the far right a cumulative monthly total for each year. This shows that the website has increased its views by nearly 33% in the last year, which is an amazing 100,000 hits.



For village clubs and societies (i.e. non profit-making), we make no charge at all to have an entry on the site. If you have a business in or around the village that needs extremely cost-effective promotion, do contact Ian Simpson on 01297 560 411 or email ian@whitehousehotel.com to find out how you can get your business on www.charmouth.org at very reasonable rates. It is free until April 2013 and thereafter merely £30 per year. Remember, we do not make money from the site and all our revenue goes back into promoting Charmouth and supporting local causes.

Ian Simpson

Charmouth - A Moment in Time



An unusual view that is not easily recognised. For the viewpoint is one looking down the Street towards the George. The site of a photographer must have been rare as the village children have all decided to pose for their picture. One of the boys on the right has a large basket of bread that he no doubt is delivering from Coles the Baker, which was nearby at Devonsedge. The large building on the right was the Queens Armes, and in the distance was the Drill Hall. If you look closer you can see that many of the buildings are in a poor state compared with how we see them today.



This must be the most famous viewpoint for the many postcards produced over the years of the village. In this case it can be dated to 1906 when the village was much less hurried and the mode of traffic was a lone horse and cart. The George has records dating back to the 17th century, but is probably much older and no doubt associated with Forde Abbey which owned the village from the 12th century. The interesting glazed room above the porch was no doubt used to see oncoming carriages and probably customs men by the smugglers who are known to have operated in the village. The large building on the right was the Manse at that time for the Minister in the adjacent Chapel. But a plaque placed on the front in 1902 commemorates the time in 1651 when it provided a resting place for King Charles II who was attempting to flee to France from Charmouth, but sadly failed. In the distance can be seen St. Andrews Church, rebuilt in 1836 and to the side is the Coach and Horses which was burnt down in 1882 and rebuilt in brick soon after.



This idyllic rural image dates from 1906 and shows the bridge over the River Char. It is possible to stand in the garden at the side of Bridge Road and look across to Manor Farm Holiday Centre and recreate this view with some imagination. The bridge taking the busy traffic along The Street dates from 1826 when the Turn Pike Road was constructed providing an easier route to Bridport. It was rebuilt and widened in 1957. The ancient Mill House and associated buildings can still be seen near the bridge, but have been much altered since then.

Neil Mattingly

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We Remember

Norman Flexman Burrell MBE, ACSM, C.Eng., FIMM, FIQ, MIEpE.

23rd December 1923 – 13th October 2012

Norman was born in Truro, Cornwall, near where his maternal grandparents lived. He was later educated at Latymer Upper School, close to his paternal grandparents, and had Irish ancestry. Hence, Norman always had a somewhat 'split personality'. He loved to put on an Irish brogue or speak in the Cornish vernacular when it suited.

At the age of 19 he was commissioned in the Oxfordshire and Buckinghamshire Light Infantry Brigade on the Isle of Man and then in Sevenoaks as a weapons instructor at the rank of Acting Captain before being transferred to the 1st/7th Battalion Queen's Regiment as a Lieutenant in charge of a war-hardened platoon that had served in North Africa and were affectionately known as the 'Desert Rats'. In spite of his youth and lack of combat experience, he was soon accepted and over the past 15 years was reunited with many who served with him, attending reunion lunches, revisiting Belgium and Holland and standing by the Cenotaph with them whenever possible.

Norman was wounded at Panheel on the borders of Belgium and Holland, and convalesced in France before being required to oversee the treatment of German prisoners of war at a POW camp. He was decommissioned in early 1947. In 1943 he met Stella Margaret Youd, whom he married on 20th December 1947.



Norman trained as a metal mining engineer, completing his qualifications at the Camborne School of Mines in 1950. Soon after, his first daughter, Sheila, was born and within six months the family embarked on the SS Circassia bound for India, where Norman was employed by John Taylor and Sons and worked at Kolar Gold Fields near Bangalore, South West India in what was then, the deepest mine in the world. He recollects having to take down with him salted water to replace the salts lost in the heat underground, and that this tasted "normal" at that extreme depth. Margaret (Meg, to family and friends) was born in 1952.

In 1953, when his three-year contract was at an end, Norman and his family returned to England on the SS Stratheden. He was then re-employed by John Taylor and Sons prospecting for metals in North Wales, but when unsuccessful in locating manageable seams he resigned and began working for English China Clay in Cornwall. He lived in St. Austell until he applied for a post in Alcan, Jamaica, where he was employed from 1956 to 1971 as Superintendent of Mines, Kirkvine Works, Mandeville.

In September 1957, Norman was awarded a Certificate of Merit by the Jamaican Government for his role in rescuing passengers from the Kendal Railway Disaster.

He was later approached by the British High Commissioner to

form a Jamaican Territorial Reserve Army at the rank of Major, for which he was awarded the MBE in June 1967 and continued serving until his departure in 1971.

In spite of having been offered a permanent post as Major in the regular Jamaican Army at the Newcastle Barracks, Blue Mountains, Jamaica, Norman decided he really wanted to return to Britain and later in 1971, he began working for the National Coal Board in Newcastle where he managed an area of open-cast mining, advising on explosives and noise abatement schemes. He then transferred to Headquarters in Mansfield, where he remained until he retired at the age of sixty-one. Early in his retirement Norman became a freelance consultant in explosives and noise management, lecturing at Shrivenham Barracks for some years.

Norman and Stella moved to Charmouth in Dorset some 24 years ago. He became a member of the British Legion's Officers Association and was involved in visiting elderly officers and their wives, helping them to deal with financial and personal difficulties.

Throughout his life, Norman refused to fly, so for many years he and Stella travelled from Jamaica to the UK on banana boats and container ships. His love of the sea meant that even after he had retired they cruised throughout the Mediterranean and to St. Petersburg and to Spitzbergen.

They also sailed to the U.S. to visit Meg, who had married an American citizen. They drove through many states and to Canada, visiting friends they had made on their many travels and throughout Norman's working life. They also took great pleasure in driving to visit art exhibitions and museums, palaces and churches all over Europe. Norman had a great interest in history, especially pertaining to the Second World War and travelled to places he had served in the Army. He was game for trying to speak other languages, something that occasionally made for interesting and amusing situations.

Norman Burrell will be remembered for his humour, twinkling 'baby-blue' eyes, lop-sided smile, self deprecation, modesty and gentlemanly courtesy. His grandchildren and great-grandchildren will attest to his having been a "one-off" and he is sadly missed by all members of his family and friends throughout the world.

Norman always carried an NHS Donor Card, but as he aged he knew his organs were unlikely to be accepted. Instead, he left his body to medical research and his remains have been received by The Royal College of Surgeons.

Sheila Bryan (née Burrell)

We Remember

Ray Lancaster

18th February 1944 – 13th October 2012

Ray first came to Charmouth on holiday. Like many, he fell in love with the village and its charm and visited time and time again. Eventually, on retirement from his full-time occupation in 1998, Ray and Thelma moved to Charmouth.

He had always been a regular of the Royal Oak whilst on holiday and retirement to the village gave him ample opportunity to cement his relationship with the pub, the licensees Carol and Jeff, the locals and indeed the Palmers product. Ray slid gracefully into his new role and soon became a fully paid up member of the Royal Oak regular clientele. Sunday lunchtimes with games of swindle on the table skittle board and banter with dear old Dennis Bearpark, the barman, became a much-looked-forward-to pleasure for Ray and the others, including his wife and daughter Sue.

Ray, joined me, Cecil Stork (sadly also gone), Vic Hunter, Chrissy Grinter (also gone on now), Nora Stork and Laurie Cramp in forming The Royal Oak "B" team. Officially the team was registered as "The Ammonites" but the league secretary got the spelling wrong and we were known in the league as "The Amber Nites" We didn't care and to prove it we went on to come top of the division and we won a cup. I was Captain that year and then Ray took over as Captain for the following two years. A regular tradition was, and still is, the Round Robin darts match between all the village pubs past and present. We formed a darts team under the inept captaincy of dear old Dennis, and for some reason we represented Charmouth House, which was closed. Ray was our best player; indeed in all honesty, our only player. Dennis would lecture us year after year that we were NOT to have a drink because he expected us to win, especially if Mr Lancaster concentrated. In fact we all tried but our erstwhile captain, Dennis, became more and more slurred as the evening wore on but continued to admonish and harangue the rest of us. Ray seemed to play better with each pint, but having a pint didn't affect my performance at all. I was lousy either way. But imagine Dennis' pleasure when one year we actually won. I had the shot for the winning double. Could I see the number? - no chance. Ray stuck his finger on the board and said quite bravely, I thought, "HERE MIKE" so I closed my eyes and let fly. Ray just managed to pull his finger away in time. The dart went home and we had the cup.

Another tradition that grew each Christmas was the putting up of the outside decorations. One year, in early December and quite late in the evening, whilst we all stood at the bar, Jeff Prosser announced that it was time to put the reindeer on the roof. Ray suggested that there was no time like the present. By this time only Jeff, Ray, Steve Genge and myself were left and we had all had several pints. The first hurdle was retrieving the said reindeer from upstairs in the pub. A very narrow staircase resulted in much puffing and cursing and damaged fingers.

Eventually dear Rudolph was outside. Then someone had to find the steps. The question arose: "How many men does it take to put ONE reindeer on a flat roof?" Obviously more than 4. We had three holding the ladder and one holding Rudolph to pass up with no one on the roof to receive him. A re-shuffle would end up with three on the roof, one holding the ladder and the deer still on the ground. And so it went on until one was on the roof, one was hanging out of a window, two had gone off to replenish the drinks and Rudolph was holding the ladder.

It usually took us a couple of hours until we managed to get him up there and poor Carol would look up the next morning to see a deer either upside down or hanging by his antlers or laying on his back or still propped up against the wall when we'd decided enough was enough and it was time for another pint. The ladder was usually left propped up on the wall as an invitation to any passing burglar.



Ray decided that farce was his forte because he joined the rest of us in the pantomimes. He started out managing the properties, progressed to two stage performances, one of which gained him a County award. He then took part in our farcical re-enactment of the stay of Charles II here in Charmouth. Ray took on the role of Chairman of the Companions and this led to the annual Midsummer garden party held at Mike and Cherry Davies' home, where Ray and I would cook an all day

breakfast on the BBQ. Fried eggs well blackened and covered in ash became Ray's speciality and were much in demand.

Not content with this as obviously the BBQ wasn't a big enough fire, Ray took on the task of building and lighting a huge bonfire on the beach each November, where we had hot soup, sausages, fireworks and songs. He managed to find an ancient piano and persuaded Pete Wild to play "Baby Light my Fire" while he, Keith and Jeff lit loads of catherine wheels which had been attached all over the instrument. There were so many that the piano caught fire, the keys started to melt and poor Pete had burnt fingers, but he manfully carried on.

Ray then became Treasurer of the new Committee set up to run what is now St Andrew's Community Hall.

He also loved playing pool as well as darts, table skittles and running the crockery smashing stall at the annual Charmouth Fayre.

To sum up I think we can all safely say that Ray enjoyed Charmouth and Charmouth enjoyed Ray. Rest now old mate, you more than did your bit and we won't ever forget you.

Mike Whatmore

What's on in Charmouth

Charmouth House Church

We're a loving group of mainstream Christians who sing, praise, pray and worship, eat cake and enjoy ourselves. If you want to know more, drop in on a Thursday evening at 7pm at The Elms.

Call Jan Gale for more information or to arrange a lift on 07897 511075.

Friends of Charmouth Library

Auction of Promises in aid of Charmouth Central, Community Library

2nd March 7.3pm for 8.00pm start

The George, Charmouth

Can you give a promise?

We had fantastic promises in 2012 which raised nearly £3,000

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(Hazel Robinson 01297 561214/hazelrosery@aol.com)*

Weldmar Hospicecare Trust Annual Quiz

Saturday 2nd February, 7.00pm
Charmouth Village Hall
Ticket price will include a light supper
(Kathy Fereday 01297 560446)

THE PAVEY GROUP

Charmouth Local History Resource Centre

Latest News

The Pavey Room on the first floor of the Elms next to the Parish Council Offices is open most Tuesdays 9.30–10.30am and by appointment at other times. There is a wealth of historical information and photographs and members are delighted to help with research, family history and so on. Do take time to look at our website: www.thepaveygroup.co.uk

We are planning a series of afternoon talks in the Club Room at the Community Hall in the New Year. Entry is free. There will be a raffle and a small charge for refreshments.

On Tuesday 29th January 2012 at 2.30pm Mike Whatmore will speak about Charmouth's Maritime History.

We hope to publish the new look Village Echo in February. Articles, photos etc. are always welcome.

Phone Isobel Telfer on 01297 561270,
email: secretary@thepaveygroup.co.uk

Selection of Courses from Monkton Wyld Court

For more information contact
monktonwyldcourt@btinternet.com

16 Jan

19 – 23 Feb

2 Mar

20 Mar

Local Lunch

Folk Music Family Week

Signwriting

Local Lunch.

Noticeboard

*The work goes on
by Deborah Winstone*



Jacket Returned to Owner

In the autumn issue of Shoreline we alerted readers to a lost jacket. Within a day of publication, the owner of the jacket contacted Peter Noel and collected it from him. The power of the press! remarks Peter.

*Lovey Dovey
A collared dove nesting last September outside Peter Crowter's house on The Street*



The Seriously Occasional Singers entertain at Weldmar's highly successful Carols, Cheese, Pate & Cheer event



Interested in visiting Norway?

I am hoping to take a group to the Sognefjord area in Western Norway in September 2013, for one week.

If you might be interested in coming please e-mail me, or phone me for more details: jackie@moody256.plus.com Tel. 01297 560836

Jackie Moody (Kleppa)



Charmouth/Asnelles Twinning Group members' Christmas dinner

Geoff Townson and The Dorset Magazine

Look out for the January issue of The Dorset Magazine. It features an illustrated article on Charmouth's very own visual artist/geologist, Geoff Townson, and his work as a painter.

Forty four members and friends of Charmouth Bowls Club gathered for their Annual Presentation Dinner at the Community Hall, Lower Sea Lane on Saturday 24th November. The Club President Jane Morrow is seen with the cup and trophy winners after making the presentations.



Shoreline Charmouth - Village Diary

Badminton Club (experience required)	Mon 8-10pm	Community Hall, Lower Sea Lane	Trish Evans 442136
Badminton (social)	Tues 7-10pm	Community Hall, Lower Sea Lane	Pauline Bonner 560251
Bingo (fund raising for Community Hall)	3rd Fri each month 7.30pm (eyes down)	Community Hall, Lower Sea Lane	Linda Crawford 0781 351 3062
Bopper Bus	Fri 4.45-8pm	Bridport Leisure Centre Drop off/pick up Primary School	Kate Geraghty 489422 Melanie Harvey 560393
Bowls Club	Sun, Tues, Thurs 2-5.30pm	Playing Field, Barr's Lane	Bob Just 560557 June Rebbeck 560860
Brownies (ages 7-10)	Mon 4.30-6pm (term-time only)	Community Hall, Lower Sea Lane	Caroline Davis 560207
Bridge Club (partners can be provided)	Thurs 7-10.30pm	Wood Farm (opposite swimming pool)	Vincent Pielesz 560738
Cherubs	Wed 9.30-11.30am (term-time only)	Village Hall, Wesley Close	Kathryn Radley 442796
Cubs (ages 8-11)	Thurs 6.30-8pm (term-time only)	The Scout Hut, Barr's Lane	Nicky Gibbs 01297 35470 or 07925 511261
Gardeners	2nd Wed each month 2.30pm	Village Hall, Wesley Close	Kay Churchman 560980
Girl Guides (ages 10 onwards)	Wed 7-8.45pm (term-time only)	For information call Davina Pennells 560965	
Junior Youth Club (ages 8-12)	Tues 6.30-8.30pm	Youth Club Hall, Wesley Close	Louise Gunnill 07501 081828
Library Storytelling & Rhymetime (under 5s)	Fri 9.30-10am	Library, The Street	Mandy Harvey 01297 560167
Parish Council Meeting	3rd Tues each month 7.30pm	The Elms, The Street	
Pavey Group (village history)	Tues 9.30-10.30am	The Elms, The Street	Russell Telfer, 560806
POPPs Village Breakfast	Thurs 8.30am-1pm (Sep to Apr)	Hollands Room, Bridge Road	Jan Gale 07897 511075
POPPs Village Lunch	1st Tues each month	Hollands Room, Bridge Road	Jan Gale 07897 511075
Scouts (ages 11-14)	Fri 7.15-9pm (term-time only)	The Scout Hut, Barr's Lane	Kevin Payne 01308 459080
Steiner Kindergarten (ages 3-6)	Mon to Thurs (term-time only) 9am-12.30pm	Monkton Wyld Court	Charlotte Plummer 560342
The British Legion (Women's Section)	1st Wed each month 2.30pm	The Elms, The Street	Pat Stapleton 560255
Wyld Morris dancing practice	Wed 7.15pm	Pine Hall, Monkton Wyld Court	Briony Blair 489546

**To add or amend any details in the Village Diary or to promote your Charmouth event contact:
Lesley Dunlop | lesley@shoreline-charmouth.co.uk | 01297 561644**

Shoreline Charmouth - Local Contacts

EMERGENCIES POLICE	Police, Fire, Ambulance or HM Coastguard	999 or 112
	PC Richard Winward, PCSO Luke White and PCSO John Burton (Community Police issues)	01305 226912
	Non urgent call number for reporting incidents / enquiries	101
	Bridport Police Station, Tannery Road	01308 422266
FIRE and RESCUE	West Dorset Fire and Rescue Service — Group Manager	01305 252600
HM COASTGUARD	Sidmouth Road, Lyme Regis (Not 24 hours)	01297 442852
DOCTORS	The Charmouth Medical Practice, The Street, Charmouth	01297 560872
	The Lyme Practice, The Elms Medical Centre, The Street, Charmouth	01297 561068
	The Lyme Practice, Lyme Community Medical Centre, Lyme Regis	01297 445777
	NHS Direct — 24-hour Healthcare Advice and Information Line	0845 4647
HOSPITALS	Dorset County Hospital, Williams Avenue, Dorchester	01305 251150
	Bridport Community Hospital, Hospital Lane, Bridport	01308 422371
DENTISTS	The Lyme Practice, The Elms Medical Centre, The Street, Charmouth	01297 561068
	Dorset Dental Helpline	01202 854443
PUBLIC TRANSPORT	National Rail Enquiries — Information on Timetables, Tickets and Train Running Times	08457 484950
	National Traveline — Information on Bus and Bus/Rail Timetables and Tickets	08712 002233
EMERGENCY	Gas	0800 111999
	Electricity (Western Power Distribution)	0800 365900
	Water (Wessex Water)	08456 004600
	Floodline	08459 881188
	Pollution (Environment Agency)	0800 807060
CHEMISTS	F G Lock, The Street, Charmouth	01297 560261
	Boots the Chemist, 45 Broad Street, Lyme Regis	01297 442026
	Lloyds Pharmacy, Lyme Community Care Centre, Uplyme Road, Lyme Regis	01297 442981
SCHOOLS	Charmouth County Primary, Lower Sea Lane, Charmouth	01297 560591
	St Michael's C of E, V A Primary, Kingsway, Lyme Regis	01297 442623
	The Woodroffe School, Uplyme Road, Lyme Regis	01297 442232
CHURCHES	St Andrew's Parish Church, The Street, Charmouth. Rev Stephen Skinner	01297 560409
	United Reformed Church, The Street, Charmouth. Rev Ian Kirby	01297 631117
COUNCILS		
CHARMOUTH PARISH	Chairman — Mr M Hayter	01297 560896
	Clerk — Mrs L Tuck, The Elms, St Andrew's Drive, Charmouth	01297 560826
	Heritage Coast Centre, Lower Sea Lane, Charmouth	01297 560772
	Beach Attendant, Charmouth Beach	01297 560626
W. DORSET DISTRICT	Councillor — Mrs J Bremner	01297 560431
	Mountfield House, Rax Lane, Bridport — All services	01305 251010
DORSET COUNTY	Councillor — Col G J Brierly OBE	01297 560660
	County Hall, Colliton Park, Dorchester — All services	01305 221000
DORSET'S PORTAL FOR COUNTY/DISTRICT/TOWN/PARISH COUNCILS AND OTHER AGENCIES www.dorsetforyou.com		
LOCAL M.P.	Oliver Letwin, House of Commons, SW1A 0AA or e-mail letwin@parliament.uk	0207 219 3000
CITIZENS' ADVICE	St Michaels Business Centre, Lyme Regis (Wed 10am-3pm)	01297 445325
	45 South Street, Bridport (Mon-Fri 10am-3pm)	01308 456594
POST OFFICES	1 The Arcade, Charmouth	01297 560563
	37 Broad Street, Lyme Regis	01297 442836
LIBRARIES	The Street, Charmouth	01297 560640
	Silver Street, Lyme Regis	01297 443151
	South Street, Bridport	01308 422778
	South Street, Axminster	01297 32693
SWIM / LEISURE	Bridport Leisure Centre, Skilling Hill Road, Bridport	01308 427464
	Flamingo Pool, Lyme Road, Axminster	01297 35800
	Newlands Holiday Park, Charmouth	01297 560259
CINEMAS	Regent, Broad Street, Lyme Regis	01297 442053
	Electric Palace, 35 South Street, Bridport	01308 424901
THEATRES	Marine Theatre, Church Street, Lyme Regis	01297 442394
	Arts Centre, South Street, Bridport	01308 424204
	Guildhall, West Street, Axminster	01297 33595
TOURIST INFORMATION	Guildhall Cottage, Church Street, Lyme Regis	01297 442138
	Bucky Doo Square, South Street, Bridport	01308 424901

Shoreline Winter 2013

Geoff Townson - Charmouth Artist

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**Remember - The deadline for
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issue is 15th March 2013.**

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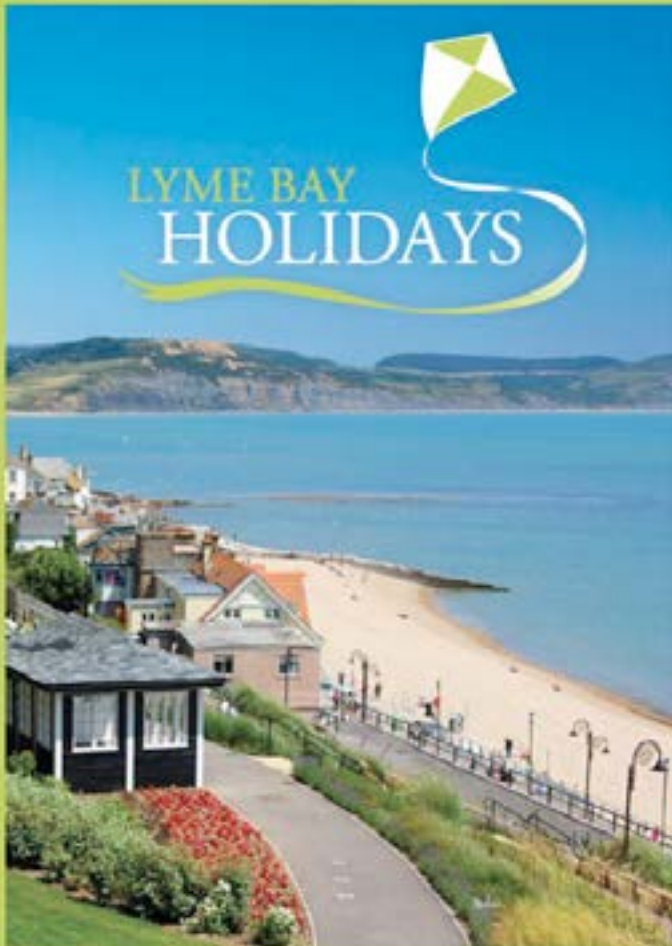
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CHARMOUTH CHRISTMAS FAYRE

The Christmas Fayre was held on Friday December 7th and this year there was a pantomime theme, which created much amusement in the shops as everyone got into the spirit and donned some brilliant costumes.

The evening started with Santa arriving in a vintage car to an enthusiastic welcome as the Brownies sang Christmas carols.

Jonny Hoskins, the stilt walker and Wendy Knee and The Saxations provided entertainment throughout the evening.

There were a whole range of attractions with the aim of raising money for local causes, whilst also giving everyone a really good time:

- Hot turkey and cranberry rolls in Pattimore's
- Chestnuts and hot dogs at The Old Bank Café
- Mulled wine and mince pies at FSB
- Soup stall run by the church
- The Scouts ran a stall outside Charmouth Stores
- Tasters at The Chocolate Shop
- Sherry and pies at The Pharmacy

- Various tastings at Charmouth Stores
- Paint your own table decoration outside Morgans
- Party Nails only £1 at Devonedge
- Mulled wine at The Salon
- Book sale outside Morgans run by the library
- Weldmar Christmas stall outside Charmouth Stores
- Full menu and a Christmas menu at The Fish Bar
- Christmas floral decorations at One 2 One florist

The first prize of £100 in the Grand Prize Draw was one by Pauline and John Berridge, the popular Treasure Trail was won by Tom McDonald and the advertising poster competition was won by Ruben Wild.

Everyone who came along enjoyed themselves and thanks go to all who donated prizes for the raffle and also to the local shops and organisations who made the evening so successful. A special mention must go to Tim Holmes and Gerry Bearpark who put up the Christmas lights and trees in time for the event.

Phil Tritton

This year the Fayre was on a Friday because we thought that this would be better for young children, but both attendance and takings were down. When planning next year's event it would be useful if Shoreline readers could voice their opinion about when we should hold the 2013 Fayre. You can vote in Charmouth Stores during January. The options are:

1. Thursday night
2. Friday night
3. Saturday afternoon
4. Sunday afternoon

Come along and have your say!



Photo Neil Harvey