



## Volunteer Profile

### Jon Yinger

Jon Yinger is an “institution” at Long Beach Bridge. Playing seven days a week and twice on Fridays, he cheerfully welcomes players to Table 11. And, yes, Jon even came to play bridge after his wedding.

Jon started playing bridge in college during a semester abroad in Denmark with a college professor and his wife. Not only did Ben Burnett introduce Jon to bridge, he was an inspiring teacher who developed Jon’s interest in Political Science and mentored him into graduate school at Claremont. Jon then became a young, 26-year-old Political Science professor at California State University, Fullerton, where he taught for over 40 years. Jon commented, “I cannot imagine a better job. I liked studying people and how power affects the little and big decisions made— in a family and in the world.”

After college Jon played bridge socially with his best friend Donald and Donald’s parents in the Villa Park home that Jon sold to them. Then, in 1983, one of his bridge partners brought him to Long Beach Bridge and introduced him to duplicate. Jon was hooked! Bridge was fun to play in the beginning and, over time, he came to realize how complex it really is. Until the coronavirus closure, Jon was driving daily from Brea to the club, and he looks forward to doing

# Table Talk

April 2020

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FACEBOOK, INSTAGRAM: LONGBEACHBRIDGE.

## Special Events – April 2020

Long Beach Bridge Center is pleased to announce that we will have daily games awarding ACBL masterpoints at Bridge Base Online.

- 12:00 p.m. – 1:30 p.m
- 18 boards.
- \$5 / session
- \$3 goes to the club

You are permitted to play in the game if you have played at the club during the past year. Sign up begins two hours before the event. See page 4 for instructions.



that again.

Over time Jon kept getting seated at Table 11 so it eventually became “his” table. He likes this location because he can look through the glass and see the rest of the club. Also, if he makes a comment about a hand, it can’t be heard by the tables on the other side.

Jon is a Reissuance man. Not only

has he amassed more than 5,000 Masterpoints, he owns and nurtures an avocado orchard of 60 trees. His other avocation is the 22 antique cars that he ‘buys but never sells,’ restoring them to their original condition. His newest acquisition is a 1942 Cadillac Fleetwood that he

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April 2020 **table talk**



## March Status Changes

### New Member

**Joey Duree**

**Steve Murray**

**Dan A. Roberts**

**Timothy L. Treu**

**Dawn S. Haldane**

**Charles E. Laine**

**Lillian Slater**

**Ernest A. Ross**

**Jane E. Reid**

### Junior Master

**NABC Life Master**

**Advanced NABC LM**

**Bronze Life Master**

**Silver Life Master**

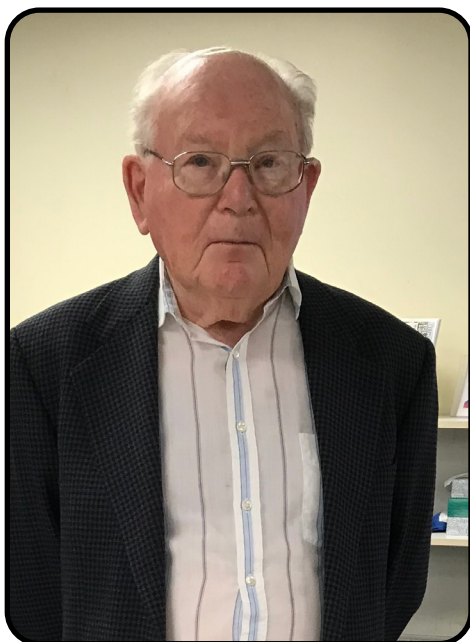
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found in Northridge through a Craigslist ad. Having just driven it the day of this interview, he raved about how well it ran. Jon names all of his antique cars so Blue Bell joins its ten Cadillac “siblings”: four 1942’s, four 1949’s, a 1952, and a 1958 Cadillac Eldorado Brougham. Models from 1942 are Jon’s favorites because that was the year cars had a complete style change, moving from the 1930’s and into the 1940’s. He also owns four Chrysler Imperials—three 1956 hardtops and one 1951 convertible—as well as four 1942 DeSotos.

Jon inherited the District Newsletter from Christine Frumen when she recruited him to take it over more than 15 years ago. He enjoys recapping the results of the month. Jon’s favorite convention is the Support Double. His advice to new players is “Be patient. Enjoy the cards. Enjoy the people.” He added that new players should not go into bridge expecting to become expert in a year. “You’re always learning something—if not bidding then defense which is half of the game.” Even lately he’s returned to his mom’s advice, “Don’t compete at the 5 level,” which he finds works 90% of the time.

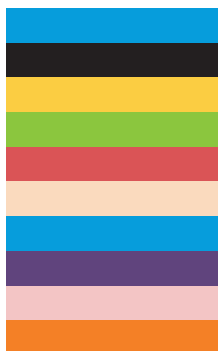
Thanks, Jon, for your dedication to Long Beach Bridge. It’s a long commute from Brea but we’re so glad you’re here!

By Lillian Slater

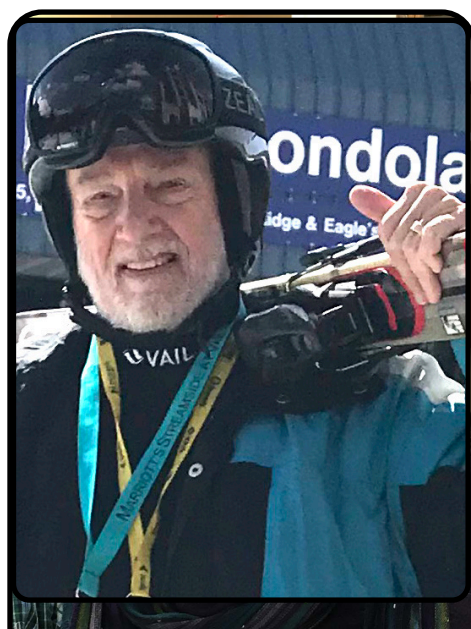


## Frank Varga Is 99 Years Young

Happy Birthday to the dapper gentleman, Frank Varga. We weren’t able to celebrate with you but everyone sends their best wishes!



New Silver Life Master  
Jane Reid



New Bronze Life Master  
Ernie Ross





GoFundMe COVID-19 Small Business Relief is organizing this fundraiser on behalf of Long Beach Bridge.

With Coronavirus concerns growing daily and impacting communities, GoFundMe is launching our COVID-19 Small Business Relief initiative to help support our friends and neighbors locally during this difficult time of reduced business.

Donate today to help this business apply for a matching grant from the Small Business Relief Fund.

[https://www.gofundme.com/f/long-beach-bridge-covid-19-relief-fund-smb?utm\\_source=customer&utm\\_medium=copy\\_link&utm\\_campaign=m\\_pd+share-sheet](https://www.gofundme.com/f/long-beach-bridge-covid-19-relief-fund-smb?utm_source=customer&utm_medium=copy_link&utm_campaign=m_pd+share-sheet)



## “Jonesing” for More Bridge?

### ACBL SYC Black Point Daylong Tournament

The ACBL Support Your Club Black Point Daylong is available every day in ACBL World. This is an 18 board individual tournament with robots, awarding ACBL Black Masterpoints ®. You can register, play at your own pace, leave the table, then resume the game later during the day without losing your results. Entry fee is \$6 and the majority of proceeds goes back towards supporting your club.

### “Support Your Club” ACBL Black Point Games

Daily 7 AM, 2PM and 4:30PM PDT:

ACBL members can play with any other ACBL member in a specially created game on BBO and earn black masterpoint. Entry fee is \$5 and the majority of your table fees will be given back to your club. This way, you can help to support your club while also having the opportunity to win black masterpoints.



## Long Beach Bridge Remodel Underway!

When life gives you lemons - make lemonade. On March 13, LBB closed its doors for, what was presumed to be two weeks. The LBB Board of Directors saw this as an opportunity to get the messy remodel started. On March 14, the construction crew demo'd the kitchenette under the watchful eye of Project Coordinator Chuck Laine.

To date, the electrical has been re-wired, water and drain lines added, drywall installed, walls repainted, new floor installed, refrigerator thoroughly cleaned (thanks, Lois!), cabinets placed, bathrooms demo'd and a new water shutoff valve installed. We discovered that the bridge center water shutoff valve was in Big Five's backroom!

One of the new features will be our very own under cabinet ice maker. No more expensive ice deliveries and no more banging on ice bags.

We are all excited for the big reveal!



# COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine

## 1.) Reframe “I am stuck inside” to “I can finally focus on my home and myself”

As dismal as the world may feel right now, think of the mandated safer at home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you’ve always wanted to.

## 2.) Stay close to your normal routine

Try and maintain some semblance of structure from the pre-quarantine days. Wake up and go to bed around the same time, eat meals, shower, adapt your exercise regimen, and get out of your PJ’s. Do laundry on Sundays as usual. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it’s time to get back to work (or bridge.)

## 3.) Avoid obsessing over endless Coronavirus coverage

Choosing only certain credible websites (who.int or cdc.gov is a good start) for a limited amount of time each day (perhaps two chunks of 30 minutes each) will be in your best interest during this time.

## 4.) A chaotic home can lead to a chaotic mind

With all the uncertainty happening outside your home, keep the inside organized, predictable and clean. Setting up mental zones for daily activities can be helpful to organize your day. For example, try not to eat in bed or work on the sofa just as before, eat at the kitchen table and work at your desk. Additionally, a cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

## 5.) Start a new quarantine ritual

With this newfound time, why not do something special during these quarantined days? For example, perhaps you can start a daily journal, take a walk every day at 4 p.m., connect with your sister over FaceTime every morning, or start a watercolor painting. Having something special during this time will help you look forward to each new day.

## 6.) Use telehealth as an option to talk to a professional if your anxiety becomes unmanageable

Many licensed psychologists are offering telehealth options over HIPAA-compliant video chat platforms.

Letting go of illusions of control and finding peace in the fact that you are doing your part to “flatten the curve” will certainly build mental strength to combat the stressful situation the whole globe is experiencing.

Adapted from an article by Dr. Aarti Gupta, PsyD

### Table Talk

Table Talk is distributed monthly. It is emailed to members of Long Beach Bridge with paper copies available at the club.

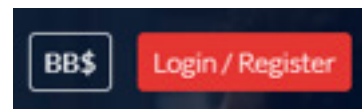
Editor	Ardie Laine
Contributors	Lillian Slater
Photographers	Chuck Laine
	Ylia Ross

### Article Submissions

We welcome articles, ideas, and photos pertaining to our club. We reserve the right to revise submissions. Contact Ardie at [ardeaux1@gmail.com](mailto:ardeaux1@gmail.com)

## BBO LBBC Game Instructions

1. Go to [www.bridgebase.com](http://www.bridgebase.com)
2. Press Login/Register in the top right hand corner. To add money to your account press BB\$.



3. Enter Your User Name and Password

User name
Password

4. Double click on Competitive

PLAY OR WATCH BRIDGE
Solitaire
Competitive

5. Choose ACBL Virtual Clubs

TOURNAMENTS
ACBL Masterpoint Tournaments
BBO Points Tournaments
Robot Tournaments
Free Tournaments
ACBL Virtual Clubs

6. Choose a LBBC game. You and your partner both need to be logged on at the same time. You need to have money in your Bridge Base account to play.

ACBL Virtual Clubs		
Back	Home	
Pending	Running	Complete
Host	Title	
VACB198291	Sagamore Pairs 3pm (18 bds) #8723	
vacb163246	Pairs LBBC 12:00pm #9838	

7. When game time arrives, you will be moved to the game