

NOVEMBER NEWSLETTER FROM BARBARA & ALEX



It looks like Fall is here but it has been an amazing year. Here in Toronto, the flowers are still blooming since there has not yet been a frost. Lucky us. The fall colours are still lovely also.

Lots of news, lots to see and do. See below and be sure to read the bridge articles also.

Wishing all of you a wonderful Fall and a busy, happy Holiday Season. Alex and I are off to California for 3 weeks teaching and going to the Nationals in San Diego at the end of it all. We are available at all times so please let us know if you have a question or a concern, we are always happy to help.

Remember too to say "Director, please!" when you call. It sets the tone and the atmosphere which is so important when we play this great game.

Please play this game in the best spirit and the best cheer!

Barbara & Alex
www.barbaraseagram.com

P.S. If you wish to print any of this, give us a few days and our wonderful webmaster will have a printable version on the main page at our website at www.barbaraseagram.com That will be easier for you.

WHEN NOT TO USE STAYMAN

A876
QJ6
Q92
AK8

J4
K1072
10854
762

932
A95
K73
Q1043

N E S W
1N P 2C P
2S P 4S P
P P

KQ105
843
AJ6
J95

On this auction, East led a trump. Declarer tried but could only manage to take 9 tricks even though the D finesse worked. However NS did not own the D 10 so had to lose 1 Diamond, 2 Hearts and one Club.

Down one.

After the hand was over, NS realized that while they could not make 4S, they could have made 3NT. So, they pondered, what went wrong.

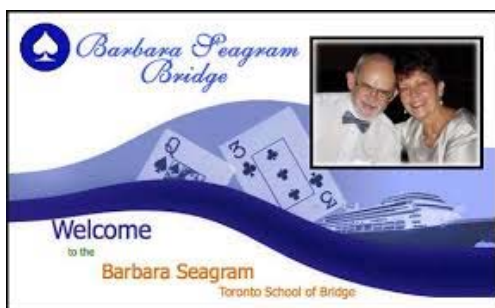
Just because you have a tool in your shed, it doesn't mean that you have to use it - no matter what. South used Stayman just because he owned a 4 card major. He failed to consider that with a perfectly balanced hand and NO ruffing values (short suits) that it would be easier to make 9 tricks in 3NT than 10 tricks in a major.

RULE: Do not use Stayman when you have a 4-3-3-3 hand. We are programmed to always want to play a hand in a major when we have an 8 card fit. We can draw trump and still have one trump left in declarer's hand and one in dummy. These trumps can then be scored separately by means of ruffing (trumping), allowing declarer to win one more trick in the major than he could in No Trump (420 versus 400 on the score sheet).

BUT for this to be able to happen, there must be a short suit somewhere. With no short suit, avoid using Stayman. Responder to a 1NT opener holding 10+ HCP and a 4 card major and 4-3-3-3 should simply bid 3NT. Responder with 9 HCP should raise merely to 2NT: This asks opener if he has 15 to pass and if he has 17 to bid 3NT...With 16, he should decide if he likes his hand: 10's and 9's versus 2's and 3's. Possession of a 5 card suit would also be a reason to accept the invitation and bid 3NT. There is one other factor: He should check to see who he is playing against. If they look like gentle souls, he should bid 3NT !

Responder to a 1NT opener with 4-3-3-3 and exactly 8 HCP should pass. It will be right most of the time.





**BARBARA'S MONTHLY
WORKSHOPS
THURSDAYS NEW TIME:
9.30 -11.45 AM**

**Hands-on. You play hands for the
entire lesson.**

Seminars are held at Trinity Presbyterian Church

2737 Bayview Ave. Just south of 401

THE BEST BANG FOR YOUR BUCK!

Seminars are \$25.00 each if pre-paid prior to the class.

or \$30.00 at door. Mail in your cheque now.

SPACE STILL AVAILABLE IN ALL SEMINARS

Thu December 7 @ 9.30 am: Defend and Destroy!

Thu April 19 @ 9.30 am: A Failure to Communicate

Thu May 17 @ 9.30 am: Playing Detective at the Table

Thu May 31 @ 9.30 am: Common Errors Your Partner Makes!

**Note that even if title sounds the same as an earlier seminar, the content and hands
are always different.**

**NOTE ALSO that times are now 9.30 am - 11.45 am. If you have to leave early, that is
just fine.**

Call Barbara or email her to register bseagram@uniserve.com

416-487-8321

Mail cheques to Barbara Seagram

220 Lawrence Ave E, Toronto ON M4N 1T2

**SPACE LIMITED. IF UNABLE TO ATTEND,
PLEASE LET BARBARA KNOW IMMEDIATELY.**

REBIDS BY THE RESPONDER
by Max Hardy

1.

Q93
K1064
8754
J3

2.

Q3
K10764
Q9872
8

3.

Q3
J874
95
KJ873

4.

8
AQJ97654
86
K104

5.

J8
AQ1074
KQ6
J104

6.

108
KQ95
AQ104
852

7.

KJ84
Q1073
5
J763

8.

Q3
KJ10964
AJ5
K4

In all of these cases, your partner opened 1C. You responded 1H. Opener has rebid 1S. What is your rebid as responder?

ANSWERS

1. Pass. You know that you have reached a 4-3 fit, but with your meagre values, you don't want to get any higher. 1S will be as good a contract as any.
2. 1NT. Not the description you would like to make, but no other call will show your limited values. You cannot rebid hearts with only 5 (on this auction) and you do not have enough points to bid 2D.
3. 2C. This shows your minimum response (6-9 points) and only 4 hearts with longer clubs.
4. 4H. Your heart suit is self-sufficient and your 10 HCP grow up to be enough for game when you factor in your seven card suit.
5. 2D. This is 4th suit forcing. It says nothing about the Diamond suit but makes the auction forcing to game. With your game-going values, you really want to know if partner has a three card fit for your five card suit.
6. 2NT. You have game invitational values (11-12 HCP) and you have a stopper in Diamonds.

7. 2S, A courtesy raise since your minimum is maximum and you do have 4 card support. Responder should never raise opener's second suit holding only 3 card support.

8. 2D. once again, this is 4th suit forcing (the convention). You know that game should be reached but do not know what game. You cannot bid 3H as that would only be invitational. NEW suits are forcing...OLD suits are NOT forcing.

ED. NOTE: Do make sure you learn Fourth Suit Forcing (the convention). It is so important.

**WHITE STALLION RANCH, Tucson, Arizona
with Barbara & Alex & Fred Theurkauf**

**Dates: October 13 to 20, 2018 - 8 days & 7 nights
NEXT YEAR - SPACE IS LIMITED. SIGN UP NOW.**

Fred Theurkauf is the owner of Finesse West, a wonderful bridge travel company that has been organizing bridge-playing tours all over the world for many years.

**Cost: From \$2895.00 USD per
person (Standard Twin)
Single supplement: \$800.00**

**DEPOSIT: \$200.00 per person
(refundable until June 10, 2018)
Balance payable by July 13, 2018 by
check only to
Finesse West Tours Inc,
101 East Redlands Blvd Suite # 218
Redlands, CA 92373**

<http://www.finessewest.com>



**Contact Fred with questions at
fred@finessewest.com
800-548-8062 or 909-798-3333**

Join Fred Theurkauf and Canadian bridge writer & lecturer extraordinaire Barbara Seagram in the foothills of the rugged Tucson Mountains at delightful White Stallion Ranch. With the hospitality of the old Wild West, this riding & longhorn dude ranch is the perfect location for our Finesse West Tours learning & bridge playing "Just Relax" Week.

Make no mistake - at White Stallion Ranch you'll have all the comforts of a highly-rated 4-Star resort with beautifully appointed Western-style guestrooms and suites plus sumptuous fine dining. It is literally our ideal setting for a "Just Relax" Week. The fully Air Conditioned Longhorn Conference Center has exceptional lighting as well as loads of space for 20 bridge tables. Additionally, the Meeting Room has a fine lecture setup for great viewing & quality sound from every corner of the room. You'll wake to pristine fresh air on the short walk to breakfast and retire to brilliant star-studded skies. As for the few of you who like horseback riding, it's all included.

- ♠ eight days / seven nights at rustic & cozy White Stallion Ranch
- ♠ Sumptuous all-inclusive dining (B, L, D) daily
- ♠ Six great lectures by Canadian bridge lecturer & co-author of 26 bridge books - Barbara Seagram
- ♠ Seven sessions of Stratified ACBL duplicate bridge followed by Q & A Hand Analysis with guest experts
- ♠ Optional day trip to the famous Arizona Sonora Desert Museum, San Xavier Mission & tour of Tucson - followed by a luncheon & bridge tournament hosted by local bridge players in Green Valley, AZ.
- ♠ Hayride or horseback to our Chuck-wagon Cookout with the ranch riders.
- ♠ Cowpoke's Gala Farewell Cocktails & Awards Dinner including thousands of dollars in Finesse West Tours "Big-Bucks" Certificates.

- Horseback riding (we have the horses, saddles and bridles for you.
- Tennis playing: We have courts, racquets and balls
- Fitness Centre & Sauna
- Outdoor Heated Pool
- Indoor Redwood Hot Tub
- Moonlight bonfire with Cowboy Sing-Along
- Wi-Fi
- Business Centre

The above is all included in your package price

Guided day-trip to the amazing Sonora Desert Museum & the Xavier Mission, followed by a brief tour of Tucson & University of Arizona: \$46.00 USD



NEED A ROOMMATE? Finesse West can arrange this.

Your package price includes all accommodations, all meals, all gratuities, all bridge activities, including lectures and stratified bridge events, airport and baggage transfers from and to Tucson International Airport. Lunch and bridge at local club also included. Hayride cook-out, Gala Farewell and Awards Dinner also included.

SIGNALLING by EDDIE KANTAR MODERN BRIDGE DEFENSE

When partner leads an ace in a supported suit and sets up a number of winners in dummy

At times you support partner with 3 or 4 small and partner leads the Ace hoping you have a bit more. Sometimes the dummy will turn up with the KQx(x). Not good. Declarer is sure to use either one or both of dummy's honours for discards. Clearly partner is going to have to shift at trick two, but to what? Not to worry 'to what'. You are going to tell partner 'to what'. Your first play in this situation is suit preference, not attitude. Partner already knows your attitude: you hate the lead.

	Q75 KQ8 642 7642	
J AJ7653 K105 Q109		64 1094 AJ86 J853
W N E S	AK109832 2	
1H P 2H 4S	Q93	
P P P	AK	

You are East. Partner leads the H Ace and given dummy's Heart strength, it is impossible that you could want a Heart continuation. Your spot card should be a suit preference signal. If you are on your toes, you will play the H 10, suit preference for Diamonds, the higher ranking of the two left-over suits (excluding trump). Partner will switch to a low Diamond (bottom of something). You will win the Ace and return a Diamond to defeat the contract one trick before declarer can rev up his motor.

Had you NOT supported partner, it would be too dangerous to play the H 10, as partner would read it as showing a singleton or a doubleton. Better to play low and hope for the best. However, once partner knows you have length (because you supported her) and cannot realistically want a continuation, the suit preference signal stands out like a sore thumb.

PHOOLAN DEVI



I have a first cousin who lives in Vancouver. Her husband, Jack Silberman is a professor in film direction at Capilano University in Vancouver. Jack studied documentary film making at Massachusetts Institute of Technology (M.I.T.) and has a Master's from Harvard. He has produced, written and directed more than 50 documentaries working on location in many different countries. His films have won more than 60 international awards & have been broadcast on television networks around the world.

His current project is about a person who is very famous in India. You will likely not have heard of her but the story of her life is a compelling one and has to be told.

It is shocking and heartbreaking to learn that every 3 minutes in North America, a woman is raped. Imagine the frequency in other less developed countries. We need to raise awareness of this drastic problem. More than 50% of rapes go unreported for scores of reasons. It is all such a tragedy.

In India, it is even more of a problem than in North America. Officially, the caste system in India is dead but in reality, it is very much alive. Jack wants to make the world aware of this crucial issue of sexual abuse of women throughout the world.

Here are his words and a video to watch as they need your help. If any of this resonates with any of you and you can help in any small or bigger way, please read this and watch the video (click on the link below). They have a Kickstarter financial campaign going so if you can make a donation, they would be most grateful.

"Phoolan Devi, is one of the most famous Indian women, but is little known in other countries. She was born in 1963 to a very poor, low-caste family living in a tiny village in central India. As a young girl she suffered terribly at the hands of wealthy high-caste men and was a victim of both physical and sexual violence. This is not uncommon in India, where poor women are often abused and no one, even the police, will help them. Most just accept it as their lot in life.

But Phoolan was different. While still a teenage girl, she became head of a gang of male bandits. She took revenge upon those who had harmed her and turned into a female Robin Hood, robbing from the rich and giving to the poor and dealing swift justice to rich men who raped girls. She became the most wanted bandit in India, and the legend of the 'Bandit Queen' grew even larger. For years the police couldn't catch her. Finally, she surrendered in order to protect her elderly parents, who were being beaten by the police.

Although her case never came to trial, Phoolan spent 12 years in prison. While in prison she became a Buddhist and abandoned violence. Upon her release, wanting to do something for the poor, she ran for political office and won, becoming the first low-caste woman ever elected to India's Parliament. She couldn't read or write because as a woman she was not allowed to go to school. While in Parliament she fought for the rights of women, until her assassination by a high-caste man in 2001. Today, Phoolan Devi is still considered a hero by millions of poor women in India."

Thank you for caring. <https://www.kickstarter.com/projects/306681010/phoolan?ref=discovery>

THE RUFFING FINESSE

When you have a singleton opposite something like AQJ, in a suit contract, it is usually wrong to finesse. Your singleton is not a loser and you may now convert it into a loser if you lose to the King.

Consider the following hand:

		A954		
		106		
		AQJ109		
		J8		
8				J7
KQJ9				87532
752				K864
K7432				65
		KQ10632		
N	S	A4		OPENING LEAD:
1D	1S	3		Heart KING
2S	4NT	AQ109		
5H	6S			

West leads the Heart King. S wins the first trick and draws two rounds of trump. W fails to follow on the second round of trumps.
How should declarer proceed now?

S has a FAST loser in Hearts and therein lies the rub. If he plans to take a C finesse and it loses, W will lead another Heart and defeat the contract. If S does a Diamond finesse and it loses to the King, East will lead back a Heart. Either way: Down one.

Here's what you need to consider: The bridge Gods never deal us enough Aces and Kings. So we have to turn some of the lesser cards we are dealt into tricks. Look at the virtual treasure trove in the Diamond suit in dummy.

BUT S has a singleton. S must lead a D to the D Ace. Lead the D Queen now and IF East covers with the King, S will ruff and then the Diamonds J109 in dummy are high and he can throw away his losing Clubs from the South hand on these.

IF East does not cover, S must NOT trump. S must instead discard a Heart. If West now wins the D King, he can lead back a Heart but it is too late, you can trump it. You can now get to dummy with the S Ace and discard your losing Clubs on the high Diamonds in dummy.

So, use those extra honours in dummy for discards using the technique known as a ruffing finesse. Lead the honour. If your RHO (right hand opponent) covers, you ruff and later use the other honour(s) in dummy for discards and if RHO does not cover, you make a discard.

This technique also works if you have extra honours in your hand opposite a singleton.

This only works in a trump suit contract!!



We had 128 people this fall at the Briars. Imagine: 12 from Nova Scotia, 4 from Newfoundland, one from Calgary, one from Vancouver, three from New York, one from North Carolina, one from South Carolina and one from Georgia. And 5 from Montreal.

This is such a fun weekend. See pictures below. Do join us.

If you cannot come in the Spring (we are 3/4 sold now) perhaps you might consider the Fall next year: Oct 26-28. All information below is the same for Fall Bridge at the Briars.

SPRING BRIDGE AT THE BRIARS Fri - Sun 27-29 April, 2018

**The BRIARS...JACKSON'S POINT LAKE SIMCOE
1 hour drive north of Toronto
with Barbara Seagram & Alex Kornel**

**4 star luxury property, famous for their spa,
accommodation & cuisine**

**\$ 549.00 per person (dbl. occ)
\$ 679.00 per person (sgl. occ.)**



Call Barbara Seagram for further info:

H: 416-487-8321 Email: bseagram@uniserve.com

PRICE INCLUDES:

- * 2 NIGHTS PREMIUM ACCOMMODATION AT BRIARS
- * 2 FULL BREAKFASTS (SAT & SUN A.M.) & 3 LUNCHESES (FRI, SAT & SUN)
- * 2 FULL DINNERS
- * ALL TAXES & GRATUITIES
- * NOVICE / INTERMEDIATE LESSONS BEFORE EACH GAME
- * 5 SESSIONS OF BRIDGE (Bridge optional...play as little or as much as you wish)
- * BRIDGE SEMINAR SAT. A.M.
- * USE OF ALL INDOOR FACILITIES: INDOOR POOL, WHIRLPOOL, SAUNAS, EXERCISE ROOMS
- * PRIZES, LUCKY DRAWS & MASTER POINTS

NOTE: TRANSPORTATION TO BRIARS NOT INCLUDED

IF YOU NEED HELP WITH TRANSPORTATION, CALL BARBARA FAR IN ADVANCE:
416-487-8321 AND WE WILL TRY TO ARRANGE A RIDE.
FUN GUARANTEED, BOOK EARLY...SPACE IS LIMITED

Please book me (us) for **BRIDGE AT THE BRIARS WEEKEND**

Fri - Sun 27-29 April, 2018

**Enclose deposit cheque dated now AND balance by
postdated cheque, dated Dec. 15, 2017
(We are away for some of the winter so have to do it this way)**

All cheques payable to Barbara Seagram

NAME: _____ TEL. NO: (____) _____

SHARING WITH: _____

ADDRESS: _____ APT. # _____

CITY _____ POSTAL CODE: _____

EMAIL ADDRESS: _____

MAIL TO BARBARA SEAGRAM, 220 LAWRENCE AVE. EAST, TORONTO, ON M4N 1T2



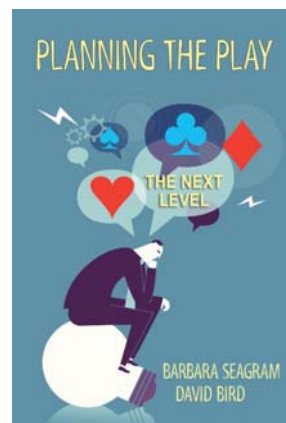
Here are 10 of the Nova Scotians who also did the photography. What wonderful people! And everyone present was fabulous. Do join us!

BARBARA'S NEW BOOK (her 26th) NOW OUT PLANNING THE PLAY: THE NEXT LEVEL

HOT OFF THE PRESS

Barbara's first book in this series (also co-authored by David Bird) won Book of the Year Award by the American Bridge Teachers' Association: Planning the Play of a Bridge Hand.

That first book introduced the basic concepts of how to go about making a plan as declarer for beginning and improving players, and is a popular text for bridge teachers. This sequel extends the plan to more complex situations, and covers ideas such as safety plays, avoidance play, trump control, dummy reversal, and endplays. It will appeal to players who have a good grasp of the basics of declarer play, and are looking to improve from there. Books are available from Lee or Wayne at their excellent Tuesday and Wednesday afternoon and evening games at Temple Sinai Synagogue @ 210 Wilson Ave. or from Josee at Trinity Presbyterian Church at 2737 Bayview Ave on Tuesdays and Wednesdays. OR order by email from Barbara bseagram@uniserve.com or you may pick up the books from us at a convenient address in North Toronto if you pre-arrange by email. We leave orders between our doors.



\$22.95 + tax = \$22.00

(They love our taxation system!!) or buy Book # 1 and 2 for \$40.00.

Think Christmas or Holiday gifts!!!

CLASSES OUTSIDE TORONTO WITH BARBARA IN 2017 & 2018

Barbara will be teaching a few bridge classes away from Toronto. Do join us if you are anywhere nearby and have some free time.

LOS ALTOS, CALIFORNIA: 14 NOVEMBER

bsamuels811@gmail.com

MARIN COUNTY, CALIFORNIA: 16 NOVEMBER

koehlerchristine@gmail.com

WALNUT CREEK, CALIFORNIA: 17 NOVEMBER

zayacfamily@comcast.net

PALO ALTO, CALIFORNIA: 18 NOVEMBER

valbaldwin@gmail.com

LAGUNA WOODS, CALIFORNIA (SOLD OUT)

Ed Cowan edjean.lw@gmail.com

SAN DIEGO NABC 25 Nov

OSHAWA: Dec 13: Cambodia fundraiser
keithbalcombe@rogers.com

STUART, FLORIDA (East coast) THU 11 JAN
swingl@bellsouth.net

HILLSBORO CLUB Hillsboro Beach, FLORIDA
17-19 January
John Rayner teaching 15-16 January

OCEAN REEF CLUB Key Largo, Florida
25 January
ROYAL POINCIANA CLUB, Naples, Florida
27 January

BARBADOS 12-19 FEBRUARY Barbados Beach Club
One week: \$1,050.00 USD for accommodations, meals and drinks on the beach!
In February! In Barbados!
roqlynhinds@gmail.com

ST PETERSBURG, FLORIDA
John Rayner teaching on 28 Feb at St Petersburg Bridge Club
cfgill@verizon.net

SUN CITY, FLORIDA 8 MARCH
suebatt5@gmail.com

BRIDGE ACADEMY DURHAM, NORTH CAROLINA
13 March
henry@bridgeacademync.com

CHARLOTTE COUNTRY CLUB
14 March

DUNCAN BRIDGE CENTRE, Palm Springs, California
21 & 22 March
barbarahopewell@me.com

TAMARISK COUNTRY CLUB, Palm Springs, California
23 March

CABO SAN LUCAS
4, 5, 6 APRIL
janellecoulson@aol.com

JOSÉE'S 2018 WINTER CLASSES
LOCATION: TRINITY PRESBYTERIAN
CHURCH
@ 2737 Bayview Avenue



FOUR LESSONS ON CONVENTIONS
Wednesdays, 1 pm to 3:30 pm

January 10 - **NEGATIVE DOUBLES** - Partner has opened. Your right hand opponent has overcalled, learn how to use the negative double in this seat to show partner what your hand looks like. Great tool to add to your arsenal!

January 17 - **FOURTH SUIT FORCING** - Have you ever had an auction that looks like this? Only you and partner are bidding: 1 Heart by partner - 1 Spade by you - 2 Clubs by partner, now 2 Diamonds by you is the "fourth suit". What do you mean when you bid this 4th suit? Learn what it shows and what it is asking partner to do!

January 24 - **STAYMAN vs TRANSFERS** -Are you clear when to use Stayman and when to use a transfer after partner has opened 1NT? What if you have 5 cards in one major and 4 in the other? How about 5 cards in each Major? This seminar will make everything clear.

January 31 - **BERGEN RAISES AND CUEBID RAISES** - Great conventions to use when partner has opened one of a Major to show the exact number of cards you are holding in Partner's trump suit. Very descriptive bids that also show your point count.

The lessons are hands-on and you will play many hands.

PRICE - \$145.00 FOR ALL 4 LESSONS IF BOOKED & PAID FOR BY DECEMBER 5th. \$165.00 AFTER THAT DATE. IF YOU CANNOT ATTEND ALL CLASSES, WE WILL PRO-RATE FOR A PER LESSON FEE. Price includes detailed notes.

FOUR LESSONS TO PRACTISE YOUR BIDDING:
Wednesdays, 9.30 am - 12 noon

January 10 - **OVERCALLS** -When to overcall and when to double and all about each of these important aspects of bidding.

January 17 - **REBIDS BY OPENER** - We are all way too casual about this subject and tend to bid on gut instinct. Bidding is a language. Be precise. Tell your story accurately.

January 24 - **SLAM BIDDING** - Review all the slam bidding tools.You will never miss a slam after this bidding session. Cuebidding, Jacoby 2NT, Splinters & Key Card Blackwood all reviewed.

January 31 - **NO TRUMP BIDDING** - When to use Stayman and when to use Transfers, when to Gerber and when to make an invitational bid. Texas Transfers and so much more!

PRICE - \$145.00 FOR ALL 4 LESSONS IF BOOKED & PAID FOR BY DECEMBER 5th. \$165.00 AFTER THAT DATE. IF YOU CANNOT ATTEND ALL CLASSES, WE WILL PRO-RATE FOR A PER LESSON FEE. Price includes detailed notes.

Payment can be made by cheques payable to Josée Hammill and sent with your course choice to:

Josée Hammill, 1717 Avenue Rd #418, Toronto ON M5M 0A2

Payment can also be made by Interac email transfer.

Contact Josée at mjhammill@rogers.com or 416-300-9140 for the password or additional info.

Visit Josee's website at www.bridgewebs.com/josees

Scroll down for **SPRING CLASSES WITH JOSEE**

WANT TO SHAPE UP AND ENJOY IT?

I have had many trainers over the years. Our daughter-in-law was superb but she is not doing this any more. I have found a fabulous gal who inspires me and I am having so much fun at the same time.



INSPIRA ATHLETICA

3374 Yonge St. 2 doors north of Shoppers Drug,
7 blocks north of Lawrence Ave on west side.

www.inspiraathletica.com

WE ARE INSPIRA ATHLETICA PERSONAL TRAINING AND HEALTH COACHING

Contact Anne Carty at accarty@yahoo.com or 416-201-1348

Anne is a very special person & has an excellent way with people. She also specializes in seniors' wellbeing.

We are the only boutique style personal training fitness studio located at Yonge and Lawrence in mid-town Toronto. We truly are your neighbourhood answer to your health and wellness. This is our community.

Our expertise is in devising and delivering individualized, pre-planned personal training, customized nutritional programs, and supplemental services such as injury rehabilitation and lifestyle coaching. In addition, we offer small group fitness classes customized to meet all fitness levels.

Above all, we help you take control of your life by taking your health to a better place. Regardless of your current health or fitness level, you can benefit from our passion for helping people live life to the fullest.

Before you begin your journey with us, we assess your needs, goals and habits. We examine your lifestyle, behaviour and mindset. We ensure you understand the commitment needed for you to get the best return for your time and money. The simple truth is that you have to line up a variety of things to get results and that just exercise alone doesn't cut it. Our skill set means that we can offer you cutting edge exercise and advice.

We will take time to discuss various aspects of your health and fitness not traditionally covered by standard training protocols. In addition to our expertise, one of the biggest benefits that we can offer you is convenience. Many of our clients walk to our studio. Others take advantage of the Lawrence subway station only blocks away. We are so convenient, we're hard to ignore!

Our clients typically work out two to three times per week to maximize their investment. Our highly qualified trainers offer workouts to suit your needs physically and challenge you mentally. Of course, we love what we do and like to have fun, and this is something that shines through in each of our sessions.

**On the website <http://www.inspiraathletica.com>
There is a good video.**

This is NOT a gym per se. i.e. You cannot just walk in and use the equipment. You either attend a class (VERY reasonably priced and lots of different levels...GOOD classes for SENIORS also) or you book time with a trainer. 1/2 hr, 3/4 hr or an hour.

**In January, they are moving to above the new Dollarama @ 3291 Yonge St.
This will be even better.**



**WINTER IS COMING!
DO YOU HAVE ANY GENTLY USED
WINTER CLOTHING
(OUTER WEAR ESPECIALLY) THAT YOU
CAN PART WITH?**

NEW CIRCLES
<http://www.newcircles.ca>



New Circles Community Services is a not-for-profit, grass-roots agency that builds strong and caring communities by providing basic necessities to those living in poverty. We provide needed clothing, social programs, and skill building opportunities to individuals living on a low-income, with a focus on residents of Thorncliffe Park, Flemingdon Park, Victoria Village, and Taylor-Massey (including Crescent Town), many of whom are newcomers to Canada.

Our core mission is to ensure that local families struggling with poverty can meet their basic need for adequate clothing. We operate the largest clothing bank in Toronto under the name of GLOW (**Gently Loved Outfits to Wear**), designed to offer a retail shopping experience that preserves dignity for clients. We also provide emergency relief city-wide for individuals in immediate need of clothing. GLOW has 12,000 visits annually. **CLOTHING IS PROVIDED FREE TO ALL.**

Clothing is just the beginning. We know to build strong and caring communities we must provide our clients with programs to help them integrate socially and economically into the community. We offer volunteer programs, friendship circles, office and retail skills programs, and language tutoring classes. In addition, we have specialized programs for youth and seniors in the community, such as retail training for youth and the Seniors Mobile Mall.

This is a fabulous organization, founded by Cindy Blakely. They do SO much good work for newcomers to Canada.

I have placed two bins in my garage at 220 Lawrence Ave East. (between Bayview & Mt Pleasant on north side) It is never locked. Please place GENTLY used clothing in the bins. If it is a lot, please use plastic bags but label them NEW CIRCLES. I will be happy to make sure they get to NEW CIRCLES. **ONLY GENTLY USED** please.



Humility is not thinking less of yourself but thinking of yourself less. C.S. Lewis



PETER BRAND

We do not ever publish obituaries in our newsletter but this was a very special man that Alex and I (and the whole bridge world of Toronto) knew for over 30 years. He was a constant presence at our club for so, so many years and in later years, came and filled in with anyone who needed a partner. They lined up to play with him because he was such a good, kind and fun-loving person. On Christmas day, he and Krisztina used to have a dinner party for all those who did not have family with whom to celebrate.

Brand, Peter Gordon Albert

It is with very great sadness that the passing of Peter Gordon Albert Brand is announced by his family. He died peacefully in his sleep on Saturday

November 4th, 2017 in his 82nd year.

Beloved husband to Krisztina Luttor for the past 10 years, father to David, Sean, and Kevin, step-father to Paul (Sabrina). Much loved grandfather of Brynn. He was predeceased by his first wife Laurie.

He was born in Birmingham, UK but moved to South Africa with his father and step-mother. He became an Engineer in London UK and practiced in South Africa and Pittsburgh before coming to Canada in 1982. He was a consulting engineer at Hatch before retiring in 2002. In his retirement he devoted himself to his family, improving his golf game and exceling at Duplicate Bridge. He had a generous heart, a strong work ethic and great love for his family.

The family will receive friends at the HUMPHREY FUNERAL HOME A.W. MILES - NEWBIGGING CHAPEL, 1403 Bayview Avenue (south of Davisville Avenue) from 5:00 - 8:00 p.m. on Wednesday, November 15th.

A funeral mass will be held on Thursday, November 16th at 11:00 a.m. in ST. ANSELM'S ROMAN CATHOLIC CHURCH, 1 MacNaughton Road (south of Eglinton/east of Bayview) with a reception to follow in the church hall.

In lieu of flowers, donations to the Meighen Retirement Residence, 84 Davisville Avenue, Toronto M4S 1G1 will be greatly appreciated by the family. Condolences, photographs and memories may be forwarded through <http://www.humphreymilesnewbigging.com>

SPECIAL GAME FOR NEW PLAYERS

FUN GUARANTEED!!

**NOVICE GAME / SUPERVISED PLAY
PLAY AND LEARN
TUESDAY AFTERNOONS: 1-3.30 PM
at TRINITY PRESBYTERIAN CHURCH
2737 Bayview Ave**



WITH KELLY SHIELDS

This game is for newer players. Kelly's bubbly, warm personality is infectious and you will so enjoy the atmosphere in this game while improving your skills.

NEW PLAYERS, BE SURE TO ATTEND THIS GAME.

Make a bid, change your mind, then make a new bid!
Make an opening lead, change your mind, then make a new opening lead!
Ask the director what to do before you do it, then do it!
Learn how to play duplicate bridge in an easy going environment.

Only happy bridge players are invited!!

You will have so much fun and you will learn so much! **Master points will be issued!**

Cost \$11.00 per person payable at the door.

Come with or without a partner. No need to pre-register.

Please contact Josee Hammill at mjhammill@rogers.com
or 416-300-9140 for further information.
www.bridgewebs.com/josees or www.barbaraseagram.com

This is a great learning opportunity for all less experienced players. Bring your friends! FUN IS GUARANTEED!

We really need some volunteers to help with this game. Please email Barbara or Josee Hammill mjhammill@rogers.com if you might be able to help us with these weekly games. Even if you could attend once a month, that would be a huge help.

Many students have questions (which is why they are there) and help is needed. Bonita Weinstein, Leila Bessada, Carol Bongard, Ann Katz and Linda Ujihara have been an enormous help to date. We thank them.

JOSÉE'S 2018 SPRING CLASSES

LOCATION: TRINITY PRESBYTERIAN CHURCH
2737 Bayview Avenue (Bayview and 401)

BASIC BRIDGE- Wednesdays @ 9:30 am to noon for 8 weeks
starting on April 18th

EARLY BOOKING FEE: \$ 290.00 includes taxes and text book if registered
and paid by March 1st. \$ 320.00 after March 1st.

For brand new players to the game & for those who have been away from the game
for a long time.

INTERMEDIATE I - Wednesdays @ 1 pm to 3:30 pm for 6 weeks
starting on April 18th

EARLY BOOKING FEE: \$ 230.00 includes taxes and text book if registered
and paid by March 1st. \$ 260.00 after March 1st.

For those who feel rusty and need a refresher and for those moving up from Basic lessons.

Course covers: Hand evaluation & revaluing, opening the bidding, responder's bids, major suit raises, rebids by opener, reverses, NT bidding & responses including transfers, overcalls, takeout doubles. Play components include: Planning the play of a hand in suit contracts, ruffing losers, disposing of losers by discarding, long suit establishment, finesses, hold up plays and a host of other material. The course is hands-on and you will play hands to practice.

INTERMEDIATE III - BACK BY POPULAR DEMAND!
Tuesdays @ 9:30 am to noon for 6 weeks starting on April 17th

EARLY BOOKING FEE \$ 230.00 includes taxes and text book if registered and paid
by March 1st. \$ 260.00 after March 1st.

Intermediate III is a full course on Defence and Conventions. Third Hand Play, Second Hand Play, Suit Preference Signalling, Strategy on Defence, Lead Directing Doubles, Penalty Doubles, Discarding, Defence vs. NT contracts. CONVENTIONS: Negative Doubles, Jacoby 2 NT as a forcing raise, Jacoby Transfers, Texas Transfers, Splinters, Roman Key Card Blackwood, Cue Bids, Slam Bidding and lots more!

LEARN TWO OVER ONE IN 5 HOURS!!
Thursday June 7th 10 am to 3 pm (Bring a sandwich)

EARLY BOOKING FEE: \$ 95.00 includes taxes and text book if registered
and paid by May 10th . \$ 110.00 after May 10th.

Learn the system that most of North America now plays. It makes it much easier to get to better contract, easier to find slams on fewer values and easier to know when to stop in a part score. Learn the forcing No Trump bid. This lesson is hands on.

Payment can be made by cheques payable to Josée Hammill and sent with your course choices to: Josée Hammill, 1717 Avenue Rd #418, Toronto ON M5M 0A2

Payment can also be made by Interac email transfer. Contact Josée at mjhammill@rogers.com or 416-300-9140 for the password or additional information

Visit my website at www.bridgewebs.com/josees

**ENID ROITMAN
A.B.T.A. TEACHER OF THE YEAR 2017**

Enid will be teaching on Thursday afternoons in the spring:
Commencing on April 19th. 1.00 - 3.00 pm

Location: Trinity Presbyterian Church. 2737 Bayview Ave.

Her classes are interesting and fun and Enid is a great teacher.

Do contact Enid for more information 416-960-1642 or enidr@sympatico.ca

Meet Randy Baron

Randy is a fun-loving delightful man. He was the owner of Baron Barclay Bridge Supplies for many years and handed over the reins to the current owner, Jim Maier, many years ago. They are the largest suppliers of bridge books and products in the world.

Randy now takes groups around the world playing bridge.

<http://baronbridgetravel.com/>
goosebag@aol.com

Here are some of his many rules guaranteed to make you a better player!

1. Play only with partners you like and enjoy playing with. Of course, this is very simple advice, but if you look around your club or tournament, there are many people who ignore this at their peril. Who needs the aggravation when you play with someone who isn't compatible with you? I realize we all want to win as much as possible, but choose someone to sit across from you who allows you to be yourself.

2. Consent to play only conventions you are totally comfortable with. Stayman and Blackwood are the only conventions that are absolutely necessary for most players (I'll add in Jacoby Transfers and Negative Doubles as close behind). The important point is that if you place a new convention on your card, make sure you understand it and have discussed it at length with your partner. Many players think it makes them look "cool" or experienced to have all the new bids as part of their arsenal. Sure, many of the top players use a complex biddings system but they study and practice constantly. If you don't play often or have various partners, Play the KISS method (Keep It Simple, Stupid!)

3. Do not underlead an ace on opening lead **against a suit contract**.

There aren't many rules that are ironclad, those you should follow 100% of the time. I think this is one of them. If you make this play, there are many negative possibilities. It can destroy partnership trust and ruin the defence on the hand. A good plan: If you are defending against a suit contract, with a suit headed by an ace, in most cases it makes sense to lead another suit on opening lead (of course, there are exceptions such as when partner has bid the suit or you decide to make an aggressive lead such as Ax).

Ed. Note to the less experienced: Underleading an Ace means that if you have Diamonds: A742 that you lead the 2. We are recommending that you never lead this suit at all against a suit contract on opening lead. Pick another suit. If the opponents have bid all other suits twice!! and you feel you must lead this suit, then lead the Ace, not a small one but best to not lead this suit at all. Wait until it is led for you.

TWO OVER ONE CHEAT SHEET \$12.00

Why you need to know the system that has swept North America by storm.

- What is the Forcing No Trump?
- Questions to agree on with partner
- Recommended conventions you should consider playing
- Opener's rebid after Forcing 1NT
- Rebids by Responder after bidding Forcing 1NT
- Raising Partner's Major
- Tips to Help you Learn 2/1
- Semi-Forcing No Trump & an alternative approach
- Fourth Suit Forcing
- Quizzes
- And lots more!



JOSEE WILL BE GIVING A ONE DAY COURSE IN THE SPRING WHERE YOU CAN LEARN TWO OVER ONE ALL IN ONE DAY

All cheat sheets and books available at Temple Sinai (210 Wilson)
from Lee and Wayne on Tuesdays and Wednesdays.

or email Barbara with your postal address & we will send it to you by postal mail or
you can pick up near to Yonge & Lawrence if you live in Toronto.

bseagram@uniserve.com

If you don't have Barbara's other cheat sheets,
we will be happy to send these out to you.

SPECIAL: ALL 4 cheat sheets \$40.00 for one of each

Just send us your postal mailing address and we will send. When you receive the
package, have a look to see cost of postage on the

outside of the packet. Send us a cheque for the cost of the product and add the
postage. Sorry but we do not take credit cards.

bseagram@uniserve.com



INTERMEDIATE CHEAT SHEET: Regular bidding

DEFENCE CHEAT SHEET: Strategy and Signalling

ADVANCED CHEAT SHEET: All the conventions (see below)

Takeout double, Support double, Negative double, Responsive, Penalty & Lead-Directing Doubles, Splinter Bids, Jacoby 2NT, Roman Keycard Blackwood, Raising Partner's Overcall (Cue Bid Raises of overcalls and opening bids), Balancing, Texas Transfers, Gerber, Bergen Raises, Cue Bidding First Round Controls, Unusual NT, Michaels Cue Bid, Fourth Suit Forcing to Game

SPECIAL: ALL 4 cheat sheets \$40.00 for one of each

We are not set up for paying online.

You mail us a cheque after you get the packet. Check on packet to see cost of postage and add that to the cost of contents and send us a cheque.

**Barbara Seagram
220 Lawrence Ave East, Toronto ON M4N 1T2 Canada**

BARBADOS BRIDGE TOURNAMENT

FEB. 11th – FEB. 18th 2018

COME ONE DAY EARLY ON SAT 10th

**FEBRUARY & TOUR THE ISLAND
WITH BARBARA.**

**TOUR IS OPTIONAL & EXTRA
(\$100.00 USD or \$124.00 CAN).**



TOUR IS ON SUN 11 FEB. TOURNAMENT STARTS A.M. 12 FEB

**TELL BARBARA IF YOU ARE COMING
ANY QUESTIONS: EMAIL BARBARA bseagram@uniserve.com**

**SEVEN NIGHTS ACCOMMODATION INCLUDING ALL YOUR MEALS & DRINKS: USD
\$1,050.00 PER PERSON (DBL. OCC)**

\$1365.00 SINGLE OCCUPANCY

EXTRA NIGHTS: \$150.00 per person DBL OCC.

EXTRA NIGHTS: \$195.00 per person SGL OCC.

**HOTEL: BARBADOS BEACH CLUB
MAXWELL COAST ROAD, CHRIST CHURCH
THIS IS A VERY SPECIAL RATE**

- **BREAKFAST, LUNCH, AFTERNOON TEA, DINNER & LOCAL DRINKS ARE ALL INCLUDED. HOUSE WINE WITH DINNER.**
- **MANAGER'S COCKTAIL PARTY. ALL TAXES & GRATUITIES ARE INCLUDED.**
- **BANQUET & AWARDS PRESENTATION ALSO INCLUDED.**
- **TRANSFERS TO & FROM AIRPORT INCLUDED.**

BOOK YOUR OWN AIRFARE (NOT INCLUDED).

BRIDGE EVENTS ARE NOT INCLUDED

Closing Dinner and prize giving on Saturday evening after the final game also included.

This is a smaller and gentler tournament. Very friendly and fabulous.

Highly recommended by Barbara Seagram & Alex Kornel.

Barbados is Barbara's homeland for MANY generations (almost 4 millennium!)

The rate is so excellent that you cannot afford not to do this trip.

Get away from the winter!!

Barbara & Alex will be attending the tournament in 2018.

**There will be THREE free seminars given by Barbara & Alex while there. Alex will also be available to go over hands anytime.
ACBL Master Points (black) will be awarded to ACBL members who contact Barbara to say that they are registered for attending this tournament.**

**TO BOOK: Contact Roglyn Hinds
roglyn@caribsurf.com **246-231-0149****

Prices for bridge average \$15.00 USD per player per session. All bridge is optional. Roglyn will help to find you partners.

12 Feb: 9.30 am: Individual
12 Feb: 7.00 pm: Pelau Pairs # 1 session
13 Feb: 9.30 am: Pairs Game
13 Feb: 7.00 pm: Pelau Pairs # 2 session
14 Feb: 9.30 am: Pairs Game
14 Feb: 3.00 pm: Rum Pairs
15 Feb: 9.30 am: Team Game # 1 session
15 Feb: 1.00 pm: Team Game # 2 session
16 Feb: 9.30 am: Pairs Game
16 Feb: 7.00 pm: Barbados Pairs # 1 session
17 Feb: 9.30 am & 3.00 pm: B'dos Prs # 2 & 3

I was born and raised on this beautiful island in the Caribbean. The Barbados Bridge Committee do a wonderful job running this delightful bridge tournament in February each year. Imagine \$1,050 USD per person to spend a week at a hotel on a beach in Barbados in February, including all meals and drinks. They even pick you up at the airport! The players are friendly, the sun shines forever and the island beckons. You cannot afford to not go! It is a very special island and I invite you to visit and enjoy all its magic. Go early and enjoy a tour with Barbara and a professional guide. Register with Barbara well in advance if you wish this. bseagram@uniserve.com

Barbara Seagram Bridge, 220 Lawrence Ave. East,
Toronto, ON M4N 1T2 Canada

bseagram@uniserve.com

www.barbaraseagram.com

416-487-8321