



Meccazette

Oasis of Washington, Desert of D.C.
1908 ~ 101st Year ~ 2009
Illustrious Commandress—Sylvia L. Owens

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

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Photographs by Dt. Rosalie E. Powell

Mecca Court's Commandress Ball!

This year Mecca Court will be honoring it's 101st Illustrious Commandress *Sylvia L. Owens* with a Ball in May! The Ball is to be held at Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, MD, on Saturday, May 2, 2009. The theme for this years Ball is "Springtime on the Nile".

The ticket donation is \$65.00, and can be obtained from Ticket Chairperson, *Dt. Mary E. McWilliams* (301/249-0179), 1806 Albert Court, Mitchellville, MD 20721 and Ticket Co-Chairperson *HPC Carolyn Hunter* (301/736-1604). **Absolutely NO tickets will be sold at the door!** The ticket turn-in dates are: March 21, 2009, 11-12 PM, 3-5 PM; March 26, 2009, 6-7 PM; and **final turn-in: April 13, 2009, 6-8 PM!**

For your convenience hotel rooms have been made available at the nearby Holiday Inn Greenbelt, 7200 Hanover Drive, Greenbelt, MD, (800/345-8082) under the "Mecca Court No. 2" group rate of \$94.00 per night, plus tax, single or double occupancy. The deadline for rooms is: **April 17, 2009.**

A souvenir journal (sized 8-1/2" x 11") will be commemorating this very special event and the Chairperson is *Dt. Marie R. Greene*, (301/49-7160), 15010 Peartree Drive, Bowie, MD 20721 and Co-Chairperson, *Dt. Gloria A. Brown*. (301/ Please provide camera-ready copies or email copies in MS Word or Publisher 2003 to *Dt. Greene* at: marie_greene5@hotmail.com. The deadline for Ads and monies is **April 17, 2009.**

The attire for the activity is Formal dress for our guests and all Daughters and Nobles the appropriate regalia.

The excitement is building toward this wonderful occasion and the first of Mecca Court's activities for the year. We encourage all daughters to invite their friends and family to participate and make this a resounding success for the Court and to honor our Illustrious Commandress!!



Calendar of Events

MARCH 2009

- 24—Mecca Court Meeting, Ballroom, 7:30 PM.
- 26—GTGC Cabinet Meeting, 7:00 PM.
- 27-28—Mid-Atlantic Conf. of Grand Masters/Matrons in NC.
- 31—Jurisdictional Meeting, 6:30 PM.

APRIL 2009

- 4—MEJSGA School of Instruction and Main Activity to follow.
- 4—Israel Court No. 4, "Pretty Hat Parade", Main Activity 3:00 PM, New Bethany Baptist Church, \$35.00 donation.
- 6—JAJGC Cabinet Meeting, 6:00 PM.
- 9—Maundy Thursday Feast, 5:00 PM
- 11—Testimonial, Anthony K. Wells, Sr, MEGCGHP, Navy Yard, 8:00 PM, \$50.00 Donation.
- 12—Easter Sunrise Service, United House of Prayer for All People, 600 M St., NW, 7:00 AM.
- 17-18—Dorcas Grand Court, LO-COP Annual Session,
- 17-18—PH Grand Council Annual Session.
- 17—Purple & White Ball, Navy Yard, 8:00 PM, \$60.00 Donation.
- 24-25 LW Roy, COD & MEJ SGA Convocations, Trinity University.

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Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting April 17, 2009)

Special points of interest:

**WebSite Administrator
NOTICE!**

Daughters, please submit changes in your address, telephone number **and** your e-mail address to:

Dt. Renee Kearney at
202/345-1211 or via e-mail at
mecca@meccacourt2.com

Also, provide a list of desired committees you want to work on as well!!!

Black History Moment!

1907—Nurse and aviator Janet Harmon Bragg is born in Griffin, GA

Good News and Other Blessings!

Those daughters who were elected at the 116th Annual Grand Communication of the Georgiana Thomas Grand Chapter also included:

Grand Treasurer—*Lettie R. Gaskins* and

Grand Financial Secretary—*Mary E. McWilliams*.

The Editor apologizes for not including them in the last issue.

Your Health & Safety by HPIC Thelma J. Tyler & Dt. Raina L. Taylor, Health Coordinator — March National Kidney Month—Your Kidneys & High Blood Pressure!

Your kidneys play a role in keeping your blood pressure at the right level. This is important because blood pressure is closely related to the health of the kidneys. High blood pressure or hypertension can damage the kidneys.

As blood flows through your veins it presses against the walls of your blood vessels. Extra fluid in the body increases the volume of fluid in your blood and makes your blood pressure higher. Narrow or clogged blood vessels also can cause a rise in the blood pressure.

High blood pressure makes the heart work harder and over time can damage the blood vessels throughout the body. If the blood vessels in the kidneys are damaged they may stop doing the work of removing wastes and extra fluid from the blood. The extra fluid may raise the blood pressure even more.

After diabetes, high blood pressure is the leading cause of kidney failure, commonly called end stage renal disease (ESRD). Patients with ESRD must either go on dialysis or receive a new kidney through transplant. Every year high blood pressure causes nearly 20,000 new cases of ESRD in the United States.

Most people with high blood pressure do not have any symptoms. The only way to determine if your blood pressure is high is to have it measured by a healthcare professional. The measurement consists of two numbers that represents the pressure when your heart is beating and the pressure when your heart is resting between beats. A person's blood pressure is considered high if the numbers go over 140/90.

Afro-Americans are more likely than whites to have high blood pressure and develop kidney problems even when the blood pressure is only mildly elevated. Afro-Americans 25 to 44 years of age are in fact more likely than their white counterparts to develop hypertension related kidney failure. The National Institute of Diabetes and Digestive and Kidney Diseases a part of the National Institute of Health (NIH), is sponsoring a study to find effective ways to prevent hypertension related ESRD in Afro-Americans.

The National Heart, Lung and Blood Institute, also a part of NIH has found that four steps can help control blood pressure.

1. Control your weight
2. Limit your sodium intake.
3. Get plenty of exercise.
4. Avoid excessive intake of alcohol.

Many people need medication to control high blood pressure. A group of medications called ACE inhibitors lower blood pressure and have added protective effect on the kidney in diabetic patients. If you have high blood pressure see your physician regularly.

Additional information:

The American Kidney Fund (1-800-538-6299)

The National Kidney Foundation (301-592-8573)

Upcoming Desert Conferences:

AZ (Four Corners) - March 27-28, 2009

VA—April 16-18, 2009

NY—May 1-3, 2009

NC—June 11-14, 2009

The following daughters have received patents from the Imperial Commandress for 2009.

They are:

Imperial Directresses, *Elizabeth L. Howard*, Computerized Delegates Attendance; *Sybil Moses*, Imperial History & Archives; *Anna M. Paige*, Imperial Security; *Yvonne R. Smith*, Photography Department;

Deputy Imperial Directresses: *Venecia C. Bessellieu*, Sally Berry Fashion Show; *Lula M. Campbell*

Honorary Past Commandress Degree; *Verdell D. Gainor* History and Archives; *M. Ethel Howard*, Computerized Delegates Attendance; *Minnie L. McCall*, Deputy Imp. Marshal; *Barbara E. Murray* Drill Teams and Color Guards; *Sharon E. Newsome* Isiserettes; *Imogene B. Stewart* Coalition of Ministers; *Dianne Marshall* Streat Egyptian Parade of Stars; and *Thelma J. Tyler* Health & First Aid;

If there is someone the Editor missed it is from the head and not the heart!

Congratulations Daughters!

