

The Hawkeyer

FYI: A Little Bit About the ACBL

I played rubber bridge and party duplicate bridge for 30-odd years before I ever heard of “real competitive duplicate bridge games.” And then I played in a sanctioned bridge game one time before the director asked me to join ACBL.

I thought to myself, “Before I dish out that kind of money I’d better find out about the organization.” Online I found out the following about the ACBL.

ACBL is the largest contract bridge organization in North America. It promotes the game of bridge in the United States, Mexico, Bermuda, and Canada, and is a member of the World Bridge Federation. ACBL games and tournaments use the duplicate bridge method of scoring, where the luck of getting a series of good hands doesn't necessarily mean a better score.

The ACBL, a not-for-profit organization, was founded in 1937 in New York City and later moved its company headquarters to Greenwich, Connecticut. ACBL moved from Greenwich, Connecti-

cut to Memphis, Tennessee in 1971 and to Horn Lake, Mississippi in 2010. It has a full-time staff of 75 employees in the headquarters, plus about 170 tournament directors throughout the country.

As of 2009 it had more than 160,000 members. Members receive the *Bridge Bulletin* magazine, but for many of them, the most significant role of the ACBL is its sanctioning of club games and tournaments to award masterpoints. If an event has the ACBL sanction, then the highest-finishing players are awarded specified numbers of masterpoints, which can be recorded with the ACBL. Most players value the increase in their masterpoint total as a measure of their success at the game. A player's masterpoint total can never decline.”

Famous People Who Play(ed) Bridge

Here is a list of some of the famous people like you who play or have played bridge over the years:

Warren Buffet

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Winston Churchill
Bill Gates
George Kaufman
Deng Xiaoping
Dwight Eisenhower
Buster Keaton
Chico Marx
Omar Sharif
Gandhi
Margaret Thatcher



Hawkeye Bridge Association

Officers

Stan Gustafson President
Rod Burnett Vice Pres.
Mary Lou Agocs Secretary
Margie Brennan Treasurer
Kathi Kellen Past Pres.

Board of Directors

2016 Kathi Kellen
Dee Wilson
Gary Oliphant
Rich Newell
2015 Margie Brennan
Rod Burnett
Charlotte Hubbell
Marilyn Jones
2014 Mary Lou Agocs
Stan Gustafson
Harry Swanson
Craig Nelsen

Committees

Publicity: Gary Oliphant,
Craig Nelsen

Appeals: Pete Wityk, Jim
Swanson, Val Laing

Audit: Rich Newell

Calendar: Scott Riley

Conduct and Ethics:

Tom Olsson, John Gustafson,
Val Laing

Education: Tom Olsson
(chair), Terry Swanson, Susan
Seitz

Intermediate/Newcomer

Coordinator: Nancy Wilson

Mentoring Coordinator:

Nancy Wilson

Tournaments:

Sectionals:

Regionals: Stan Gustafson

Webmaster: Kathleen Kellen

Hawkeyer: Terry Swanson

Unit 216 Club Directory

DES MOINES

Bridge Center
10190 Hickman Court
Clive, IA 270-0868

Sun. 2-4:30 pm New players
Lesson/Chat Bridge
Nancy 285-9916

Mon. 11 am. Free lesson by
Nancy 285-9916

12 pm (1000/2000/open)

12 pm (100/300/500)

Nancy Wilson 285-9916

Mon. 6 pm Free lesson by
Nancy 285-9916

6:30 pm (0-20) Newcomer
Game

Tue. 11 am Free lesson by
Nancy 285-9916

12:00 pm (600/900/2000)

12:00 pm (100/300/500)

Nancy Wilson 285-9916

Wed. 12 pm Free lesson

12:30 PM (0-5) new players

12:30 pm (20/50/199)

Bonni Newton 225-6907,
778-0899

7 pm (500/1000/1500 or
any non-LM partnership);
Pat Peterson 225-0712

Thur. 11 am Free lesson by
Joan Anderson

12 pm (1500/2500/open)

Pat Peterson 225-0712

12 pm (300/750/1000)

Sat. 12 pm (300/500/750 or
non-LM (partnership)

Johnnie Ratcliff 276-5897

12:30 pm

(2000/3000/open)

Gregg Walsh 771-4802

AMES

Heartland Senior Services
205 South Walnut

Sun. 6pm Free Lesson by
Andy Terry

Sun. 6:30 pm (0-299)

Andy Terry 451-9168

Sun. 6:30 pm (open)

Tue. 7:00 pm (open)

Ray Schoenrock 232-4717

Thur. 7:00 pm (open)

Ira White 292-5616

MARSHALLTOWN

Wed. 6:30 p.m.

Senior Center; 20 E State St.

Larry Park 641-752-6121

PELLA

Thur. 7:00 p.m.

(open/non-smoking)

611 Franklin St.

Bill White 847-977-2380

Unit 216 Hawkeye Holiday January 2-5, 2014

Open Events:

TH 1/2 7PM Stratified pairs.

Fri 1/3 1PM Stratified pairs

7PM Stratified pairs

SAT 1/4 10AM Stratified pairs

3PM Stratified pairs

SUN 1/5 10 AM

2-session Swiss Teams

Events for 0-300 Players Fri./Sat.

(If sufficient attendance)

Fri 1/3 1PM Stratified pairs

7PM Stratified pairs

SAT 1/4 10AM Stratified pairs

3PM Stratified pairs

Happy New Year

If you enjoy and are proud of your Bridge Center

Thank

The Teachers, The Club Owners, The Directors,

AND

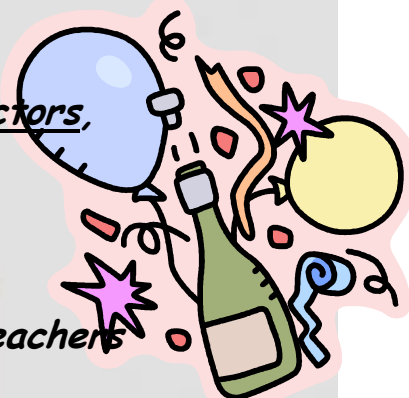
The Hawkeyer Contributors

*You'll notice we're going to be
putting in pictures of our contributors and teachers
(as we get them).*

*Feel free to ask them
When you have bridge questions.*

They'd love to help!

And Most of all,
Continue to BE KIND TO EACH OTHER!



Up the ACBL Ladder (August, Sept., Oct., Nov.)

New Members: Kay Chabot, Curt Hoff, John Morgan, Kathryn Mumm, Sue Tyler, Rose Wilcox, Michael Hayes

Jr. Master: Barbara Maas, Jack Mauldin, Michael Rehberg, Julia White, John Jensen, Jon Johnson, Mary Madvig, John Morgan, Barbara Covert, Vicky Daniel, Melvin Dostal, Bonnie Fenimore, Lorrie Hayes, Sharon Murphy, Carlotta Paul, Richard Kimm, Georgia Patterson, Bonnie Rosa-Mosena, Jennifer Townsend

Club Master: Mark Davis, Becky Webb, Barbara Martin, John Melberg, Sandra Stoltenow

Sectional Master: Tom Anderson, Austin Pattison, Kristin Welter, Denise Dornbier, Mark Feld

Regional Master: Alan Atherly, Patricia Mitchell, Sheryl Morrow, Elizabeth Rosenthal, Kay Ward, Kate Reynolds, Robert Schutt

NABC Master: Anne Izzolena, Dorothy Jackson, Joyce Judas, Joanne McPhail, Johnnie Ratcliffe, Scott Riley, Curtis Grove, Gloria Edman, Carolyn Saboroske, Peter Reed

Adv NABC Master: Barbara Schipper

Life Master: Anita Geer, John Hampel, Mary Hampel, Helen Hom, Don Perry, Diana Spencer, Dominic Antonelli, Marge Bledsoe

Bronze LM: William Friedman, Marjorie Koester, Lois Kriebs, Mark Ravreby, Terry Brown

Silver LM: Nancy Drake, Jim Hutter

Platinum LM: Valerie Laing

No new , Gold LM,
Diamond LM, Emerald LM,
Platinum LM, Grand LM

Good Job Guys!

Desperation

By Pete Wityk

Playing in a matchpointed pairs with a strong partner, we draw an inconsistent pair to start the evening. With no one vulnerable, I pick up

♠AQJ6 ♥K2 ♦QJ985 ♣K6

The dealer **passes**. We are playing a forcing club and a 13 to 16 point notrump at this vulnerability. Thus, I have a choice of calls. I have one diamond, one notrump and if I am an optimist one club available. The problem with one diamond is that it is ambiguous and with vigorous competition from the opponents, partner may not realize that I have a diamond suit. The main argument in favor of one notrump is that it is most likely to get the play on the right side of the table (mine). But, I don't have that problem in this partnership. The hand is really stronger than would be represented by a one notrump call. In addition, it would be difficult for partner to feel that we should be in six diamonds holding Kx xxx AKxx Axxx. One club is a borderline call. It is good policy to have a little extra to open one club when holding a five card minor.

I think I can best describe the strength and distribution of my hand by opening one diamond and rebidding in spades. There-

fore, I call **one diamond**. The next chair **passes** and partner responds **one heart**. Over another **pass**, I am ready to jump to two spades when a pessimistic voice says, "Only bid one spade." I listen to these voices sometimes; all too often according to some partners. So, I call **one spade**. This is followed by **two passes**. Well, it looks like the pessimistic voice was right. After long thought, my right hand opponent balances with **two clubs**. I certainly have the values and distribution for **two diamonds** so that is my call. This is followed by a loud **double**. This is alerted. My partner corrects to **two spades**. After two **passes**, this also receives a **double** although not as loud. This closes the auction, which has been:

W	N	E	S
		P	1♦
P	1♥	P	1♠
P	P	2♣	2♦
X	2♠	P	P
X	P	P	P



The opening lead is the ten of clubs and the following dummy appears:

♠10954 ♥10863 ♦7 ♣AJ54

The 10 clubs was led

I know what the first double meant, West had diamonds. But, it was alerted so I may as well find what East thought it meant. East explains profoundly that it is a Rosenkrantz double; that is, a club raise with one of the top three honors. Apart from the fact that no one I know plays this particular convention after a balancing overcall, I am looking at the ace and king of clubs so I rather doubt this. West ought to have five diamonds to probably the ace, king and ten. Hopefully, he will have only four

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spades. If he had five, he might have overcalled spades at the one level.

Then, with him holding a doubleton in both hearts and clubs, I can see my way clear to making this contract. Three ruffs in dummy, two kings, two spades in hand and the ace of clubs make eight tricks. I need to play the ace of clubs at trick one to preserve the king as an entry for a diamond ruff. Will this be a problem if West has a singleton club and three hearts? No, he can't get out of his hand without leading a diamond, letting me ruff in dummy or with a heart or a club, which create an entry to my hand. The trick I would lose by having the king ruffed should come back.

Therefore, I play the ace of clubs from dummy, which gets the deuce from East and my six. I now play the seven of diamonds to the four and my queen. After a slight hitch, West plays the ace. He then returns the deuce of spades. This is another sign that he has five diamonds to the ace, king and ten. The failure to return a diamond and give his partner a chance to overruff dummy means that he recognizes that his partner has a doubleton.

I call for the four from dummy and beat the eight with my jack.

I lead the eight of diamonds to the ten, the five of spades and the deuce of diamonds. I must now lead a heart from dummy. If I lead a club first, when I lead the heart later, East can rise with the ace and lead a third club so West can discard his second heart and ruff away my king. It is perfectly safe. East must have the ace of hearts. West has everything else. If East has a trump to return, I can rise with the ace and crossruff leaving the king outstanding.

On the trey of hearts, East rises with the ace, I play the deuce and West the five. East hopefully leads the trey of clubs, I play the king, West the seven and dummy the five. Next, I lead the nine of diamonds. When West covers with the king, I ruff with the nine of spades and East discards the four of hearts. The six of hearts fetches the seven, the king and queen. I cash the jack of diamonds; West playing the trey, dummy the eight of hearts and East the eight of clubs. I now lead the five of diamonds. West plays the six and I ruff in dummy with the ten of spades. East discards the nine of hearts. I lead the ten of hearts. East plays the jack and I ruff with the six of spades. West is finished. Whether he over

ruffs or not, I will take two of the last three tricks.

♠10954	
♥10863	
♦7	
♣AJ54	
♠K732	♠8
♥Q5	♥AJ974
♦AK1063	♦42
♣107	♣Q9832
♠AQJ6	
♥K2	
♦QJ985	
♣K6	

Post Mortem

As the cards lay, my contract was unbeatable. The actual result of taking ten tricks for +670 was twelve of twelve matchpoints. The score would have been the same for +470 so the desperation play by West of leading a spade at trick three and hoping for a miracle did not cost anything. But, what would happen if I did not have that informative auction? The best defense, leading a trump and when in again with a diamond leading a trump should hold me to three. In practice I, and most other declarers, would not find the lead of the five of diamonds to the seven in dummy at trick two. This is the double dummy line to make four. Holding me to three without the double would have been worth four and a half matchpoints to East-West, which is a commentary on the true desperation - balancing with the East hand.

Andy from Ames: Bidding for Beginners

By Andy Terry

For all you newer Unit 216 players: Andy Terry runs a 0-299 game on Sunday nights at the Heartland Senior Services Center, 205 South Walnut St. in Ames. A 6PM free lesson precedes the game. After the game, Andy posts a comment about the bidding and gives the results. **(Note: Remember, the bidding and explanation here are for newer players.)**

Here are some of the hands, with bidding commentary, the group has played.

Dealer: South Vul: E/W

		North	
		♠Q94	
		♥J96	
		♦KQ43	
		♣764	
West		East	
♠K8763		♠AJ2	
♥Q3		♥A54	
♦J1087		♦42	
♣A23		♣J1095	
		♠105	
		♥K10872	
		♦A96	
		♣KQ8	

Andy's bidding:

N	E	S	W
		1H	2S
2H	2S	P	P
P			

West's overcall is critical to get to the optimum contract. The overcall should show 10+ pts and a good 5-card suit. This is an aggressive bid as E/W is vulnera-

ble but the hand is 2-suited which is a big plus. Everyone should bid only once as your first bid tells your whole story. East should support instead of bidding 2C as that would deny any support. Should make 3 spades.

Actual bids:

3H by S, down 2 giving E/W 100 (good sacrifice)
2S by W, making 3 giving E/W 140 (twice)
4S by W, down 1, giving N/S 100 (got carried away)

Dealer: East Vul: E/W

		North	
		♠KQ543	
		♥A2	
		♦KQJ76	
		♣6	
West		East	
♠A9		♠8762	
♥9875		♥KJ104	
♦A8		♦	
♣K8752		♣AJ943	
		♠J10	
		♥Q63	
		♦1095432	
		♣Q10	

Andy's bidding

N	E	S	W
		P	1C
1S	3C	P	P
3D	4C	P	P
P			

East should pass initially but plan on bidding later. (1C is misleading to partner, but in this hand you will



find the heart fit. When I do this I find my partner with 6 diamonds and 2/2 in the majors). West's bid is 3rd hand borrowing a king. North has big 2-suited hand and bids to the 3-level by himself. East should lose 2 hearts and 1 spade trick, making 4.
Actual bids: 2D by S, making 3 giving N/S 110

Actual bids:

1S by N, down 1 giving E/W 50
3H by E, made 4, giving E/W 170 (East opened 1C initially)
3D by N, made 3 giving N/S 110

You can find more hands and commentaries at <http://www.bridgeunit216.org/amesclub/results.htm>

HAPPY NEW YEAR!

Assessing the True Value of Your Hand

By Joan Anderson

To accurately assess the true value of your hand, you first you have to decide whether you are holding a balanced or an unbalanced hand.

The narrow definition of a balanced hand is one with 4-3-3-3, 4-4-3-2 or 5-3-3-2 distribution. Equivalently, there are no voids, no singletons, and at most one doubleton. Sometimes, a broader definition of a balanced hand is that it shall have no void, singleton, or 7-card suit.

A semi-balanced hand is one with 5-4-2-2 or 6-3-2-2 distribution. An unbalanced hand implies a void, singleton, or 7-card suit.

Balanced Hand

- **HCP** and **QUICK TRICKS** have long been the relevant features for evaluating your hand. HCP are best used to assess the value of a balanced hand.

Unbalanced Hand

- To evaluate an unbalanced hand more accurately use Losing Trick Count (**LTC**) as an adjunct to your normal evaluation methods.
- **LTC** is a sound way to assess the playing strength of your hand...the number of tricks the partnership is likely to win.
- **LTC** comes into play when a trump fit comes to light or after partner has revealed a self-sufficient suit.

COUNT YOUR LOSERS

- Void : No losers
- Singleton suit : Count 1 loser, except for ace singleton (0).
- Doubleton suit : Count 2 losers except for A-K (0), A-x (1) or K-x (1). Count Q-x as 2 losers.
- 3-card or longer suit : Count 3 losers but deduct 1 for the ace, king or queen.

Hints For Raising 1♥ or 1♠ when holding 4+ trump

Raise the bid
1 level with 6-bad 10 HCP and 8-9 LTC
2 levels with 10+-12 HCP And 7-8 LTC
Or bid
2NT with 13+ HCP
And 7 or less LTC

(Note: Whenever you hold a fit with partner and a hand on the borderline of 2 bids look to LTC to help you respond.)

If your partner opens 1S with the following hands, would you bid one or two levels:

1.	♠-Axxx	_____ HCP
	♥-KQxx	_____ LTC
	♦-Jxx	
	♣-xx	_____ Level
2.	♠-Axxx	_____ HCP
	♥-QJx	_____ LTC
	♦-QJx	
	♣-xxx	_____ Level
3.	♠-Axxx	_____ HCP
	♥-Jxx	_____ LTC
	♦-Jx	
	♣-AJxx	_____ Level
4.	♠-KQxx	_____ HCP
	♥-Jxx	_____ LTC
	♦-x	
	♣-Kxxx	_____ Level

ans.
1.10HCP; 8LTC; Raise 1 level
2.10HCP; 9LTC; Raise 1 level
3.11HCP; 9LTC; Raise 1 level
4.10HCP; 7LTC; Raise 1 level

This guy who loves to psyche is playing in a two session pair game with his favorite partner. He is psyching like mad and most of them are not working. After the session his partner tells him that he doesn't want to play the second session if this psyching continues. The guy, not wanting to lose his favorite partner, promises not to psyche in the next session. In fact, he says, "If I psyche I will give you \$20.00 each time I psyche. " This sounds okay to his partner, so they begin to play the second session. Near the end of the session, the psycher, on his best behavior, sits down against a guy he really hates. The psycher is the dealer. He pulls out a 20.00 bill and hands it to his partner saying: Here's that twenty dollars I owe you; one spade!

Over Zealous Bidding or Resist the Temptation to Be Reckless and Undisciplined in Bridge Bidding

By Toby White

It is the season to give into temptation, and eat whatever holiday goodies are currently appealing to the senses – I certainly do! There is always the New Year, when we can invoke our annual ‘Resolutions’ to eat more sensibly going forward. However, with respect to bridge bidding, some individuals too readily succumb to temptation throughout the year. This group includes both ‘less experienced’ players who might not know any better, and ‘more seasoned’ players who intentionally go wild in a constant (but often fruitless) search for top boards.

This is the second of a two-part article on bidding principles. In the last Hawkeyer, I discussed opportunities to compete further in the bidding (while remaining sensible). Here, I focus on 5 common examples of over-bidding I have observed. Note that the discussion below pertains to matchpoint/pairs scoring, rather than to teams/IMPs scoring.

Opening the Bidding (when one should simply pass) –

In 1st or 2nd seat, it is now quite standard to open the bidding with 12 HCP, and I am fine with that; however,

many get in trouble by lowering this requirement to 10-11 HCP, especially with a flattish hand. It is OK to open at the 1-level with 11 HCP, but you’d better have 5-4 shape (or better) in your 2 longest suits; it helps if one of those 2 suits is spades and if most of your HCP are in those 2 suits.

You can open even more lightly in 3rd seat (the goal is to pre-empt the 4th seat opponent), but do not abuse this right, especially if you are vulnerable, if your best suit is a minor, or if you shape is crummy – you might be better if the hand gets simply ‘passed out.’

Today, it is en vogue to make opening weak-2 bids without satisfying the traditional requirements (e.g., 6 card suit, 2 of top 4 honors, no outside 4-card major or void,...). However, if you regularly open a weak-2 with Q8xxxx, or even worse, J9xxx, especially when vulnerable, you are asking for



trouble. Sure, this may work occasionally to mess up communication for the opponents, but in the long run, I think bidding this way is a losing strategy. Partner must be able to count on your bids, and should not have to guess whether you are telling the truth or lying through your teeth on a regular basis.

Making an Overcall (instead of passing) –

‘Overzealous Overcalls’ cannot only get you in contracts that are too steep for comfort, but will just as often get your partner off to the wrong opening lead if you ultimately defend the hand. Resist overcalling with only 6-7 HCP, or with a 5-card suit

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headed by the 10 or J. Also, if the opponents open at the 1 level, and you wish to make a 2-level overcall, it is now more standard to guarantee an opening hand when doing so (instead of just a mere 10 HCP).

Many of the 'A' players are just waiting to pounce on shaky overcalls by converting them into penalty doubles, and often, there is nowhere to run to escape a bottom board (Note: this is especially true when the overcaller is vulnerable and the doubler is non-vul). I have also noticed many misuses of cue bids when executing Michaels bids, unusual 2NT bids, or bids over the opponents 1NT opener.

Such bids typically promise a 2-suited hand; in the case of Michaels/unusual 2NT, the 2 suits should be at least 5 cards in length (not 5-4, or even worse, 4-4).

Also, with NT-interfering bids (Don't, Cappelletti, Brozell, Meckwell,...), do not enact these bids just because of your shape – you need at least some strength (preferably in your long suits). If your opponents were not bidding game anyway, they may be happy to set you for 200/300 (or worse).

Slamming into Slam

(instead of settling for game)

– To be honest, most players are too conservative when pursuing slams, rather than too aggressive. However, there are still two areas where slams are often bid without being made. First, 6NT often seems like a fine contract with 31-33 HCP and no 8-card (or longer) fit, but if there is no long suit to run for a source of tricks, bringing this contract home can be quite tough, if not impossible. Be wary of attempting 6NT without at least 32 HCP and a meaty, 5-card suit; otherwise, you may need multiple finesses to be onside to make the contract.

Second, the opening bid of 2C seems to be somewhat abused today; most will open 2C either with 22+ HCP (OK) or a 4-5 loser hand (sometimes problematic). Some will open 2C with 13-15 HCP and a running 8+ card suit, citing their number of losers being sufficiently small. This can cause problems when searching for the optimal contract (e.g., is it in NT or in that suit, and if in the suit, should it be at the 5, 6, or 7 level)?

In such cases, opening 2C, which is typically followed by 2D and then bidding the long suit at the cheapest possible level, takes up additional costly bidding room, and leaves the responder unsure

about whether the opener really has 22+ HCP or just a rock-solid 1-suited hand (with maybe 3-6 scattered points in other suits).

Lying about HCP range when opening/rebidding NT

– This is one of my biggest pet peeves. For me, these ranges are very precise, and not meant to be violated. The most frequent overreaches are opening (or overcalling) 1NT with 14 HCP, when the stated range is 15-17, or opening 2NT with 19 HCP (especially with a flat hand), when the more standard range is 20-21.

Another violation is opening in a suit at the 1 level, and then after partner responds something, jumping to 3NT with 18-19 HCP and a flat hand (note: the correct re-bid is 2NT). Even with 15-17 HCP, be wary about opening 1NT with 6-3-2-2 shape (it may be better to mention your 6-card suit first, and if you have 17 HCP, 1NT is understating the value of your hand), or with 5-4-2-2 shape (especially if you are relatively naked in the 2 short suits. It is likely that your opponents will exploit one of these two weaknesses).

Also, I have noticed an increasing proportion of 'frisky' players bidding 2NT over partner's 1NT (15-17) opener

(Continued on page 15)

Traditional, Complementary and Alternative Medicine

By Mike Harvey, D.O.

You develop a digestive issue and over a few weeks it worsens from an occasional nuisance to a daily problem. As you make an appointment with your medical provider, you recall the advice from your family and friends who suggested probiotics, different herbal products, OTC products and acupuncture.

Your primary care provider (PCP) diagnosis gastritis, and prescribes an omeprazole. During your monthly chiropractor visit a few days later, a probiotic and another pill was added. By your follow-up visit to your PCP at three weeks, you are well. Instructed to finish the four weeks of omeprazole, you query about the product given by the chiropractor relating that you were not sure what made you better.

This is a common scenario. With all the media we are exposed to daily, many more choices are readily available. It can become overwhelming to decide where to start, maintain and stop treatments.

“Traditional Medicine” is what will be provided by your mainstream PCP, clinics and hospitals.

“Complementary Medicine” is used to supplement tradi-

tional medicine, and may come from many sources. “Alternative Medicine” is used as a substitute for traditional care, and likewise may come from many sources. So many choices makes for difficult decision making. Online “help” is plentiful, but what do you believe?

The National Committee on Complementary and Alternative Medicine (NCCAM) is a branch of the National Institute of Health (NIH). Their website is an easy to use and thorough source. Information is based on review of available science and studies. They do not sell, promote or advertise products. They stay as unbiased as possible. The website link is nccam.nih.gov. Additional information of a reliable nature can be found through links to Mayo Clinic and WebMD.

“Herbs at a Glance” and “Topics A-Z” are the two home page links at the NCCAM website. The herbal link discusses information and research results on individual herbs. The second link helps you find information on many topics.

One must be aware that most complementary and

alternatives have little, low quality or conflicting scientific studies. Many studies are done poorly, allowing bias and inappropriate interpretation. When alternative becomes scientifically supported, it typically becomes embraced into traditional medicine. Examples are calcium for osteoporosis, folic acid during pregnancy, and fiber, psyllium and soy products for coronary artery disease.

Herbal products are the most commonly used non-traditional approach. Danger lurks with many of these products, so use your resources and good judgment. Drug interactions are common between prescription, OTC and herbal products. Effects of your current prescription products can be increased or decreased with the addition of herbals.

Many alternative products have “contamination” with unlisted components, some even containing prescription components to enhance effectiveness. Products for weight loss, erectile dysfunction and performance enhancement lead these concerns.

The bottom line once again revolves around a central theme of these articles- use

(Medicine cont. on page 11)

Mini-McKenney Standings

0-5 points

Tom Anderson	79.26
Connie A Nixon	14.27
Michael L Rehberg	14.12

5-20 points

Mrs Kristin L Welter	46.13
Mr Austin B Pattison	38.31
Penelope A Rittgers	31.93

2050 points

Mr Joseph J Antonelli	29.26
Jean A Hibbs	22.61
Jane A Burger	15.35

50-100 points

Gwen A Swanger	55.36
Kay E Ward	52.74
Mrs Patricia D Mitchel	46.00

100-200 points

Ms Joanne M McPhail	77.03
Joyce H Judas	71.28
Mr Peter W Reed	58.02

200-300 points

Mr Dominic A Antonell	196.70
Barbara L Schipper	127.61
Craig J Nelsen	84.38

300-500 points

Kay E Henderson	69.29
Anita A Geer	66.77
Gloria A Ward	65.59

500-1000 points

Rae Gene Burger	104.95
Mrs Mary Walter	89.41
Mrs Iola O Aldrich	85.70

1000-2500 points

Toby A White	278.99
Bud Stowe	217.24
Mr Douglas G Stark	142.03

2500-5000 points

Mr Ray J Schoenrock	226.47
Mr Richard U Newell	218.65
Mr Peter Wityk	199.69

5000-7500 points

Mr David P Stark	251.06
Mrs Evelyn Mintzer	122.75
Ms Joan L Anderson	118.41

7500-10,000 points

Valerie J Laing	2234.25
-----------------	---------

10,000+ points

Dr John E Gustafson	281.88
Mr G M Prabhu	29.59

(Medicine cont. from page 10)

good judgment and lead healthy lifestyles. Depend on reliable information from trustworthy sources. Make sure all your providers are aware of all of your treatments. It always helps your PCP to have a printout of information on what you take. Do not assume your PCP knows everything about these products, so voice any concerns you have.

Splinter Bids

The Splinter convention is used to respond to partner's major opening bid in first or second seat

North	East	South	West
1♥	P	P	4♦

A jump to four of a new suit shows a 13+ point hand, a four-trump or more support and a singleton in the suit; the bid is forcing to game and invites to slam

Opener Rebids

With a minimum hand (13-15 TP 5+♥), opener limits his hand by declaring game

Opener shows interest in slam by declaring a first-round control (ie 4♠) or by inquiring for aces at 4NT

A rebid in the splinter suit (5♦) by responder shows a void

Examining All the Clues

By Bonni Newton

On Fridays, we are studying “Declarer’s Play’. We are making the most of all the information given, examining all the clues. The subject is covered in such a way that advanced players and true beginners will come away with some understanding.

NORTH

♠64

♥A7

♦KQ85

♣A8732

SOUTH

♠K8

♥2

♦AJT9432

♣KT5

The Bidding

West	North	East	South
1H	P	2H	3D
3H	5D	P	P
P			

OPENING LEAD: King of Hearts

LOSERS: 0-Hearts, 1-Spade, 0- Diamonds, 1-Club. The clubs are going to be my source of tricks. So what is the problem?

Where do you think the Ace of Spades is? WEST see below

Who is the Dangerous Opponent? East they can lead a Spade

How can you avoid losing 2 Spade tricks? See rest of Article

The Problem is that it is highly likely that West has the Ace of Spades. West opened the bidding in first seat vulnerable. West even took a second call vulnerable.

Let’s count the High Card Points that the opponents have. Remember that West opened the bidding and East supported. West must have 13+ Points. East must have 6+ Point. High Card Points missing in Hearts, the Opponents suit, are KQJ (6 HCP), in Spades AQJ (7 HCP), in Diamonds none (0 HCP), in Clubs QJ (3 HCP), 16 High Card Points in all.. East could have the Ace of Spades but more than likely, West will hold that card.

You are thinking: Whoa – there are only 16 points missing. You said West had 13 and East had at least 6 that is 19 points. That is way off. Well, West can open using the rule of 20 or 22. East may count Dummy points- Shortness in a suit.



The Rule of 20 or 22: Generally done in First or Second Seat- although I tend to do this also in third Seat. Count high card points add this to the number of cards in your 2 longest suits. If this number is 20 and the hand also holds 2 Quick Tricks You may open with less than 13 points.

Let’s construct a hand that West might have. We know from the lead that West has the King and Queen of Hearts (1QT) West might even have the Heart Jack. West almost has to have the Ace of Spades for 2 Quick Tricks. In only 1 instance will West not have the Spade Ace. If West held S-QJx, H-KQJxx, D-xx, C- QJxx. A Full opener with 12 HCP and 1 more point for the 5 card suit. This is the only possibility in which the Ace would

(Continued on page 13)

(Continued from page 12)

not be in the West hand. But with this Aceless wonder, West would have taken the second bid of 3H vulnerable. West must have the Spade Ace.

Let's put the Spade Ace in West's hand. Remember East must have 6 points. Now I must examine those Clubs. I have a loser in clubs; No Problem if both East and West contain an honor. We call this Split Honors. But what if the honors do not split, can I still make this contract?

Yes, if I lose the first Heart trick to West's King and throw that losing Club in South on North's Heart Ace. I can make my contract no matter how the Club Honors Split. This called a Safety Play. Notice this has to be done at trick one.

MORAL TO STORY- MAKE YOUR PLAN BEFORE YOU PLAY TO THAT VERY FIRST TRICK.

-
- ♦ *Plato: A good decision is based on knowledge and not on number*
 - ♦ *Overheard at the bridge club: We had a 75-percent game last night! Three out of four opponents thought we were idiots.*

The rest of the Hand:

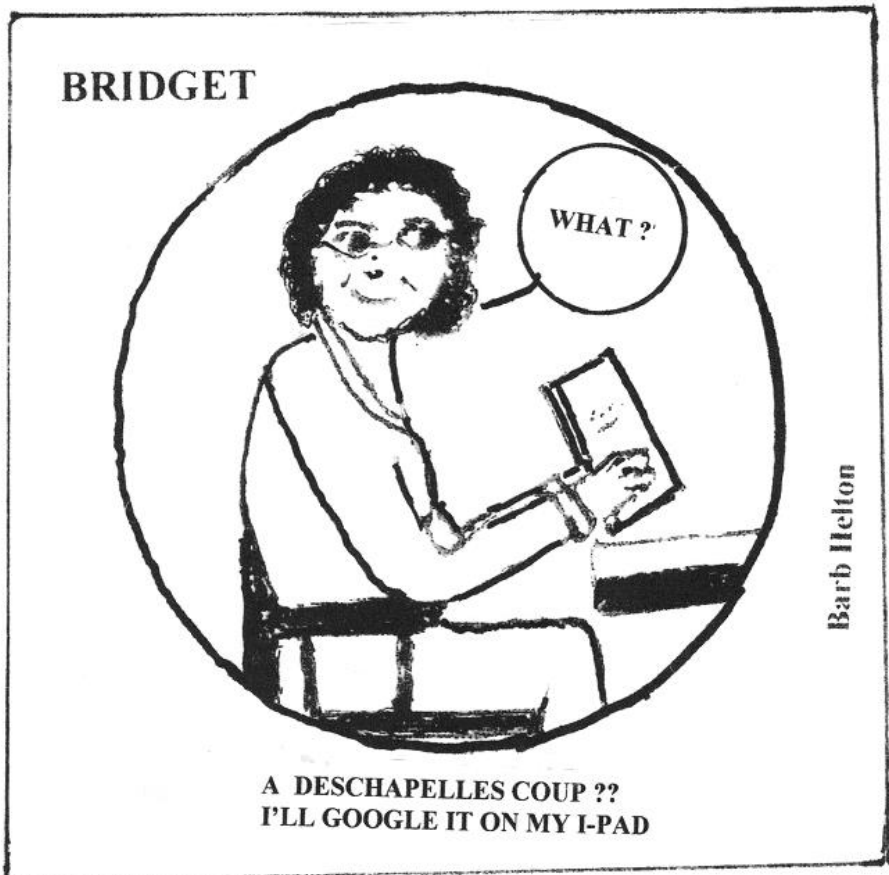
West's hand: S-AQ92, H-KQ9854, D-7, C-94. East's hand: S-JT753, H-JT63, D-3, QJ6

Come join us some Friday for a fun and informative time to hone your game. 9 lesson, 9:30 to 11:30-play hands. No partner necessary. Cost \$5. Questions email bjnbridge@live.com or call me at 515-778-0899

I thank all of my students this year for their support. It has not been an easy year for me- broken leg in January, Radiation in Oc-

tober and loss of a dear bridge buddy in December.

Through my many teaching ventures in Bridge, \$7,000 was earned this year for the Leukemia Lymphoma Society. I especially want to thank Marge and Rod Burnett who helped me so very much with everything. They did anything and everything necessary to allow me to teach during my medical or emotional preoccupations.



Minor Suit Slam Bidding

By Rich Newell

This hand came up in July. Your partner (Toby) opens 1NT 15-17 and you're holding:

♠xxx ♥- ♦AKJ ♣AKxxxxx

No doubt some of you are tempted to blast to 6C or 6NT immediately, but the point of this article is to discuss machinery useful for investigating a minor suit slam to pick the right suit and strain.

Toby & I play 4-suit transfers, so 2♠ shows clubs. After partner bids 3♣, I can now bid a gadget that Arnie Adelberg introduced to me: 4 of the other minor is 1430 for clubs. After bidding 4♦ partner responds four steps higher (5♠) which in 1430 shows two key cards [♥A, ♠A] and the queen of trump [♣Q] – great! 5♦ now asks for the cheapest specific king, and partner bids 5♠ [promising the ♠K and denying the ♥K] – excellent!

So we have seven club tricks headed by the AKQ (assuming no 4-0 split), two top spades, the top heart and two top diamonds. As partner has only shown 13HCP, he could easily have the ♠Q or ♦Q in which case I could easily have 13 tricks off the top. I chanced 7♣ (although I should bid 7NT since my trick total doesn't involving

ruffing anything) which was a top board when partner produced:

♠AKQx ♥Axxx ♦xxx
♣Qx

4-suit transfers offers the flexibility to explore for slam in diamonds also by first bidding 2NT (transfer to diamonds) followed by 4♣ (1430). In doing so, you give up your natural 1NT 2NT game invite, which you get around in this manner:

Bid 2♣ stayman.

After partner responds, you bid 2NT which partner must alert as invitational and may not have started with a 4-card major.

As a corollary,

If you are in a different stayman auction with four spades and the auction starts 1NT-2♣-2♥, you show four spades by making a forcing 2♠ call (bidding 2NT denies spades).

So why go to all the trouble to bid 4 of the other minor to ask for key cards? After a 4NT call partner could easily bypass your suit,



forcing you to the 6 level when you don't want to be there. Starting with 4♣ or 4♦ instead enables you to stop at 5 when partner's hand doesn't turn out as you'd hoped. We play that this applies after a transfer situation (as above) or after both players have agreed on the suit. Another good thing about the bid is that it is fairly unambiguous; after clubs has been mentioned and there is a jump to diamonds, there is little doubt as to what it means.

Would you have been able to bid the slam? If not, maybe you should discuss with your partner whether these conventions should be in your arsenal.

Happy New Year!

Unit 216 Statistics as of Dec.1, 2013

Note: The numbers below include the loss of “snowbirds” who transfer their membership to their winter clubs while they are gone.

	08/01/13	12/1/13		08/01/13	12/01/13
Total Members	454	433	Life Master	17	21
Rookie (0-5)	49	33	Bronze LM	68	64
Jr. Master (5-20)	34	45	Silver LM	52	50
Club Master (20-50)	38	35	Gold LM	18	18
Sectional Master (50+)	53	50	Diamond LM	5	5
Reginal Master (100+)	69	63	Emerald LM	1	0
NABC Master (200+)	47	45	Platinum LM	0	1
Adv. NABC Master	2	2	Grand LM	1	1

(Continued from page 9)

with only 7-8 HCP, intending to invite partner to bid 3NT with a maximum. If you are going to bid 2NT with 8 HCP here, you should have a good 8 HCP or a 5 card minor suit.

Lying about HCP range when responding in NT –

Here, we will assume partner opens 1 of a minor (because then, the discussion is common to both 2/1 and S/A systems). If partner opens 1C, I strongly recommend that a 1NT response guarantees 8-10 HCP rather than 6-10 (or 6-9). If you only have 6-7 points, but no 4-card major, make the tempering bid of 1D.

If you instead respond 1NT, you might end up declaring NT, which can be problematic because the lead is coming through opener's (dummy's) strength. Note that if partner opens 1D, you may be forced

to bid 1NT even with 6-7 HCP (e.g. – you have 3S, 3H, 3D, 4C). In addition, if partner opens 1 of either minor, a rebid of 2NT should show a good 10 through a bad 12 (HCP). Resist the temptation to automatically invite to 2NT with a bad or even average 10-point hand, or to raise to 3NT with a bad or average 12-point hand. Furthermore, raising partner's opening 1-level minor-suit bid directly to 2NT/3NT, especially when you have support for opener's suit, may be suboptimal if neither one of you has sufficient stoppers in one of the 2 major suits. In such cases, landing in the minor may win.



Auld Lang Syne for Bridge Players and Partners

Should all old partners
be forgot
And replaced by
someone new?
The games of past
all out of mind
And never thought again?
Are all those game
now put aside
And left to memories fade
Please think again
of great slams made
And let us bid now once anew

For old hands passed or set
my friend
For all old games
You can call to mind
For all old hands together
played.
Sing Auld Lang Syne!

Des Moines Classes and Beginner Games

Classes at DSM Bridge Center unless otherwise noted

Unit 216 Education Report

By Tom Olsson

First of all, thanks to Kathi Kellen for collecting Education information and posting it on our website (<http://www.bridgeunit216.org>). More information is available on the website and available from the teachers. Current offerings are listed below. Thanks also to our teachers who have helped encourage our Bridge House growth.

The Unit has approved the continuation of the Mentoring program. Nancy Wilson, Bonni Newton, Jessie Chance and Gregg Walsh will coordinate the program to provide four games in April and May and four games in the Fall.

New games for beginning players are now available with mini-lessons before the games. Nancy Wilson has mini-lesson/games Sundays at 2 pm and Mondays at 6 pm. Bonni Newton has a mini-lesson/games on Wednesdays at noon. These games are for beginners and 0-20 players.

Beginner's Bridge Games

Sun. & Mon.

Nancy Wilson at 515-285-9916

Sun. 2:00 pm until 4:30 pm
Lesson and Chat Bridge novice game

Mon. 12 noon Practice Hands

Mon. 6 PM Chat Bridge novice game

Wed.

Wed. 12 noon 0-199 game with tips
Gregg Walsh and Various Teaching Staff

Wed. 0-5 game for beginners
Bonni Newton 515-778-0899

Supervised Play

(no partner necessary)
(beginners' tables available)

Fri.: 9:30am-11:30am—\$5

Bonni Newton 778-0899

Or bjnbridge@live.com

Beginning Bridge Class

Jan 9

Nine-weeks

Call Nancy at 515-285-9916

Callanan Middle School RM 134

Jan. 16-Mar. 16

6:30-8:30

Instructor: Kevin Jones Fee: \$55

Urbandale Senior Center
7305 Aurora Avenue
Urbandale, IA
Free Bridge Lesson

Bidding and playing review -
Some bridge experience helpful.

Thu. 10:30AM-11:30AM

Paul Spong 287-2597

Happy New Year!

Be COOL! Come to the....

Hawkeye Holiday January 2-5, 2014

Sectional Bridge
Tournament
Sanction #S1401004

DRAFT!!!!

Greater Des Moines Bridge House
10190 Hickman Court Clive, IA

For all events points
are averaged.

Newer Player Events

Strata for newer player events:

A 100-200, B 50-100, C 0-50

Friday, Jan. 3 1 p.m. 0-200 pairs

7 p.m. 0-200 pairs

Saturday, Jan. 4 10 a.m. 0-200 pairs

3 p.m. 0-200 pairs

Events held if sufficient attendance.

Note Saturday
times!

Open Events

Strata for pairs events: A 1500+, B 750-1500, C 0-750

Thursday, Jan. 2 7 p.m. Stratified pairs

Friday, Jan. 3 1 p.m. Stratified pairs
7 p.m. Stratified pairs

Saturday, Jan. 4 10 a.m. Stratified pairs (single session)
3 p.m. Stratified pairs (single session)

Note
times!

Table fees: \$8/person/session for ACBL members; \$9 for non and unpaid life masters.

Sunday, Jan. 5 10 a.m. Two session Strata-flighted Swiss Teams

Flight A (Strata: A 2000+ AX 0-2000) Flight B (Strata: B 500-750 C 200-500 D 0-200)

(2 session play-through \$80/team)

Director in charge: Larry Brobst

Chairperson: Harry Swanson (515) 224-1733
tournaments@bridgeunit216.org

Partnerships:
0-500 Scott Riley 238-0606
scottriley7@hotmail.com

500+ Mary Lou Agocs 225-2454
LAgocsjr@aol.com

For tournament results, visit our web site:
<http://www.bridgeunit216.org/>

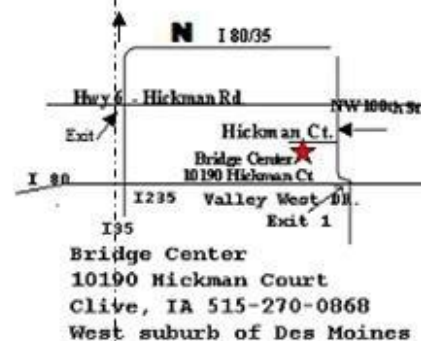


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Motels
Days Inn (Clive)
1600 NW114th St.
515-226-1600
\$
mention Bridge Club
rate

or
Sleep Inn
11211 Hickman Rd.
Urbandale, IA
515-270-2424
\$ mention Bridge Club
rate
Try booking on the
internet

ZERO TOLERANCE
TOURNAMENT, PLAY AND
HAVE FUN!



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UNIT 216 OF ACBL
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CLIVE, IA 50325

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Mark Your Calendar

Unit 216 Sectionals District 14 Regionals ACBL Nationals

Hawkeye Holiday

Clive, IA
Jan. 2-5, 2014

Gopher Regional

Bloomington, MN
May 19-25, 2014

Dallas, TX

Mar. 20-30, 2014

Spring Festival

Clive, IA
Apr. 3-6, 2014

Coralville Regional

Coralville, IA
June 24-29, 2014

Las Vegas, NV

Jul. 17-27, 2014

Cornbelt

Clive, IA
Sep. 11-14, 2014

Council Bluffs Regional

Council Bluffs, IA
Aug. 4-10, 2014

Providence RI

Nov. 27-Dec. 7