

# CHAIN REACTION SDC Newsletter June 2026



Participants at Lune Valley Ocean Wavers Spring Dance

## Lune Valley Ocean Wavers Spring Dance

Saturday 16<sup>th</sup> May 2026 saw a good attendance at the Lune Valley Ocean Wavers (LVOW) Spring Dance held at The Centre, Halton, Lancaster.

Simon and Trudy Fielding travelled here from the Luton area to call SSD and Plus to an enthusiastic group of dancers made up of members of Lune Valley Ocean Wavers, Chain Reaction and some visitors.

*Photos & text Alan Chard*



Trudy Fielding Calling At Halton

## Coffee

Drinkers of caffeinated and decaffeinated coffee, and non-coffee drinkers, were compared using blood, saliva, urine and stool samples to assess physiological responses to coffee derived compounds.

Coffee is one of the richest sources of polyphenols, compounds that gut microbes convert to biologically active molecules which have been linked to anti-inflammatory effects.

Compared with non-coffee drinkers, both types of coffee were associated with higher levels of beneficial gut bacteria. Consuming caffeinated coffee was associated with lower anxiety and improved attention, whereas decaffeinated coffee was linked to improved scores in memory tests and better sleep quality. Both kinds of coffee were associated with lower ratings of stress and depression.

The analysis suggests coffee's effects on cognitive scores are caused by polyphenols, not caffeine.

## Honey

Honey is often thought to be healthier than refined sugar because it is less processed and doesn't cause the same sugar spikes. One measure to compare sugars and honey is the glycaemic index (GI) which gauges how quickly food increases blood sugar. The GI for sugar is around 65 while honeys are all over the GI range. Honey from the Middle Eastern Sidr has a GI of 32, but honey from Greek thyme has a GI of 85. One reason for this variation is the different ratios of glucose and fructose. Glucose quickly raises blood sugar, whereas fructose doesn't.

Some honeys contain compound like phenolic acid and flavonoids which slow the absorption of glucose. Honey from a local market is generally healthier than mass produced brands because it retains more of these compounds. A simple way to gauge the content of phenolic acids by its colour, the darker the better.

Don't eat honey from the nectar of rhododendrons, particularly species native to Nepal and Turkey. This honey causes "mad honey disease", characterised by confusion, drunken like behaviour, dizziness and vomiting. Consuming local honey does not help with hay fever. Hay fever



**Beehives In France**



**'Honey from the beekeeper, available here'**

is caused by plants that depend on wind, rather than bees, to spread their pollen.

*Text Norman Wilson*

*Photos Alan Chard*

## Jane Murphy

It was a pleasure to see Jane Murphy from Chain Reaction at the LVOW Spring Dance, Jane's son acted as taxi driver on this occasion. Jane doesn't get to Chain Reaction often so she had the chance to brush up her skills and renew acquaintances with friends.

*Text & photo Alan Chard*



**Jane Murphy At LVOW Spring Dance**

## A Kind Of Humour . . .

Why is it called a "building" if it's already built?

If you describe something as "indescribable" haven't you already described it?

Sign at a shoe store: "We will heel you. We will save your sole. We'll even dye for you."

Sign on the back of a septic tank truck: "Caution! This truck is full of political promises."

I'm terrible at sit ups and push ups. But screw ups? I've got a black belt in those!

After eight years of togetherness and seven years of marriage, I was gutted when my wife told me the boy was not our son. She told me to pay better attention when picking up our child from school.

Where do bad rainbows go? To prism. It's a light sentence with plenty of time to reflect.

Silence is the best reply to a fool.

There's no better feeling than going to bed at night and not having to set an alarm for tomorrow morning.

Live your life and forget your age.

Two things are guaranteed to make you day better, 1. Do not watch the news 2. Stay off the bathroom scales.

A shop assistant fought off an armed robber with his labelling gun. Police are now looking for a man with a price on his head.

I don't mind getting older, but my body is taking it rather badly.

Patient: Do you remember how I used to beat you up at school and call you a science nerd? Ironic huh?

Doctor: Well, you may experience further irony during your colonoscopy tomorrow too.

Cross-eyed teacher loses job . . . Could not control pupils.

I don't like to think before I speak. I like to be just as surprised as everyone else about what I say.

## 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 811444 0737 999 6722
Val Pemberton	val8@talktalk.net 01253 700534
David Walker	davidweclipse@gmail.com 0788 637 6459

**Newsletter contributions** to Alan Chard, please use the chainreactionsdc@gmail.com email because a contribution sat in my junk folder for a week and was only discovered by accident.

Please keep your contributions to this newsletter coming, send by 28<sup>th</sup> June 2026 for the July edition.

## Summer Holiday Season

July and August many of us will be taking off on holiday or visiting friends and family. What will the other members of Chain Reaction be doing — where, with whom ?

It would be great to have some non-square-dance contributions to the newsletter so that others can share what's been happening over the summer.

Send a couple of holiday snaps and a note about your summer, I'm sure the other members will be interested.

*Alan Chard*

\* An asterisk indicates image enhancement by Google Gemini