



## ISSUE 208 JANUARY 2024

### **President's Report**

Firstly, I wish to thank everyone involved with the organization of our Christmas party this year. The food was exceptional thanks to club members, and a big thanks goes to Jenny Martin and Pat Beattie for organizing the 'fun' bridge. The day reflected the Club's community spirit and the gorgeous raffle prizes were handed out by the indefatigable Liz Linderman. Over \$2,000 was raised for "Orange Sky".

I must also make a special mention of Peter Lester, our go to man at the club. He does a great job with the cleaning, gardening and generally helping out.

Our club has recently enjoyed a large increase in numbers of players attending the club sessions. Open players are back to the Monday afternoon session with the added benefit of the sausage sizzle. Table numbers in November compared to last year were up 59.5. Also increasing is the use of bridge credits as payments for sessions. Many players appreciate the ease of using this system. Payment by MyABF benefits the club by reducing the amount of time spent in administration by volunteers and directors.

To assist with ease of administration. **Ticket sales at the Club will cease from the 31st January and the club will be accepting payment by bridge credits only from 1<sup>st</sup> March 2024.** We will support anyone who feels they can't make this change, in any way possible. Please contact Paul Brake, Jenny Martin or John Lemarchand. The ABF, our Bridge Federation, is running MyABF on a 'not for profit' basis, and our involvement supports the Australian bridge community and our Club.

Enjoy the holiday season and best wishes,

Carolyn Waters



## **Why Play Bridge**

In case you are wondering why you play this game, here are many reasons why you should not doubt your decision to learn and to continue playing. Below is a well written article by Karen Walker and many other articles and bridge content can be found at her website [www.kwbridge.com](http://www.kwbridge.com).

**With so many activities competing for your leisure time, why invest your energy into learning a game as complex as bridge?**

**Why bridge instead of computer games, poker, chess, golf?**

If you're wondering if bridge is for you -- or if you've always wanted to learn but have been afraid it's too difficult -- here are some of the reasons why millions of people around the world are hooked on this fascinating game.

**Bridge can be a lifelong pursuit.**

It takes only rudimentary knowledge to begin playing and enjoying bridge, but as any player will tell you, this is not a game for those who demand instant gratification. Learning to play

well takes time and effort, and the game is impossible to master. But that's precisely why bridge is so popular, and why it's called "the game for a lifetime". No matter how many years you play, you'll always find new challenges, and the learning process will never end. Bridge also caters to all physical conditions and disabilities, so players can actively pursue their pastime throughout their entire lives.

**Bridge will never bore you.** The game can be exciting, challenging, frustrating and humbling, but it will never be boring. There are more than 750 trillion possible hands, so you'll see something new every time you play. It's actually a fast-paced game, too. Each hand takes just five to ten minutes to play before you move on to the next deal and a new challenge.

**Bridge stimulates the brain.** Bridge is one of the best ways to practice the "use it or lose it" advice for maintaining mental sharpness in older age. Research has shown that regular bridge playing improves reasoning skills and long- and short-term memory. You'll feel the neurons firing not only while you play, but long after. Many players say that hours after a bridge game, they still feel mentally alert and energized, similar to the "high" that long-distance runners experience after a race.

**Bridge exercises both sides of your brain.** Bridge is one of the few games that stimulates both the left and right sides of your brain. Every time you play, you use -- and improve -- your skills in communication, logic, math, memory, visualization and psychology. It's a unique type of mental workout that is both relaxing and invigorating, and that can't be duplicated by other leisure or work-related activities.

**Bridge can improve your physical health.** Research has shown that a game of bridge can even boost your immune system. By stimulating the brain cortex, bridge-playing activity produces higher numbers of the white blood cells that fight disease. Other studies have found that people who play bridge regularly are 2½ times less likely to develop Alzheimer's disease.

## **Mind-Booster: Bridge**



**Despite all the medications doctors prescribe, the best way to save your brain as you get older is to use it. That's why so many seniors are taking college classes. A less-expensive way**

**To be sure you have a "full deck" later in life, play bridge.**

**is to play bridge. According to a study by the University of California at Berkeley, bridge also measurably strengthens the immune system. Select whichever way is best for you, but keep thinking.**

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**Bridge is social.** A game of bridge involves communication and cooperation with your partner and interaction with your opponents. There's a special camaraderie among bridge players that develops from the social setting and the game's emphasis on teamwork, ethics and sportsmanship.

**Bridge is a bargain.** All you need for a bridge game is a deck of cards and three other people. You don't have to leave your home, and if you have a computer, you don't even need the cards or the people. You can play and practice on your own with bridge software, or you can join in live games with thousands of players from around the world at one of the free online bridge clubs. You can also enter games at your local duplicate club, where you'll enjoy a three-hour session of bridge for less than the cost of a movie.

**Bridge is fun.** Of all the reasons to learn the game, the most important is that it's just fun to play. It offers the suspense of poker, the cerebral qualities of chess and the excitement of athletic sports, all in a sociable setting where you're a participant, not just a spectator. Every session allows you to test yourself and experience the feeling of accomplishment when you find a successful bid or play.

That's what keeps people coming back to the bridge table, and it is why bridge will always be the world's most popular card game.

*Karen Walker.*

## ***Get Involved***

As well as playing bridge, volunteering is another very worthwhile activity that is very much encouraged, especially among seniors. As a member of our club, you have the perfect opportunity to offer your time as a volunteer. Some roles are obvious and visible while there are many members working behind the scenes that you perhaps have never seen or met. If you would like to be more involved in the club's day to day activities, please speak to one of the Board members. We value our volunteers and any contribution you wish to make will be much appreciated.

Currently, we are seeking someone to be our Novice Coordinator to liaise with members with up to 50 masterpoints. Ideally, the volunteer would be someone who knows these players. The role involves partner arranging and providing information on upcoming events. Also encouraging players to make use of our wonderful library. If you are interested, please speak to a member of the Board.

## ***Education 2024***

Our two extraordinary teachers, Lynley and Dot, are lining up again to provide education on how to play the game, how to improve your game and how to have some fun and laughter along the way.

Dot's Beginners' courses will run throughout 2024 but with a slight change this year. Please note the dates below. The *second course* in April/May will be on Fridays and the *third course* in July/August will be on Mondays. The remaining two will be on Wednesdays as before. A flyer will be available shortly with full details or you can contact Dot at [dot.piddington@bigpond.com](mailto:dot.piddington@bigpond.com).

### **1<sup>st</sup> Beginners**

WEDNESDAY 31<sup>st</sup> January to 6<sup>th</sup> March 2024

### **2<sup>nd</sup> Beginners**

FRIDAY 26<sup>th</sup> April to 31<sup>st</sup> May 2024

### **3<sup>rd</sup> Beginners**

MONDAY 15<sup>th</sup> July to 19<sup>th</sup> August 2024

### **4<sup>th</sup> Beginners**

WEDNESDAY 9<sup>th</sup> October to 13<sup>th</sup> November 2024

Lynley is taking a well-deserved break over the festive season. Her lessons will resume on Wednesday 17<sup>th</sup> January and Friday 19th January. More information regarding Lynley's lessons can be found on the club website under the 'Learn & Develop' tab.

## **December Events Winners - Congratulations.**

### **Christmas Party Fun Day Bridge**

1. Kathy Johnson and Lois Steinwedel
2. Jan Palm and Michael Fernon



### **Bridge Technology Pairs**

1. Sue Smith and David Smith
2. Barry Williams and Ashok Chotai

### **Monday Pairs under 50mps**

1. Carol Vogel and Vivien Henesey-Smith
2. Louise Hartnell and Peter Hartnell

### **Stan Pogacic Pairs**

1. Pat Beattie and Jenny Michael
2. Juliet Rogers and Zenon Olszewski

### **Tuesday Open Pairs**

1. Jane Swanson and Bob Hunt
2. Coral Aikin and Michael Aikin

### **Monday Red Point Pairs - Open**

1. Rachel Langdon and Sebastian Langdon MacMillan
2. Ashok Chotai and Barry Williams

### **Christmas Red Point Pairs - under 50mps**

#### *North South*

1. Louise Hartnell and Peter Hartnell
2. Meredith Evans and Debbie Foot

#### *East West*

1. Carol Vogel and Vivien Henesey-Smith
2. Brett Hughes and Andrea Sage

## **January Events**

- Monday 1<sup>st</sup> January - New Year's Day - bridge as usual.
- **Sunday 7<sup>th</sup> January. Teams Congress. Sponsored by TBIB Insurance**
- **Wednesdays 17<sup>th</sup> & 24<sup>th</sup> January. President's Cup**
- **Monday 22<sup>nd</sup> & 29<sup>th</sup> January. Under 50 MPs Pairs. Sponsored by Julian Egerton-Vernon**
- **Mondays 22<sup>nd</sup> & 29<sup>th</sup> January and 5<sup>th</sup> February. GNOT Heat 1 (at SPBC)**
- **Friday 26<sup>th</sup> January. Australia Day Special**

## **Promotions**

Regional - Robyn Spooner

Silver Local - Greg Tosh

Bronze Local - Maggi Fisher

Club - Inez Pinto, Carol Vogel, Elizabeth Foster

Graduate - Alan Harding

## **January Birthdays.**



We apologise if there are any errors with the dates below, especially if anyone has been left out. There was a temporary glitch with Pianola, now resolved.

1<sup>st</sup> - Kerry Wood, Raynor Loewenthal; 3<sup>rd</sup> - Thomas Kenny, Zenon Olszewski, Lynette Arnold;  
4<sup>th</sup> - Pat Beattie, Judith Woodward, Lois Mee; 5<sup>th</sup> - Lesley Parry, Kerrie Goldston; 6<sup>th</sup> - Jim Whalen;  
7<sup>th</sup> - Anne Zuscak; 10<sup>th</sup> - Irene Hayward; 13<sup>th</sup> - Coral Aikin, Glen Potter; 14<sup>th</sup> - Dianne Hillman,  
Camille Galvin; 15<sup>th</sup> - Ashok Chotai; 17<sup>th</sup> - Lois Steinwedel, Alan Harding; 18<sup>th</sup> - Graham Male;  
19<sup>th</sup> - Sui Ying Lindsay; 20<sup>th</sup> - Judith Bohlscheid; 22<sup>nd</sup> - Alison Boulle, Janie Smith;  
23<sup>rd</sup> - Helen Geschke, Louise Garnett; 25<sup>th</sup> - Veena Chotai; 26<sup>th</sup> - Paul Brake; 27<sup>th</sup> - Sandra Hendry;  
28<sup>th</sup> - Ludwik Tomalak; 29<sup>th</sup> - Liz Affleck; 30<sup>th</sup> - Ann McCallum, Jo-anne Martin; 31<sup>st</sup> - Peter Stone,  
Tony Pearlman.

## Goodbye 2023, Welcome 2024

As we welcome a new year, here are some pithy sayings you may wish to share (or not) with your partner to set the tone for the rest of the year. 😊

- The last day of 2023 is 123-123, which means we're literally waltzing into 2024.
- The best is yet to come. Happy 2024.
- Out with the old, in with the new!
- Take a moment to reflect on how much you accomplished in 2023. There's no limit to what you can do in 2024!
- Thank you for inspiring me to do my best this past year. Here's to more success in the new year.
- I can't wait to see how we continue to hit our mark in the new year!
- Cheers to more shared successes in the new year!
- Cheers to a new year and another chance for us to get it right.

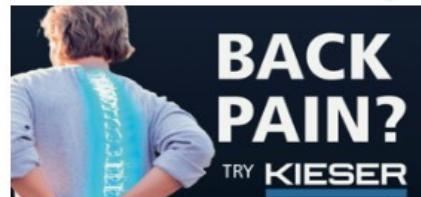
**Happy New Year and Happy Bridging**  
**Julie Wicks**

**Need a Partner:** Use your Pianola account to request or find a partner or contact:

**Mon - Sat** Judy Fitzgerald.....0412 739 984  
**Thursday Night.** Tom Strong.....0421 106 986

**Welfare Officer:** Cheryl Millar ..... 0409 879 081

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