



The Gazette

December 2014 Monthly Publication of the *National Pinochle Association, Inc.* Vol. XXII, Issue No. 12

JESUS IS THE REASON FOR THE SEASON



TABLE OF CONTENTS

National News.....1
 Chapter News.....2
 Health Tips.....3
 Inspiration.....4
 Bylaws.....4-5
 Classifieds.....5

FUNDRAISING COMMITTEE



PATRICIA BAILEY

The Fundraising Tournament held on 11-15-14 was enjoyed by all. There were many NPA 'regulars' at the tournament. It

was a small but lively tournament (10 tables)! Many attributed the low tournament participation numbers was due to the cold weather in Atlanta. Elmore Jordan (NPA member) traveled over three hours to participate in the tournament and support the NPA. Cudos to him! All enjoyed the tournament. We started 'on time', scores were posted timely and lunch was GREAT! Videssa Woods represented the EC Committee and welcomed everyone on behalf of the NPA. I want to personally thank all of the volunteers who were motivated to make this event a success.

FYI - The next NPA Fundraising tournament will be on 2/12/15 at 5:00PM in Montgomery, AL. Hope to see you then.

MESSAGE FROM THE 4-LOVE OF PINOCHLE CLUB

On behalf of James D. Mayers II, Yvonne Hicks, Jerome Carter VP, Lenard Borum, and Beulah Helen Mayers, holiday cheers and Happy New Year to all NPA members.

After 14 years of membership 4-Love of Pinochle will not renew their charter in 2015. As the president, I have travelled many places, fellowshipped with lots of members. Some will be truly missed like Joe brown and Joe Henson, they lay heavy on my heart. I will never forget how they embraced and walked us through our first tournament in July 2000. We had 32 tables and it was very successful. We will see some of you at the tables doing what we like best, playing pinochle. God blessing to all, Beulah Helen Mayers

UPCOMING TOURNAMENTS

2015 NON-SANCTIONED

March 12-15...Sunshine PC

June 26-29...FR Pinochle Cruise

July 12-14....Baltimore Bidwell

2015 SANCTIONED

MLK Jan. 15-18....Young Guns

Pres. Day Feb. 12-15....MPP

Semi-Annual April 9-12 ...NPA



AMPS

John Carmichael – Dec 8
Hank Richards – Dec 25

APA

Val Jean Culpepper – Dec

Augusta Pinochle Club

Marjorie Miller – Dec 4

Birmingham Pinochle Club

Cornell Adcox – Dec
Holley Harris – Dec

Cincinnati Pinochle Club

Christine McKee – Dec 5
Barbara Harper – Dec 6
John Harper – Dec 22
Thomas Henderson – Dec 25
Robert Smith – Dec 25

Columbus Pinochle Club

Ozella Walker – Dec 9

Derby City Queens & Jacks

Claudette Black – Dec 4
Ike English – Dec 17
Earl White – Dec 20
Lawrence Edwards – Dec 24
Walter Rhodes – Dec 30

DOUBLE RUN PINOCHLE CLUB

Charles Jordan – Dec 28

IVORY PINOCHLE CLUB

Joe Seals -- Nov 22

Jacksonville Pinochle Club

Rosa Gwynn – Dec

LA Superstars

Viva Young – Dec 16
Mary Gilmore – Dec 24

Montgomery Pinochle Pals

Willie Williams - Dec 29

PIPS

William Turner – Dec 3
Cleveland Williams – Dec 28

Pinochle Champs

Eric King – Nov 12
Sharon Smith – Dec 2
Ray Cunningham – Dec 4
KaShava Logan – Dec 9
James Walker – Dec 16

QUEEN CITY PLAYERS

Jennett Grayson – Nov 30

RIVERDALE PINOCHLE CLUB

William Decker – Nov 20

Tidewater Knucks

Debi Harper-Bridges – Dec. 16

WEST COAST WEST

Robert Baxter – Nov 3

SICKNESS

Matthew 21:22 “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”

Let us lift up our sick and shut-in members in prayer.

The USA Pinochle Society is asking the NPA membership for prayers for their member James Presley, who has been accepted for a kidney transplant.

Joe Allison and Ernest Collins both from the Queen City Players, are recovering from surgery.

DEATHS

For your loved one the song of life has ended. But the music of the soul is forever. In the days to come, during your lonely hours, may you sometimes hear the music from above, and know that all is well.

Maurice Cooper (Tidewater Knucks) passed, Mr. Cooper will be greatly missed

Delores Thornton's (Metro) nephew, Mr. Quincy Gardner passed

Martha Vaughn's (Title Town) brother, Levester “Sonny” Hackler passed

Mary William's (JPC) grandson, age 14, passed away in Germany

Veverly Mitchell's (Riverdale) sister, Bridget passed

Alice Scott's (Cudas) sister-in-law, Rose Lee Carswell passed

Mrs. Lydia Walker's (Awesome Chastiser) niece, Bettie L. DeBose, the mother of Andre DeBose passed

HEALTH TIPS

23 Foods That Can Save Your Heart

The more you learn, the more you know!



Fresh Herbs (1)

Fresh herbs can help make other foods heart-healthy when they replace salt, sugar, and trans fats. These flavor powerhouses, along with nuts, berries-even coffee-can be part of heart-wise eating.

Fact: Rosemary, sage, oregano, and thyme contain antioxidants.



Black Beans (2)

Mild, tender black beans are packed with nutrients including folate, antioxidants and magnesium along with fiber, which helps control both cholesterol and sugar levels

Tip: Canned black beans are easy to add to soups and salads. Rinse to remove extra sodium.



Red Wine and Resveratrol (3)

If you drink alcohol, a little red wine may be a good choice.

Resveratrol and catechins, two antioxidants in red wine may help protect artery walls.

Alcohol can also boost HDL, the "good" cholesterol.

Tip: Only drink in moderation: no more than 1 glass a day for women and 2 for men. Alcohol may cause problems for people taking aspirin and other medication. Too much alcohol is bad for your heart.



Salmon: Super Food (4)

A top food for heart health, it's rich in omega-3s EPA and DHA. Omega-3 may lessen the risk of heart rhythm disorders and lower blood pressure. Salmon also lowers blood triglycerides and helps curb inflammation.

The American Heart Association recommends two servings of salmon or other naturally oily fish a week.

Tip: Bake in foil with herbs and veggies. Toss extra cooked salmon into fish tacos and salads.



Tuna for Omega-3s (5)

Tuna is another good source of omega-3s and it generally costs less than salmon. Albacore (white tuna) has more omega-3s than other tuna varieties. Reel in these other sources of mega-3s, too: mackerel, herring, lake trout, sardines, and anchovies.

Tip: Grill tuna steak with dill and lemon. Choose tuna packed in water, not oil.



Extra Virgin Olive Oil (6)

This oil, made from the press of olives, is especially rich in antioxidant called polyphenols, which can help protect you blood vessels, it also a good source of monounsaturated fats, which are a better choice than saturated fats (such as butter) for your cholesterol.

Tip: Use a little bit for salads, on cooked veggies, or with bread. Look for cold pressed and use within 6 months



Walnuts (7)

A small handful of walnuts a day may lower your cholesterol and ease inflammation in your heart's arteries. Walnuts are packed with omega-3s, monounsaturated fats, and fiber. The benefits come when walnuts replace bad fats, those in chips and cookies.

Tip: Walnut oil has omega-3s, too; try it in salad dressings.

This article will continue in the January issue. This Health Tip article can be found at www.WEBMD.com.

INSPIRATION

This inspiration is shared by Mr. Leland Scott, a member of the Russ Raiders Pinochle Club

Much Is Required When Much Is Given

Question: "What does it mean that 'to whom much is given, much will be required' (Luke 12:48)?"

"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked" (Luke 12:48). This statement of Jesus has become somewhat of an idiom in our Western culture.

What gifts are you thankful for? What is your passion? What are you committed to do? Who or whom does it benefit?

It is said that: "you are either part of the solution or part of the problem." We are accountable for any activities we commit to in this life. We are gifted to have talents, finances, knowledge, time, etc.

Scripturally, it is expected that we use our gifts to glorify God, benefit our families, communities, various organizations and other endeavors to mention a few.

We have been entrusted with these "resources"; and faithfulness requires that we manage them wisely. Use of our resources is responsible stewardship. Freely we have received; freely give.

"Each of you should use whatever gift (resource) you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10). It is easy to assume that only wealthy or well to do people have been "given much," but, in truth, we have all been given much.

During the Holiday Season we celebrate Thanksgiving, Christmas and New Year's. This is an excellent time to review what you are thankful for, assess your God given gifts or commitments (short and long term) and reevaluate your commitments for the New Year.

Please, do not assume that the less we know about God and His gifts, the less we'll have to do. As evident in Jesus' parable, we are held responsible to know our Master's will.

May your Holidays be joyful, fulfilling and safe. God bless you and your families.

Leland E. Scott, Jr.

BYLAWS

Bylaws are a standing set of rules that govern the regulation

of the internal affairs of a corporation or society. As we continue to look at the NPA bylaws, the hope is that all our members will know and understand how this organization works, and will follow the bylaws. The Bylaws and the NPA handbook can be found on the NPA website.

ARTICLE IV- MEMBERSHIP AND DUES

Membership

NPA membership policies do not discriminate on the basis of a person's race, sex, age, handicap, ethnic origin, religion or sexual preference.

Application for Chapter membership, together with the required initiation fees and annual dues, shall be submitted by the Chapter Secretary to the NPA Corresponding Secretary. An individual shall retain their membership status in NPA as long as the Chapter of which he/she is a member in good standing with NPA.

An unmarried person under the age of 18 must have the written consent of his/her parent(s) or guardian(s) to become a member of NPA or any of its affiliated Chapters. The consent must be notarized and filed with the Corresponding Secretary and Tournament Director of NPA.

An individual may belong to more than one Chapter if the membership is not in violation of the Chapter's membership requirements.

Dues and Fees

An initiation fee, payable in advance to NPA, in an amount predetermined by the Board of Directors, shall be assessed each new organization certified as a Chapter.

Annual dues in an amount predetermined by the Board of Directors are assessed each individual of a certified Chapter and are payable in advance. Payment of annual dues to NPA is the responsibility of the Chapter.

Annual dues accompanied by a current roster (including as a minimum each member's name, address, telephone) must be submitted to the Corresponding Secretary by December 1st of each year.

Members of multiple chapters pay only one NPA annual fee and can represent only one chapter for national purposes.

Chapters that have not renewed their NPA membership by January 30th of each year must reapply for certification by submitting the required initiation fees and annual dues stated in Section 4.2 of this Article IV. Annual dues cover the time period from December 1st through November 30th.

CLASSIFIEDS

Like many of us, you probably wonder how those two players always seem to find the right lead, or know how to reach their partner for the killing defense. Maybe you even suspect them of cheating? You don't think they are better players, right?

Is it possible they know something about this game that you have been missing? I'm not guaranteeing "The Complete Guide to Double Deck Pinochle" will make *you* a better player. I'm just saying, why not open your eyes to a side of the game the better players use all the time.

The Guide has tips anyone can use, from beginner to seasoned tournament players. Call me for an autographed copy, or find it on the Amazon website. 256 pages of interesting hands, clever strategies, and hilarious anecdotes. \$16.95 or \$24.95 for a hard copy. NPA members get free shipping when you call L Roy Ram at (704) 441-4695

Looking for the perfect cruise vacation? Contact Val Culpepper of *Hooked on Cruises* at 770-739-7860.

Time for the family reunion? Contact JoAnn Ross for a professional research and presentation of your family tree...404-768-5698 or www.familytreescharted.com

If you need professional pictures for any occasion – wedding, reunion, birthday, etc., Taylor Photography can meet your needs. Contact Roosevelt Taylor at 404-758-0717.

Vulcan Princess, Inc. Screen printing & embroidery, Contact Frank Turpin: 404-219-3376 or tuako3@aol.com

Learn the game using the teaching tool 'Pinochle Mat' developed and distributed by an experienced player. Available on Amazon for \$19.99. Also visit Mrs. Lydia Walker new website, www.progressivepinochleataglan.ce.net or call 305-255-7782 for further info.

Need a caterer for your every need? EDC (Edna's Delectable Cuisine) is waiting for your call:

404-767-1024 or email brownednaw@yahoo.com

NPA WEBSITE

All information to be posted on the website should be emailed to:

Wanda Goodman, Webmaster
wgoodwoman@gmail.com

757-237-6575

The web address is:

<http://www.npapinochle.org/>

NPA NEWSLETTER

The Gazette is distributed by the Research and Education Committee of NPA for its members.

News should be forwarded to:

Dorothy Ervin, Editor

Dotnlvly@gmail.com

904-655-5623