



## Exciting News

**Michael Newman** from Global News will be coming to our **Duplicate Lite game tomorrow, Wednesday, September 14** to possibly do a story about Bridge.



We would love to have a good turn out for this occasion so please come to play tomorrow if you can and bring your best TV personality and dress! No doubt our players will give the visitors a very warm Duplicate Lite welcome!

This is an opportunity to promote Bridge and to boost face to face play at clubs throughout BC.

Hope you can join us for tomorrow's game!

We have been working on getting exposure for Bridge clubs on TV for 6 months. Sorry for the short notice but we just found out now.

Here are some bridge facts that may be helpful if you are asked any questions

We are a volunteer club and started 11 years ago. Before covid we had 90-120 players at each game. Now we have about 35 - 40%

Bridge is more than just a game

**Boost Your Immune System**

A 2000 study at the University of California-Berkeley indicated playing contract bridge can provide a boost to your immune system.<sup>1</sup>

**Improve Test Scores**

In 2005, Illinois researcher Dr. Christopher Shaw discovered that fifth grade students who were taught bridge scored higher on standardized tests than their non-playing counterparts.<sup>2</sup>

**Stimulate Your Mind**

In 2017, Mayo Clinic researchers found those with a genetic

link to Alzheimer's were less likely to develop the mental decline that sometimes precedes dementia if they participated in mind-stimulating activities like web-surfing, playing bridge and socializing.<sup>3</sup>

#### Delay Your Symptoms

Researchers at the Albert Einstein College of Medicine found seniors who regularly engage in mentally challenging activities later in life can potentially delay their symptoms or reduce their risk of developing Alzheimer's and other dementias.<sup>4</sup>

Additionally, research released by the University of Wisconsin-Madison discovered that "participants who engaged in cognitive activities like card games have higher brain volume, in specific regions, compared to peers who played fewer or no games."<sup>5</sup>

#### Reduce Your Risk

The 90+ Study found evidence suggesting that people who spend three or more hours each day on mental activities like playing cards may be at a reduced risk for developing dementia. Seniors who participated in brain-stimulating activities regularly lowered their risk of developing dementia by as much as 75% compared to those who didn't participate in those activities.<sup>6</sup>

#### More facts

To non-initiates the most famous bridge player in the world is 81-year-old Egyptian actor Omar Sharif. But within the bridge world that accolade goes to a wealthy and flamboyant Pakistani called Zia Mahmood. He is so famous he is known by his first name only. Other high-profile players are actress Susan Hampshire, billionaires Bill Gates and Warren Buffett, crime writer Val McDermid, historian Lady Antonia Fraser, newsreader James Mates and members of the band Radiohead.

The game thrives in strongholds around the world. It's doing well in Australia, France, Italy, Poland and the Netherlands. That popularity across continental Europe is one of the reasons that the EBU has been fighting to get bridge treated as a sport for VAT purposes in England

EBU's argument that bridge is a healthy pursuit that reduces the risk of dementia, or that mental skill is more important than physical prowess in such recognised sports as snooker and croquet.

An early version of bridge was played in Britain as far back as the 16th century. Today's version may also derive from a game called biritch which was popular in Constantinople in the 1880s – the suggestion being that British soldiers played it in the Crimea and brought it home. The modern form of contract bridge was invented in the 1920s by US billionaire Harold Vanderbilt, who developed an early scoring system.

For devotees it became a way of life. General Dwight Eisenhower is said to have chosen his number two at Nato because he was a better bridge player than the other candidate. In fiction James Bond, Hercule Poirot and Phileas Fogg all played.

Prior to Covis, the American Contract Bridge League, which includes Canada and Mexico, is the largest bridge organization in the world, serving 145,000 members and 3,000 bridge clubs and sanctioning 1,100 sectional and regional tournaments annually. The ACBL's three North American Bridge Championships each attract up to 6,500 players from all around the world. A challenging and rewarding card game, bridge draws players of all ages and walks of life – from Bill Gates and Warren Buffett to Jeopardy champion James Holzhauer.

But the last word goes to Zia Mahmood, who has likened it to another kind of physical activity.

“People think bridge is somehow boring and played by old people, but it is the most enthralling exciting and stimulating game,” the 68-year-old playboy has said. “It is almost as enjoyable as sex. All my life I’ve been exceptionally lazy, rather egotistical and selfish but when I play bridge I become alive, involved and sometimes humbled.”

Cheers

Jane