

SABF Newsletter

May 2015

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<http://www.sabridgefederation.com.au/> Email: margaret.walters@bigpond.com

TEACHER TRAINING PROGRAMME

Thank you to the SABF and ABF for the opportunity to attend a Teacher Training Program held at SABA over a weekend in March. About 23 of us attended, representing clubs from Adelaide and country SA. Joan Butts was an excellent and inspiring teacher.

The Course introduced ideas and materials to enable the delivery of high quality bridge lessons. We began with an overview of sound teaching methods: providing a safe environment, psychological as well as physical; keeping the class energised; keeping to time; attention to detail; and using up-to-date methods and materials. Some ideas were new and challenging, e.g. not using a whiteboard. Joan suggests using the Cards on the Table Method to develop concepts in bidding, play, and defence. Instead of looking at the teacher writing on the whiteboard, students sit at their tables with hands set out in front of them, and discuss bidding and play concepts. Joan also suggested more emphasis on card play, starting in the first lesson.

The Course ended with a Workshop on Cue Bidding to Slam. This provided us with a demonstration of the recommended teaching methods with us as the students!

There are comprehensive resources, including teaching manuals and videos, available on-line to support teachers and students. Go to abf.com or joanbuttsbridge.com.

Thanks again for the Course and we all enjoyed the lunches provided by the SABF. We look forward to a follow up day later in year.

Angela Norris



Attendees:

Port Pirie - Marg and Herb Neumeister

Gawler – Mick Koziol, Ian Ramsey, Ann Matthews, Paul Walker, Leslie Carnogorsky

Reynella - Sylvia Newton

Bridge in the City - Jinny Fuss, Colin Norton, Sue Phillips.

SABA - Angela Norris, Andrew Eddie David Lusk

Bridge in the Barossa - Jill Allanson

Adelaide Bridge Centre - Eddie Spreddo, Di Dunne, Bruce and Julia Hendry

Stepbridge - Ray and Rita Jones

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HELP STILL NEEDED!

The SABF Management Committee is still looking for skilled members who would like to assist with the following specific tasks.

- Editor for the SABF Newsletter
- Grant applications
- Manager of State Teams
- Publicity and marketing
- Convenor of State-wide Pairs
- Liaison with smaller clubs

If you would like to help with one of the above please contact one of the members of the Management Committee.

BRIDGE EXERCISES

To avoid the aches and pains associated with sitting for too long playing bridge try these exercises every 3-4 hands or during the change-over:

Exercise 1 - Sky and Side Punches

10 x punches in the air

10 x punches side to side

Aim: The purpose of this exercise is to relieve the neck and upper back whilst stretching out the chest and shoulders.

Exercise 2 – Pelvic Thrust and Chair Twists

Stand up straight with your hands on your rump, gently arch backwards x 10

take care not to arch too far back – watch your balance

Sitting up straight with your hands across your chest, slowly rotate left and right x 10

Aim: The purpose of this exercise is to give the lower back a stretch.

Exercise 3 – Sit to Stand or High Knee Marching

Stand up from your chair and sit back down x 5

If this causes pain in the knees try marching x 20 keeping your knees high

Aim: The purpose of this exercise is to give some relief to the hips and lower back whilst stretching out the knees.

Extra tips:

For back or hip pain – try sitting on a pillow or using a pillow in the small of your back.

For neck and upper back pain – remember not to lean too far forward when playing.

These exercises do not have to be performed standing. The high knees and air punches can be performed in sitting if you do not feel up to standing each break.

I hope these little tips help. Best of luck with your next hand!

*These exercises have been provided by **Jason Green** (Physiotherapist) from the Flex Rehabilitation Clinic*

Norwood
41 Kensington Road
Telephone 088361 3355

Website: Flexclinic.com.au

ANOT 2015

PAIRS RESULTS

OPEN

- 1 Arjuna De Livera & Bruce Neill
- 2 Renee & Ron Cooper
- 3 Peter Hollands & Justin Williams

SENIORS

- 1 David Cherry & David Parrott
- 2 Dee Harley & Stephen Weisz
- 3 Peter Chan & Roger Januszke



[ANOT Results cont]



Gawler Bridge Club

Gawler Pairs Congress

9.30am Sunday 24 May

Elderly Centre, 14th St, Gawler

Entry: \$50.00 per pair

Includes lunch

Cash and wine prizes

Lucky door and raffle

Entries to Val Paltridge Phone: 85231595

Email: gawlerbridgeclub@gmail.com

Entries close 21 May 2015

ANOT WOMENS PAIRS

- 1 Margaret Bourke & Sue Lusk
- 2 Candice Ginsberg & Barbara Travis
- 3 Rosemary Grund & Judith Roberts

**ANOT UNDER LIFE PAIRS**

- 1 Sally Luke & Genevieve Page
- 2 Richard Krantz & Peter Wilson
- 3 Chris Nettle & Michael Ward

**2015 ANOT TEAMS FINAL**

- 1 Mike Doecke, William Jenner-O'Shea, Simon Hinge, Maxim Henbest.
- 2 Liam Milne, Nye Griffiths, Sartaj Hans, Maurits Van Der Vlugt.
- Open Teams - First

**ANOT UNDER LIFE TEAMS**

- 1 Pam Dingwall, Helen McAdam, Don Tylee, Sandor Varga.
- 2 Jill Byrne, Chris Nettle, Sue Ormsby, Michael Ward.
- 3 Helen Fleet, Robert Fleet, Raymond Jones, Rita Jones.

2015 ANOT CONSOLATION TEAMS

- 1 Pauline Gumby, Carola Hoogervorst, Andre Korenhof, Warren Lazer
- 2 Cathy Chua, Peter Gill, Michael Prescott, Marlene Watts.
- 3 George Bilski, Martin Bloom, Roy Nixon, Bernard Waters.

ANOT CONSOLATION BUTLER - A GRADE

- 1 Neville Francis & Murray Perrin
- 2 Joan Barnett & Mary Johnston
- 3 Janet Munro & Therese Tully

ANOT GRADED SWISS PAIRS - B GRADE

- 1 Peter Janes & Ian Ramsey
- 2 Ronnie Nilant & Jenny Walkden
- 3 Penny Bowen & Liz Robertson

SABF RESULTS**SABA GRAND NATIONAL TEAMS**

1. HARMS – Russel Harms, Jeff Travis, Justin Williams, Phil Markey.
2. HOCKING – Judy Hocking, Ken Hocking, Kevin Lange, Chris Lorimer, Andrew Eddie.

2015 GAWLER INTERCLUB PAIRS CHALLENGE - HCP

1. Peter Teubner & Neil Welch
2. Adel Abdelhamid & Gamini Amerasinghe
3. John & Terry Pearson

Australian National Congress
Restricted Butler, Fremantle
 18-19 July 2015

Do you have less than **300 masterpoints**?
 The ABF are conducting a new event for players with fewer than 300 masterpoints at the ANC in Fremantle this year.

Check the ABF website for details.

SABF RESULTS

2015 OPEN TRIALS FINAL

- 1 Philip Markey & Justin Williams
- 2 Roger Januszke & John Zollo
- 3 Russel Harms & Jeff Travis

2015 OPEN TRIALS PLATE

- 1 Andy Babiszewski & Judy Hocking
- 2 David Anderson & Sharmini Hoole
- 3 Erica Ji & Rebecca Poon

2015 WOMENS & SENIORS TRIALS QUALIFYING

- 1 Judy Hocking & Kevin Lange
- 2 Linda Alexander & Jeff Fallon
- 3 Susan Emerson & Barbara Marrett

OPEN TRIALS PLAYOFF

- 1 Mike Doecke/David Parrott/Phil Gallasch/Joff Middleton
- 2 Roger Januszke/John Zollo/Russel Harms/Jeff Travis

2015 RESTRICTED TRIALS

- 1 John & Terry Pearson
- 2 Raymond & Rita Jones
- 3 Jinny Fuss & Maureen Wilson

2015 WOMEN'S TRIALS FINAL

- 1 Dianne Marler & Susan Phillips
- 2 Susan Emerson & Barbara Marrett
- 3 Carmel Kain & Angela Norris

2015 SENIORS' TRIALS

- 1 Roger Januszke & John Zollo
- 2 Attilio De Luca & David Lusk
- 3 Judy Hocking & Kevin Lange

SENIORS TRIALS PLAYOFF

- 1 Attilio De Luca/Russel Harms/David Lusk/Jeff Travis
- 2 David Anderson/Alex Bremner/Peter Colmer/Bill Lockwood

WOMENS TRIALS PLAYOFF

- 1 Susan Emerson/Barbara Marrett/Yadi Parrott/Felicity Smyth
- 2 Leonie Clarke/Anne Harris/Carmel Kain/Angela Norris

2014 DAYTIME TEAMS FINALS

- 1 Peter Colmer/Attilio De Luca/Andrew Eddie/Susan Emerson/Judy Hocking/Kevin Lange
- 2 Peter Chan/Roger Januszke/John Kikkert/John Zollo
- 3 Alison Fallon/Gordon Fallon/Judy Hone/David Lusk/Sue Lusk/Barbara Marrett

2015 DAYTIME TEAMS CONSOLATION

- 1 Mike Doecke/David Parrott/Yadi Parrott/George Smolanko
- 2 Rosemary Grund/Carmel Kain/Angela Norris/Judith Roberts
- 3 Erica Ji/Val Mattsson/Kayoko Miki/Carmel Thompson

EXPERTS AT PLAY

Final round of the 2015 ANOT, and several of Australia's top players had a bidding problem. At nil vulnerable, partner the dealer, and holding the following hand, what would you bid after what after partner's 3 hearts opening, then pass?

♠9843
♥AQ7
♦764
♣864

Knowing that the opponents must be making a slam somewhere, several luminaries tried 3NT, passed out, with the following results:

Andrew Peake - three tricks
Sartaj Hans - two tricks
Peter Gill – one trick
Peter Hollands – no tricks at all.

The full hand:

♠KQ	♠9843
♥9	♥AQ7
♦Q9532	♦764
♣AJ975	♣864
♠J6	
♥KJ86543	
♦J	
♣1032	
♠A10752	
♥102	
♦AK108	
♣KQ	

North South can make slam in either minor, however at most tables the contract was a pedestrian 4 spades, making 11 or 12 tricks.

David Anderson

SABF EVENTS



Youth Bridge Workshops

SABF Youth Committee is holding
Free Youth Bridge Workshops
for young players of any level

Next workshop:
Sunday, 17 May at 1pm
at SABA, 243 Young Street, Unley

For more details,
contact Lauren Travis:
Email: laurenct@gmail.com
Phone: 0449 692 325

2015 State Seniors Pairs Championship

9:30 a.m. Sunday 28th June

Hosted by Bridge in the City

Edwardstown Bowling Club
Raglan Ave, South Plympton

Swiss Matchpoint Pairs

Entry fee: \$50 per pair
Entries close: Friday June 26th

BYO Lunch

Register online at:

<http://www.sabridgefederation.com.au/entryformprs.php>

Entrants must be at least 58 years of age at 31/12/2014

SABF Club Congresses

Sunday 24 May	Gawler	Pairs Congress
Saturday 4 July	Tanunda	Barossa Bridge Congress Pairs
Sunday 5 July	Tanunda	Barossa Bridge Congress Teams
Sunday 16 August	SABA - Walkerville	SABA Restricted Pairs Congress
Saturday 29 August	Loxton	Riverland Congress - Pairs
Sunday 30 August	Loxton	Riverland Congress - Teams
Saturday 5 September	Glenelg	Glenelg Congress
Sunday 11 October	Edwardstown	Bridge in the City Congress
Sunday 8 November	Gawler	Gawler Teams Congress
Wednesday 31 December	Adelaide Bridge Centre	New Year's Eve Congress

SABF Events May – August 2015

The full **Calendar of Events for 2015** is available online at:-

http://www.sabridgefederation.com.au/docs/Calendar_of_Events/SABF_Calendar_2015.pdf

State Swiss Butler Pairs	7 th May, 14 th May, 21 st May, 28 th May, 4 th June
Venue: SABA	Thursdays 7.30pm
State Teams Phase 1	11 th June, 18 th June, 25 th June, 2 nd July, 9 th July
Venue: SABA	Thursdays 7.30pm
State Seniors Pairs Championships	28 June
Venue: Clarence Park	Sunday 9.30am
ANC Swiss Pairs	16 th July, 23 rd July, 30 th July
Venue: SABA	Thursdays 7.30pm
Under 30 Pairs	1 August
Venue: SABA	Saturday 1pm

SABF Matters

2015 Management Committee

President	Tim O'Loughlin	tim_oloughlin@bigpond.com
Secretary	Margaret Walters	margaret.walters@bigpond.com
Treasurer	Paul Walker	pvwalker@gmail.com
Education & Training	David Parrott	yadi.david@bigpond.com
Chairperson of the Tournament Subcommittee	David Anderson	revoke1@live.com
Youth Coordinator	Lauren Travis	laurenct@gmail.com
Committee	David Anderson	revoke1@live.com
Committee	Bob Clarke	rclark01@ozemail
Committee	Maureen Wilson	mo@adam.com.au
Committee	Jill Allanson	ejallanson@bigpond.com.au
Committee	David Parrott	yadi.david@bigpond.com
Committee	Sue Phillips	suejohnp@tpg.com.au
Committee	Phil Gue	adelaidebridge@bigpond.com
Committee	Jinny Fuss	vfuss@pacific.net.au

Tournament Committee

- David Anderson
- David Parrott
- Phil Gue
- Carole Foreman
- Bob Clarke

Contact members of this committee about issues relating to the timing, format, and organizing of SABF events.

This newsletter is published quarterly. Email bridge articles and advertisement for SABF club events to the editor at margaret.walters@bigpond.com
Copy deadline for the next issue is **7 July 2015**

Bridge in the Barossa **Barossa Winter Congress**

Pairs - Saturday 4 July

Teams - Sunday 5 July

Sessions Times: 10.00am - 1.15pm & 2.00pm - 5.00pm

Venue: Tanunda Club, 15 MacDonnell St, Tanunda

Entry Fees: \$50.00 per pair Saturday and \$100.00 per team Sunday

Contact: Evan or Jill Allanson

Phone: (08) 8563 3204. Email: ejallanson@bigpond.com

Light lunch provided both days Easy Parking

GNOT Regional Final

Date: Sunday 23 August

Time: 9.30am

Venue: Glenelg Bridge Club

A Note of Thanks

Thank you to SABF members who attended the film night on Saturday 21st March to fundraise for Youth Bridge in S.A.

60 people attended and a profit of \$330 was made.

Your support is much appreciated.

Lauren Travis