

EBC Newsletter May 2026

Welcome to another wonderful month at the Easts Bridge Club.

Whether you are a long time member or a newbie , we are delighted to have you as part of our friendly bridge community. Our club is built on good company, great games, shared laughter , and a love of learning and playing bridge together.

Bridge at our club is more than just playing cards, it is friendship, connections, teamwork and keeping our minds active while having fun. Every session brings new challenges, memorable hands and the opportunity to enjoy the company of our fellow players and friends.

I thank everybody for their exceptionally good behaviour over the last couple of months, I have not witnessed any arguments or disputes requiring intervention from the director or committee.

As advertised last month, we are rewarding one player each week with a FREE game voucher. The Presidents Spirit of the Club award each week is for well mannered, kind and respectful players who make it a joy to see at our club each week. Last weeks winner is a dedicated tuesday Player, congratulations Jill Sailer for your happy and joyful contribution to our club.

For those present last Monday the 20th, we celebrated the wonderful achievement of Agi Stanley's 100th Birthday and the honour of becoming a Life Member of our club.

CONGRATULATIONS AGI STANLEY – LIFE MEMBER 20TH April 2026.

With the committee's approval, I have spent the past month rebuilding the clubs website, so for those that hadn't recently viewed the old site, you may be in for a surprise. It is still a work in progress and will be updated regularly. If anybody has some creative ideas or suggestions to improve the website, please let me know. Please note the website is best viewed on the computer or ipads. Mobile phones are ok but you don't see the full page layout.

You can see :-

The results

Your ABF masterpoints

Newsletters

Sponsors

What's Coming up and much more.

Photos (Nb. only a few have been uploaded- so watch this space)

Please take the opportunity to view the clubs website

easts.bridge-club.org

Starting, May the committee and the Directors are trialling on Mondays a new format with an A and B section. This is to encourage a more even competition with players of similar strength based on a partnership average.

Your individual player club ranking has been calculated by the directors and placed on the noticeboards. Please have patience with the directors as we trial this new system.

April winners

(Month winners from best 3 of 4 or 5 scores)

Monday

Agi Stanley & Paul Larby 66.5%

Tuesday

David Taitz & Riva Taitz 68.1%

Wednesday

Brian Bedkober & Theo Mangos 68.5%

Most Improved Rating

Jeff Zhang +1.48

Tuesday June 3rd Bridge will be held at the COA community centre

For those lucky to be present on the 20th April, we had a brief and informative talk from Paul Dalley, an Australian Bridge Champion. Paul has created a fantastic new educational website bridgechampions.com

For one month Paul is offering for all Easts Bridge Club members one month FREE trial of the website. Please click on the premium package and use the code **EASTS** for access.

Ingredients for Slam – By Paul Dalley

Hand 1

S: A

H: AQxxx

D: AKJx

C: K10x

You open 1H, partner raises to 2H.

Do you have enough to push toward slam?

Hand 2

S: xx

H: AKQJx

D: KJ10xx

C: A

Partner shows about 11 points with 3 hearts. You make a slam try, and partner signs off to show a minimum or poor hand.

Do you bid on?

When evaluating slam, I like to check three things:

1. Quality trumps
Slam contracts need stronger trumps than game contracts.

- In game, something like Axxxx opposite xxx may be fine.
 - In slam, Trump losers are often fatal.
 - For an 8-card fit, you usually want trump strength closer to AKQJ.
 - For a 9-card fit, AKQ may often be enough.
2. A source of tricks outside trumps
You usually need a long side suit that can run:
- 5-card side suits are useful
 - 6-card side suits are gold
- Without this, you generally want around 32–33 combined points for an 8-card trump slam.
3. Controls
Aces, kings, and singletons/voids matter enormously.
Controls help you avoid two quick losers and make slam practical.
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Which hand is the slam hand?

Hand 1: Probably not a slam hand

- You have an 8-card fit but not ideal trump texture for slam.
- Even giving partners useful cards, trump solidity may still be borderline.
- You likely won't reach 32–33 points.
- There is no clear long side-suit source of tricks.

So despite good controls and generally “sharp” cards, this hand is usually not ideal for slam.

Hand 2: Much better slam hand

- Excellent trumps: AKQJ in the suit.
- Strong side suit source of tricks.
- Good controls and shape.

Even without full 32–33 points, the side-suit tricks and trump quality can compensate.

In one example layout, partner held useful spade honors and a diamond queen, and slam was easy. Even with slightly less from partner, slam can still be very reasonable (sometimes depending on a finesse).

Takeaway

For 8-card trump slams, think:

- Around 32–33 points, unless you have a strong 5–6 card side source of tricks
- Very good trumps (ideally AKQJ)

- Strong controls (aces, kings, and useful shortages)

I'll share thoughts on the ingredients for 9-card fit slams soon.

Save the Date - Tuesday 21st July

The committee is working hard behind the scenes to produce a dinner party extravaganza; Christmas in July, we shall be inviting all our members to a winter celebration.

We have chosen Tuesday so we can stay into the evening and enjoy good food, drinks and entertainment, with lots of raffles, prizes and giveaways being planned. (Note the club won't allow Monday or Wednesday due to poker and Trivia in the Bondi room.

If you would like to donate a prize for the night or know a business that could donate please come see me.

Health Notice

In my last newsletter, I recommended the use of hand sanitiser and good hygiene at the table with the upcoming Flu season. I would like to thank our member, Dr Philip Emdler who has correctly pointed out that if you are showing signs of Flu or Covid please stay away for at least the first 5 days of symptoms when these viruses are most contagious.

Seniors week

Last week Easts Leagues Club and the State member for Coogee, Dr Marjorie O'Niell, hosted "Seniors week".

Easts Bridge Club had a promotional stall and I thank all my committee and Nicoleta for helping out on the day. We even had a bridge table fully set up with 4 members playing all day.

There was a very good stall from a local business that a few of our members attended. Staying Alive fitness programs for Seniors. I have asked the owner to write an article on good health and balance for our members. Over the past 6 months I/we have all witnessed many of our friends have falls, and with a few good tips and exercises some of these could have been prevented. Maintaining your balance and strength is critical to staying active and continuing to play bridge.

There is also evidence that physical activity maintains good cognitive function, so it not only keeps you safe, it may even help with your bridge game!

At the end of the newsletter I have attached an article from Mr Taylor Harrison from Staying Active

East's Membership

Did you know that you can swipe your East's membership card, daily at the kiosk in the Pokie Room (behind the reception). Last week I won a chocolate bar, and the next day I won a \$10 dinner voucher. You can also swipe your card for prizes every day of your birthday month. I swiped mine today and received another \$10 Visa Card for my birthday month.

They have daily prizes of :-

\$10 Olive & Oak vouchers

\$20 Olive & Oak voucher

Chocolates

Raffle tickets

Nicks Article (Please insert)

Taylor Harrison, from Staying Active, gives his top 5 tips for maintaining your strength and balance.

1. Move your feet. Your ankles and feet play a huge role in balance and mobility. The stiffer they are, the more likely you are to have a fall. A simple solution is to do some ankle circles, imagine drawing a circle with your toes. Alternatively, you can pretend you are writing your name with your big toe. If you have foot stiffness, these exercises are great to do daily for around 30 seconds total.

2. Strengthen your calf muscles. The muscles behind the shin bones are important not only for walking, going up and down stairs, balancing and general strength, but they also help with circulation. The strengthening exercise for them is straightforward. Simply rise up onto your toes slowly and then slowly lower down. Hold onto something while you do this. This is good to do approximately 10 times, starting twice a week and then progressing to 3 times a week.

3. Get those hips moving. I'm not talking about carving up the dance floor like John Travolta back in the day. Simple leg swings can mobilise your hips which helps with your balance. Swing your legs one at a time: first backward and forward, then side to side, completing 10 swings for each direction. Again, holding on to something to maintain your balance. This can be done every day.

4. Strengthen your hips, thighs and core muscles. The simplest, safest and most effective way to strengthen these areas is to practice slowly getting up and down out of your chair, trying not to push up with your hands. The slower the movement, particularly the lowering phase, the stronger you will get. Aim for 5 of these, done 2-3 days a week.

5. Challenge your balance at home, safely! There are two balance exercises can be done safely at home to help you practice your balance. Firstly, set yourself up standing in the corner of a room at a diagonal with a wall either side about an inch off your shoulders, with a chair in front for extra support. Then raise up one leg in front so you are standing on one foot. The aim is stand for 30 seconds total for each leg, pausing if you need to hold onto the chair or the wall. You want to have a little bit of a wobble, but still feel in control. This is to practice your standing balance. Then, you can practice walking down the corridor, arms out to the side for support, walking heel to toe. Touching the walls if you need to steady yourself. Try to doing 3 times up and back. These can also be done every day.

These tips are generalised advice and please stop if you feel any pain or discomfort or if you don't feel safe. We recommend starting with just one exercise and then as you get comfortable, adding the others.

The ideal is to have an Exercise Physiologist design a program specifically for you and your needs and support you doing these exercises. For those interested, Staying Active has a free workshop on improving your strength and balance on Friday 29th May from 2-3pm at Waverley Library. We are also celebrating our 20th Birthday and have a fantastic offer for those interested in trialling a personalised exercise program. For more information on the workshop or birthday offer, please email bondi@stayingactive.com.au.