* **The Gazette**

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# fun.jpgUPCOMING TOURNAMENTS

**2017 SANCTIONED**

Jan 12-15……MLK Tournament

*(Atlanta, GA Hosted by APA/AMPS)*

Feb 17-19………...Presidents Day

*(Augusta, GA Hosted by PIP/APC)*

Mar 30-Apr 2…NPA Semi Annual

*(Dover, DE – Hosted by NPA)*

2017 NON-SANCTIONED

Aug 10-13……Fayetteville, NC

***(****Hosted by NC Sand Hill Pinochle Club)*

![C:\Users\Shirley Bevel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DL4C9S3E\veterans_day[1].jpg]()

In honor of Veterans Day, the November Edition of The Gazette listed names of NPA members who have served in the Armed Forces. The following individual was omitted. NPA says “*thank you for your service*”.

COLUMBUS PINOCHLE CLUB

*Wallace Archie*

![C:\Users\Shirley Bevel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9W49E6QT\veterans-day-ribbon-16489215[2].jpg]()

**![C:\Users\Shirley Bevel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3ZBO3SEE\happy-birthday[1].gif]()**

**Kings & Queens Born in December**

|  |  |
| --- | --- |
| Alfonza Alston | Dec 21 |
| Clarence Bennett | Dec 1 |
| Claudette Black | Dec 4 |
| John Carmichael | Dec 8 |
| Cassandra Carey-Slater | Dec 11 |
| Oliver Coleman | Dec 5 |
| Ernest Collins | Oct 15 |
| Raymond Cunningham | Dec 4 |
| Joe Demar | Dec 19 |
| Lawrence Edwards | Dec 24 |
| Frountice Ferguson | Dec11 |
| Thomas Gaines | Dec 10 |
| Mary Gilmore | Dec 24 |
| Lea Golden | Dec 8 |
| Dion Green | Dec 18 |
| Slim Hairston | Dec 6 |
| Verona Ham | Dec 18 |
| Sharon Hansbrough | Dec 22 |
| Debi Harper-Bridges | Dec 16 |
| Joelene Hayling | Dec 26 |
| Charles Jordan | Dec 28 |
| Al Kozuska | Dec 7 |
| Tony Lane | Dec 10 |
| Jerry Lucas | Dec 5 |
| Trent Manning | Dec 25 |
| Morjorie Miller | Dec 4 |
| Ralph Mitchell | Dec 16 |
| Cheryl Moody | Dec 8 |
| John Mosley | Dec 6 |
| Ed Pollard | Dec 24 |
| Denise Ray | Dec 31 |
| Eiko Robertson | Dec 19 |
| Don Smith | Dec 22 |
| Ozella Walker | Dec 8 |
| Sarah Wiley | Dec 1 |
| Willie Williams | Dec 29 |
| Kenneth Wilson | Dec 15 |
| Viva Young | Dec 16 |
| Robert Young  | Dec 6 |



***Rosetta McMurray, Chairperson***

***NPA Rainbow Committee***

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

***NPA MEMBERS DEATH***

Edwin Perry - Victorville Pinochle Club

***NPA MEMBERS ILLNESS***

Bill McBride - Bid or Pass Pinochle Club. You may send get well cards to 13109 Random Road, Chester, VA 23836 or call him at (804) 530-3958.

***NPA FAMILY MEMBER DEATH***

None.



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

**2017 Hall of Fame**

The Research & Education Committee has received four nominations for induction into the NPA Hall of Fame.

The nominees are:

Suzette Goggans – PIPS

Thomas Vandiver – PIPS

Zelma Goldsby – MPP

Lester McCray – Y2K

The names of all nominees will be submitted to the Board of Directors for a vote at the 2017 Semi Annual Tournament and Convention to be held in Dover, Delaware.

NPA inducts two members into the Hall of Fame each year. The nominees (only two) that receive the majority of the votes at the BODs Meeting will be inducted into the 2017 NPA Hall of Fame.

Copies of the nomination package for each nominee will be sent to all Chapter Presidents by the Corresponding Secretary.

The induction ceremony will be held during the 2017 Annual Tournament and Convention.



***REFEREE’S CORNER***

**Scenario**

**Player A plays a club; Player B plays the trump of a heart; Player C follows suit of the trump and Player D beats the highest trump and closes the book. Player C asks to see the book before the next play and takes back the club card. Is that a renege?**

**Send responses, questions or comments to** zetabj@hotmail.com

 **Life until the next time,**

**Beverly J. Taylor**

**7 Self-Care Tips To Manage Hepatitis C**

Source: 2014 WEBMD, LLC

|  |
| --- |
|  |
|  |  |
|  |  |

***No. 1. Eat Right***

When it comes to diet, follow the same advice that’s good for everyone. Eat well-rounded meals. Make sure you’re getting plenty of these foods:

* Fresh fruits and veggies
* Whole grains
* Dairy
* Lean protein

***No. 2. Stay Hydrated***

Eight to 10 glasses of water a day should give your body all the fluid it needs.

***No. 3. Skip the Alcohol***

Even in small amounts, it may be risky to your liver.

***No. 4. Manage Your Weight***

If you’re overweight you can get a condition called fatty liver, which can lead to cirrhosis, a disease that causes scarring on the organ. Try a combo of diet and exercise to keep the pounds off.

***No. 5. Get Active***

Exercise is important for more than just weight control. It can help you keep up your strength. Each week, get at least 2 ½ hours of aerobics activity: this gets your heart pumping. Also, do some muscle strengthening twice a week.

***No. 6. Be wary of Supplements***

Some supplements used for weight loss and muscle building could be dangerous, because they’ve been linked to liver failure.

***No. 7. Ease Your Stress***

Everyone has stress, but living with a long term disease can increase it. Think about joining a support group for hepatitis C. You can find one through the American Liver Foundation.

***CLASSIFIEDS***

**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**](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

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 **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](http://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](http://www.picture-directory.com/)