



# The Gazette

March 2015 Monthly Publication of the *National Pinochle Association, Inc.* Vol. XXV, Issue No. 3



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## **THE SPOTLIGHT IS ON THE PRESIDENT'S DAY TOURNAMENT**

**February 12<sup>th</sup> -15<sup>th</sup> 2015  
Hosted By**



## **MONTGOMERY PINOCHE PALS**

The MPP welcomed the NPA members with a marathon of pinochle, starting with a 9 round fundraising tournament on

Thursday night, the world series of pinochle on Friday morning, a 9 round mini tournament on Friday night, and the regular 21 round tournament on Saturday and Sunday.

Hospitality on Friday afternoon was a beautiful spread with 2 cakes welcoming all to Montgomery.



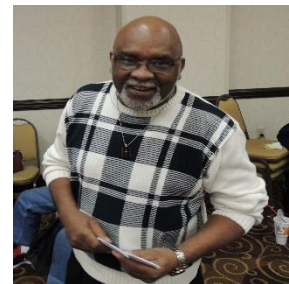
We received a warm welcome to Montgomery on Saturday morning from City Councilman, Durkette.



*Councilman David Durkette*

**WOW, what a great, well ran tournament with 38 tables and lots of winners.**

**But the big winners were:**



**Al Smith, First Place, Score 7,017**



**Alice Cannon-Scott, Second Place, Score 6,853**



**Martha Vaughn, Third Place, Score 6,670**

The MPP has 20 members and they have been a chartered member of the NPA since 1991.

Thank you MPP for a wonderful time during the President's Day tournament.

**PRESIDENT'S CORNER**



**NPA Family,**  
The Semi Annual tournament is fast approaching. You can still register via Pay Pal for the next few days. We currently have 40 tables scheduled and we'd love to see as many of our Pinochle Family as possible. Please review all of the proposals so your delegates can make

educated decisions at the BOD meeting. Your decisions will play an important part in molding the future of the NPA. A special thanks to the Montgomery Pinochle Pals for the Presidents Day Tournament, it was a wonderful event and a good time was had by all. Looking forward to seeing all of you in Vegas.

**Mike Vasquez, NPA President**

**MESSAGE FROM THE NATIONAL TOURNAMENT DIRECTOR**



*Dr. Alice Cannon-Scott*

**National Pinochle Association  
World Series of Pinochle**

**Tournament of Champions  
Winners**

The NPA held its 3<sup>rd</sup> Annual World Series of Pinochle Tournament of Champions during the President's Day Tournament weekend in Montgomery, Alabama, on Friday, February 13, 2015. There were a total of 13 tables that enjoyed the competitive "timed" event. The following four made it to the Semi-Finals: Videssa Woods, Sandra Dargan, George Simmons, and Terence Hansbrough. The NPA crowned Shelton Swanier-4<sup>th</sup> Place, John Smith-3<sup>rd</sup> Place,

**Evan Wilcher-2<sup>nd</sup> Place and Pleasant Parker - WSP Champion 2015.**



*Pleasant Parker 1<sup>st</sup> Place, Evan Wilcher 2<sup>nd</sup> Place, John Smith 3<sup>rd</sup> Place and Shelton Swanier 4<sup>th</sup> Place*

**UPCOMING TOURNAMENTS**

**2015 NON-SANCTIONED**

- May 1-3.....Young Guns
- June 12-14....Baltimore Bidwell
- June 26-29...FR Pinochle Cruise

**2015 SANCTIONED**

- Semi-Annual April 9-12 ...NPA Vegas
- Memorial Day May 14-17.....Pittsburg Stealers
- Annual Sept. 3-6... NPA Montgomery
- Columbus Day Oct. 9-11....APA Atlanta



***Aces Around Pinochle Club***

**Anthony Jenkins - March 11**

***Amelia Tri Cities***

- Joyce Medley - March 1
- Marvin Mundy - March 2
- Cherry West - March 6
- Alice Moore - March 17

**APA**

Gwenda Willingham – March

**Augusta Pinochle Club**

Shirley Ephran – March 26

**Baltimore Bidwell**

Charlene Harvrn – March 19

**Birmingham Pinochle Club**

Gloria Randall – March 20

**Charm City Players**

Gale Franklin – March 28  
Roberta Johnson – March 27

**Cincinnati Yellow Jacks**

Katherine Mallpin – March 29

**Columbus Pinochle Club**

John Perkins – March 12

**DC Player**

Brenda Proctor – March 13

**DCQ & J's Pinochle Club**

Audrey Walker – March 31

**Double Run Pinochle**

Lorelei Linsey – March 30

**Great Lakes Pinochle Club**

Carol Hayes – March 17

**Ivory Pinochle Club**

Betty Neal – March 22

**Jacksonville Pinochle Club**

Kitty Jackson - March 24  
Eugene Duncan – March 25

**LA Superstars Pinochle Club**

Shelia Gibson – March 9

**Metro Pinochle Club**

Harry Hoskins – March  
Delores Thornton – March

**Oasis Pinochle Club**

Sylvia Purnell – March 1

**Pinochle Champs**

Darrin Hill – March 12  
Minnie Cooper -- March 23  
James Patterson – March 25

**PIPS**

Horace Brown – March 11

**Queen City Players**

Mary Ray Smith – March 21

**Russ Raiders Pinochle Club**

Patricia Brassell – March 1  
Frank Humes - March 14  
Pearlie Faulkner – March 20

**Sunshine Pinochle Club**

Lonnie Bell – March 26

**Title Town Pinochle Club**

Nicholas Fluker – March 31

**USA Pinochle Club**

Harold Fisher – March 13

**Victory Valley Pinochle Club**

Robert Harris – March 21

**West Coast Best**

Lois Hudson – March 22  
H. C. Jones - March 27  
Reevance Gates – March 27

**Young Guns Pinochle Club**

Janice Graves – March 24

Dorothy Ervin, member of DCQ & J's celebrated her birthday (Feb 14) during the President's Day tournament in Montgomery, Ala, at the Matehuala Mexican Restaurant.



21 members of the NPA family attended. Dorothy would like to thank all those who attended and made this birthday very special.



**Thank You Augusta Champions!**

Suzette Goggans, PIPS of Augusta, has been listed as an Augusta Champion for 2015. An Augusta Champion is a local resident that has worked with the Augusta Convention and Visitors Bureau to bring a meeting or event to Augusta.

Augusta Champions generated \$2,871,237.80 in direct visitor spending in 2014. Champions help showcase what Augusta has to offer. Augusta Champions were honored at the 2015 State of Tourism Luncheon on Thursday, February 12<sup>th</sup> at the Doubletree Hotel.

### 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.

Joe Hagans (Tidewater Knucks )  
Joyce Carter (Renegades)

### DEATHS

#### 'Silent tear' by Anon

Each night we shed a silent tear, as we speak to you in prayer. To let you know we love you, and just how much we care. Take our million teardrops, wrap them up in love, then ask the wind to carry them, to you in heaven above.

NPA member Craig Edwards (Birmingham) passed Feb 26.

NPA Family member's deaths:

Sallie Cheatham's (Pips) brother passed  
Delores Thornton's (Metro) brother passed  
Louis Sellers (AMPS) son passed  
Joe Green (USA) sister passed

### INSPIRATION

This month's inspiration is shared by Thomas Vandiver a

member of the Pips of Augusta Georgia Pinochle club.

Wisdom Job 32:7-9

7. I thought, Age should speak; advanced years should teach wisdom.

8. But it is the spirit in a person, breath of the Almighty that gives them understanding.

9. It is not only the old who are wise, not only the aged who understand what is right. It is not enough to recognize a great truth, it must be lived out each day.

Elihu recognized the truth that God was the only source of wisdom, but he did not use God's wisdom to help Job.

While he recognized where wisdom came from, he did not seek to acquire it.

Becoming wise is an ongoing, lifelong pursuit. Don't be content just to know about wisdom; make it part of your life.

### HEALTH TIPS

Continuation from the January gazette article

#### 23 Foods That Can Save Your Heart

The more you learn, the more you know!



#### Oatmeal (16)

Oats in all forms can help your heart by lowering LDL, the "bad" cholesterol. A warm bowl of

oatmeal fills you up for hours, fights snack attacks, and helps keep blood sugar levels stable over time -- very useful for people with diabetes.

Tips: Trade oats for one-third of the flour in pancakes, muffins, and baked goods. Use oats instead of bread crumbs in cooking.



#### Flaxseed (17)

This shiny, honey-colored seed has three things that are good for your heart: fiber, phytochemicals called lignans, and ALA, an omega-3 fatty acid found in plants.

Tips: Grind flaxseed for the best nutrition. Add it to cereal, baked goods, yogurt, or mustard on a sandwich.



#### Low-Fat Yogurt (18)

While low-fat dairy foods are often touted for bone health, they can help control high blood pressure, too. And yogurt has twice as much calcium and potassium as milk. To minimize fat, choose low-fat or non-fat products. Check the label to see how much sugar you're getting -- it might be more than you expected.

Tip: Use milk instead of water in instant oatmeal, hot chocolate, and dried soups.



**Foods Fortified With Sterols (19)**

Some margarines, soy milks, almond milks, and orange juices have cholesterol-fighting sterols and stanols added. These plant extracts block cholesterol absorption in the gut and can lower LDL levels by 10% without affecting good cholesterol.

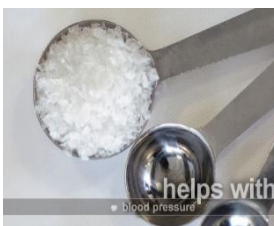
**Tip:** Eat or drink at least 2 grams of sterols a day.



**Coffee (20)**

Coffee and tea may help protect your heart -- even decaf coffee works! Studies show that people who drink 3-4 cups a day may be less likely to get diabetes, too. If you already have high blood pressure, be careful, since caffeine can make it worse.

**Tip:** Choose black coffee or a non-fat latte to limit fat and calories.



**Kosher Salt (21)**

It could be worth a try for people with high blood pressure. The larger kosher salt crystals have more flavor than regular table salt, so you might use less and end up with less sodium. But measure carefully. A teaspoon of

kosher salt has 1,120-2,000 mg of sodium, and the daily limit for people with high blood pressure is 1,500 mg.

**Tip:** Mix with your favorite herbs for a homemade, lower-sodium spice blend.



**Cherries (22)**

Cherries are packed with anthocyanin, believed to help protect blood vessels. Cherries in any form -- fresh sweet cherries, the sour cherries used for baking, as well as dried cherries and cherry juice -- all have that antioxidant.

**Tip:** Sprinkle dried cherries into cereal, muffin batter, green salads, and wild rice.



**Blueberries (23)**

Blueberries are simply brilliant when it comes to nutrition. Their anthocyanins give them their deep blue color and support heart health. Blueberries also have beta-carotene, lutein, vitamin C, folate, magnesium, potassium, and fiber.

**Tips:** Add fresh or dried blueberries to cereal, pancakes, or yogurt. Puree a batch for a dessert sauce.

**CLASSIFIEDS**

“The Complete Guide to Double Deck Pinochle” will make *you* a better player. The Guide has tips anyone can use, from beginner to seasoned tournament players. Call 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](http://www.familytreescharted.com)

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Learn the game using the teaching tool ‘Pinochle Mat’ developed and distributed by an experienced player. Available on Amazon for \$19.99 or call 305-255-7782 for further info.

Need a caterer for your every

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404-767-1024 or email  
[brownednaw@yahoo.com](mailto:brownednaw@yahoo.com)

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***NPA WEBSITE***

**All information to be posted  
on the website should be  
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[wgoodwoman@gmail.com](mailto:wgoodwoman@gmail.com)

757-237-6575

**The web address is:**

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

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***NPA NEWSLETTER***

**The Gazette is distributed by the  
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