



WORLD BRIDGE GAMES

WROCLAW POLAND

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NOTE: Membership dues are waived for Canadian players under 25 years of age. Junior players can join the CBF by sending their information to info@cbf.ca.

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2016 World Championships

The Canadian contingent had considerable success at the World's recently held in Wroclaw, Poland. Congratulations to the Open Team, finishing in a tie for 5th to 8th place. There were 75 countries entered in this event. Canada finished higher than many traditionally strong countries, including the USA.

Kudos also goes out to Kamel Fergani and Frederic Pollack (13th in the Open Pairs) and Joey Silver and John Carruthers (2nd in the Senior Pairs).

50th Anniversary of the Canadian Bridge Federation

As we approach 2017 it is again worth reflecting how far the CBF has come since 1967. We continue to be competitive at international competitions (see above). The number of programs and services that we offer CBF members is amazing considering how few volunteers we have dedicating their time to Canadian Bridge.

My hats off to all Canadians, past and present, who have given of themselves to make the CBF what it is today. Thank you.

Reflections of the Prez

PRESIDENT/EDITOR: NEIL KIMELMAN



Announcing! the CBF Member Perks Program

The CBF has partnered with Perkopolis to provide CBF members with an extensive collection of perks. CBF members can now enjoy savings on everything from travel, shopping and automotive to movies, theatre and sports tickets. Local and national discounts are available on many popular brands such as West Jet, Esso, Enterprise, VIA Rail, HP, Michael Kors, Cineplex, Budget, Boss, Dell, Wyndham Hotels and many more. To start enjoying your member perks you need to register with Perkopolis using the special CBF Member ID code. Go to the CBF home page announcing the CBF Member Perks Program to register. Also see ad on next page.

To All ...

My wish for you is to have a safe and enjoyable holiday season, and may all your goals and dreams be realized in 2017.

Neil Kimelman CBF President and Bridge Canada Managing Editor president@cbf.ca



PROGRAM WITH PERKOPOLIS

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* Offers are subject to change without notice.

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DECEMBER 2016 • VOL. 46 NO.6

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MAGAZINE AD RATES Full page \$ 500 | Half page \$ 300 Quarter page \$ 175 | Business Card \$ 100 10% DISCOUNT if 3 issues paid in advance.

PUBLISHED 6 TIMES A YEAR





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WORLD BRIDGE GAMES





Wroclaw World Championships Open Teams

By Nicolas L'Ecuyer

Wroclaw was a great experience.

Let me introduce my partner, Zygmunt Marcinski, and the rest of our Canadian Open team. Zygmunt is a great friend and a really good partner (much better than far-too-emotional me). Zygmunt also introduced me to a relay system some years ago. We modified/ improved it over time and it is performing extremely well today. I can honestly say this is the best system I have ever played.

The rest of our team was comprised of (i) Kamel Fergani playing with Fred Pollack and (ii) Judith Gartaganis playing with husband Nick: both pairs not only very talented but also most supportive throughout the ups and downs that we experienced in Poland. I was by far the worst partner, although after five minutes of heated discussion I usually came back down to earth.

Before the Wroclaw World Bridge Games 2016 started, all 55 countries were assigned to one of three groups that would engage in 6-days of 17 head-to-head matches to eliminate all but the top 5 teams in each Group (with the highest-scoring 6th place team in any Group also added to complete the 16-team knockout stage). We were assigned to Group C, which most pre-tournament pundits had speculated would be the "easiest". They were proven wrong.

Not only did it qualify 6 teams for the knockout stage; but 5 of these 6 teams defeated their first knockout opponent to reach the 8-team Quarterfinals (the other three quarterfinalists turned out to be Poland, Monaco and England). The semi-finalists included two teams from our Group; and the eventual winners, Netherlands, were also from our Group.





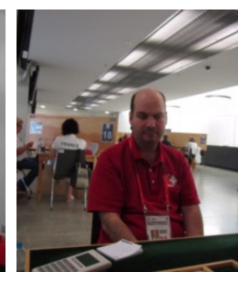
PHOTOS: (top to bottom, left to right) Nicolas L'Ecuyer, Nicholas Gartaganis, Judith Gartaganis, Kamel Fergani, Fred Pollack, Zygmunt Marcinski. CREDIT: Michael Yuen

Starting out we did not know any of this future that would come to pass, yet quietly held reasonable aspirations that if we collectively played up to our ability then we had a reasonably good chance being among the top 5 qualifiers, telling ourselves that we just had to be steady, beat up on the so-called weaker countries, play tough versus the contenders and hold our own against the powerhouses of our group.

Day 1

We started off the first day with a challenging schedule of opponents: Scotland, Spain and finally Sweden (on Vugraph). We scored a small win against Scotland, a big loss to Spain and a small loss to Sweden. One hand I especially liked on the first day was against Sweden when our methods allowed Zyg to do well first by laying a trap against his left-hand opponent and then by subsequently recognizing that his modest values were pulling their full weight defensively and so kept alive a penalty possibility.







Both Vul Zyg held:



The bidding:

West	North	East	South
	Zyg		Nic
			1 ♦ ¹
Dbl	2 ♦ ²	Dbl	Pass
Pass	Rdble ³	2	Pass
Pass	Dbl⁴	Pass	?

Strong club

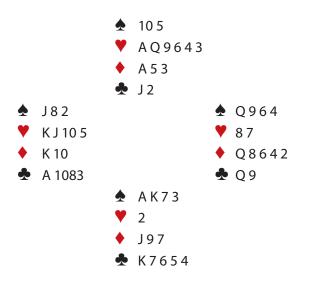
1. 10-16 HCP, 0+♦, but not 14-16 balanced

2.6+ plus hearts any strength

3. High cards with implied tolerance or better for diamonds.

4. Do something

My hand was ♠ A K 7 3 ♥ 2 ♦ J 9 7 ♣ K 7 6 5 4. Your bid? I decided to pass trying to catch my RHO (Frederik Nystrom)for misguessing what to do. It worked out well when declarer was unable to handle everything and went down two for +500. Left to our own devices we would probably have gone down trying for game (indeed, at the other table the Swedes stretched somewhat to 3NT which drifted three off, mercifully undoubled). The full deal:



Unfortunately we narrowly lost this match, and overall our first day was somewhat discouraging as we stood only in 14th position (out of 19 countries in our Group).

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I was particularly impressed by Spain which not only deservedly crushed us but served clear notice that they would be a far stronger contender in our Group than had been generally anticipated.

Day 2

We kicked off against Denmark, an important match since the Danes were a team we expected (or at least hoped) to have to fight right to the end to qualify. Things started well, but unfortunately I had to guess how to play the following side suit in slam: Q 9 8 x x facing A x x. I thought and thought, thinking if there was a time to try for an intra-finesse this was it, but I was faced with conflicting evidence (isn't it always the case when you have to decide what to do?). I finally decided that my strongest clue was the overcaller's initial entry into what had been our initial non game-forcing situation. However I probably did not draw enough attention to his partner's bidding and went against my feeling (which I did for the last time for this tournament) and played up to the Queen: the King was offside and down I went. Meanwhile, the Danish declarer in the other room facing Nick & Judy took the right view, intra-finessing (one of only two successful declarers in the entire Open field) and made it. He played small to his nine and then played the Queen, pinning the Jack! This was more or less the whole match and Denmark soundly defeated us. I felt terrible and we were not positioned very well. But this was early and we needed to be ready for San Marino. We beat them decisively so hopes were back up. Then our teammates combined to beat up Lithuania (a dangerously competent team) so we had hope.

The hands were swingy and Canada won four slam swings, plus a game swing on this complicated hand because Kamel Fergani found a better line of play than his counterpart. Playing 4♠ Kamel received the lead of the ♥J.

WE	ST	EAS	ST
	A Q J 8 7 5 4	٨	96
۷	6	•	A Q 4
٠	82	•	A Q J 6 3
•	652	*	K97

The crucial high cards are the $\clubsuit K$, $\blacklozenge K$, $\blacktriangledown K$, and the $\clubsuit A$. Kamel's first hurdle was to decide whether to take the heart finesse – he chose not to and went up with the A. He appreciated the danger of letting the defence attack clubs before he had a chance to set up a pitch on the diamonds. So he made the key play of the \clubsuit A on the first round of trumps, planning to take the diamond finesse and return to hand with a heart ruff for another diamond finesse. Kamel got a bonus for his thoughtful play when the $\bigstar K$ dropped. He drew trumps, finessed the \blacklozenge Q (the King was onside) and made 11 tricks. Kamel's counterpart received the same lead and chose to finesse in spades, losing to the **&**K. North promptly switched to the $\clubsuit Q$ and the opponents took three tricks to defeat the contract (North had **PQJ3** and South had A1084). So Day 2 saw Canada swim upstream from the depths of 14th spot up to 9th within sniffing distance of the top six positions.

Day 3

When the round-robin schedule had been released, we felt that this was going to be our most challenging and crucial day as we were to face Hungary, Peoples' Republic of China, and then The Netherlands two definite contenders followed by a perennial powerhouse. We felt we only needed to survive this day and we would have a fighting chance. First match was a solid win against Hungary. Good. Then we played China and this hand came up. I held:

▲QJ8xx**♥**x**♦**AJxxx**♣**Ax.

Zyg opened and then showed 13-15 balanced with 4 spades and a maximum in context. We cue-bid and

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after receiving more cooperation from Zyg, I bid a slam. Zyg's hand was A 9 x x A x K 10 9 x Q J x. It was actually the worst shape (on this auction our methods did not allow me to relay for exact shape) for me since Zyg had only two hearts and a club finesse was going to be required if there was a trump loser (yes, we also need to guess the Q but Zyg has an uncanny habit of getting them right so that was not a concern). The club finesse was off but there was no spade loser so we made it. Next: the big test coming on Vugraph against The Netherlands. And what an exciting match it was!

Here are a few hands. You hold ♠ A x x ♥ A 9 x ♦ J x ♣ A K J 8 x.

You choose to open a strong club in 3rd seat and partner, a passed hand, shows you (great methods I told you!) 1-2-5-5 shape with 8-10 points. When you inquire where his high-card values are located partner denies the \blacklozenge A K but shows the \blacklozenge A or K coupled with either major suit King, allowing me to leap confidently 6. I basically claiming without looking at dummy for 11 IMPS! Wrap it up baby! Zyg's hand was \blacklozenge K 10 \heartsuit Q \blacklozenge A 10 9 x x \clubsuit 10 9 x x x.

After this we lost a few part scores swings. However Kamel and Fred bid to a thin but nice 4♥ making, then got doubled into 2♠ and made it when Fred played it well (coupled with a slight misdefense). Zyg and I ended the match by having an accident when trying to cope against an exotic opening bid whose continuations we had not adequately prepared for. The result was a 43-43 for a tie. So we had not just survived our toughest day but had actually moved up into 6th!



We needed to gain ground and/or get more comfortably ahead of the others teams jockeying for the top 5/6 spots. Up today were New Zealand, Guadeloupe and Bangladesh. New Zealand had been predicted to be a contender and proved to be a really good team that was having a great tournament. They beat us by a narrow score.

There were some great hands in this match, including one where I held \bigstar K x \clubsuit K J 10 x \blacklozenge A K Q 10 9 x \oiint x and opened a strong club. After a gazillion relays Zyg showed me: 6-4 in the black suits with 14-16 points, no \clubsuit Q but A Q in each of his long suits. So I basically knew he had to have two or the remaining Jacks to complete his 14 points. I chose to bid 6NT since (i) I was under the impression that I had a good chance to buy the \blacklozenge J and (ii) facing diamond shortage I may have a tough time enjoying the diamonds in 6 \bigstar (for example either an opening diamond lead or if Zyg held a diamond void). I was slightly wrong. Partner's hand turned out to be:



Our methods for these auctions do not allow us to show the low-frequency 6-5 pattern so he decided that his fifth club merited an upgrade of his 13 count – entirely normal but terrible on this hand since one opponent held ◆ J x x x. 6♠ made at the other table on a club lead which was normal as the spade bidder never showed clubs, so this was a big adverse swing. But no regrets: if I had to bid this hand again with the information I had I would do the same thing. What can I say but "life sucks sometimes". We then played Guadeloupe and Bangladesh and won both matches in some comfort so we ended up Day 4 tied with Ireland for sixth, despite winning two matches comfortably and losing the third match only narrowly.

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Day 5

Closing towards the end of the round robin (the following day we had only one match and a bye). We started off by winning our first two matches (against UAE and Egypt). The last match of the day was a crucial one, facing Ireland where we had to win since both teams were in a dogfight to qualify. Yet another wild match, fortunately ending slightly in our favour at 57-48! Talk about swings! Here are a few going our way. Not vul vs. vul you hold $\bigstar x \heartsuit x \bigstar 109 x x x \bigstar A J x x x x$. The bidding:

West	North	East (you)	South
-	Pass	Pass	1 ♣ ¹
Pass	1 ♦ ²	Pass	2 ♠³
Pass	3♠	3NT ⁴	4 🙅
5 🙅	5🛧	6 🙅	Pass
Pass	6	?	

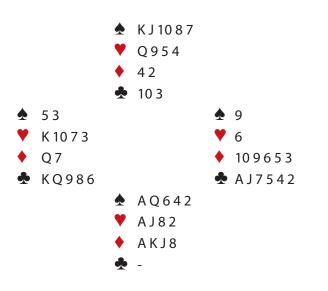
1. Polish club

2. Less than 8 HCPs

3. Forcing

4. Minors

After Zyg chose to compete in my better and longer suit, I decided that I would not sell out under any circumstances (in retrospect it would have been better to have seen if the opponents would subside in 5♠) and so I stubbornly bid 7♣ even though we had seemingly pushed our opponents into the slam. Of course we were doubled and paid out -800, but the full deal turned out to be as follows (see next page):





comfortable with a very real risk of dropping out of a qualifying position!

Day 6

This was a special day with some of our rivals facing each other. In our only match of the day facing Austria, the leaders in our Group, our goal was to either win or at least not lose too big and then hope for some good things in the last match while we were sitting out and sweating through our bye. We ended up losing by a small margin....but good things happened for us in the last round while we were sitting out and biting our nails in the VuGraph hall, so although Canada finished out of the top 5 in our Group we were 6th and well ahead of the 6th place finishers in each of Group A and Group B. So YES - we qualified for the playoffs! Watch out for the crazy Canadians!!!

These were the 16 qualifiers:

Group A	Group B
France	Poland
Italy	England
Russia	Japan
Israel	USA
Switzerland	Monaco

Group C Netherlands Austria Spain Sweden New Zealand Canada

Round of Sixteen

France chose to play New Zealand Poland chose Switzerland Netherlands chose Russia Italy chose Canada

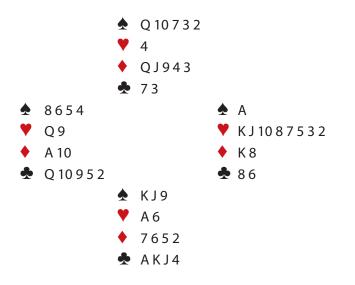
So Canada won 12 IMPS when Kamel-Fred bid to 6^{4} making for +1430.

Another bidding decision. Do you or do you not? Both Vul: \clubsuit A \forall K J 10 x x x x x \diamondsuit K x \clubsuit x x. The bidding:

West	North	East (you)	South
1NT ¹	Pass	2 ²	?
1.15-17			

2. Transfer to **A**'s

I usually take the aggressive view so I just jumped to 4♥ - and right it was here! I just jumped to 4♥ and the opponents sold out to it. The whole hand:



So we won another 10 IMPs when the Irish opponent holding my cards at the other table opted for the "low road" and bid only 3 vafter an identical auction.

Day 5 ended with Canada climbing into 5th place, better with chances to move up but far from

The other matches were: England/Israel Sweden/Japan Austria/Monaco Spain/USA

In bold are the winners: note that, with the sole exception of Austria, the 5 remaining Group C qualifiers each won their 90-board Round of 16 matches.

Canada versus Italy was fun match - not "clean" as there were lots of things happening: mistakes, lucky guesses, good plays, bad plays, etc... but a FUN match with many, many "stories". Here are a few examples. Early in the first of six playoff segments, Nicholas Gartaganis picked up \bigstar K J 8 5 \heartsuit A J 10 9 \blacklozenge – \bigstar A Q 8 6 3, vul vs. non vul, and commenced proceedings with 2 \clubsuit (11-16 HCPs, 5 or more clubs). Judith raised to 5 \clubsuit and Nicholas bid one more for the road. LHO led the \blacklozenge K and the issue was how to take 12 tricks.



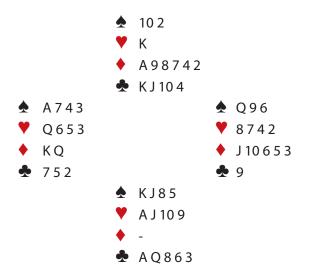
Option 1 is to try to make dummy good by setting up diamonds, pitching one of dummy's spades on the ♥A along the way. You need to keep the ♥K as a dummy entry to allow you to ruff diamonds. Option 2 is to embark on a crossruff, reserving the possibility of switching tactics depending on how the play proceeds. In that scenario you need to cash the ♥K before the first diamond ruff. There is also the issue of how trumps divide. Either line might be scuttled by a 4-0 break, and even a 3-1 break is awkward.

Choosing Option 2, Nicholas won the A pitching a spade, cashed the K and ruffed a diamond (LHO followed with the Q, somewhat meaningless given that the diamond layout is known to the defenders). Next, declarer cashed the A, pitching the 2 and continued with the 9, West following with the 6.

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This presented Nicholas with the additional option of discarding the ♠10. Even if East wins the Queen and returns a trump declarer can revert to trying to set up diamonds. Surprisingly the ♥9 won the trick. Now what?

The first step is to recount winners. So far two diamonds (the Ace and a ruff) and three hearts were already in. If seven trump tricks could be scored the contract is secure. Had the ♣9 been in either hand the contract would be a lock. As it was, Nicholas ruffed a spade in dummy with the ♣4 and led a diamond, East followed with the ♠6. If declarer had carelessly ruffed with the ♣6, West would have overruffed with the ♣7 and returned a trump. No matter how declarer twists and turns there is no longer a path to 12 tricks. However, taking the precaution of ruffing with the ♣8 changed the outcome because the next 5 tricks could be taken on a high crossruff. The entire hand was:



The declarer at other table failed to make 6 on the more challenging trump lead so Canada gained a 16-IMP swing.

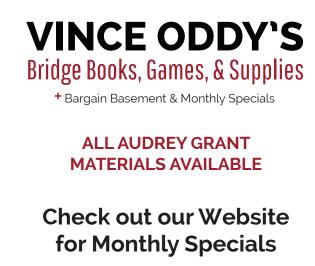
Quarter Finals

These were the match-ups:

New Zealand vs. Spain Monaco vs. Canada Poland vs. Sweden England vs. Netherlands

Unfortunately this was the end of the Canadian run. We lost to Monaco by a wide margin: just one of those matches where not only our opponents outplayed us, we suffered a few inevitable blips here and there, but most importantly the preponderance of our 2-way decisions we got wrong.

All in all we felt we did Canada proud, exceeding our realistic expectations, and look forward to a future opportunity to represent our country.

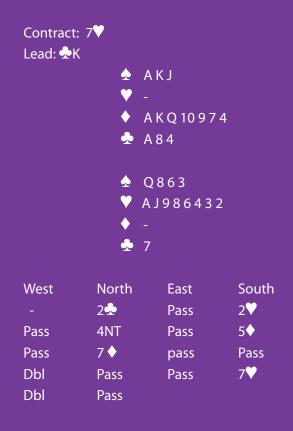


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Plan the play. (PS. Good luck 🙂) Answer on page 27



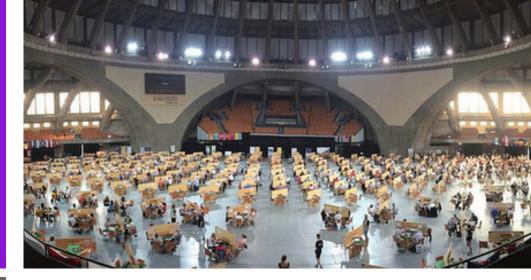
WORLD BRIDGE GAMES











Wroclaw World Championships Venice Cup

By Katie Thorpe

The Canadian team entered the event in Wroclaw with high expectations and hopes but unfortunately we did not play to our abilities and failed to make the knockout rounds. There were of course disasters (we'll forget about those for now) and triumphs (yay!), of course some interesting hands. One aspect that is always fascinating to me in particular is how the same hands can produce completely different results at two tables – sometimes based on system differences and sometimes based on simple aggression – sometimes good for us and sometimes not.

Most expert bridge players play support doubles and redoubles which is certainly useful. However, Karen and Joan use the double and redouble in this situation to solve a little problem resulting from their weak NT (12-14) opening. They use double to indicate a strong balanced hand that cannot bid notrump at that point either because (a) they lack a stopper in the suit overcalled or (b) they lack the values to bid 2NT if they are at the two level after RHO overcalls. This worked out very well in a hand against Poland.

CONTINUED NEXT PAGE

PHOTOS: (top to bottom) Katie Thorpe, Sondra Blank, Lesley Thomson, Joan Eaton. CREDIT: Michael Yuen.

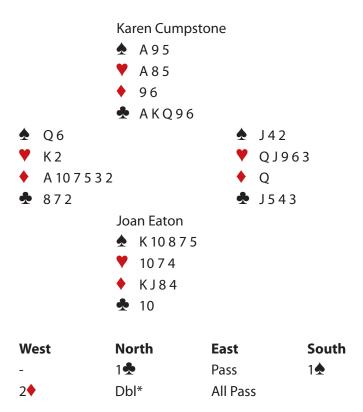






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Dealer North. NS Vul.



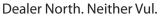
* explained on both sides of the screen

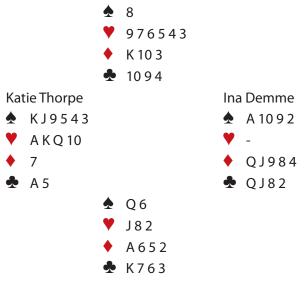
Joan knew that Karen had strong notrump values (or better) but this was *not* penalty and said nothing about her spade holding except that she would not have four. Joan's diamond holding suggested that pass was a good option.

Karen played the three top clubs and Joan pitched two hearts showing three. So Karen now played the \P A and gave Joan a ruff with the \P 8 suggesting a spade return. So Joan led a spade to Karen's ace, Karen returned a spade and Joan returned a third spade, ruffed by declarer. West led low to the \blacklozenge Q, Joan won and played back a spade which declarer ruffed with a hopeful 7, overruffed with Karen's 9. Karen played back a non-diamond on which Joan pitched a spade leaving declarer endplayed in diamonds for the 10th trick to the defense. Clearly if Karen only had a strong notrump hand, the damage would not have been so severe, but almost certainly would have resulted in a decent plus. Beating this contract for +1100 (down five) was a great result against a routine 4 \bigstar contract declared at the other table.

PHOTOS: (top to bottom) Ina Demme, Karen Cumpstone, and NPC Nader Hanna CREDIT: Michael Yuen In many recent discussions about the future of bridge, and the prevention of cheating and other unauthorized information, many have advocated the use of tablets or computers at high level events, with all the players physically separated. In my opinion, this virtually removes the element of table feel from the game, as well as a lot of the enjoyment of meeting your opponents face-to-face. Lesley Thomson faced this decision late in the match against New Zealand. Holding ♠ J6 ♥ K1086 ♦ K7 ♣ Q8632, not vul vs. vul, she heard her RHO open 1, she passed, LHO bid 3, her partner, Sondra Blank, bid 4 and RHO bid a prompt 5. Despite being told by her RHO that 3 was a limit raise, Lesley felt something was off and doubled - she was rewarded with +800 and a win in the match! LHO had told Sondra 3 was preemptive and that's what she had.

In today's game, opening bids have become more about shape and less about high cards – unless you are a junior when most any 10-count will do. However, there are still many conservative (sound) players around. In the match against Ireland:





North dealt, and passed. When Ina opened 1 and subsequently showed a four-card spade raise, Katie had no problems with driving to a slam. At the other table, East was from the HCP-counting school so despite having no potential rebid problems, she passed originally and was unable to adequately show her hand thereafter.

WORLD BRIDGE GAMES

Here's one more example of aggression in today's game. Where would you like to be Vul?

	K 6 4		Q 8 7 3
۷	A J 10	۷	76
•	63	•	A J 5
•	A 10 9 6 5	•	K742

Why of course you'd want to be in 3NT! OK, well you would want to be there when both diamond honours are onside, both heart honours are onside, clubs are 2-2 and spades safe enough – although you don't need all of it.

♦ K Q 10 9 4 was on lead and declarer was in good
 shape after the ♦Q lead. Our opponents bid confidently
 to the game to win 10 IMPs: 1♣ – 1♣; 1NT-3♣; 3NT.

We all appreciated and enjoyed the chance to play against the world's best and learn from them, and we value all the support we received. A big thank you goes out to our captain, Nader Hanna, who did his usual fine job, and to the CBF for the needed financial and other support.

And by the way, Wroclaw is a lovely and interesting city. There are several universities which help make it a vibrant environment, one well worth visiting if you are in the vicinity!





When I first took up the game of bridge I spent hours trying to discover ways to improve my memory, tricks to help me remember the cards, the conventions, the odds involved in the game. But after a few years of this diligence, I came to realize the game really had less to do with memory than I thought. Because when I was sitting at the table holding cards, if I was distracted or dreamy or anxious, my rote understandings of the game did little to help me play well.

Winning bridge is not about memory; it's about focus and the ability to concentrate. "Concentration at the table is the number-one ingredient to playing well," writes bridge expert and author Larry Cohen in his article Learning to Improve. "Logic is much more important than memory." It is said that as much as 50% of your success at the table depends on your ability to concentrate and focus on what is going on. Without focus, you'll miss important details. You'll forget to count trump. You'll forget what card your partner lead, or what card they played on the second round of your suit. You'll forget what suit your LHO bid before partner's 2NT.

Have you ever been driving your car on a route you've driven hundreds of times and suddenly realizes you've driven the past 8 minutes without even paying attention – that you took the right turn and the right lane without being conscious of it? Bridge can be like this, especially after you've played for many years. But playing in this 'fog' of muscle memory is what the experts are able to avoid and here are some tips that could help you do the same. Barriers to concentration at the bridge table often comprise three basic forms: distractions, fatigue, anxiety.

Distractions

One evening at a weekly club game in the Kootenays, which was played in a room on top of a Legion, there was a fire in the lounge. Alarms blared and smoke drifted up into the room, but few people noticed, especially lan who, after a careful auction, had landed in a 6NT contract that required a complicated endplay to make. Ian was so focused on his hand it took someone physically pulling on his arm to get him out of the room. Bridge player focus and concentration is legendary. But distractions can be your own worst enemy, and most of those distractions won't come with alarm bells. They'll be thoughts and worries that take up space in your brain, space which needs to be dedicated to the auction or play at hand. To avoid this:

1. Agree with your partner to save ALL DISCUSSION about the hands for later.

You might think it a simple enough thing to lightly address the result on a hand, but then your partner says something cryptic and you waste a good portion of the next hand wondering what they meant – or going over the play to see if they are right – or whatever! Don't do

Did You Know? FOCUS VS MEMORY



it. Lots of time later to discuss the hands and you can do it sitting in a nice comfy chair with a cold drink in your hand.

2. Let go of the last board and move on.

Train yourself to let the last board, whatever its result; pass out of your head so you can focus on the next hand. Worrying about the past result, your play, the bidding, or trying to revisit the play of the cards in your mind will cloud your focus for the cards you are currently sorting in your hand. I've heard that some people have an 'end of hand' mantra which they use to remind themselves to let the last board go and move on. Or maybe you have elastic on your wrist and you'll snap it just as you pull the cards out for your next hand to remind you to focus. I've seen many 'gamer' opponents make small obscure comments on a past hand just as you're pulling out the cards for a new hand. This is deliberate and designed to distract you. Don't let it happen!

3. Keep chit chat between hands to a minimum.

If you've ever kibitzed expert bridge players you'll notice there is very little, if any, chit chat between hands. Keep your head clear of social distractions. It's startling how quickly your mind can get caught up in some small comment, or gossip, or whatever, when it should be concentrating on the game. There's lots of time for socializing after the game.

Fatigue

The brain has trouble concentrating when it's tired. One year at a regional in Victoria BC Canada we had unknowingly booked a hotel room across the street from a construction site. We had arrived for the weekend and played in a Midnight Swiss, finding our way through the dark streets to our beds around 3:00 am. The construction, which featured massive jackhammers, began at 7:00 am. I remember at one point in desperation sleeping on the floor of the bathroom with the bathtub running. The next day, my concentration was not good. So ya, be sure you get enough sleep!

However, your brain can feel fatigued even if you've had a good night's sleep. Although studies have shown the connection between thinking too hard and being worn out seems to be entirely in our heads, there are things we can do to avoid brain fatigue.

1. Don't spend too much time on the easy hands.

This is good advice because bridge is a timed event and you don't want to use up all that time on an easy hand. But also, allowing your brain to coast now and then will help prevent fatigue. A may be tempting to take 20 minutes to find that amazing squeeze on that routine 3NT contract, but meanwhile you've used up a lot of your energy reserves which you might need on the very next hand! If you can see your hand is straightforward, play it that way. And claim when you can.

Did You Know? FOCUS VS MEMORY

2. Relax when you are dummy

We all do it – watch partner's play to every card in dummy, try to guess the opponents' play, and try to figure out what's going to happen. This is using up so much brain energy! But it's hard, you say, to not pay attention when you don't know whether you're in the right spot or not! The truth is it will make no difference if you're watching or not watching. Take advantage of being dummy and give yourself a mini brain break.

A friend of mine, Peter Cooper, invented a little device years ago called the Cooper Echo that was designed to set Dummy's mind at ease so they could relax and give their brains a rest. Let's say you and partner have had an exciting auction and he is declaring a highlevel contract. You are dying to know if it's going to make, and you are wasting valuable brain energy and adrenaline watching his play. The Cooper Echo is a high-low play from dummy that lets you know that the contract is a good spot. For example, declarer is playing some rounds of a suit and plays the 8 in the first round and the 4 on the second round. There's no real reason for this so it must be a Cooper Echo! As dummy you can now relax, sit back, and put your mind at rest.

Once during a tournament in Spokane, I was declaring a slam across from Julie Cooper, Peter's wife, and I gave her a misjudged Cooper Echo after which I went down three doubled for a bottom board. "What?!" she exclaimed. "You *psyched* a Cooper Echo?" My bad.

3. Look for green

In Psychology Today's article, Four Things to Do When Your Brain is tired, it recommends that you look out the window at nature if you can. "Just one minute of looking at grassy rooftops reduced errors and improved concentration" the article notes. It might be a garden, a forest, a lawn – try to find something green. If you're in a playing area ballroom with no windows, sometimes you can simulate the effects with scent.



When the six members of the England women's bridge team won gold medals at the World Mind Sports Games, they admitted in an interview that they used a dab of Lavender Oil to calm their nerves and improve concentration.

Hypnotists have long known that convincing a person they are sleepy is often as easy as making their eyes tired. They use dangling, swinging objects and ask the client to follow it with their eyes until the eyes tell the brain you're tired. Changing your visual range, such as looking out a window, can help refresh your eyes and avoid feelings of fatigue. Or if there is no window in your playing area, look up and out over the playing site now and then, focusing on something on the far wall.

4. Stand up

Standing and perhaps walking a bit will help your systems to recharge. If you find you've been sitting for longer than 20 minutes, when you're dummy, consider leaving the table for a visit to the water fountain or washroom.

5. M&Ms

Too much junk food sugar can result in overall brain fog. Be sure to eat healthy while attending bridge tournaments! However, a packet of M&Ms could come in handy at the table. A good dose of glucose does boost brain performance especially when fatigue has become a factor.

Did You Know? FOCUS VS MEMORY

Anxiety or Stage Fright

As a tournament bridge player my biggest challenge has always been my own anxiety. I remember at an NABC one year my women's team had made it into a qualifying stage and up until that moment I had played well and confidently. Then I found myself at a table with some of the most famous women players in the world and suddenly my anxiety exploded. My brain fogged over, I had no ability to remember auctions or the play of cards, much less come up with intelligent creative play. It was awful. If this kind of thing happens to you, here are some techniques that might help.

Before the Match

RELAX YOUR BODY. Stretch, take a walk, and laugh. These will all help you ready yourself for the big match.

DRINK CITRUS JUICE half an hour before game time to lower your blood pressure. In fact, make that part of your 'ritual' before a big match. Rituals can help put your psyche into a rhythm that will keep you focussed. A drink, lucky socks, a motivational quote – you can devise your own personal ritual. Oh, and they say eating a banana before game time will help keep your tummy settled.

VISUALIZE. It's well known now that if you 'fake it' you can actually 'make it' happen. Try visualizing yourself winning, being congratulated by friends, hugs from teammates, interviews with the World Bridge Federation for their YouTube channel. Even if you're not feeling confident, you can act like you're the best in the world. Fake confidence. Believe it or not, most of the people you admire are actually faking their confidence or have learned how to look and act confident even when they are quaking inside.

At the Table

ACT AND LOOK CONFIDENT

Do not slouch. Good posture exudes confidence. Slow down. If you're nervous you breath more quickly, talk more quickly, everything speeds up. Take a moment to control your breathing and slow things down. Smile. When you're feeling anxious and nervous, you're probably looking like it too. Try to think of something that makes you smile. Or put your pencil in your mouth sideways. This has been proven to improve one's mood - it tricks the brain by making your face use its smile muscles.

YOUR BREATH

The impact on anxiety can have on your concentration is often due to hyperventilation of some kind. You're breathing in a way that cuts off some of the blood flow to your brain. If you realize this is happening, you can take control by making sure you take at least five seconds to breath in, hold for two seconds, then take at least seven seconds to breath out.

DON'T PANIC

If you make a mistake don't panic! You don't really know how it's going to affect the whole match – maybe the same mistake was made at the other table, or maybe your mistake was the one that wins the board for you, or maybe it wasn't even a mistake. *This is not the time to sort all that out.* And anyhow, there are many opportunities to recover. Take a deep breath or grab a stick of chewing gum, a drink of water, recite a poem or mantra to yourself, let it go and move on.

Practice, practice, practice

This is my final piece of advice and it's a big one. The more you play, the better you'll get at concentrating at the bridge table. My anxiety used to bother me at club games. Then it didn't, but it bothered me at a sectional tournament. Then it didn't, but it bothered me at regional tournaments. The more I played at the different levels, the more relaxed and confident I could be. Practice so you will feel confident of your abilities and become more accustomed to playing at different levels. Challenge yourself by playing against experts as much as you can. And practice that smile!



STAYMAN

By Michael Abbey

This month we are covering more on the Stayman primer we began in the October issue.

This is how far we got with that discussion:

1. The opener showed a balanced hand with 15-17 HCPs, having bid 1NT.

2. The responder showed 8+ HCPs and one or both 4-card majors.

Now it's back to the opener for a second bid.

NEW PLAYER SPOT: Michael Abbey ... continued

The theory here is as follows

BID SHOWS

- 2 I have no 4-card major
- 2 I have 4 hearts and may have 4 spades
- 2 I have 4 spades and do not have 4 hearts

Let's look at a few hands belonging to the opener to illustrate this concept.

★ ♥ ♦	A J 9 A Q 4 J 8 5 2 K 7 3	Opener bids 2 �, telling partner he has no 4-card major
★ ♥ ♦	A K 3 A 10 7 4 K 10 6 Q 4 2	Opener bids 2 ♥, telling partner he has four hearts and may have four spades
◆ ● ◆	A 10 7 4 K Q J Q 8 4 2 K 9	Opener bids 2 \bigstar , telling partner he has four spades and not four hearts
★ ♥ ♦	A K 7 2 A 10 7 J 8 3 A J 10	Opener bids 2 \bigstar , telling partner he has four spades and not four hearts
★ ♥ ♦	K Q 7 5 9 8 7 2 A 9 6 A Q	Opener bids 2 ♥, telling partner he has four hearts and may have four spades
▲ ♥ ♦ ♣	K Q 7 9 7 2 A 9 6 5 A Q 8	Opener bids 2 �, telling partner he has no 4-card major

Note how the opener bids 2 when he has

1. Four cards in both majors

٨

2. Four cards in hearts and any number of spades

Now that we know how the opener bids for his second bid, let's look at what the responder does for his second bid. In these first four examples, opener rebid two diamonds, showing no four card major:

10 5 4 3 K 9 5 4 A J 7 6 2	This hand has 8 HCPs. Bid 2NT, saying to partner "I have 8-9 HCPS and, since we did not find a fit in a major, this is as high as we should be. Please bid game if we have the combined HCPSs, otherwise please pass."
9 5 2 K Q 4 2 Q 9 7 5 A J	This hand has 12 HCPs. Bid 3NT, saying to partner "I have 10-15 HCPS and, since we did not find a fit in a major, I am bidding game in notrump as we have the combined HCPS; please pass."
J 6 4 2 K J 2 6 3 A 10 7 4	This hand has 9 HCPs. Bid 2NT, saying to partner "I have 8-9 HCPS and, since we did not find a fit in a major, this is as high as we should be. Please bid game if we have the combined HCPS, otherwise please pass."
K 3 2 K Q J 4 K 7 2 Q 9 6	This hand has 14 HCPs. Bid 3NT, saying to partner "I have 10-15 HCPS and, since we did not find a fit in a major, I am bidding game in notrump as we have the combined HCPS; please pass."

In the next four examples, opener rebid two spades, showing four spades and not four hearts:

♥ (♦)	Q 10 3 Q 10 8 4 A Q 3 A 6 4	This hand has 14 HCPs, four hearts and three spades. Bid 3NT, saying to partner "I have 10-15 HCPs. We did not find a fit in spades. I am bidding game in notrump since we have the combined HCPs; please pass."
Y I	K 5 3 2 K 10 3 8 6 5 Q 9 7	This hand has 8 HCPs, four hearts and four spades. Bid 3 ⁽¹⁾ , saying to partner "I have 8-9 HCPS. We found a fit in a spades. If we have enough HCPs, please bid 4 ⁽¹⁾ , otherwise please pass."

NEW PLAYER SPOT: Michael Abbey ... continued

♥ ♦	Q 10 4 A 9 7 3 A 9 7 K J 7	This hand has 14 HCPs, four hearts and three spades. Bid 3NT, saying to partner "I have 10-15 HCPs. We did not find a fit in spades. I am bidding game in notrump since we have the combined HCPS; please pass."
♥ ♦	Q J 5 2 10 7 A 6 4 A 9 3 2	This hand has 11 HCPs, two hearts and four spades. Bid 4♠, saying to partner "I have 10-15 HCPs. We found a fit in spades. We have enough HCPs for game, so please pass."

In the last four examples, opener rebid two hearts, showing four hearts and maybe four spades:

▲ ♥ ◆	7 K 8 7 4 A 5 4 3 A Q 8 7	This hand has 13 HCPs, four hearts and one spade. Bid 4♥, saying to partner "I have 10-15 HCPs. We found a fit in hearts. We have enough HCPs for game, so please pass."
	Q J 5 4 K Q 6 6 4 2 K 8 2	This hand has 11 HCPs, three hearts and four spades. Bid 3NT, saying to partner "I have 10-15 HCPs. We did not find a fit in hearts. If you have four spades, please bid game in spades, otherwise please pass."
۲	9864 AJ98 982 K9	This hand has 8 HCPs, four hearts and four spades. Bid 3♥, saying to partner "I have 8-9 HCPS. We found a fit in hearts. If we have enough HCPs, please bid game in hearts, otherwise please pass."
	K 6 3 2 9 3 A 9 6 3 Q 4 2	This hand has 9 HCPs, two hearts and four spades. Bid 2NT, saying to partner "I have 8-9 HCPs. If you have four spades, bid 3 with a minimum hand and 4 with a maximum. If you do not have four spades, please pass with a minimum hand and bid game in notrump with a maximum."

Visit Michael's website for beginners at beginnerbridge.net



Notice that when the opener rebids two hearts, he is promising four hearts and may have four spades. After his two hearts response, if the responder does not have four hearts, he must have four spades. He thus shows his HCPs with a notrump bid – this response to opener's two hearts bid:

1. Showing the strength of his hand in HCPs where 2NT means 8-9 and 3NT means 10+.

2. Showing he has four spades. If he does not have four hearts, he must have four spades. He is asking the opener to do one of the following, based on opener's HCPs:

• Leave the contract in 2NT or raise to 3NT without four spades

• Raise the contract to 3♠ or 4♠ if he does have four spades

There are a few things not covered in this and its preceding article, since this is a New Player Spot. The theory behind the following is best left for the professional teacher:

- 1. Bidding Stayman over 2NT (20-21 HCPs).
- 2. When the responder has 16+ HCPs, the bidding gets more complicated.

3. When the responder has a 5-4 or 6-4 distribution in the majors

This wraps up a beginner's introduction to Stayman. When at the table, in the midst of doing the housekeeping before the dealer bids, add the following checks to your thought process in case your partner opens 1NT:

- 1. Do I have one or both four card majors?
- 2. What are my HCPs?
- 3. What could/should I bid if my partner opens 1NT?

You will enjoy finding a fit in a major suit after a 1NT opening by your partner by using Stayman. Majors are the best place to be so, once there, you will be in good company.

by the Kimelman

THE INTERMEDIATE SERIES

DEFENCE

By Neil Kimelman

1. DEFENSIVE SIGNALS

Time for a time out from bidding. Let's talk about the hardest part of the game – defence. Today – signals. This is a very difficult aspect of Partnership Bridge. First you have to decide whether to signal. Then, determine what signal applies.

SIGNALING AND PARTNER

A lot of people do not signal count and attitude. Their thinking is. 'I don't want to give information to declarer.' While this is true, experience has taught me to it is much better to give honest

Intermediate Spot : by Neil Kimelman ... Continued

information to partner. Putting this more directly: 'Without signaling there is no defence' As usual there are exceptions, which I will address later, but let's first get a better understanding this topic.

There are three primary signals:

- 1. Attitude
- 2. Count
- 3. Suit Preference

To further help you with these choices the general rules are:

- 1. When declarer leads the defence signals count.
- 2. When partner leads the signal is attitude.

Of course this doesn't apply if you are winning the trick, 3rd hand high, or are playing a card from an honour sequence.

ATTITUDE

Let's say that partner leads an honour. You get to tell partner your preference as to whether he should continue the suit led. It does not promise an honour or a specific holding, it just says, 'please continue.' Maybe your reason is that you do not want a shift to another suit. Maybe you have a different motivation. Unless partner knows something that you don't (i.e. he has another good lead in a different suit, such as KQJ), he should abide by your request.

The other common attitude signal is when partner leads and the hand to the right wins the trick. Since 'third hand high' no longer applies, attitude is the signal (see exception below).

SIGNALING WHEN DUMMY HAS SHORTNESS IN THE SUIT LED

There is no universal practice, but I strongly believe that a singleton or void in dummy does not change the meaning of the trick one message. Encouraging means continue, and is not a suit preference or count signal.

CLEAR SIGNALING

Sometimes partner's signal is unclear, because of the spots out. All you can do is to signal as clearly as possible. If you want partner to continue a suit, play the highest card you can afford (assuming standard signaling). So holding K 8 6 4 3, play the 8, not a wishywashy 4 or 6. This practice will minimize ambiguous situations, and partner misreading your signal.

SIGNALING WITH HONOURS

Playing a high honour denies the card immediately above, and promises the one immediately below. If partner leads the ♥A and you hold ♥Q J 10 9, play the queen. It's the same if partner leads a small card and dummy wins. Of course if partner leads a small heart, and it goes small in dummy, then the meanings invert. The ♥Q denies the ♥J and you may or may not have the ♥K. So the proper play is low from touching honours.

Two issues regarding signaling with honours:

1. Playing the queen from the above holding is correct whether you play standard or upside down carding.

2. Be careful that playing a top of a sequence does not sacrifice a trick.

Example 1: Partner leads the \bigstar K.

	Partner 🛧 K 5	
A 4		9872
	You	
	🔶 Q J 10 6	

Assuming you lead A from AK, you know partner's lead is from shortness. Playing the \blacklozenge Q is the clearest signal, but will promote a trick for declarer. If this is important on the actual deal, play the \blacklozenge 6, and hope partner continues.

UPSIDE DOWN ATTITUDE

Most experts play upside down attitude (and count). The reasoning is that playing a clear standard attitude card may squander one or more tricks.

Intermediate Spot: by Neil Kimelman ... Continued

Example 2:

	Partner 🔶 KQ5		
A 8 5 2		٠	104
	You		
	▲ J932		

Partner leads the \bigstar K against a notrump contract. If you play the \bigstar 3 it looks discouraging, while if you play \bigstar 9 it reduces the number of spades the defence can cash from three to two, and may give declarer an extra trick. Playing upside down, the \bigstar 2 is unambiguously encouraging. Again you want to give the clearest signal possible. So playing upside down, if partner leads an honour in a suit and you hold 876, play the 8, not the 7.

SIGNALING ATTITUDE WITH A DOUBLETON

Another topic where there is some confusion and different ideas. My suggestions:

1. As a rule, encourage when it is a suit contract, discourage if they are in notrump. Holding 75, play the seven playing standard, and the five playing upside down if it is a suit contract.

2. Let's say partner leads the A and dummy has
K J 9 4 3. Partner may have been trying to give you a ruff. Play the encouraging card you would normally play per #1 above. So if the whole suit is:

Example 3: Partner A Q 10 8 2 Declarer Dummy K J 9 4 3 You You 7 5

Playing upside down, you play the \$5 encouraging, and partner knows that it could be a \$5, or \$75. But if you play the \$7 and declarer follows with the \$5 or \$6, partner 100% knows this is a singleton.

SIGNALING ATTITUDE WHEN DISCARDING FROM ANOTHER SUIT

Quite often you will have to discard when declarer (or better yet partner) is running a suit in which you have no more cards. The card you discard is a signal. There are a number of signaling choices, and experts play that they can change in different contexts. Again the most important rule is to have an agreement with your partner(s). As before the choices are:

- a) Attitude, enough said b) Count
- c) Suit preference

I will talk about b) and c) in February's Bridge Canada.

EXCEPTIONS TO ATTITUDE SIGNALING

As stated above, you want to signal honestly to partner. But there are a couple of exceptions when either subterfuge is indicated, or the signal reverts to count or suit preference. Here is my list:

1. You hold all of the points. There is no reason to signal honestly as you know partner will never get in. Signal either dishonestly or randomly.

2. Partner leads the ace or king at the five level or higher. The best agreement:

a) Ace asks for attitude.

b) King asks for count. Partner needs to know whether he can cash both high honours, and/or give you a ruff.

3. When partner has likely led a singleton ace or doubleton AK against a suit contract. Here he is looking for a ruff, and needs to know in which suit he can find your hoped-for entry. Playing standard signaling, a low card played indicates an entry in the lower ranked suit, and a high card in the higher-ranked suit. The trump suit is usually not considered.

SOLUTION to

PROBLEM ON PAGE 13

Yes, this one looks more hopeless than previous columns, but the declarer at the table made it!

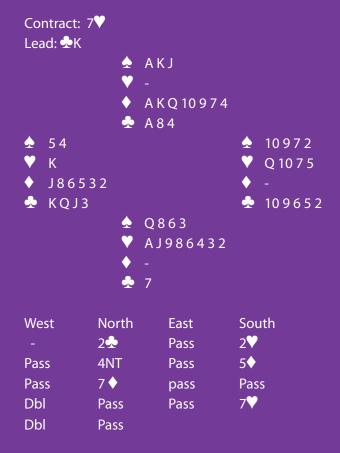
The theme, as shown in earlier columns, is to threaten pitches, trying to encourage East to ruff in front of you.

England's John Collins played as follows:

	W	Ν	Е	S
Trick 1:	<u>♣K</u>	А	2	7
Trick 2:	2	<u>♦</u>	♥5	♥6
Trick 3:	4	А	2	<u>♠3</u>
Trick 4:	3	♦ <u>K</u>	♥7	♥8
Trick 5:	5	К	7	<u>♠6</u>
Trick 6:	5	<u>♦Q</u>	♥10	♥J
Trick 6:	К	♦4	Q	♥ <u>A</u>

The whole hand is shown at right.

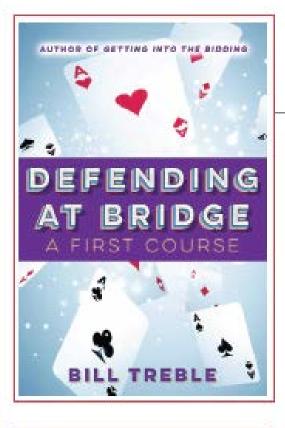
TEST YOUR **DECEPTIVE** PLAY







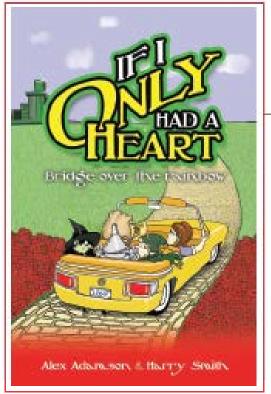
New Books from Master Point Press



Defending at Bridge: A First Course Bill Treble

Just the facts, ma'am. The basics of defense at bridge in eight short, clearly explained lessons, with lots of practical examples. Topics include opening leads, signaling, second- and third-hand play, and discards.

Bill Treble of Winnipeg, Canada is an expert bridge player and former bronze medalist in the Canadian Teams Championship. His wife Sue, a bridge teacher, wishes Bill would listen to the advice in this book.



If I Only Had a Heart Bridge Over the Rainbow

Alex Adamson and Harry Smith Illustrated by Bill Buttle

Somehow it's no surprise to find that everyone in the Land of Oz is a keen bridge player, even the Scarecrow and the Tin Man. The Lion, of course, is a congenital underbidder, and all four Witches (whether East, West, North or South) are deliciously subversive. Aunty Em likes to get her own way most of the time, and the Wizard is a visiting expert from Down Under...

Delightfully witty, with entertaining hands, these stories began appearing in 2015 in BRIDGE Magazine (UK) and Australian Bridge.

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EVENTS & DEADLINES



Canadian Bridge Federation Calendar of Events as of December 15 2016. For more information see our website www.cbf.ca

2016

DECEMBER Club Qualifying games for CNTC and COPC

ACBL-wide INTERNATIONAL FUND GAME December 21 (Wednesday Evening)

2017

JANUARY

LAST DAY FOR CNTC QUALIFIERS 15 January

FEBRUARY

ACBL-Wide International Fund Game #1 04 February, Afternoon

Registration Deadline CNTC, CWTC, CSTC 26 February - goto:cbf.ca

MARCH

ACBL-Wide Senior Game

APRIL

All month, Chairty Club Championship Games

Helen Shields Rookie-Master Game 17 April

ACBL-Wide Charity Game 27 April, Morning

Canadian Bridge Championships 29 April - 07 May

JUNE

Worldwide Bridge Contest 02 June, Evening 03 June, Afternoon

Alzheimer Charity Event 21 June





Important Dates

- 2017 Canadian Bridge Championships, Winnipeg | 29 April 7 May
- 2017 Toronto NABC | 20-30 July
- 2017 World Team Championships | 12-26 August | France
- 2017 World Youth Championships | 15-24 August | France

PHOTO: Whistler, BC location of the Whistler Regional 2016