



Meccazette

Oasis of Washington, Desert of D.C.
1908 ~ Centennial Year ~ 2008
Illustrious Commandress—Ada A. Whitley

Mecca Court No. 2
DOI-PHA
www.meccacourt2.com

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Move-Up Night!

Ill. First Lt. Commandress *Sylvia L. Owens* will move up tonight as Acting Ill. Commandress as will the other officers in succession. This has been a time honored tradition in Mecca Court for the Divan members to perform in their next stations.

The agenda for tonight's meeting has been prepared by Ill. Commandress *Ada A. Whitley* for Ill. First Lt. *Owens*.

Please give all of the officers your undivided attention and support tonight!

Dues Reminder!

Daughters, if you have not paid your dues as of yet, please do so **before** you receive a letter from Ill. Recordress *Aline S. Thomas!!!*

If you were not present at the Thanksgiving Service or Feast of Isis, you owe an additional \$20.00 (\$10.00 fine for each activity).

If you want to get ahead in paying at least the per capita tax for next year's dues (2009), please pay a minimum of \$26.50 now.

All honorary Past Commandresses owe an additional \$7.00 with their dues.

Annual dues are \$75.00

Contact HPC *Aline S. Thomas* at 301/ 559-4606 for details concerning your dues status. Or drop it by her home at: 6004 Riggs Road, Hyattsville, MD 20783-3146.

Let us all resolve to ease the burden of the Court in paying the Imperial Court per capita tax, by paying your dues on time!!!

The Court thanks you!!!!

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Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting Dec. 5, 2008)

Special points of interest:

Next Court Meeting is the Election and is scheduled for December 8, 2008, at 7:30 PM, Ballroom!!

Calendar of Events

November 2008

25—Mecca Court, Regular Meeting, MOVE-UP NIGHT, 7:30 PM, Ballroom.

27—Holiday, THANKSGIVING DAY!

December 2008

6—10:00 AM, Inaugural

Reception for MAGM *Ella R. Hayes* and MWGJ *Melvin Smith*, 4th Floor, OES Room.

6—4:00 PM, MWPHGL Gospel Concert, Matthews Memorial Baptist Church, 2616 Martin Luther King Ave., SE, Donation \$15.00.

8—Mecca Court. Election Meeting, 7:30 PM, Ballroom.

9—MWPHGL Memorial Service, 7:00 PM.

10—GTGC Memorial Service, 7:00 PM.

10-12—160th MWPHGL Annual Session.

11—MWPHGL Award Program.

11-13—116th GTGC Annual Session.

Sweet Potato Pancakes*(Weight Watchers)*

3/4 Cup(s) Multi-Grain Pancake Mix,
Add water only.

1/2 large cooked sweet potato, or 1
small peeled and pureed (1/2 cup)

3/4 Cup(s) apple juice.

1 tsp pumpkin pie spice.

4 oz Colombo Low Fat Vanilla Yo-
gurt, or other brand.

2 tbsp reduced-calorie pancake
syrup

1/4 Cup(s) blueberries

1/3 Cup(s) pumpkin butter.

Stir together pancake mix, sweet
potato, juice and spice.

In a separate bowl stir together
pumpkin butter, yogurt and syrup.

Warm a large, nonstick skillet
coated with cooking spray over
medium-low heat.

Ladle out batter in small batches
(about 2 tablespoons). Cook pan-
cakes until nicely browned on both
sides. Repeat with remaining batter.

To serve: top pancakes with pump-
kin butter mixture. Garnish with
berries. Yields three pancakes and
about 3 1/2 tablespoons of topping.

Servings: 4

Preparation Time: 12 minutes

Cooking Time: 10 minutes

Points® Value: 5

Black History Moment!

November 4, 2008—Barrack
Hussein Obama, half Kenyan and
Caucasian American was elected
the 44th President of the United
States.

Independence Day Republic of
Suriname.

1955— Interstate Commerce
Commission bans segregation in
interstate travel.

Your Health and Safety - Heart Disease for Women By HPIC Thelma J. Tyler

Heart Disease is the Number One
Killer of Women!

If you are like most women you
are probably unaware of the dan-
gers of heart disease for you an
the other women in your life.
You probably think that heart
disease affects more men than
women but the opposite is actu-
ally true.

Cardiovascular disease (CVD) is a
broad category or label that en-
compasses many diseases that
effect the heart including heart
attack, stroke, heart failure, high
blood pressure, and high chole-
sterol. These diseases affect your
entire circulation system including
your heart, your brain and your
blood vessels. Cardiovascular
diseases kill more women than all
forms of cancer combined includ-
ing lung and breast cancer.

The National Heart, Lung and
Blood Institute determined that 1
in every 10 women in the USA
between the ages of 45 and 64
have some type of heart disease.
Women 65 or older 1 in every 5
have some form of heart disease.
If are a black woman your risk is
even higher.

A woman with heart disease
symptoms may be subtle at first
and may take longer to develop
than a man. Your own health care
provider may not know that a
woman's cardiovascular disease
differs from a man's. Women only

have only been recently included
in ongoing heart research. It is
therefore very important to rec-
ognize the signs that indicate pos-
sible heart disease.

1. Chest tightness or pain.
2. Shortness of breath.
3. Swelling particular in the
ankles at the end of the day.
4. Rapid or irregular heart beat.
5. Fatigue.
6. Fainting or blurred vision.
7. Paralysis, weakness or numb-
ness

Strokes

There are basically two types of
strokes, those from blockage or
from leakage. The blood flow is
blocked through the brain by
plaque build up or by clots lodged
in the brains vessels. A stroke can
also occur when a vessel tears and
there is bleeding in the brain.

Warning signs:

Slurred speech, drooping of facial
muscles or muscle weakness in
the arms and legs. You must seek
immediate medical attention.

High blood pressure the silent killer

Is evidenced when the blood ves-
sels of the body become narrow
because of plaque buildup. This
makes it harder for the heart to

Pump blood throughout the body.
Eventually the vessels become dam-
aged and the heart muscle becomes
enlarged from the extra work it's
doing. This can lead to blindness,
stroke and kidney failure.

Congestive heart failure

Occurs when the heart is damaged
or can't pump efficiently. Symp-
toms include shortness of breath
and fatigue when you attempt to
climb stairs; if you have to sleep on
extra pillow to breath comfortable
and if you have swelling in your
lower legs and ankles.

Cholesterol check

Cholesterol causes the plaque that
can clog arteries in the heart, the
brain, or the blood vessels. The
cholesterol in your diet comes
from mainly animal fats and is nec-
essary for normal body functions.
Problems occur when you eat too
much of it or the body produces
more cholesterol than it should.

Managing your heart disease risk factors

You must first be aware of your
risk factors for cardiovascular dis-
ease as a first step in control. You
mush have your blood pressure and
your cholesterol checked routinely.
You must have a diet that is high
fiber, low fat, which includes fruits
and vegetables. You must check
with your health care provider who
will suggest for you a safe regular
exercise routines. You must enroll
in a CPR class.

Good News and Other Blessings!

At the 80th Annual Convocation
of Julia A. Jackson Grand Court,
HOJ, PHA the following officers
who are Daughters of Isis were
elected:

Most Ancient Grand Matron—
Ella R. Hayes

Vice Ancient Grand Matron—
Ruby M. Richardson

Worthy Grand Senior Atten-
dant—*Jane M. T. Hazel*

Worthy Grand Junior Atten-
dant—*Sylvia L. Owens*

Worthy Grand Chaplain—
Jacqueline S. Harvey

Worthy Grand Treasurer—
Gladys V. Peters

Worthy Grand Secretary—
Anelda J. C. Wilson

Worthy Grand Court Direc-
tors—*Venecia C. Bessellieu, G.*

*Delores Ellerbe and Minnie L.
McCall*

Worthy Grand Trustee—*Betty C.
V. Reed (3 yrs).*

Congratulations to all of you!!