



The Gazette

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Nat King Cole - This Christmas Song.MP3

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“If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it

gives you confidence to go on from there.”

--John H. Johnson--

Hello NPA and Happy Holidays,

As we embark on this holiday season, let us take the time to reflect on the dreams that we have had all year that have given us the reason to live and struggle, but we never took the time to replace with solid action. To visualize success is one thing; to live it, another. It's time to move from hope to making what we hoped about and dreamed about real. Hope is what makes us look forward to tomorrow. Without it, our days have little meaning, and contemplating the rest of our life can depress us enormously. Now is the time for the prophecy to be fulfilled.

When we visualize success, we usually think

about the end product, with an image in our heads of being handed a reward or presiding over a phalanx of executives at a long mahogany table. While it helps to see ourselves as successful, our images can sometimes seem so far away. We risk becoming frustrated and disillusioned, which could slow our progress or make us give up on our dreams.

Success or achievement is never a one-step deal. By mapping out the route we need to take, we can break it down into individual steps, which will bring us satisfaction and/or gratification all along the way to our ultimate goal. Achieving these small goals proves that we have what it takes. Confidence builds slowly with daily reinforcement.

It is indeed wonderful to have our moments of glory. We should enjoy them to the

fullest. No doubt we've worked hard and have earned our rewards. But then we need to move on, or else a decade from now we'll still be bragging about our ten-year old accomplishment. The joy, after all, should come largely from the act of working toward the goal and the excitement as we move closer to it – not from those few hours we are being feted. Let's put the trophy in the trophy case.

Let us all remember the Real Reason for this Holiday Season and share the love with someone. Only then can we hope to achieve success and inspire others.

*Merry Christmas &
Happy New Year NPA
Family*

Videssa H. Woods
NPA President



Referee's Corner

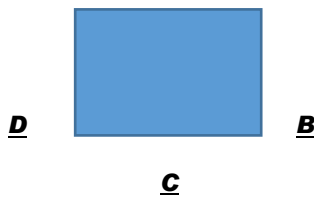
By

Dr. Alice Cannon Scott



What is the Referee's Ruling?

A - Dealer



December 2015 Title: 65 not 55

- **Player B bids 65**
- **Player C bids 57**
- **Player D says, "You cannot bid 57 because my partner bided "65" not "55."**
- **Player C states that he heard 55.**
- **Player D calls the Referee**

What is the Referee's Ruling?

Email your answers to Alice at

icove411@aol.com

(All discussions/answers will be passed to the NTD.)

2016 NON-SANCTIONED

Feb. 12th World Series of Pinochle... Young Guns

2016 SANCTIONED

Jan. 14-17, MLK....Sand Hill

Feb. 11-14, Pres. Day... Young Guns

March 31-April 3 Semi Annual

May 27-29, Memorial Day... JPC



December Birthday Are:

- Claudette Black - Dec 4**
- Renee Burdick - Dec 18**
- Gilbert Davis - Dec 28**
- Lawrence Edwards - Dec 24**
- Frontice Ferguson - Dec 11**
- Mary Gilmore - Dec 24**
- Rosa Gwynn - Dec 27**
- Verona Ham - Dec 18**
- Sharon Hansbrough - Dec 22**
- Barbara Harper - Dec 6**
- Debi Bridges-Harper - Dec 16**
- Joelene Hayling - Dec 26**
- Tommy Henderson - Dec 25**
- William Johnson - Dec 29**
- Charles Jordan - Dec 28**
- Tony Lane - Dec 2**
- Dan Lee - Dec 9**
- David Liverpool Dec 4**
- Chris McGee - Dec 5**
- Ralph Mitchell - Dec 16**
- Francine Owens - Dec 31**
- Ed Pollard - Dec 24**
- Gloria Rancier - Dec 5**
- William Roberts - Dec 18**
- Don Smith - Dec 22**
- Beverly Taylor - Dec 30**
- Norman Turner - Dec 29**
- Willie Williams - Dec 29**
- Kenneth Wilson - Dec 15**
- Sarah Wiley - Dec 1**
- Richard Wood - 19**
- Robert Young - Dec 6**
- Viva Young - Dec 16**

SICKNESS

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

Patricia Vandiver (PIPS) recovering from surgery

Karren Jackson (DC Players) recovering from by-pass surgery

Joyce Williams (Columbus Pinochle Club) recovering from surgery

James McKinney (PIPS) recovering from surgery

Lou Gunn (Tidewater Knucks)

Lewis Ragland (Russ Raiders)

Ozella Walker (Columbus Pinochle Club) recovering from surgery

Let us continue to lift up our sick and shut-in NPA family members in prayer.

DEATHS

In company with Christ, who died and now lives, may they rejoice in Your kingdom, where all our tears are wiped away. Unite us together again in one family, to sing Your praise forever and ever. Amen

NPA Family member's deaths:

Curtis Boyd (Title Town) brother passed

INSPIRATION

For God So Loved

Much of the excitement of Christmas centers around the giving of gifts. We enjoy finding perfect gifts for our loved ones and then watching as they open the presents. Just as we love giving to others, God loves to give to us. One of the best-known verses of the Bible explains this simple truth:

“For God so loved the world that he gave his one and only Son” (John 3:16 NIV).

This Christmas, remember that God has so much love for every person He created—including you—that He gave the best gift possible.

HEALTH TIPS

Lifestyle Changes for Chronic Back Pain and Sleep Problems

The more you learn, the more you know!

Here are some tips for getting a good night's sleep with chronic back pain:

Minimize stress. Stress is the major cause of insomnia. It is also associated with chronic back pain.

Limit or eliminate caffeine. Even moderate caffeine use can cause insomnia and sleep disturbances.

Avoid eating heavily before bedtime. A heavy meal can cause acid reflux (heartburn) and keep you awake.

Don't self-medicate with alcohol. It's worth restating

that alcohol impairs the quality of sleep.

Do some soothing exercises. Try relaxation techniques and ask your health provider or physical therapist about helpful exercises that you can do to help your back early in the day.

Choose a comfortable mattress and pillow. You don't have to spend thousands of dollars on a mattress. Studies show that a medium-firm mattress is best for most people. The key is to use whatever is comfortable for you. If your mattress is too firm, you can add an egg crate mattress pad. Pillows come in all shapes and sizes. Find the one that's right for you.

Sleep in a comfortable position, although try not to sleep on your stomach. It can cause you to arch your back. Bending backwards often aggravates chronic back pain. To break the habit, wear a sleep shirt with a pocket in front and put a tennis ball in it. For most people, the best position is to lie on your side in a fetal position with a pillow between your legs. If you prefer to lie on your back, put a pillow under your knees.

Establish a bedtime routine. Try to go to bed at the same time each night. Follow a routine, such as setting the alarm, putting on your pajamas, and brushing your teeth. Do not read, work, or watch TV in bed.

While the best way to get a good night's sleep is to get rid of chronic back pain, this is not always possible. Other factors such as stress, anxiety, and

depression that affect sleep and pain might also need attention and treatment. Many people put up with pain, when in fact most back pain can be helped and treated successfully. Don't give up on finding a treatment that can work for you.

CLASSIFIEDS

National Pinochle League

All NPA members are cordially invited to join the online National Pinochle League (NPL).
Play pinochle online and at your convenience.
Free games and free tournaments.

The National Pinochle League is a trendsetter for online pinochle game play. Currently, we play daily at 8:00 pm, EST, 365/yr.

Our game room never close.
Play pinochle anytime.
Free Play ... Free Tournaments
... Free sign-up.

Meet Chapter members online for a fun game.
Hold an "online" Chapter meeting.
Challenge other Chapters in free online tournaments.

To enter game room and to download software, register at GamingSafari.com
<http://gamingsafari.com/index.php?page=home>

To join the National Pinochle League (NPL), sign up at <http://www.myleague.com/npl/free-signup/>

Need assistance with registration ...

email:

JoAnnRoss@bellsouth.net ...
Referred by: Acey2053. (Yahoo Instant Messenger)

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. Call Mrs. L. Walker at 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:

Ricardo Randle, Research and Education Chairperson for approval.

Ricardorandle@bellsouth.net

The web address is:

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

Webmaster:

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NPA NEWSLETTER

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

News should be forwarded to:



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