

The Gazette

March 2016 Monthly Publication of the National Pinochle Association, Inc. Vol. XXVII, Issue No 3



TABLE OF CONTENTS

National News..... 1
Chapter News..... 1-2
Inspiration..... 2
Health Tips..... 3-4
Classifieds..... 4-5

February 11th – 14th The Young Gun's Pinochle Club held the President day Tournament.



Left, Jesper Brown, Center, Perry Lee, Right, Louie Pena

First Place was Perry Lee with a score of 6680.

Second Place was Jesper Brown with a score of 6635.

Third Place was Louie Pena with a score of 6575.

Congratulation to ALL the winners of that tournament.

2016 NON-SANCTIONED

August 11-14, 2016 Sandhill PC

Nov. 11-13, 2016, Tidewater knucks PC

2016 SANCTIONED

March 31-April 3, 2016, Semi Annual

May 26-29, 2016 Memorial Day-JPC

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

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



March Birthday Are:

Wallace Archie – March 13
Colorado Barrett – March 7
Lonnie Bell – March 26
Patricia Brassell – March 1
Henry Chambers Jr – March 6
Minnie Cooper – March 23
Eugene Duncan – March 25
Patricia Dye – March 20
Shirley Ephran – March 24
Pearlie Faulkner – March 20
Harold Fisher – March 13
Nicholas Fluker – March 31
Gale Franklin – March 28
Reevance Gates – March 27
Robert Harris – March 21
Carol Hayes – March 17
Donna Henson – March 25
Nellie Herbin – March 24
Darren Hill - March 12
Harry Hoskins - March 18
Kitty Jackson - March 24
Anthony A Jenkins - March 11
Roberta Johnson - March 27
HC Jones - March 27
Louise Jones - March 27
Linda Leonard - March 4
Lorelei Linsey - March 30
Joyce Medley - March 1
Lillie Milner - March 17
Alice Moore - March 17
Marvin Mundy - March 2
Betty Neal - March 22
John Perkins - March 12

Linda Pierce - March 23
Barbara Soza - March 29
Eric Swann - March 25
Carolyn Taylor - March 18
Delores Thornton - March 3
Audrey Walker - March 31
Cherry West - March 6
Will White - March 19

JPC Raffle Drawing

JPC held their tournament's room raffle on Saturday, 20th of February 2016, and Barbara Scurry of Ivory Pinochle Club is the lucky winner of the 2 night stay at the Doubletree Jacksonville Airport during the Sanction Tournament.

JPC also held their bi-annual officers nomination, and the new officers for 2016 & 2017 are:

President - Bernard Jackson
Vice President - Joe Cummings
Secretary - Renee' Burdick
Tournament Director - LaVern Surrency

SICKNESS

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

Miriam Lucier (Ivory)

Gwenda Willingham (APA)

Robert Baxter (West Coast Best)

Edsel Freeman (APA)

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 Lou Gunn (Tidewater Knucks) Passed February 21, 2016

NPA Family member's deaths:

Lester McCray (Y2K) brother passed

INSPIRATION

From Our Daily bread (March 16, 2016)

Deeply Loved



Your heavenly Father feeds [the birds of the air]. Are you not much more valuable than they? Matthew 6:26

Years ago I had an office in Boston that looked out on the Granary Burying Ground where many prominent American heroes are buried. There one can find the gravestones for John Hancock and Samuel Adams, two signers of the Declaration of Independence, and just a few feet beyond that is Paul Revere's marker.

But no one really knows where in this burial ground each body is buried because the stones have been moved many times—sometimes to make the

grounds more picturesque and other times so lawn mowers could fit between them. And while the Granary features approximately 2,300 markers, closer to 5,000 people are buried there! Even in death, it seems, some people are not fully known.

There may be times when we feel as if we are like those unmarked residents of the Granary, unknown and unseen. Loneliness can make us feel unseen by others—and maybe even by God. But we must remind ourselves that even though we may feel forgotten by our Creator God, we are not. God not only made us in His image (Gen. 1:26-27), but He also values each of us individually and sent His Son to save us (John 3:16).

Even in our darkest hours, we can rest in the knowledge we are never alone, for our loving God is with us.

Thank You, Lord, that You never leave me alone and that You know all about me. Make me aware of Your presence so I may share that comfort with others who are feeling alone too.

We are important because God loves us.

INSIGHT:

The Sermon on the Mount is all about the life of those who are part of God's kingdom. One of the characteristics of our heavenly Father is that He is our great provider—a fact that Jesus emphasizes in today's text. He describes the extent to which the Father goes to provide for His children. But what is most important is that this provision is not in response to our obedience or

because we deserve it—it is because of our value to God (Matt. 6:26).

By Randy Kilgore

HEALTH TIPS

Heart Disease and Congestive Heart Failure

The more you learn, the more you know!



Heart failure affects nearly 6 million Americans. Roughly 670,000 people are diagnosed with heart failure each year. It is the leading cause of hospitalization in people older than 65.

What Is Heart Failure?

Heart failure does not mean the heart has stopped working. Rather, it means that the heart's pumping power is weaker than normal. With heart failure, blood moves through the heart and body at a slower rate, and pressure in the heart increases. As a result, the heart cannot pump enough oxygen and nutrients to meet the body's needs. The chambers of the heart may respond by stretching to hold more blood to pump through the body or by becoming stiff and thickened. This helps to keep the blood moving, but the heart muscle walls may eventually weaken and become unable to pump as efficiently.

As a result, the kidneys may respond by causing the body to retain fluid (water) and salt. If fluid builds up in the arms, legs, ankles, feet, lungs, or other organs, the body becomes congested, and congestive heart failure is the term used to describe the condition.

What Causes Heart Failure?

Heart failure is caused by many conditions that damage the heart muscle, including:

- **Coronary artery disease.** *Coronary artery disease (CAD), a disease of the arteries that supply blood and oxygen to the heart, causes decreased blood flow to the heart muscle. If the arteries become blocked or severely narrowed, the heart becomes starved for oxygen and nutrients.*
- **Heart attack.** *A heart attack occurs when a coronary artery becomes suddenly blocked, stopping the flow of blood to the heart muscle. A heart attack damages the heart muscle, resulting in a scarred area that does not function properly.*
- **Cardiomyopathy.** *Damage to the heart muscle from causes other than artery or blood flow problems, such as from infections or alcohol or drug abuse.*

- **Conditions that overwork the heart.** *Conditions including high blood pressure, valve disease, thyroid disease, kidney disease, diabetes, or heart defects present at birth can all cause heart failure. In addition, heart failure can occur when several diseases or conditions are present at once.*

What Are the Symptoms of Heart Failure?

You may not have any symptoms of heart failure, or the symptoms may be mild to severe. Symptoms can be constant or can come and go. The symptoms can include:

- **Congested lungs.** *Fluid backup in the lungs can cause shortness of breath with exercise or difficulty breathing at rest or when lying flat in bed. Lung congestion can also cause a dry, hacking cough or wheezing.*
- **Fluid and water retention.** *Less blood to your kidneys causes fluid and water retention, resulting in swollen ankles, legs, abdomen (called edema), and weight gain. Symptoms may cause an increased need to urinate during the night. Bloating in your stomach may cause a loss of appetite or nausea.*
- **Dizziness, fatigue, and weakness.** *Less blood to your major organs and muscles makes you feel tired and weak. Less blood to the brain can cause dizziness or confusion.*

• **Rapid or irregular heartbeats. The heart beats faster to pump enough blood to the body. This can cause a rapid or irregular heartbeat.**

If you have heart failure, you may have one or all of these symptoms or you may have none of them. They may or may not indicate a weakened heart.

What Are the Types of Heart Failure?

Systolic dysfunction (or systolic heart failure) occurs when the heart muscle doesn't contract with enough force, so there is less oxygen-rich blood that is pumped throughout the body.

Diastolic dysfunction (or diastolic heart failure) occurs when the heart contracts normally, but the ventricles do not relax properly or are stiff, and less blood enters the heart during normal filling.

A calculation done during an echocardiogram, called the ejection fraction (EF), is used to measure how well your heart pumps with each beat to help determine if systolic or diastolic dysfunction is present. Your doctor can discuss which condition you have.

Heart Failure Treatment Is a Team Effort

Heart failure management is a team effort, and you are the key player on the team. Your heart doctor will prescribe your medications and manage other medical problems. Other team members -- including nurses, dietitians, pharmacists,

exercise specialists, and social workers -- will help you achieve success. But it is up to YOU to take your medications, make dietary changes, live a healthy lifestyle, keep your follow-up appointments, and be an active member of the team.

What Is the Outlook for People With Heart Failure?

With the right care, heart failure will not stop you from doing the things you enjoy. Your prognosis or outlook for the future will depend on how well your heart muscle is functioning, your symptoms, and how well you respond to and follow your treatment plan.

Everyone with a long-term illness, such as heart failure, should discuss their desires for extended medical care with their doctor and family. An "advance directive" or "living will" is one way to let everyone know your wishes. A living will expresses your desires about the use of medical treatments to prolong your life. This document is prepared while you are fully competent in case you are unable to make these decisions at a later time.

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:

Maxim Multi Media, LLC

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

