



# Meccazette



Auxiliary to the Imperial Court Daughters of Isis

1908 - 99<sup>th</sup> Year

Mecca Court No. 2, Daughters of Isis

Washington, D.C.

*Cecelia E. Jones, Illustrious Commandress*

October 23, 2007

HPC Elizabeth L. Howard, Editor (202/265-7399)

Email (Work): [Elizabeth.Howard@usdoj.gov](mailto:Elizabeth.Howard@usdoj.gov)

or Home: [Miriam4OES@yahoo.com](mailto:Miriam4OES@yahoo.com)

Dt. Charlene E. Barnard - 301/568-4083

Dt. June G. Robinson - 301/773-1124

## Imperial Convention Highlights!

### The Tops Officers will Present Convention Highlights!

The Illustrious Commandress, *Cecelia E. Jones*, Ist Lieutenant Commandress, *Ada A. Whitley* and 2<sup>nd</sup> Lieutenant Commandress, *Sylvia L. Owens* will be presenting the convention highlights to the membership tonight. These highlights cover the significant events which transpired at the Imperial Court Session in August..

### Egyptian Luncheon & Fashion Show!

This past Sunday, Mecca Court held it's annual Egyptian Luncheon and Fashion Show at Le Fountain Bleu in Lanham, MD. Fashions were provided by JT Productions. In the fashion show the Egyptian Daughters modeled their costumes and were assisted by a few of the Sons of the Desert of Mecca Temple No. 10. In the formal scene, *HPC Elizabeth L. Howard* modeled the gown she wore at the Imperial Court Sally Berry Fashion Show for those who did not see her in that show. The Past Commandresses were honored and there were a number of door prizes as well as vendors selling their hats and accessories. Kudos to the committee for a fine job!

### Calendar of Events!

#### OCTOBER 2007

23 - Mecca Court No. 2, Regular Meeting, 7:30 PM, Ballroom.

27 - PHFMESCF Annual Meeting, 1:00 PM, Ballroom.

#### NOVEMBER 2007

10 - Dorcas Grand Court Main Activity - Banquet, FOP 711 4<sup>th</sup> Street, NW, Donation \$40.00.

12 - VETERAN'S DAY - HOLIDAY

16 - 17 Adolphus P. Hall Grand Chapter, Annual Session

17 - Red & White Ball, Holiday Inn College Park, Donation \$50.00.

21 - JAJGC Administrative Degree, 6:00 PM, Rm 413.

22 - THANKSGIVING DAY - HOLIDAY

23 - 24 Julia A. Jackson Grand Court, 79<sup>th</sup> Annual Grand Convocation

27 - Mecca Court No. 2, Regular Meeting, 7:30 PM, Ballroom.

### Black History Fact Today!

1886, Wiley Jones opens the first streetcar line in Pine Bluff, Arkansas.

### Good News and Other Blessings!

While our beloved Ill. Recordress *Aline S. Thomas* suffered a devastating fire in her home earlier this month, with God's protective care she was not present in the home when it happened. The daughters of Mecca Court and beyond have rallied around and supported her in many ways. Ill. Commandress *Jones* has requested all donations be made payable to Mecca Court No. 2 and given to the Illustrious Treasurer, *Dt. Patricia Irving*. *Dt. Thomas* is currently residing in temporary housing during the rebuilding of her home.

### Sick and Distressed!

After a very long illness former Dt. *Celestine R. N. Welch* passed away on Friday, October 19, 2007. Funeral arrangements are: Saturday, October 27, 2007 at 1<sup>st</sup> Baptist Church, 1<sup>st</sup> & M Streets, SW, 9:00 AM to funeral Service at 11:00 AM.

*Dt. Jane M. T. Hazel* lost an uncle who passed away yesterday.

## Your Health and Safety!

By *HPIC Thelma J. Tyler*

### Safety Involved in Eating Out and Bringing Food Home

Hot and cold ready prepared foods are perishable and can cause illness when improperly handled. There are many options to let someone else prepare your meals.

1. Complete meals to go are becoming popular.
2. Purchasing foods from the grocery stores, deli or restaurant.
3. For those who qualify programs like Meals on Wheels.

**The 2-Hour Rule** The danger zone for harmful bacteria to grow rapidly is between 40 and 140 degrees F. Discard any food left at room temperature longer than two hours. When you purchase hot food keep it hot. If you don't plan to eat it within two hours keep it in the oven at a temperature above 140 degrees F. Use a food thermometer to check the temperature. Stuffing and side dishes must also stay hot. Covering the food with foil will keep it moist.

Rather than keeping food warming in the oven for an extended period of time cooked foods will taste better if refrigerated. You can then reheat the desired portions to refrigerate or freeze. Refrigerate or freeze gravy, potatoes and other vegetables in shallow containers. Remove stuffing from whole cooked poultry and refrigerate. Cold foods must also be eaten within two hours of preparation or refrigerated.

**Re-heating** In order to reheat your meal whether it was purchased hot, cold or refrigerated, heat thoroughly to 165 degrees F and steaming. Allow gravy to come to a rolling boil. Inadequate heating in the microwave can cause illness. If heating in the microwave cover the food and rotate the dish so that the food heats evenly.

**Eating Out** Can be a safe and enjoyable experience whether you are in an upscale restaurant, a senior center or a fast food diner. You must however, take the same precautions you would at home.

Food service establishments are required to follow sanitation guidelines established by state and local health departments to ensure cleanliness and good hygiene. When you out to eat inspect the area for cleanliness before you sit down to eat. The tables, the dinnerware and the bathroom must be neat and tidy. A dirty dining room may indicate a dirty kitchen, which leads to unsafe food. It may be better to dine somewhere else. Seniors must avoid eating the same foods out that you avoid at home. If you are unsure of the ingredients in a dish ask before ordering it. Always order meats, poultry, fish and eggs well-done, thorough cooking kills harmful bacteria. Be sure the hot food is served hot.

**The Doggie Bag** If you will not be arriving home within two hours from leaving the restaurant it is safer to leave the leftovers at the restaurant. Remember also that the inside of a car can get very hot. Leaving leftovers in the car can provide a place for bacteria to grow very rapidly.

Refer: Senior Connection, Providence Hospital, Washington, DC

## Remember to Thank God!

I woke up this morning and knew that today,  
The sun would not be shining and the clouds would be gray.

As I stepped outside, rain fell upon my head.  
My car wouldn't start so I walked to school instead.

I forgot all of my assignments, I failed all of my tests.  
I dropped my head in disgust and asked the Lord for one request.

"Lord, why is it that things won't go my way?"  
He gently replied, "Dear child it is because you didn't thank me yesterday.

I woke you up and enabled you to see the sun again.  
I gave you shelter, protected your family, and even let you make a new friend.

I blessed you far greater than I ever had before.  
But you were too busy to thank me once more.

You didn't feel sick because I maintained your health.  
You had money in your pocket because I maintained your wealth.

You had shoes on your feet and clothes to wear, too.  
You had plenty of food to eat, and what did you do?

You ignored me and went about your tasks.  
But when you wanted something you never hesitated to ask.

I was there when you needed me and that wasn't too long ago.  
But when things started going your way, it was me you did not know.

As if that weren't enough, I provided your favorite luxuries.  
This was something I didn't have to do--they weren't even necessities.

And when it was time to get on your knees and show your gratitude,  
You decided that after such a fulfilling day, you weren't in the mood.

So I decided to give you just a little test.  
To show you how it would feel to stop being blessed."

I began to realize what the Lord was saying.  
And when I got home, I fell to my knees and started praying.

He said, "My child, you have learned and you know I do forgive.  
as long as you shall live.

I love filling your life with joy, and your pain I'll alleviate.  
But just a simple thank you would show appreciate."  
how much you

