

The Oregon Coast Regional at Seaside

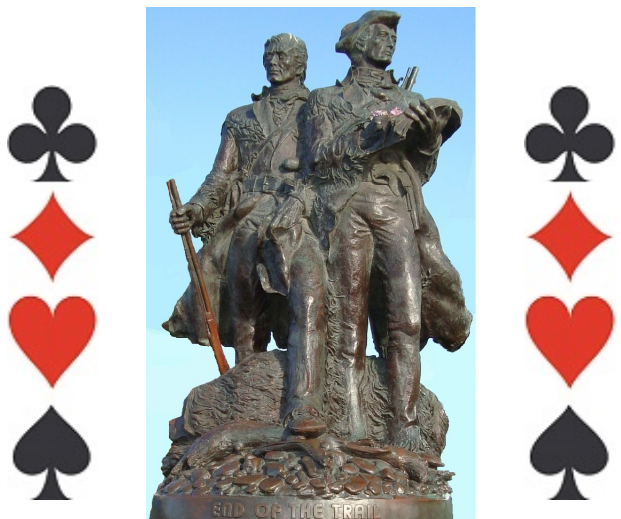
FIRST EDITION MONDAY SEPTEMBER 26, 2016

TODAY'S SCHEDULE

Seaside Bracketed KO TEAMS (1st of 4 sessions) . . . 7 p.m.
 Charity SINGLE-SESSION SWISS TEAMS (strat.) . . . 7 p.m.
 OPEN CHARITY PAIRS (stratified) 7 p.m.
 ♦ 299ER CHARITY PAIRS (stratified) 7 p.m.

TOMORROW'S SCHEDULE

Seaside Bracketed KO TEAMS (2nd session) 9 a.m.
 MORNING SIDE GAME SERIES (stratified) 9 a.m.
 ♦ 299ER SINGLE-SESSION PAIRS (stratified) 9 a.m.
 Seaside Bracketed KO TEAMS (3rd session) 1 p.m.
 AFTERNOON SIDE GAME SERIES (stratified) 1 p.m.
 Gearhart Bracketed KO TEAMS ((1st of 4 sessions) . . . 1 p.m.
 ♦ 99ER SINGLE-SESSION PAIRS (stratified) 1 p.m.
 ♦ 299ER SINGLE-SESSION PAIRS (stratified) 1 p.m.
 Three Strat OPEN PAIRS (2 sessions) 1 & 7 p.m.
 ♦ **RAZOR CLAM GOLD PAIRS** (750/300/200)1 & 7 p.m.
 Gearhart Bracketed KO TEAMS (2nd session) 7 p.m.
 EVENING SIDE GAME SERIES (stratified) 7 p.m.
 Seaside Bracketed KO TEAMS (final) 7 p.m.
 SINGLE-SESSION SWISS TEAMS (stratified) 7 p.m.
 ♦ 299ER SINGLE-SESSION PAIRS (stratified) 7 p.m.



Pair game & Swiss team results will be posted on the Internet by the next day!
<http://acbl20.org/>
The daily bulletins will be there in color!!!

Welcome to the 2016 Oregon Coast Regional!

So many of you have told me that Seaside is your favorite tournament and that you always look forward to returning. Matt Smith, your Director-in-Charge, his staff of 13 outstanding directors, and I are pleased to share this week with you. Robert Hartman, CEO of the ACBL, may be playing at your table later in the week.

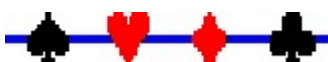
Besides a great schedule for players of all levels, there will be classic complementary District 20 hospitality: premium ice cream bars on Monday evening, seagull appliqués on Tuesday, a tournament gift and cup of delicious clam chowder on Wednesday, lobby cash bars from 6:30-10:30 Thu.-Sat. evenings, hot dogs and beer on Friday night (and wine discounted to \$3.50), and on Saturday chocolate lovers will be sated!

My thanks to local chairs Ann and Gil Gramson; Hospitality Chair, Ray Lowe; Partnership Chair, Sue Kroning; and Caddy Chair, Sandra Baker. Please take a moment to thank them for their hard work. Merle Stetser is producing our Daily Bulletins, and David Taylor's bookstore in the main lobby has endless information to help your game. When I'm not in the playing sites, I'll be in the Seamist Room if you need assistance this week.

We have again rented space at Our Lady of Victory Catholic Church, across the large parking lot towards the beach. A director will tell you if you will be playing there. Church folks will be selling food before the afternoon session, Tue.-Fri. The concession stand at the Convention Center will be open from 8:30 am - 3:30 pm Tue.-Sat., and from 8:30 am - 5 pm on Sun. Have fun, play hard, and win. Enjoy the games!

ACBL D20
Goodwill Message

Greet and welcome your opponents as they arrive.
Compliment opponents' play of a hand, not yours or your partner's.



Judy Davis, D20 Tournament Manager

If you win or reach a milestone, we want your photo!
Sam Jones will take photos Mon. 10:30-11 pm and Tue.-Wed. 12:30 - 1 pm, 6:30 - 7 pm, and 10:30 - 11 pm
Deborah Lackey will take photos Thu.-Sat., same hours



ELECTRONIC EQUIPMENT: Except for health-related equipment or by permission of the Director-in-Charge of the tournament, cell phones, audible pagers, PCs, electronic tablets or similar equipment may not be operated or operable in any manner in the playing area during a session of play. Any such equipment must not be visible during the session. These restrictions apply to all participants (including non-playing captains or team members, coaches, and play recorders) and spectators, except those designated by the Director-in-Charge. They are in force throughout any actual playing session or segment of play. A violation of these restrictions by participants will result in a disciplinary penalty at the discretion of the Director-in-Charge in accordance with the following guidelines: 1st offense -- warning; 2nd offense -- one-half board reduction in score (or 6 IMPs); 3rd offense -- disqualification from the event. Spectators violating this policy will be removed from the playing area for the remainder of the session.

Free Mini-Classes (Second floor of the Convention Center)

Tue 12:15-12:45 pm Deborah Lackey, "The Director Is Your Friend"
 6:15-6:45 pm Ian Kirk, "The Opponents Are There to Help You"



BRAIN HEALTH REVOLUTION



A brain's flexibility is not due to the growth of new cells, but rather how the cells are connected. By age two a child has over a hundred trillion synapses, twice as many as an adult! A synapse is strengthened if it successfully participates in a circuit, but if not, it is weakened and eventually eliminated. But the brain can form new connections even in adulthood. David Bennett, MD, and his team at Rush University in Chicago found that cognitive exercise (keeping the brain active through doing crosswords, reading, driving, learning new skills, and having responsibilities) was protective, as were social activity, social networks, and physical activity. Whether you're deciding a chess move, bluffing at cards, working on puzzles, or playing games, you also are working out your brain's frontal lobe. Exercise (strength training, walking, cycling, swimming, etc.) also benefits your brain by improving vascular health. Circuits and networks are also stimulated by music, learning lines for a play, or drawing/painting.

Reader's Digest, September 2016, pp. 72-76



Teacher Breakfast at Pig 'N Pancake on Friday, September 30

It's time for teachers to meet & exchange ideas on Friday at 9:30 am. Call or text Deborah Lackey (360-216-7484) if you plan to attend so enough seats are reserved.

Hi, Margi here,

Welcome to the 2016 Seaside Regional! I hang out with the victory beads at the newcomer desk, which is usually upstairs. If you have questions, please ask.

We have lots of events for the I/N crowd this week, starting with tonight's 299er Charity Pairs. On Tuesday you have a pairs event at 9 am, and gold point opportunities start with the daily series of 2-session Gold Point pair events (Razor Clam, Coho, Chinook, Oyster, and Steelhead). Do play in as many as you can, as well as sampling these at the local restaurants. Brain food and brain exercise in Seaside, heaven, huh? Another way to mine gold is in the KO team events; come say "hi" if you are playing in your first one.

There are stratified 99ers pairs events Tue.-Sat., and a single-session Swiss Team event for 299ers on Sun. Every day except Wednesday there will be free talks (see above). Wednesday at 4 p.m., all intermediates and newcomers are invited to join me for wine and hors d'oeuvres at the [Holiday Inn](#), just across the bridge. Bring your most problematic hands. Some of our celebrity bridge players and speakers may drop by to answer questions.

Margi Redden, D20 I/N Coordinator



Parkins' Premise

Anything that occurs enough times to irritate you will happen at least once more.

Frank Stewart, *Honolulu Star-Advertiser*, 5/26/15, p. D2



DISTRICT 20 ODDITIES

Did you know that District 20 ranks exactly 20th in size among all 25 of the ACBL bridge districts based on the number of active bridge players? Strange!!! The district that has the largest by far number of active members is District 9, which is Florida. It also has the most Grand Life Masters, with 46. All those retirees! Florida has more than four times as many members as District 20, which consists of southwestern Washington, Oregon, northern California, southwestern Idaho, and Hawaii. District 20 has almost four thousand active players and only one Grand Life Master, Michael Levy, of Keizer, OR (formerly from Tucson, D17).

06/01/16 ACBL ACTIVE MEMBERSHIP DISTRIBUTION BY DISTRICT
 data from file sent by Patty Taylor, 6/23/16 plus ACBL website

District	Members	%	Area
9	18,448	11.0%	FL
7	13,727	8.2%	NC, SC, GA, e TN
17	9,075	5.4%	CO, NM, AZ, s NV, e UT, w TX, WY
16	8,831	5.3%	most of TX, all of Mexico
21	8,748	5.2%	n CA, part of n NV
25	8,320	5.0%	New England
2	7,730	4.6%	Ontario, Manitoba, Bermuda
6	7,211	4.3%	Washington DC, VA, MD
22	6,923	4.1%	s CA
4	6,812	4.1%	c NY, e PA, DE, s NJ
3	6,719	4.0%	e NY (not NY City), n NJ
19	6,658	4.0%	AK, WA, British Columbia
10	6,621	4.0%	Mid-South Bridge Conference
24	5,873	3.5%	New York City, Long Island
1	5,764	3.5%	e Canada
13	5,241	3.1%	Chicago, WI & Upper MI
11	4,637	2.8%	KY, w OH, c IN, WV
14	4,128	2.5%	IA, MN, ND, SD, NB
18	3,994	2.4%	w Canada, ID, MT, WY, UT
20	3,963	2.4%	sw WA, OR, n CA, sw ID, HI
12	3,813	2.3%	most of MI, nw OH
8	3,593	2.2%	St. Louis, n IN, c & s IL, Paducah KY
5	3,473	2.1%	w PA, e OH, w NY, w MD, nw VA
23	3,344	2.0%	Los Angeles County CA
15	3,309	2.0%	sw MO, KS, OK, w AR, n TX
	166,955		U. S., Canada, Mexico, & Bermuda
99	1,434		outside of the U. S., Canada, Mexico, & Bermuda n(northern), s(southern), e(eastern), w(western), c(central)