
THE POLZEATH MEMORY JOGGER

A Guide to Capturing Your Polzeath Stories

By Bill Bartlett

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THE INVITATION

Every life is a social history.

Most people believe their lives are "ordinary," but to your great-grandchildren, your memories of a 1960s summer, a first job, or the way Polzeath used to look before the world changed are extraordinary treasures.

This booklet is a gift to help you begin. You don't need to be a writer. You just need to be a storyteller.

How to use this guide:

1. Find a quiet spot with a cup of tea.
2. Read the prompts slowly.
3. If a memory "sparks," jot down a single word or a name in the margin.
4. Don't worry about dates—focus on the *feelings*.

THE ANCHOR

(Roots & Early Years)

Think back to the world as it was when you were small.

- **The Atmosphere:** Was your childhood home quiet and orderly, or loud and bustling? What was the "house smell" (baking, woodsmoke, old books)?
- **The Landscape:** Where was your "secret" place to play?
- **The Advice:** What is the one thing your mother or father told you that you still find yourself saying today?
- **The Hero:** Aside from your parents, who was the first person who made you feel like you could achieve anything?

THE CURRENT

(Early Adulthood & Independence)

The moment the world opened up.

- **The First Taste:** What did you buy with your very first paycheck? How did that independence feel?
- **The Music:** If you could pick one song that instantly transports you back to your 20s, what is it?
- **The Risk:** What is the bravest thing you ever did when you were young?
- **The Spark:** If you have a partner, what was the very first thing you noticed about them? (It's rarely the things people expect)

THE SHORELINE

(Your Polzeath Memories)

Because some memories are written in the sand.

- **The Arrival:** Describe the specific moment on the drive down when you knew you had "arrived" in Cornwall. Was it a certain tree, a view of the sea or estuary, or the smell of the salt air?
- **The Traditions:** What is the one "Polzeath Tradition" your family has kept alive for years?
- **The Change:** What is the biggest change you've seen on this coast? What do you miss the most, and what do you love about it now?

THE DISCOVERY

(Sandlarking for Memories)

Just as the tide reveals the Petrified Forest, let these objects reveal your past.

Pick an object in your house—a shell, an old tool, a piece of jewelry—and answer these:

1. Who gave this to you, or where did you find it?
2. What does it represent about your character?
3. If this object could talk, what story would it tell about a day in your life?

THE LEGACY

(Wisdom for the Future)

Messages for the year ahead.

- **The Hard Lesson:** What is the best thing that ever came out of a difficult time in your life?
- **The Core Value:** If you could only leave three "rules for living" for your descendants, what would they be?
- **The Meaning:** What has given your life the greatest sense of purpose?

THE "NEXT STEP"

Don't let these stories wash away with the tide.

If you've enjoyed these prompts but find it difficult to get the words down on paper, I can help. I offer a **Legacy Discovery Day**—a relaxed, recorded interview where we turn these "sparks" into a professional memoir for your family.

The Discovery Day includes:

- A 3–4 hour guided interview.
- Professional transcription and editing.
- A printed legacy document and digital recording for your family.

Transform a lifetime of scattered memories into a crafted narrative for your family forever

BILL BARTLETT | LEGACY WRITING

Capturing North Cornwall stories on Polzeath Walks.

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"We don't just find objects on the beach; we find the people who held them."
