

# July Newsletter

Have you met your bridge soulmate??



I especially like number 10. We have so many great cooks in our club, who often bring the most delicious treats for us to sample.

Their efforts are very much appreciated. 🍰🧁

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# WHY DO I PLAY GREAT BRIDGE EARLY... THEN FALL APART AT THE END?

MENTAL FATIGUE AFFECTS EVERY MIND SPORT—EVEN BRIDGE.



**5 WAYS TO STAY SHARP  
IN THE LAST ROUND**

-  **1 RESET AFTER EVERY BOARD**  
Don't carry a bad result into the next hand.
-  **2 HYDRATE EARLY**  
Even mild dehydration can reduce concentration and decision-making.
-  **3 FUEL YOUR BRAIN**  
A banana, nuts, or protein snack beats a sugar crash.
-  **4 TAKE A 30-SECOND VISUAL BREAK**  
Look away from the table. Let your mind reset.
-  **5 SLOW DOWN ON THE LAST BOARDS**  
The biggest mistakes happen when tired players rush.

 **REMEMBER:**  
**BRIDGE ISN'T WON ON BOARD 1.**  
**IT'S WON ON BOARD 24 WHEN EVERYONE ELSE IS EXHAUSTED.**

**BRIDGE UNLEASHED**

— TRAIN YOUR BRAIN. IMPROVE YOUR GAME. —

This is a subject that comes up regularly, especially in all day games. It is particularly pertinent after an early start, and a long drive to the venue. We are often tempted to use a sugar hit to fuel our brain, but it appears that a protein hit is better.

It is very hard to forget a bad board, but we need to train ourselves to move on, and worry about it later.



The final of the FNQ Zonal Pairs was played in Cairns recently. Pat Alderton and John Sainsbury came first, with Sue Hosie and Sonja Ramsund coming in fifth. Kate Gargan and her Son Tom also participated, and came tenth. Well done everyone.

Novice Pairs were also played recently in Cairns, and Lyn Taylor and Jeanette Suffield came third overall. This was a great result, as Jeanette is a new player.



John and Pat

## *Coming Events*

|                                    |                               |
|------------------------------------|-------------------------------|
| Cairns Show Congress               | Saturday, 18 July.            |
| Malanda GNOT Final                 | Sunday, 26 July.              |
| Cassowary Coast Congress           | Friday, 7 - Sunday, 9 August. |
| Malanda Interclub 8.45 start.      | Monday, 17 August.            |
| Malanda AGM                        | Monday, 24 August.            |
| Malanda - Windy Red Point          | Wednesday, 26 August.         |
| Malanda - Aust. wide open pairs.   | Monday, 31 August. (12.45)    |
| TBC - Club Championship red point. | Thursday, 3 & 10 September.   |
| Cairns - Zonal Teams               | Sunday, 13 September.         |
| malanda - Springtime Red           | Monday, 14 & 21 September.    |
| Ingham Congress                    | Saturday 19 & Sunday 20 Sept. |

