

July 4, 2021



Newsletter

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Message from the President

Hello everyone,

As the rate of vaccinations continues to increase, we can begin to see the end of our Covid experience. Many clubs in the U.S. have opened for face-to-face bridge and we are keeping a close eye on that situation. Our Ad Hoc committee continues to work on our re-opening plan and we have included an update in this issue.

Over the past week, a few of us have had the pleasure of attending (virtually, of course!) a four-day international conference on bridge and its future (BAMSA). The conference had over 600 participants from over 60 countries world-wide. Many thanks to Marie Wiley for bringing this conference to our attention. The purpose of the conference was to look at bridge through an academic, policy and practise lens to understand and promote the game. We had presentations and panel discussions on many topics including the social, psychological and health benefits of bridge, gender equality, inclusivity, digital bridge and cheating, personality types of bridge players and new approaches to teaching, recruitment and the marketing of bridge. It is imperative that we transform the image of bridge and encourage more people of all ages to play the game. A summary of one of the sessions, Bridge and Well-being, is in this newsletter. More summary articles will be provided in the next few newsletters. If you want more information, please click [here](#).

Stay the course and stay well,

Judy Stirling

Update From the Ad Hoc Committee About Post-COVID Play

Our committee has met for a second time. We are awaiting further information on Ontario's re-opening plan. Phase 3 includes bingo halls and casino slot machines, but no activities involving cards or other table games. We, therefore, expect that activities like bridge will be far down the line in the re-opening phases. We will meet again in mid- to late August to review the situation.

We decided that when the club re-opens, we will take advantage of people's heightened hygiene sensitivity to try to reduce the spread of other viruses.

Our group is not recommending any extra expenditure to meet temporary guidelines that may be in place, such as making the tables bigger or adding partitions. In addition, if serving snacks would add requirements that would delay our re-opening, we will forego snacks until we are back to normal requirements.

As a recap of our first report, we will return to face-to-face bridge when public health guidelines permit, initially with a slimmed down schedule, prioritizing the face-to-face sessions that have been best-attended in the past. We will continue to run virtual games and will look for the optimal blend of online and in-person games as we see members' response in terms of attendance.

Janine Higgins, Chair

Virtual Club Games

LBC

Monday	6:45	Open
Tuesday	9:45	Open
Wednesday	9:45	0-500
Thursday	9:30	0-50
Thursday	9:45	Open
Friday	9:45	0-500
Saturday	1:15	0-200

Tillsonburg DBC

Tuesday	7:00	Open
Friday	1:15	Open

LBC members welcome

What's Coming Up Soon?

To keep up-to-date on coming events, please check out the calendar on our website. As the pandemic comes to an end, bridge activity will increase and more events will be posted. Here is the [link](#).

Day of Bridge Fundraiser

Congratulations and thank you to the members of the LBC who collectively donated \$10,129 to the Alzheimer Society London and Middlesex.

LBC's annual Day of Bridge fundraiser in support of the Alzheimer Society London and Middlesex was held on Saturday, June 19. The club hosted two sessions on the Day of Bridge, held a silent auction and encouraged online donations to the ASLM via the club's website. Net proceeds earned by the LBC on the Day of Bridge will be donated to the ASLM and table fees earned by the ACBL will be donated to the Alzheimer Society of Canada. Together these efforts raised over \$10,000 for the ASLM. Well done!

	\$
Online Donations	2,860.00
Silent Auction	1,685.00
Net Game Fees	279.41
Other Cheques	5,304.41
Total to ASLM	10,128.82
ACBL Game Fees ASC	112.64

Get Ready

Your invitation to the Columbia Sportswear Employee Store is coming for early August.

Details in our next newsletter.



Unit Wide Virtual Games – July 10 & 11

The London Bridge Centre will be hosting Unit Wide games on the weekend of July 10 and 11. Pairs games will be held on Saturday and Swiss Teams on Sunday. There will be morning and afternoon separate pairs sessions of 24 boards per session on Saturday with 0-299, 0-750 and Open sections. **Separate registration is required for each of the morning and afternoon pairs sessions.** An all-day Swiss Team game of 24 boards both morning and afternoon will be held on Sunday. Swiss Teams will be categorized into two sections; the total of team masterpoints under 2000, with no player over 500 masterpoints and Open.

Saturday, July 10 – Pairs

	Morning	Afternoon
0-299	9:15	1:15
0-750	9:30	1:30
Open	9:45	1:45

Sunday, July 11 – Swiss Teams

	Morning	Afternoon
0-500	9:15	1:15
Open	9:30	1:30

Swiss Teams are requested to register with the LBC by midnight Saturday, July 10. Only Team Captains should register their team and they may [Register Here](#). Please indicate the Team Captain, the name of each team player and their respective BBO user name.

Unit Wide games are not sectionally rated. Masterpoints are black and results from morning and afternoon games are not combined. Other clubs within Unit 249 plan to hold Unit Wide games this summer: Goderich DBC July 24 & 25, Tillsonburg DBC August 6,7 & 8 and together, the Tillsonburg & St Thomas DBC's September 10 & 11. Unit Wide games are hosted by clubs and not Unit 249. Proceeds from these games go to the club that hosts the Unit Wide game.

Please consider joining your bridge colleagues throughout Unit 249 for our LBC Unit Wide games on July 10 & 11.

**** We need a few volunteers to be on 'standby' and ready to fill in as subs in all sections of the tournament. This allows us to avoid using robots and sit-outs. Those who are substituted into the tournament are not charged a game fee. If you can volunteer, please contact Judy Stirling at judystirling0@gmail.com.**

North American Pairs Qualifying Games (July 12-16; August 9-13)

Each year, the ACBL runs a grass roots competition called the North American Pairs (NAP). NAP games may be held at clubs in June, July and August. Points awarded for the club level games will be half red and half black. Players who score 50% or greater, or who are in the top half of their stratum, will qualify to compete in the district level competition to be held in the fall. Players who score well in the district competition may be invited to compete in their flight - Open (A), 0-2500 (B), or 0-500 (C) - at the spring NABC. If you happen to qualify in a higher flight than your current point level, you can choose to compete in the district competition in that higher flight or in the flight corresponding to your current point level. LBC will run NAP qualifier games for all the OPEN and 0-500 virtual games in the weeks of July 12-16 and August 9-13. There is no extra charge for these games.



Stardust Week returns next month! This special Virtual Clubs event will be held Monday-Sunday, July 26-August 1. Like previous Stardust Week events, all games will award **double** regular club rating masterpoints and awards will be **25% gold, 75% black**. Sanction fees for each table will be **an extra \$4 per table**. Participation in Stardust Week is automatic; all Virtual Club games held between 12:01 a.m. on Monday, July 26 and 11:59 p.m. on Sunday, August 1 will be part of the special event.

CHANGE IN VIRTUAL CLUB MASTERPOINT AWARDS

The ACBL and BBO introduced Support Your Club and Virtual Club games in April 2020. These games quickly became a very welcome financial lifeline for London Bridge Centre and other bridge clubs closed during the pandemic. To help attract players to these games, ACBL awarded masterpoints at 150% of the award scale used in a regular club game. Now that clubs are gradually returning to in-person play, ACBL has reduced the awards to 125% of the regular club game scale, effective Thursday, July 1. ACBL has also given clubs flexibility to adjust their game schedules for the balance of 2021. As they re-open, clubs will be able to run several "Welcome Back" weeks of special games with enhanced masterpoint awards. LBC looks forward to offering those games when we are able to safely and legally re-open.

How Bridge Contributes to Well-being – Let Me Count the Ways

Dr. Martin Seligman, who founded the discipline of Positive Psychology about 30 years ago, was a keynote speaker at the recent conference held by BAMSA (Bridge as a MindSport for All). I teach a course in Positive Psychology for Continuing Studies at Western and so was keenly interested in what he had to say.

Seligman gave conference attendees an overview of his PERMA theory of well-being and then applied it to bridge, which is a passion of his. Well-being is more than happiness, although happiness and other positive emotions are one of these five pillars of well-being:

- Positive Emotion
- Engagement
- Relationships
- Meaning
- Achievement

Bridge contributes to all the elements of well-being (with the possible exception of Meaning). Seligman suggested that bridge players differ in terms of the degree to which bridge meets PERMA elements for them. For fun, rank which PERMA elements are most to least important to you in relation to why you play bridge. Comparing these rankings could be an interesting conversation to have with your bridge partner.

Positive Emotion My Ranking:

Do you find bridge to be fun? Do you feel excited about some hands? Do you feel pride when you bid, play the hand or defend well? Do you sometimes find humour when you are playing bridge? (Note that positive emotions are fleeting so you can play bridge to experience positive emotion even if that doesn't happen every hand.)

Engagement My Ranking:

Do you sometimes experience such intense engagement in the game that you lose track of time and other things going on around you? This is the state of Flow, often referred to in sports as 'being in the Zone'.

Relationships My Ranking:

Do you enjoy playing bridge because of the friendships and social connections you have with partners and fellow players?

Meaning My Ranking:

Is bridge a higher calling for you? Do you have a passion or a mission to teach or promote the game?

Achievement My Ranking:

Do you enjoy getting better at the game? Do you seek to achieve some mastery of the game? Does reaching a milestone such as Life Master (or Platinum Life Master) motivate you and give you a sense of satisfaction when achieved? Do you like winning?

Seligman said that for him, Achievement was the most important, but was clear that there isn't a right answer – just the right answer for you!

New Rank Achievements



To check out all new rank achievements, click [here](#).

New Junior Master	Eleanor Huang
New Club Master	Noni Brown Janice Gregory Jane Hanbuch Don Letton Patricia Malvern

Please note: There can be a delay of about two months before rank achievements are confirmed by ACBL and reported to LBC.

Profile – Gayle George - Board Member

Where were you born? I was born in London, ON.

Where did you go to elementary school? I attended a one-room school, SS#12, in Caradoc Township from grades 1 to 7. Grade 8 was spent in the new central school, North Caradoc. One-room schools were being closed and it was a bus ride to the new central school.

What was your first job? I grew up on a tobacco farm, west of Mt. Brydges, so my first jobs were working on the farm.

What job did you hold the longest in your working career? I graduated from teachers' college in 1970 and spent 33 years teaching elementary school in London.

In how many cities have you lived? I have always lived in Middlesex County whether on the farm or in Mount Brydges, Ilderton or London.

What was your best vacation? I'm not much of a traveller so my best vacations were times spent with friends Judi and Gord Waters in Arizona. We golfed, shopped, gambled and drank a few fine wines.



How old were you when you first started playing bridge? I didn't grow up playing bridge as my family played euchre but cards have always been a part of my life. I was introduced to the game of bridge at one of the schools where I taught by staff members who loved to play a few hands in the staff room when teachers actually had lunch breaks together.

How did you find LBC? Thanks to Judi Waters I joined a Women's Only Fantasy Baseball League and all the women were bridge players at the Bridge Fokes Club. Judi thought I should take some lessons and start to play duplicate bridge since she started to play golf. The London Bridge Centre has been a part of my social life ever since.

What motivated you to become a board member? When asked to be on the board I figured it was time to give back to the club that has given so much to me.

What has surprised you most about being a board member? I've only been a board member during Covid times so it's difficult to really comment on that. Meetings are virtual with the hopes of getting back to playing in the club as soon as it is safe to do so.

What do you like best about LBC? I love the game and I've made many new friends.

Tell us about your other hobbies. My hobbies and extracurricular activities have always involved sports. I have played and now enjoy being a spectator to the following sports, baseball, hockey, bowling, training standard bred racehorses, golf and curling. Spending time with my great-nieces Emily and Brianna is always high on my list of things to do.

Learning Opportunities

NEW TO BRIDGE?

Want to learn bridge or have friends who would enjoy the game? Contact Hazel Hewitt at 519-274-9724 or hazeljhewitt@hotmail.com. Bridge is fun. Come and learn online and be a part of it.

WANT TO TUNE UP YOUR SKILLS?

LBC's teachers are busier than ever providing fifth chair teaching online. Go to our Online Fifth Chair Coaching site to select your teacher and topic, [click here](#).

Peter's Lesson



Peter Tuttle

Hello folks. Missing you!
Finesse Lesson 3: Safety Plays

A finesse is an attempt to win a trick with a card that is not high. Look at the holding in your hand and dummy. Think about what might go wrong and use a finesse to improve your chances.

What can go wrong? Uneven Distribution!

Example 1

	North	
W	A K 8 6 5	E
	South	
	Q 9 7 4	

You are missing the **J 10 3 2**. If **East** holds all these cards there is nothing you can do to win an extra trick. However, a double finesse against **West** will yield no losers in the suit.

Lead the **Q** from the south hand, if **Q** wins the trick and **East** shows out, play the **9**. Then play low again knowing that **J** and **10** are both in the **West** hand.

Example 2

	North	
W	J 5 3 2	E
	South	
	K Q 8 7 6	

You are missing the **A 10 9 4**. If **East** holds these cards, you can hold your losers to one by leading the **J** from the **North**. However, you will lose two tricks if you start with the **K** or **Q** from the **South** hand.

If **West** holds all these cards there is nothing you can do to win an extra trick.

Joke of the Day

Q: How long have you been working here?
A: Ever since they threatened to fire me!

*Be safe,
 be well.
 Peter*





In Memoriam



Gladys Gill, a long-standing member of LBC, died earlier this week after suffering a stroke. She lived life to the fullest and her endearing smile always lifted the spirits of those around her. The family will have a Celebration of Life event after the Covid restrictions have been lifted and they would love to hear your stories of "Glady".

Here is a link to her [obituary](#)