

CHAIN REACTION

Newsletter October 2018

Congratulations to **Sheila** who now has a new granddaughter with the lovely name of Athena.

HEALTH NEWS

It's good to have **Muriel** back dancing with us again. We look forward to seeing **Barbara** back soon too after her cataract operation, and are pleased to hear that **Judith** is improving her walking steps. Dance steps to follow, we hope. **Nell** broke her arm recently so we sent a card to her and she is improving too.

WOMBORNE WEEKEND

I know many people will be delighted to be dancing to **Ian McConnell** again at Wombourne. Those of us not able to enjoy this event will be very happy to dance to **John Kozyra** who will be our visiting caller on Sunday, the 14th October, so let's get as many of us as possible to support John.

BIRTHDAY DANCES

Lune Valley and **ChAin ReaCtion** are again sharing a birthday dance date when we will have the fantastic duo of **Terry and Di** calling for us. "A" dancing will be in the afternoon and in the evening will be Mainstream and Plus. Both at the Centre @ Halton.

Sheffield Swirlers birthday dance will be on Saturday 22nd October and hopefully some of us will be able to go there.

The **BAASDC** will hold the **AGM** in Crawley, Sussex, this year on Saturday, 20th October, during the Yellow Rocks' weekend of Plus, so they hope to get support from around the country from everyone attending this popular event.

They are also looking for nominations for a **Council Member**, so if anyone feels they would like to be part of the larger square dancing picture, please get in touch with the secretary, **Barbara Scott**.

We haven't heard of any of David's jokes lately, so it's time for a few now:

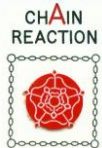
A Jamaican guy and Pikachu walk into a casino. A staff member points at Pikachu and asks, "What's his game? Blackjack?"
And the Jamaican says, "No. Poker mon."

If you ever feel cold, just stand in a corner for a while. They're usually 90 degrees.....

Why was the energizer bunny arrested?
He was charged with battery.....

THIS MONTH'S ATTRACTIONS

Saturday evening
6TH October 2018
LUNE VALLEY BIRTHDAY DANCE
Di and Terry calling
Mainstream and Plus
Halton, Lancaster



Saturday afternoon
6TH October 2018
CHAIN REACTION BIRTHDAY DANCE
Di & Terry calling
A1 and A2
Halton, Lancaster

Sunday afternoon
14TH October 2018
CHAIN REACTION CLUB
GUEST CALLER
John Kozyra
A1 and A2
Samlesbury



WOMBORNE WEEKEND OF C
(Thornbury Squares)
Friday, 12th to Sunday 14th October 2018
CALLER: **Ian McConnell**
C1 to C3B
Contact Sue Elliot, 01454 778795
Ounsdale High School, WV5 8BJ

CHARITY DANCE
To raise funds for treatment for Neil's nephew's girlfriend.
Squares called by **Neil Whiston**
Rounds cued by **Matt Baldry**
Northern Dance – Friday 2nd November 2018
7.45 – 10.45pm
Keyworth Village Hall, Elm Ave, Keyworth,
Nottingham NG12 5AN
(Flier on notice board for full details)

And there's more from David:

Why didn't the lifeguard save the hippie?
Because he was too far out, man!

My sister bet me a hundred pounds that I couldn't build a car out of spaghetti.
You should have seen the look on her face when I drove pasta.....

HE'S DONE IT

The Manchester 100 Charity Cycle Ride

On Sunday 2nd September I rode the 'Manchester 100' charity cycle ride, a lap round Cheshire starting and finishing in Wythenshawe Park, south Manchester. It is an event I have participated regularly over the last number of years to raise funds for the Christie Hospital where my late wife Christine was a patient.

I opted to do the 100km ride this year as I felt my fitness was not up to doing 100 miles following a month's lay off the bike whilst away visiting my daughter in the States. This was wise decision as I found it very hard riding with my cycling group on the 60m ride to Cartmel on the Thursday before the event, having only arrived home the day before.

I had actually entered for the 100m prior to my departure and was given a start time of 7.30 am so initially I was amongst 100 milers and got into a nicely paced group but after the point where the routes split I found I was isolated and for the rest of the ride I was mainly riding solo.

At the finish I did not feel absolutely shattered but I was very tired (I think I still had not recovered from jet lag from returning home) and I seemed to have no power and unable to sustain the effort particularly on the rises and even on the flat although in the last 6m I got behind a group that seemed to be in a hurry to get to the finish and we were bowling along at 23+ mph. Overall I found it the hardest and slowest Manchester 100 I have done in a long time. Perhaps it is a function of getting older!

The weather on the day was quite warm even at the start and as the day progressed became increasing warmer, so much so I had to discard my Christie's logoed white top partway through the ride - hence I finished wearing a red top.

According to my Garmin the 100k was 61.2m, the ride time was 4 hrs and the average riding speed was 15.3 mph.

I would like to take the opportunity to thank everyone for their kind and generous sponsorship to this most worthwhile Charity which stands in excess £250, £50 of which came from ChAin ReaCtion.

John Laws



Larger versions of these photographs will be on the notice board. You need to look at those to see the triumphant smile on John's face as he goes through the Finish Line.

Well done, John.

LET'S SQUARE DANCE

The October edition of Let's Square Dance has just come through my door and I'm sure you are all as delighted as I am to see so many of our entries and reports. I thought the editor would be getting bored with us but he seems to appreciate all our contributions. Well done us! The editor commented on the photo of the Lytham callers, saying what a super photo it was. Praise indeed! I think it came to me from Di, but as she is also on the picture then presumably someone took it on Di's camera or phone, so will whoever did it please stand up and take a bow! Well done.

Happy Dancing Everyone

