



The Gazette

August 2016

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GREENSBORO, NC

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*What the world needs now is
 love, sweet love
 It's the only thing that there's
 just too little of
 What the world needs now is
 love, sweet love
 No, not just for some but for
 everyone*

- Lyrics by Hal David



Queens & Kings Born in August

Peter Allen	Aug 22
Mae Barrett	Aug 21
Katrina Battle	Aug 23
Diana Benedict	Aug 11
Thomas Brooks	Aug 9
Belinda Brown	Aug 17
Bill Brown	Aug 27
Deborah Buckman	Aug 27
Beatrice Cain	Aug 22
Dora Chappell	Aug 12
Dempster Cherry	Aug 18
Bill Clark	Aug 3
Larry Coleman	Aug 4
Phyllis Cornute	Aug 26
Mike Crockett	Aug 6
Stephanie Davis	Aug 24
Christine Elcerio	Aug 30

Patricia Frye	Aug 20
Al Gainer	Aug 31
George Hickman	Aug 30
Melvin Hilliard	Aug 13
Bennie Jackson	Aug 23
John Johnson	Aug 12
Bruce Kunkel	Aug 14
Barbara Lipsey	Aug 13
Diane McLaughlin	Aug 30
Clifton Melton	Aug 10
Edith Ann Moore	Aug 1
Peggy Moore	Aug 15
Carrie Nichols	Aug 30
Sam Palmer	Aug 26
Evelyn Patterson	Aug 10
Jody Payne	Aug 20
Edwin Perry	Aug 5
Doris Peters	Aug 12
John Pitts	Aug 23
Ricardo Randle	Aug 17
Nan Smith	Aug 9
Joseph Story Jr	Aug 27
Russell Surrency	Aug 23
Jessie Tabor	Aug 14
John Timmons	Aug 31
Virgil Turner	Aug 28
Rosa West	Aug 4
Clarence West	Aug 22
Russell Willingham	Aug 22
Jessie Wilson	Aug 19



UPCOMING TOURNAMENTS

2016 NPA SANCTIONED

Sept 1-4.....Greensboro, NC
(NPA Annual Tournament & Convention)

Oct 6-9.....Charlotte, NC
(Hosted by Queen City Players)

2016 NON-SANCTIONED

Nov 11-13.....Newport News, VA
(Hosted by Tidewater Knucks)

Dec 2-4.....Augusta, GA
(PIPS of Augusta Toy Drive)

**Annual Tournament
Schedule of Events
Sept. 1 - Sept. 04, 2016**

Thursday, Sept 1st

11:00 AM - 11:30 AM
Fundraising Committee Hearing
11:30 AM - 1:00 PM
Tournament Committee Hearing
1:00 PM - 1:30 PM LUNCH
1:00 PM MINI Registration
1:00 PM MAIN Badge Pick-up
2:00 PM - 2:30 PM Membership Committee Hearing
2:30 PM - 3:00 PM Infractions Committee Hearing
3:00 PM - 4:30 PM
Audit Committee (CLOSED MEETING)
4:30 PM Executive Committee Meeting (CLOSED MEETING)
6:00 PM Seating for Mini Tour.
7:00 PM Mini-Tour. (9 Rounds)

Friday, Sept 2nd

10:00 AM - 10:30 AM Scholarship Committee Hearing
10:30 AM - 11:00 AM Bylaws Committee Hearing

11:00 AM - 11:30 AM Rainbow Committee Hearing
11:30 AM - 12:30 PM R & E Committee Hearing
12:30 PM MINI Registration
12:30 PM MAIN Badge Pick-up
12:30 PM LUNCH
1:00 PM - 1:30 PM Delegates Sign-in
1:30 PM - 3:30 PM NPA Board of Directors Meeting
4:00 PM - 6:00 PM HOSPITALITY
6:00 PM Seating for Mini Tour.
7:00 PM Mini-Tour. (9 Rounds)

Saturday, Sept 3rd

8:00 AM - 8:30 AM Final Collection for SIDE POTS
8:30 AM Player Seating & Adjustments
9:00 Tournament Play Begins
12:30 PM LUNCH
1:30 PM Tournament Play Resumes

Sunday, Sept 4th

7:00 AM Annual MEMORIAL SERVICE
8:30 AM Player Seating & Adjustments
9:00 Tournament Play Begins
1:30 PM Payouts & Awards



**Rosetta McMurray, Chairperson
NPA Rainbow Committee**

Please keep the below NPA members and their families lifted in your prayers.



NPA MEMBERS DEATH

Michael Schneider, Great Lakes Pinochle Club

NPA MEMBERS ILLNESS

Joe Cummings, JPC, is recovering from surgery.
Mary Williams, JPC, is recovering from surgery.

NPA FAMILY MEMBER DEATH

None reported.

Please keep the family of Michael Schneider in your prayers. Please keep Joe Cummings and Mary Williams in your prayers for a speedy recovery.



**Ricardo Randle, Chairperson
Research & Education Committee**

2016 Hall of Fame Inductees



Joyce Carter Katrenna Casey

Joyce Carter and Katrenna Casey are the National Pinochle Association's (NPA) Hall of Fame inductees for calendar year 2016. The induction ceremony will be held during the Board of Directors' Meeting to be held on Friday, September 2, 2016, at 1:30 p.m. All NPA members are invited to attend the induction ceremony. Joyce and Katrenna are being recognized for their dedication and participation in the early development of the National Pinochle Association.

- Ric Randle



REFEREE'S CORNER

Tournament Rules

- 1. What is the penalty for not declaring aces during the bidding and playing process?
- 2. How many times must you cut the cards after the shuffle is complete?

Send responses, questions or comments to

zetabj@hotmail.com



Celebrate Life until the next time
Beverly J. Taylor

INSPIRATION

"To: God.Com"
"Dear Lord,

Every single evening
As I'm lying here in bed,
This tiny little Prayer
Keeps running through my head:

God, bless all my family
Wherever they may be,
Keep them warm
And safe from harm
For they're so close to me.

And God, there is one more thing
I wish that you could do;
Hope you don't mind me asking,
Please bless my computer too.

Now I know that it's unusual
To Bless a motherboard,
But listen just a second
While I explain it to you, Lord.

You see that little metal box
Holds more than odds and ends;
Inside those small compartments
Rest so many of my friends.

I know so much about them
By the kindness that they give,
And this little scrap of metal
Takes me in to where they live.

By faith is how I know them
Much the same as you.
We share in what life brings us
And from that our friendships grew.

Please take an extra minute
From your duties up above,
To bless those in my address book
That's filled with so much love.

Wherever else this prayer may reach
To each and every friend,
Bless each e-mail inbox
And each person who hits 'send'.

When you update your Heavenly list
On your own Great CD-ROM,
Bless everyone who says this prayer
Sent up to GOD.Com

Amen"
Author: Unknown



ON A LIGHTER SIDE

Competitor's Prayer

Dear Lord,

In the battle that goes on through life, I ask for a field that is fair, a chance that is equal to all in stride, the courage to do or dare.

If I should win, let it be by the Code with my faith and my honor held high. But, if I should lose, let me stand by the road and cheer as the winner goes by.

Amen

Anonymous

HEALTH TIPS

6 Tips for Preventing Neck Pain

By Dr. Kalig Chang, Atlantic Spine Center

"What a pain in the neck!" This phrase is uttered by countless people reacting to countless situations – but certain risk factors lead to very real and challenging neck pain. Fortunately, there are also many ways to prevent this common medical condition, says Kalig Chang, MD, of Atlantic Spine Center.

“Most think of neck pain as a dull aching sensation,” explains Dr. Chang, an interventional pain management specialist. “But sometimes neck pain gets worse with neck movement or when we turn our heads. Other symptoms linked with some forms of neck pain include numbness, tingling, tenderness, shooting pain, pulsing pain or headaches.”

In short, neck pain, also known as cervical pain, isn’t always cut-and-dried.

What causes neck pain?

Our neck, or cervical spine, is comprised of vertebrae that stretch from the base of the skull to the upper torso. Cervical discs between the vertebrae absorb any shock between the bones, and the bones, ligaments and muscles of the neck support the head and allow for movement.

So any injury, inflammation or other abnormalities in this region can cause neck pain. But certain conditions and problems are specific risk factors, Dr. Chang says.

Examples of risk factors

- **Poor posture**
- **Staying in the same position for too long**
- **Sleeping in a bad position**
- **Jerking the neck during exercise**
- **Neck injuries such as whiplash**
- **Arthritis**
- **Herniated spinal disc**
- **Pinched nerve**
- **Degenerative disc disease**

- **Lymph node swelling in the neck due to virus**
- **Conditions affecting neck muscles, such as fibromyalgia**

6 Tips to avoid a pain in the neck

With so many possible causes, neck pain can prove difficult to completely avoid, Dr. Chang notes. But he offers these tips to prevent it where possible:

1. **Exercise your neck daily to strengthen it by slowly stretching your neck in side-to-side and up- down motions.**
2. **Avoid slouching and practice good posture.**
3. **Avoid cradling the phone between your neck and shoulder.**
4. **Position your computer screen at eye level and use a document holder that places your work at screen level.**
5. **Use a special neck pillow for sleeping or use a pillow that keeps your neck straight.**
6. **Carry weight evenly instead of on just one side of your body. “Ultimately, the only thing we can really do to prevent neck pain is to avoid injuring the neck,” Dr. Chang says. “This means minimizing the risk of injury during sports and carrying ourselves through the day in a straight, supported fashion.”**

But there’s good news, too. Since neck pain doesn’t typically signal a serious condition, it can

often be relieved within a few days.

“Many of us experience stiffness or neck pain once in a while,” Dr. Chang says. “But that ‘pain in the neck’ usually won’t last for long.”

September is Healthy Aging Month. Get ready to celebrate with tips from Healthy Aging(r), the official website

**GREENSBORO, NC
HERE WE COME**

Point of Interest

INTERNATIONAL CIVIL RIGHTS CENTER & MUSEUM

**134 South Elm Street
Greensboro, NC 27401
(336) 274-9199**

Experience the permanent exhibition with guided tours offered each day.

Explore the history of the American civil rights movement with a guided tour of the International Civil Rights Center & Museum’s permanent exhibition, The Battlegrounds. This engaging encounter, introduced with a captivating audio/video narrative, includes

a journey through time via pictorials, artifacts, video reenactments, and interactive components.

Its building formerly housed the Woolworth's, the site of a non-violent protest in the U.S. civil rights movement. Four students from [North Carolina Agricultural and Technical State University \(NC A&T\)](#) started the [Greensboro sit-ins](#) at a "whites only" lunch counter on February 1, 1960. The four students were Franklin McCain; Joseph McNeil; Ezell Blair, Jr. (now Jibreel Khazan); and David Richmond. The next day there were twenty. The aim of the museum's founders is to ensure that history remembers the actions of the Greensboro Four, those who joined them in the daily Woolworth's sit-ins and others around the country who took part in sit-ins and in the [American civil rights movement](#).

Summer Hrs. (April - September)

Mon – Sat: 9 a.m. - 6 p.m.
Sunday: Closed

Admission Prices:

Adults: \$12
Seniors (Age 65+): \$10
Students: \$10
Youth (Ages 6 - 12): \$8
Children (5 and under): FREE with a paying adult

CLASSIFIED

National Pinochle League

All NPA members are cordially invited to join the on-line National Pinochle League (NPL). Play pinochle online and at your convenience- Our Game Room never closes. 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/fre>
[e-signup!](#)

Need assistance with registration? email:

JoAnnRoss@bellsouth.net

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.

Time for The Family Reunion? Contact JoAnn Ross for a professional presentation of your family tree - 404-768-5698 or www.familytreescharted.com

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

The web address is:

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

All information to be posted on the website must be emailed to Ricardo Randle, Chairperson – R&E Committee for approval.
ricardorandle@bellsouth.net

Webmaster:

Maxim Multi Media, LLC

NPA NEWSLETTER

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

Clubs and Members are invited and encouraged to submit articles for sharing. Articles should be forwarded to:

Shirley Bevel, Editor at

npagazette@gmail.com
404-803-8702 (Cell)

NPA ONLINE PHOTO DIRECTORY

NPA members' photos can be accessed at:

<http://www.picture-directory.com>