



The Gazette

February 2016 Monthly Publication of the National Pinochle Association, Inc. Vol. XXVI, Issue No 2



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**NPA, Show
Someone Some Love!**

The NC Sandhill Pinochle Club hosted the MLK Tournament, January 14-17, 2016. It was a great success with 45 tables.

Rose English, the president of the NC Sandhill Pinochle Club says, that the NC Sandhill Pinochle Club really enjoyed hosting their first sanctioned tournament. We hope the players had a wonderful time and we look forward to seeing everyone at our non-sanctioned tournament in August 11-14, 2016.

The top three winners of the main tournament are as follows, from right to left.



Terence Hansbrough, 1st Place with a score of 6857

Dennis Hartbarger, 2nd Place with a score of 6853

Johnnie Gorden, 3rd Place with a score of 6615

Congratulations to all the winners!!

2016 NON-SANCTIONED

March 5, 2016, 1 day, 12 rounds - Augusta PC

August 11-14, 2016 Sandhill PC

Nov. 11-13, 2016, Tidewater knucks PC

2016 SANCTIONED

March 31-April 3, 2016, Semi Annual

May 27-29, 2016 Memorial Day-JPC

Sept. 1-4th, 2016, Labor Day - Annual

Oct. 7-9, 2016, Columbus Day-Queen City Players



February Birthday Are:

- Martha Autry – Feb 15**
- Allison Brooks – Feb 26**
- James Brown – Feb 15**
- Curtis Brunson – Feb 23**
- Patricia Burnett – Feb 2**
- Willie Carroll – Feb 2**
- Fannie Cummings – Feb 15**
- Miles Davis – Feb 24**
- Eva Duncan – Feb 20**
- Dorothy Ervin - Feb 14**
- Rosemary Estes – Feb 13**
- Will Ford – Feb 1**
- Betty Fortson – Feb 5**
- Katie Fuller – Feb 8**
- Nate Gates – Feb 15**
- Zelma Goldsby – Feb 2**
- Dilenia Hill – Feb 4**
- Chris Hurd – Feb 3**
- Thomas Jenkins – Feb 19**
- Charles Johnson Feb 16**
- Georgia Johnson – Feb 2**
- Elmore Jordan Jr – Feb 28**
- Kenny Smith – Feb 16**
- Zella Landry – Feb 28**
- Beverly McCray – Feb 4**
- Paul McCulley – Feb 3**
- James McKinney – Feb 21**
- Regina Nelson – Feb 7**
- Joan Rheubottom – Feb 18**
- Ulysses Rucker – Feb 12**
- Robert Spivey – Feb 6**
- Jennett Stevens – Feb 17**
- James Sturdifen – Feb 9**
- Carl Walker – Feb 28**
- Valeria Webster – Feb 3**
- JoAnn Williams – Feb 20**

The National Pinochle League

The NPL is supported by the NPA. All NPA members are encouraged to come and play pinochle. If you used to play cases laddering on yahoo, you will enjoy this site, it offers BIG meld with tournaments 6pm and 8pm daily. Come and join us! For more information contact JoAnn Ross at joannross@bellsouth.net or check out the classifieds in the gazette.

SICKNESS

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

Gwenda Willingham (APA)

Robert Baxter (West Coast Best)

Doris Peters (Columbus Pinochle Club)

Edsel Freeman (APA)

Karren Jackson (DC Players)

Lou Gunn (Tidewater Knucks)

Ozella Walker (Columbus Pinochle Club)

Our sick list is getting longer, 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 God's kingdom, where all our tears are wiped away. Unite us together again in one family, to sing God's praise forever and ever. Amen

NPA Member Billy Russell (Ivory) passed February 8, 2016

NPA Member Steve Slaughter (Riverdale) passed February 2, 2016

NPA Member Nathaniel Mitchell (Riverdale) passed January 28, 2016

NPA Member Suzette Goggans (PIPS) passed January 22, 2016

NPA Family member's deaths:

Jimmy Brown (MPP) sister passed

Flora Peterson (JPC) mother passed

Marcelle Smith (Columbus) husband passed

Renee Burdick (JPC) grandmother passed

INSPIRATION

From Our Daily bread (February 11, 2016)



Forgiving each other, just as in Christ God forgave you. Ephesians 4:32

At his son's wedding reception, my friend Bob offered advice and encouragement to the newlyweds. In his speech he told of a football coach in a nearby town who, when his team lost a game, kept the losing score on the scoreboard all week to remind the team of

their failure. While that may be a good football strategy, Bob wisely advised, it's a terrible strategy in marriage. When your spouse upsets you or fails you in some way, don't keep drawing attention to the failure. Turn off the scoreboard.

What great advice! Scripture is full of commands for us to love each other and overlook faults. We are reminded that love "keeps no record of wrongs" (1 Cor. 13:5) and that we should be ready to forgive one another "just as in Christ God forgave you" (Eph. 4:32).

God doesn't simply forgive when we repent; He removes our sin.

I am deeply grateful that God turns off the scoreboard when I fail. He doesn't simply forgive when we repent; He removes our sin as far as the east is from the west (Ps. 103:12). With God, forgiveness means that our sin is out of sight and out of mind. May He give us grace to extend forgiveness to those around us.

Lord, thank You for not holding my sins against me and for granting me a second chance. Help me today to forgive others just as God have so freely forgiven me.

**Forgive as God forgives you—
don't keep score.**

INSIGHT:

After we become followers of Christ, our lives are to be characterized by holiness and purity. We are to "put off [our] old self . . . and to put on the new self" (4:22, 24), which changes the way we

communicate. Christians are to "put off falsehood and speak truthfully" (v. 25); stop using unwholesome, foul, or abusive language (v. 29); and get rid of bitter, angry, harsh, slanderous, and malicious words (v. 31). Instead we are to speak graciously, using words that edify, build up, encourage, and benefit those who listen (v. 29).

By Joe Stowell

HEALTH TIPS

AMERICAN HEART MONTH

The more you learn, the more you know!



How to Save Your Heart

Heart disease is the No. 1 killer in the U.S., but it doesn't have to be. You can take control of your health, from lowering your heart disease risk to spotting the symptoms of a heart attack.

What Is It?

When blood can't get to your heart, your heart muscle doesn't get the oxygen it needs. Without oxygen, its cells can be damaged or die.

The key to recovery is to get your blood flow restored quickly. Get medical help right

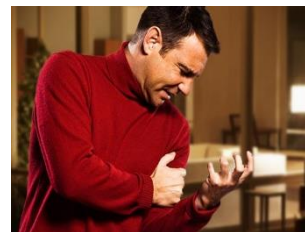
away if you think you're having symptoms of a heart attack.

Causes



Over time, cholesterol and a fatty material called plaque can build up on the walls inside blood vessels that take blood to your heart, called arteries. This makes it harder for blood to flow freely. Most heart attacks happen when a piece of this plaque breaks off. A blood clot forms around the broken-off plaque, and it blocks the artery.

Symptoms



You may feel pain, pressure, or discomfort in your chest. You could be short of breath, sweat, faint, or feel sick to your stomach. Your neck, jaw, or shoulders might hurt. Men and women can have different symptoms. Men are more likely to break out in a cold sweat and to feel pain move down their left arm.

Symptoms in Women



Women are more likely than men to have back or neck pain, heartburn, and shortness of breath. They tend to have stomach trouble, including an upset stomach, feeling queasy, and throwing up. They may also feel very tired, light-headed, or dizzy. A couple of weeks before a heart attack, a woman might have flu-like symptoms and sleep problems.

About 435,000 women have heart attacks in the U.S. each year. Symptoms can be so mild they're often dismissed as something minor.

What to Do



If you or someone you're with has symptoms that might be a heart attack, call 911 right away. If it is, you're more likely to survive if you get treated within 90 minutes. While you're on the phone, the person should chew and swallow an aspirin (unless they're allergic) to lower the risk of a blood clot. Are they unconscious? Hands-only CPR can double their chances of survival.

Symptoms Diagnosis

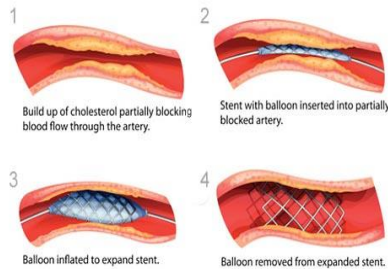


An EKG, which checks your heart's electrical activity, can help doctors see if you're having a heart attack. It can also show which artery is clogged or blocked.

Doctors can also diagnose a heart attack with blood tests that look for proteins that heart cells release when they die.

Treatment

Stent with Balloon Angioplasty



Doctors will quickly act to get blood flowing to your heart again. You may get drugs that dissolve blood clots.

You'll likely have a procedure called a coronary angiogram. A thin tube with a tiny balloon on the end goes through your artery. It opens up the blockage by flattening the plaque against the walls. Most times, doctors place a small, mesh tube called a stent in your artery to make sure it stays open.

What Puts You at Risk?



Your odds of having a heart attack go up with age, and men are more likely to have one than women. A family history of heart disease also increases your risk. Smoking raises your chances of a heart attack. So does having high blood pressure, high cholesterol levels, diabetes, and being obese. Stress, a lack of exercise, and depression can, too.

Prevention



If you smoke, stop. It will immediately cut your chances of a heart attack by a third. Get exercise and eat right. The American Heart Association recommends 30 minutes of moderate exercise a day, 5 days a week. Eat plenty of fruits, veggies, and whole grains to keep your arteries healthy. For some people, taking a daily aspirin will help. Talk to your doctor to see if it's right for you.

Find positive ways to manage your stress.

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://lgamingsafari.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
[orwww.familytreescharted.com](http://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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