

BRIDGE & SCIENCE NEWS

It has already been two years since the Bridge&Science Committee was discontinued. Fortunately, this doesn't mean that researchers stopped working. We have to thank EBL and WBF for supporting our works.

I can observe the fantastic work of Professor Samatha Punch from Stirling University in the sociology of bridge. Samantha created BAMSA, which promotes our game by publishing academic papers and organising events.

Dr.Tihana Brkljacic works on the psychological aspects of the game of bridge and bridge players.

The „Bridge to the People” Foundation cooperates with Nicolaus Copernicus University and the Gdańsk University of Technology. We have proven that playing bridge reduces depression levels, prevents dementia, and improves the well-being of people living in Nursing Homes. In patients of Alzheimer's Centers who have bridge therapy, we observe a much slower progression of the disease. In this case, every day of a better life counts.

Using EEG, we checked the brain activity of 20 players when playing bridge and chess and did nothing. Results, even if showing an advantage of playing bridge are inconclusive.

The foundation and the Latvian Bridge Federation received a grant from the European Union to study the positive effects of teaching bridge to lonely people staying in Nursing Homes. We hope to get more participating EBL member countries in 2026 for a similar project I will present in Poznań,

The Latvian Bridge Federation will organise the Sixth International Scientific Conference about bridge in Riga at the end of 2025. The exact dates will be announced soon.

It would be great if the Promotion and Development Committees of EBL and WBF used our findings for promotion and development. The same applies to both Senior Committees.

One fact we can't change is that most of our players are and will always be seniors. Spending big money on juniors is a good strategy because they will return to the bridge table when „real life starts”(the dog is dead, and the children are out – as Rabi says).