



The Gazette

January 2016 *Monthly Publication of the National Pinochle Association, Inc. Vol. XXV, Issue No. 1*

LET'S NOT FORGET THE DREAM



Martin Luther King Jr
(1929-1968)

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As I grow older, part of my emotional survival plan must be to actively seek inspiration instead of passively waiting for it to find me.

--BeBe Moore Campbell



NPA Family,

It's a brand new year and thus another opportunity for us to make that giant leap into those things that we continuously put off for another day while waiting for that silver lining to our dreams to come our way. We can spend our whole lives waiting for good things to come to us and after a short while we have the tendency to begin to think that we're just not lucky. Perhaps, we begin to doubt ourselves when we note our peers claiming their

rewards while we are still wondering what happened to ours.

We can avoid the twin problems of stagnation and disappointment if we are not only open to but actively solicitous of information and inspiration. A curious and hungry mind ensures that there is constant input, enabling us to think, analyze, and learn. But the secret is a commitment to action, to putting newfound knowledge whether from within a book, talk show, or sermon to use.

In this bright new year - Let's learn to look for what we need; there is a lot to **INSPIRE** us if we are determined to find it.

FOOD FOR THOUGHT: Never risk anything that you can't afford to lose.

I wish you the ultimate for 2016.

Videssa H. Woods

NPA President

REMINDER: Don't forget the Semi-Annual Board of Directors meeting is just around the corner. If you have agenda items that you would like to place on the agenda, please forward them to me by COB January 29, 2016.

2016 NON-SANCTIONED

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

2016 SANCTIONED

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

March 31-April 3 Semi Annual

May 27-29, Memorial Day... JPC



January Birthday Are:

Cynthia Arthur - Jan 30

Edna Bain- Jan 17

Benson Daniel - Jan 11

Charlie Black - Jan 24

Edna J. Brown- Jan 19

Pat Cargill - Jan 23

Allen Covington - Jan 18

James David - Jan 14

Lillywood Dillard - Jan 24

Andre' Douglas - Jan 27

Dubose Sharron - Jan 6

Howard Fitzgerald - Jan 18

Maude Freeman - Jan 31

Grant Golden - Jan 13

Phil Goodman - Jan 10

Gary Harp - Jan 7

Virginia Harper - Jan 29

Dennis Hartbarger - Jan 29

Jill B. Hill- Jan 11

Laura Walker-Holmes -- Jan 28

Raymond Horn - Jan 6

Kathy Hubbard - Jan 8

Elsie Jefferson - Jan 29

Jennie Jensen - Jan 11

Eugene Jones - Jan 18

Juanita Ladson- Jan 31

Paulette Legrande - Jan 29

Sylvia McGuire - Jan 14

Sylvester McWhorter - Jan 13

Christine Mendez - Jan 7

Malik Muhammed - Jan 29

Paul Owens - Jan 9

Pleasant Parker - Jan 20

Milton Pitt - Jan 8

Candice Radcliff - Jan 31

Janet Richardson - Jan 7

Dottie Roberson - Jan 17

Allen Simmons - Jan 7

Will Singletons - Jan 1

Harold Spencer - Jan 21

Annis Stephens - Jan 26

Rutha Stewart - Jan 7

Russ Tapplar - Jan 23

Jeannetta Taylor - Jan 16

Shirley Thomas - Jan 19

Willa Valdez - Jan 28

Clarence Walker - Jan 11

Barbara Waters - Jan 4

Crawford Webb - Jan 21

Beverly Williams - Jan 24

Brandon C. Wyatt - Jan 6

PIPS OF AUGUSTA

15th ANNIVERSARY TOY DRIVE AND CHARITABLE DONATION PINOCHLE TOURNAMENT



Safe Homes of Augusta,



Georgia Department of Health



Hale House



Mt Zion Baptist Church



Thankful Missionary Baptist Church

The PIPS of Augusta Pinochle Club held its 15th Anniversary Toy Drive and Charitable Donations Tournament December 4-6 at the Sleep Inn IQuality Inn Conference Center

There were 28 tables (112 pinochle players) participating. Players from California to New Jersey and as far south as Miami participated. It was a fun and fulfilling weekend of camaraderie and fellowship.

Each player was asked to bring a toy as part of the entry fee; however, some brought more than one because it was for a good cause. This year our toys were divided between the Safe Homes of Augusta, and the Georgia Department of Health for children with HIV/AIDS related illnesses. Ms. Sharon Bonner received gifts for Safe Homes and Mrs. Doris Pierson received the gifts for the Health Department. Both expressed their gratitude to the PIPS and all those who participated in the tournament for their support.

There were three \$500 donations given: Mount Zion Baptist Church Youth Ministry, Thankful Missionary Baptist Church of Blythe, Georgia Youth Ministry, and The Hale

House. Reverend Thomas Walker received the donation for Mount Zion and expressed the significance of intervening early in the lives of youth. A representative for Pastor Terrence Vandiver accepted the gift for Thankful Missionary Baptist Church of Blythe, stated the donation will help the Pastor achieve the vision he has for the youth programs in the church. Cliff Richards of The Hale House received the third donation. He stated that The Hale House is a program which helps men with drug and alcohol recovery. The men are not just from this area, but from as far as Alabama. This assures they are not in familiar surroundings and have a better chance in the program. He was thankful that the PIPS of Augusta thought enough to include them in the charitable donations.

The presentations were made during the lunch break. The Honorable Mayor Hardy Davis thanked the PIPS of Augusta for their constant community involvement and read a portion of the proclamation that was presented to the club.

**Thomas Vandiver President
Suzette Goggans Vice-President**

Jacksonville Pinochle Club

JPC will hold their raffle ticket drawing on Saturday February 20th, 2016, for their complimentary room stay during the Memorial Day Sanction Tournament weekend at the Doubletree Hotel Airport Jacksonville, FL 2016 – it is not

too late to purchase your tickets. You may obtain tickets by mail, by sending your money to – Flora Peterson at 8130 Village Gate Court, Jacksonville, FL 32217, or cell number [904-635-0655](tel:904-635-0655).

The lucky winner will be announce in the March NPA Gazette

SICKNESS

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

Gwenda Willingham (APA) in intensive care

Robert Baxter (West Coast Best) hospitalized

Doris Peters (Columbus Pinochle Club) home from a hospital stay

Herbert Parham (Baltimore Bidwell) ask for prayer for his wife who recently was hospitalized with a stroke.

Edsel Freeman (APA)

Patricia Vandiver (PIPS)

Karren Jackson (DC Players)

Joyce Williams (Columbus Pinochle Club)

James McKinney (PIPS)

Lou Gunn (Tidewater Knucks)

Lewis Ragland (Russ Raiders)

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 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 Member Benjamin C. Mitchell (Great Lakes) passed on January 8, 2016. Benjamin Mitchell is the father of Eugene Jones (Great Lakes)

NPA Member Gloria Cox (Y2K) passed on December 23, 2015

NPA Member Eileen (Kletta) Cohill (Russ Raiders) passed December 21, 2015

NPA Family member's deaths:

Jimmie Williams (Birmingham) mother passed

Emanuel and Thurman Toodle (Birmingham) sister passed in November 2015, and was omitted from the Dec. Gazette

INSPIRATION

***From Our Daily bread
(January 1, 2016)***

You must continue in the things which you have learned and been assured of. —2 Timothy 3:14

At the beginning of each New Year, experts give their predictions about the economy, politics, weather, and a host of other topics. Will there be war or peace? Poverty or prosperity? Progress or

stagnation? People everywhere are hoping that this year will be better than last, but no one knows what will happen.

There is, however, something we can be certain about. A guest speaker at my church suggested that when we ask if the world will get better or worse, the answer is "Yes, to both!"

Paul told Timothy, "In the last days perilous times will come; . . . evil men and impostors will grow worse and worse, deceiving and being deceived. But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them" (2 Tim. 3:1, 13-14).

The inspired Word of God instructs, corrects, and encourages us as we follow God's path (vv.16-17). J. B. Phillips described the Scriptures as our "comprehensive equipment" that prepares us fully for all branches of God's work.

As the spiritual darkness of our world grows deeper, the light of Christ shines more brightly through all those who know and love Him. Jesus is our joy and hope—today, tomorrow, and forever!

Heavenly Father, the trouble in this world can divert our eyes from You. Thank You for Your Word that helps us stay focused. May we find our delight in Your love and share it with others today.

The powers of evil around you are no match for the power of Jesus within you.

INSIGHT: In 2 Timothy, Paul is mentoring Timothy who is

servicing with the church at Ephesus. Having spent 3 years there himself, Paul was familiar with the Ephesian church and this would have helped him identify with the challenges that Timothy was facing.

HEALTH TIPS

11 Knee Pain Dos and Don'ts

The more you learn, the more you know!

You can do many things to help knee pain, whether it's due to a recent injury or arthritis you've had for years.

Follow these 11 dos and don'ts to help your knees feel their best.

Don't rest too much. Too much rest can weaken your muscles, which can worsen joint pain. Find an exercise program that is safe for your knees and stick with it. If you're not sure which motions are safe or how much you can do, talk with your doctor or a physical therapist.

Do exercise. Cardio exercises strengthen the muscles that support your knee and increase flexibility. Weight training and stretching do, too. For cardio, some good choices include walking, swimming, water aerobics, stationary cycling, and elliptical machines. Tai chi may also help ease stiffness and improve balance.

Don't risk a fall. A painful or unstable knee can make a fall more likely, which can cause more knee damage. Curb your risk of falling by making sure your home is well lit, using

handrails on staircases, and using a sturdy ladder or foot stool if you need to reach something from a high shelf.

Do use "RICE." Rest, ice, compression, and elevation (RICE) is good for knee pain caused by a minor injury or an arthritis flare. Give your knee some rest, apply ice to reduce swelling, wear a compressive bandage, and keep your knee elevated.

Don't overlook your weight. If you're overweight, losing weight reduces the stress on your knee. You don't even need to get to your "ideal" weight. Smaller changes still make a difference.

Don't be shy about using a walking aid. A crutch or cane can take the stress off of your knee. Knee splints and braces can also help you stay stable.

Do consider acupuncture. This form of traditional Chinese medicine, which involves inserting fine needles at certain points on the body, is widely used to relieve many types of pain and may help knee pain.

Don't let your shoes make matters worse. Cushioned insoles can reduce stress on your knees. For knee osteoarthritis, doctors often recommend special insoles that you put in your shoe. To find the appropriate insole, speak with your doctor or a physical therapist.

Do play with temperature. For the first 48 to 72 hours after a knee injury, use a cold pack to ease swelling and numb the

pain. A plastic bag of ice or frozen peas works well. Use it for 15 to 20 minutes three or four times a day. Wrap your ice pack in a towel to be kind to your skin. After that, you can heat things up with a warm bath, heating pad, or warm towel for 15 to 20 minutes, three or four times a day.

Don't jar your joint(s). High-impact exercises can further injure painful knees. Avoid jarring exercises such as running, jumping, and kickboxing. Also avoid doing exercises such as lunges and deep squats that put a lot of stress on your knees. These can worsen pain and, if not done correctly, cause injury.

Do get expert advice. If your knee pain is new, get a doctor to check it out. It's best to know what you're dealing with ASAP so you can prevent any more damage.

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 [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:



Dorothy Ervin, Editor

Dotnlvly@gmail.com

904-655-5623