

EDITOR'S NOTE

Winter is peaking; days are long and cold! On the Brightside, Spring will be here soon, at least that is what we keep telling ourselves, but we haven't seen proof yet, but still, we know it will arrive and we are planning a **"SPRING SURPRISE"!!**

We've seen some changes already in the New Year, the cost of living has gone up, home prices have gone down, markets are still up and down and the cost of bridge is still 'holding' at 4BB\$!

The club made changes to a few of the games –

We brought back the Saturday Face to Face game, more on that in the F2F Corner.

We changed our online "Ladies Game" to the "Cocktail Game (Open) - bring your own beverage! It seems to be gaining in popularity with a few men joining us. The game is on Tuesdays @ 4:00, 18 boards so you are done by 5:50. It is a lot of fun! Give it a try, we know you won't be disappointed!

Although RHBC no longer runs the Wed PM game, **it isn't gone**, we simply transferred it to Thornhill, so Medhat is running the game. Come join him, game time is 7:00PM and it is 24 boards, 6 min / board and is only **3BB\$**



So you're saying you're absolutely sure you can't play bridge with me tonight?



CLUB CORNER – MEMBER SUBMISSION

Submitted: Anonymously

AGING: To have a Long Life, the 10 years from 70 to 79 years are crucial!

Israeli scholars have found that there are around two health problems per month for people between the ages of 70 and 79. Surprisingly, the health status of those aged 80-89 is as stable as the 60-69 age group!

70-79 years is a dangerous period. During this period, various organs decline rapidly. It is a frequent period of various geriatric diseases, often prone to hyperlipemia, arteriosclerosis, hypertension and diabetes. People realize "Health is Wealth" and health care of 70 – 79 is crucial. Here are some simple steps called "Doing **Ten Ones** Every Day"

1. Drink a Pot of Water A Day

Water is "the best and cheapest health drink", but when you drink is just as important:

First cup: After getting out of bed, you can drink a glass of water on an empty stomach. **Second cup:** A Glass of Water after exercise. **Third cup:** A Glass of Water before going to bed.

2. A Bowl of Porridge (also known as Oatmeal)

China Daily Online published a 14-year study conducted by Harvard University on 100,000 people. It found that a bowl of about 28 grams of whole grain cereal porridge per day can reduce mortality by 9% and reduce the chance of getting cardiovascular diseases.

3. A Cup of Milk

Milk is known as "white blood" and it is so to the human body. Its nutritional value is well known with a lot of calcium, fat and protein, daily recommended intake, 300grams

4. An Egg

Eggs can be said to be the most suitable food for human consumption. The body's absorption rate of egg protein can be as high as 98%.!!



CLUB CORNER – MEMBER SUBMISSION...continued

5. An Apple

Modern research believes that apples have the effects of lowering cholesterol, losing weight, preventing cancer and aging, enhancing memory and skin benefits.

6. An Onion

Onions have very high nutritional value and many functions, including helping to lower blood sugar, lowering cholesterol, preventing cancer, protecting cardiovascular and cerebrovascular diseases, and also anti- bacteria, preventing colds, and supplementing calcium and bones. Eat onions at least three or four times a week.

7. A Piece of Fish

Chinese Nutritionists have warned that "eating "four legs" is worse than eating "two legs", eating "two legs" is worse than eating "no legs." "No legs" refers to fish and various vegetables. The protein contained in fish is easily digested and absorbed.

8. Gentle Walking

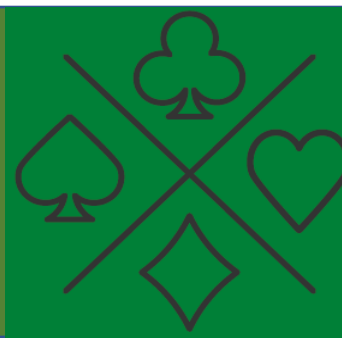
This has a magical anti-aging effect. When adults walk (about 1 kilometre or less) regularly for more than 12 weeks, they will achieve the effect of correct posture and waist circumference, and the body becomes strong and not easily tired. Try to walk for 30-minutes a day.

9. A Hobby (Bridge)

Having a hobby, whether it is raising flowers, raising birds, collecting stamps, fishing, or painting, singing, playing chess, travelling or playing bridge, can help the elderly to maintain extensive contact with society and nature. This broadens the horizons of interest of the elderly. BRIDGE is also recommended for the affects on the brain!

10. Good Mood

Old people should maintain good emotions as these are extremely important to their health. Common chronic diseases which affect the elderly are closely related to the negative emotions of the elderly



FACE-TO-FACE CORNER - UPDATE

We did it, we restarted the Saturday game on January 7th and we couldn't have done it without you, so thank you to all who are supporting our game(s). We are still growing, but are seeing a few more players and hope this is an upward trend! We are averaging 6-8 tables, and hope to see that move to 9 this month.

There are many new players in our games and we would like to welcome them all, thank you for supporting us: Andrea, Larry, Mort, Daniel, Doug, Martin, Rani, Libby, Trevor, Joe, Lynn, Linda, Susan, Karen, Helen, Pat, Shirley, Katia and Judy.

Of course, we can't do it without our regulars, so **A BIG THANK YOU** to all of you who come out and play.

What about Thursday? Thought you'd never ask! The Thursday game has been doing very well, averaging 13 tables and we hear very positive feedback; so, if you are ready, please come and join the other players, share a coffee and cookie and socialize with real people! If you need a partner, **please call Izhar** to set you up, please don't just show up, it is getting too difficult with the number of players.

Bob Stuart celebrated his birthday on 1/19 and so we had a cake for everyone!





FACE-TO-FACE CORNER - REMINDERS

ALERT REMINDER

We felt it prudent to remind all our players that you **must alert**, many have gotten a little lax with their alerting, so a few reminders!

- a) The **responder** alerts the bid, NOT the player, that is done online only.
- b) You should use your **alert card** to alert, not just say alert. You announce verbally, say 15-17 when partner bids 1NT for example.
- c) **DO NOT** share what the alert is **unless** the opponents ask.
- d) **MOST** unnatural bids need to be alerted; this includes transfers. If in doubt, review your convention card, with your partner **before** the game!
- e) You should get in the habit of **announcing your NT range**, 15-17 is standard, **ANYTHING** outside of this range MUST be announced, e.g., 11-15.
- f) Anything in **RED** on the convention card must be alerted, anything in **BLUE** must be announced. Examples include – NT opening is in **BLUE**, the range needs to be announced, whereas Smolen is in **RED**, it must be alerted.
- g) All partnerships should have a completed convention card on the table.

BIDDING BOXES AND BRIDGEMATES

We realize this may sound like 'stating the obvious', but we would like to remind players to please –

- a) Put your bidding boxes away (big blue bin, can't miss it) after the game;
- b) Don't take the bridge mate off the table, unless you are putting it in the carry case (again, can't miss it). We have found a few in very 'odd places';
- c) Please put the pencils back in the Tupperware container on registration desk;
- d) Please throw out your garbage after the game, don't leave it behind, we have lots of garbage cans around the room and are sure you can find one.



FACE TO FACE - Joys of Face to Face

From Barbara Seagram: 'The Joys of Face to Face'!

Barbara was playing F2F at a local club and said *It feels so good to be able to socialize again and she had a story about her return that we wanted to share!*
[We laughed too]

"I went to the washroom before the game and met 2 older ladies. One said to the other "you have lovely colourful orange shoes" and I added "your socks even match your shoes!"

The first lady said "Now I hope your underwear doesn't match your socks and shoes". The 2nd lady, without missing a beat replied "Oh, I don't wear underwear!!!"

I laughed so hard I had to use the washroom again!!! WOW! Does that ever beat playing bridge online!!!

LESSONS

Well, as the saying goes, all good things must come to an end. Lorraine is going to the 'Sunny South' and when she gets back, she is teaching BEGINNER BRIDGE at McConaghy Senior Centre in Richmond Hill. If you know anyone who wants to learn this great game, please have them contact Lorraine and she will help them register for this 8-week course, starting April 4th. For more information contact Lorraine Eaglesham @ Lmeaglesham@aol.com or at 647-335-4177

THANKS, LORRAINE, FOR THE TIPS, THEY WERE FABULOUS!



ONLINE CORNER

Well, we survived the month of January with the new ACBL fee. It is too early to tell the total financial impact of this program to the club, but we are still holding our online table fees at 4BB\$, **now the same price** as the online 18 board games on BBO!

ACBL negotiated with BBO, and they agreed, to an increase in fees for the games they run, such as Speedball and the 18 Board Games. You will now see that the 18 Board Games are 3.99BB\$ and Speedball is 1.99BB\$.

Why have they done this? They are trying to bring some equity to the club games and hopefully get club players back playing with their clubs by not making the BBO games more attractive by being so much cheaper.

Remember when you play in a club game you are supporting the club, and we play 24 boards instead of 18; an extra 6 boards and you know the players and directors!

** Except our Cocktail Game which is 18 boards.



THE SATURDAY
EVENING POST

You wouldn't have made it if you had played it right.



MISCELLANEOUS

A QUIZ FOR RESPONDERS

Do you know all the options you have in this sequence? Let's see.

Try your hand at the following 6 responding hands and see how many you can get right!

Opener Responder (you)

1♠ 1NT

2♣ ?

You hold:

- | | | | |
|----------|---------|---------|-----------|
| 1. ♠ 643 | ♥ Q83 | ♦ 8764 | ♣ KJ9 |
| 2. ♠ K4 | ♥ 876 | ♦ A763 | ♣ Q1065 |
| 3. ♠ J10 | ♥ AJ98 | ♦ K1076 | ♣ 1093 |
| 4. ♠ K7 | ♥ A543 | ♦ 8743 | ♣ J108 |
| 5. ♠ 6 | ♥ KJ983 | ♦ KJ987 | ♣ 98 |
| 6. ♠ 3 | ♥ 76 | ♦ A93 | ♣ K976432 |



MISCELLANEOUS

ANSWERS TO TEST YOURSELF

- 1. 2♠** Although partner will play you for a doubleton as it is rare to withhold three card major suit support, it is better in the long run to respond 1NT with a balanced 6 count than raise to 2♠ which "sounds" more encouraging.
- 2. 3♣** Forward going. You promise at least four clubs with 8-10 HCP.
- 3. 2NT** You usually have 10 HCP for this rebid, but this 9-count is worth 10 any day of the week. Looks at those intermediates.
- 4. 2♠** You have a forward going hand and by bidding 2♠ you give your partner another chance to bid in case partner has extras.
- 5. 2♥** As long as you are going to bid a red suit, bid the major.
- 6. 3♦!** Don't count this as wrong if you didn't make this 'obvious' rebid! Just kidding. Many years ago, the British writer, Norman Squire, suggested that in this sequence (and some similar ones) where a jump in a new suit could not logically be natural, it should show a humongous fit with partner's last bid suit plus a control in the jump suit. He labeled the bid "The Out of the Blue Cue". Without that crutch at your disposal, leap to 5♣ as a jump to 4♣ would not be forcing.