

Highcliffe Duplicate Bridge Club

Dear Members

Self-Isolation!!!



The above is what you should have seen when you received last week's newsletter but somehow the technology let us down. John has now selected an alternative e:mail format so hopefully all will be well from now on.

And so to week 3 – we have tidied the cupboards and found some long lost items. We have tried different approaches to shopping for our favourite foods, we are now deciding if we have enough paint in the garage to start some D.I.Y. However with the promise of better weather we might struggle to stay indoors as being out in the open is so much more attractive. BUT we must not be tempted to stray too far. ***“Staying in is the new going out”.***

Last Christmas I was given a book entitled ‘Senior Moments’ by Shelley Klein. The book offers some fine examples of how to improve your memory and describes bridge as a tried-and-tested way of fending off senior moments. It further states that studies have demonstrated that the game improves the memory, keeps players socially active and even helps to strengthen the immune system.

I have not included the entire section from the book about the benefits of bridge as we already know just how good it is for us. But did you know that bridge players are more likely to live longer and look younger than people who do not play the game (*research to prove this was carried out by the University of California*)

This newsletter will be winging its way to you just before the Easter weekend and I know we will all be feeling very down about not being able to do something special or share the time with our families. We just need to stick to our routine and keep thinking that when this is all over we will have renewed energy to play our bridge and socialise together. There have been so many lovely poems circulated during these weeks of being isolated and I am still throwing my hat in the ring to compete with them -

Easter thoughts

***Thinking of you over the Easter break
Have you made a special cake?
What about a chocolate treat for yourself
If the Easter Eggs still remain on the shelf.***

***With Spring in the air and the sun on our back
We are so tempted to load up our rucksack
But the message that we hear is loud and clear
We must help the NHS that is so very dear***

***They work the hours so few could sustain
And keep us safe without thoughts of blame
Stay strong and focussed – I know it's a pain
Just think about life when it will be fun again***

We did have a suggestion about including a bridge hand in the newsletter. So I will leave you with one of Mr Bridge's' Double Dummy problems and challenge you to find the solution to making 6 spades. There is an Easter Egg for the first right answer received in my mailbox. I have cracked it but it took me several hours!!!.



Watching Bernard Magee on Monday he told us he would be playing with Lesley Lewis that night. Perhaps Lesley can find us a hand from that session to test our skills.

With thanks for all your encouraging responses – keep safe, keep smiling and stay at home.

Pat Carruthers (Tele. 01425 616312)
Chairman