

# CHAIN REACTION SDC Newsletter March 2025

## Square Dancing In The News

2<sup>nd</sup> of March 2025 was a special day — the day designated as the first ever **National Dance Day**, Let's Dance day, a day to promote dancing of all types. The driving force behind this initiative is Angela Rippon who was inspired when she reconnected with dance on Strictly Come Dancing.

The mission of Let's Dance is to threefold; to raise awareness of dancing and its physical, mental and social benefits, to encourage participation and to unite communities.

The Let's Dance website, lets-dance.org.uk quotes some remarkable statistics . . .

£2 billion: Annual value that dance brings to mental well-being across the UK.

2.7 million fewer GP visits, with the regular movement reducing health risks such as Type 2 diabetes and dementia.

Stronger communities because dance combats loneliness and helps relationships across generations.

An example of the type of event that was held in the North West was at Crook Folk Dance Group, where regular members could bring someone to try dancing. The incentive was that both people didn't pay the usual fee. 5 new people attended and enjoyed the evening of traditional folk dances. Hopefully some of those will become regulars.

## Hunmanby Hoedown

At Hunmanby, on the Yorkshire coast, Ange Alexander is the caller for the Yorkshire Coast Waves Square Dance Club. Ange organised a Hoedown as part of the Let's Dance initiative, the event was free with the room use being donated by Hunmanby Parish Council. The event attracted 4 squares of dancers and as a result the club has gained 5 new dancers. Participants were invited to



Hunmanby Hoedown

make donations to the new Hunmanby Youth Club and gave over £100 so the event was a great success.

*Ange Alexander*



Hunmanby Hoedown

## White Rose Squares Let's Dance Event

White Rose Squares will also be running a Hoedown, and that will take place on 29th November 2025. The timing of the event is important because it is the start of the run-up to the next Beginners' Class that starts in January 2026.

## Chain Reaction Members Attend C1 Weekend

During March 2025, 7 members of Chain Reaction attended a C1 Weekend at Lane End, near High Wycombe. The journey is long, so some of the 7 stopped off in the Cotswolds for a couple of nights en route. The weather in the Cotswolds was good, but Bourton on the Water was a little like Tokyo!

The C1 caller was Vic Cedar who flew to the UK from California the day before Heathrow airport was closed. Vic's calling was, as always, interesting and challenging. All the participants learned a lot.

All the C2 and C3A dancers were helpful and supportive so it was a very enjoyable weekend even if we were brain dead at the end of it. Our

thanks must go to Di Green for her patient teaching which prepares us so well for these events.

*Val Pemberton*

## Welcome Robin Alpenglow



### Di Green and Robin at Chain Reaction

We were delighted to welcome Robin back to Chain Reaction at the end of March. Robin from Cuesta Squares west-coast California had been planning her visit to the UK for a while. We (Alan & Gill) had been talking with her for some weeks about her forthcoming visit on Di's Plus Zoom session on Wednesday afternoons. If we are in Lancaster we never miss the chance to dance with Di and Terry on Zoom, together with about a dozen others from across Europe and North America (US and Canada).

In the time since Covid we have formed a close-knit group who only meet on Zoom because of our passion for square dancing (as Robin would say... we are all square dance nuts). So, we were excited about Robin's planned visit to arrive in the UK on Sunday 23rd March to stay with Di and Terry, share friendship and their love of square dancing.

Imagine our concern as we watched the unfolding events at Heathrow airport on Friday 21st March 2025. It was reported that a power outage, caused by a substation fire, had shut Heathrow airport affecting about 200,000 passengers due to depart or arrive at Heathrow!

It was a hotline between Gill, Di and Robin as we three monitored events over the weekend. At the low point it looked like Robin was going to have to cancel her trip. So we were relieved, amazed and so pleased to hear on Saturday 22nd March that Robin's flight was listed for its scheduled take-off time. And after a couple of days of anxious waiting,

Robin arrived on her scheduled flight at Heathrow on Sunday 23rd March.

We were delighted to see Robin at Chain Reaction on Saturday evening, 29th March. Tired and somewhat jet-lagged it seemed a miracle that she was here. Welcome Robin and enjoy your stay in England. It's great to see you back.

*Gill Chard*

## Anders Celsius

The spring is coming and the weather is getting warmer and we keep looking at the thermometer.

Have you wondered what prompted Anders Celsius to invent his temperature scale? It stems from wanting to demonstrate that the earth is not a perfect sphere, as predicted by Newton.

He was part of a French expedition to the arctic in 1736 to measure the length of one degree of latitude to compare it with a similar measurement in France. They found that one degree of latitude in the arctic was 1.5km longer than the equivalent in France, proving the earth was not a sphere.

Celsius wanted to confirm the result with a different method.

His method was to demonstrate that gravity was slightly stronger in Sweden than in more southern latitudes as the earth was flatter at the poles. The period of a pendulum depends on the strength of gravity and by measuring the period of a pendulum at two latitudes he could confirm the strength of gravity was different, and hence the earth was not a sphere. He was concerned that the length of his pendulum would change with temperature and hence needed an accurate temperature measurement.

His mercury in glass thermometer had been sent by the French astronomer Delisle who had used the temperature of his basement as one of the fixed points. Celsius felt this was not precise enough and decided to make his own scale that used the boiling and freezing points of water as his fixed points.

He placed the boiling point as zero and the freezing point as 100°C as in Sweden in winter temperatures would be below freezing and he did not like working with negative numbers! It was only after his death that the scale was turned round to the one we use today.

*Norman Wilson*

## A Kind Of Humour . . .

I have found marriage to be very educational. For example, I had no idea that there was a wrong way to put milk in the fridge.

If you can't think of a word, say 'I forget the English word for it', that way people will think you're bilingual instead of an idiot.

Why did the banana go to the doctor; because it wasn't peeling well.

Two women were talking over the garden fence about gardening . . .

'What are you going to grow this year?'

'Older and krankier!'

### **And now a few one-liners . . .**

How does Moses make tea? Hebrews it.

Venison for dinner again? Oh deer!

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood; but it was a Typo.

Jokes about German sausage are the wurst.

Don't worry about old age . . It doesn't last long.

The bandage was wound around the wound.

The farm was used to produce produce.

### **Insanity in senior living**

Pick up a box of condoms at the pharmacy, go to the counter and ask where the fitting room is.

Sit in your car wearing sunglasses, point a hair dryer at passing cars and watch them slow down.

### **Chain Reaction Contact Details**

Jean Bransby                    jeanbransby@hotmail.com  
0779 596 7123

Alan Chard                    chainreactionsdc@gmail.com  
0759 865 8339

Brian Holman brian204holman@btinternet.com  
01524 822444  
0737 999 6722

Val Pemberton                    val8@talktalk.net  
01253 700534

David Walker                    davidweclipse@gmail.com  
0788 637 6459

**Newsletter contributions** to Alan Chard.

Please keep your contributions to this newsletter coming, send by 28<sup>th</sup> April 2025 for the May edition.

Please send photos and text separately because photos embedded in documents tend to be too small.

Preferred email address  
chainreactionsdc@gmail.com.

