



Meccazette



Auxiliary to the Imperial Court Daughters of Isis

1908 - 99th Year

Mecca Court No. 2, Daughters of Isis
Washington, D.C.

Cecelia E. Jones, Illustrious Commandress

November 27, 2007

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Officers Change Stations!

Mecca Courts Officers Move Up Tonight!

First Lieutenant Commandress, *Ada A. Whitley* and the other line officers will be moving up one station tonight as they prepare to conduct the business of the Court. Illustrious Commandress, *Cecelia E. Jones* will turn over her agenda for tonight's meeting. Everyone encourage the officers by giving them due attention and respect as they conduct the meeting. Good Luck Divan!!!

Past Commandresses We Need Your Photo!

All Past Commandresses of Mecca Court who have not been able to provide a photograph to Imperial Deputy for the Desert, *Brenda R. Swanson* should be able to do so this evening. Noble Alonzo Jacobs will be present this evening to take your photo. If you are unable to do so please let PC Swanson know what other arrangements you will be making to help her complete the project.

Calendar of Events!

NOVEMBER 2007

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

29 - Dec 1 - 115th Annual Grand Session of GTGC.

DECEMBER 2007

9 - MWPHGL Memorial Service, 4:00 PM, South Hall

12-14 MWPHGL 159th Annual Grand Session

18 - RHGA Election Meeting, 7:30 PM

25 - CHRISTMAS DAY

29 - MWGM Inaugural Address, 10:00 AM, Photos and Reception to follow.

Black History Fact Today!

1942, Rock Musician Jimi Hendrix is born in Seattle, WA.

2007, Washington Redskin Safety Sean Taylor succumbs to wounds received in an attempted burglary/robbery in his home on November 26. He was only 24 years old and the father of a 1-year old daughter Jackie.

Good News and Other Blessings!

At the 79th Annual Grand Convocation of Julia A. Jackson Grand Court, the Jr. PMAGM *Marion E. Howard* had seven jurisdictions to visit - Connecticut, Delaware, Maryland, North Carolina, New Jersey, Pennsylvania and Virginia. This included the Most Worshipful Grand Master, J. Raymond Murray, Grand Worthy Matron, *Diane Marshall Streat*, Grand Worthy Patron, William E. McNeill, Sr., Most Excellent High Priest Carlton M. Paige, and all of the heads of the Allied and Concordant Bodies.

The newly elected and installed Most Ancient Grand Matron is *Vera H. Smith*, Most Worthy Grand Joshua is Adrian S. Robinson and the Vice Ancient Grand Matron is *Ella R. Hayes*. Congratulations and best wishes are extended to all of the newly elected officers!!

Your Health and Safety!

By HPIC Thelma J. Tyler

Why or Why Not Hip Replacement?

Before suggesting hip replacement surgery, the doctor is likely to try walking aids such as a cane or non-surgical therapy such as medication and physical therapy. The doctor may also treat the inflammation in

the hip with anti-inflammatory drugs such as aspirin and ibuprofen. Many of these medications are available without prescription. The physician may, however prescribe anti-inflammatory medications in stronger doses. These therapies may not be effective in relieving pain or improving the function of the hip joint. Joint damage is detectable with x-rays of the affected area. If pain persists and disability interferes with daily activities hip replacement may be an option.

What is hip replacement?

Hip replacement is a surgical procedure in which diseased parts of the hip joint are removed and replaced with new artificial parts. The goal of the surgery is to improve mobility, to relieve pain and to improve the function of the hip joint. The most common reasons that people have to have hip replacement surgery is the wearing down of the hip joint (osteoarthritis); chronic inflammatory disease that causes joint swelling, pain and stiffness (rheumatoid arthritis); loss of bone caused by insufficient blood supply, injury or bone tumors. Problems for hip replacement may occur for patients with chronic diseases that result in severe muscle weakness or Parkinson's disease.

What does hip replacement surgery involve?

The hip joint is where the upper end of the thigh bone (the femur) has a ball and socket arrangement in the pelvis that allows a wide range of motions including sitting, standing, walking and other daily activities. During hip replacement surgery, the surgeon removes the diseased bone tissue and cartilage from the hip joint. The head of the femur (the ball) and the socket are replaced with new artificial parts. Patients are only allowed limited movement immediately after surgery. When the patient is in bed the hip is usually braced with a device that holds the hip in the correct position. A tube may be used to drain fluid until the patient is able to go to the bathroom.

Before Surgery

1. Learn what to expect before, after and during surgery.
2. Arrange for household help for a week or two after returning home.
3. Set up a recovery station. Place the television, remote control, radio, telephone, medicine, tissues, waste basket and a pitcher and glass next to the spot where you will spend the most time.
4. Place items that you will use every day at arms level to avoid reaching up or bending down.
5. Stock up on kitchen staples and prepare foods in advance and freeze for easy re-heating such as casseroles and soups.

After Surgery

1. Follow the doctor's instructions.
2. Use long handled reachers to turn on lights or to grab things beyond the arms length.
3. Work with a physical therapist to rehabilitate your hip.

To realize

The value of a sister

Ask someone

Who doesn't have one.

To realize

The value of ten years:

*Ask a newly
Divorced couple.*

*To realize
The value of four years:
Ask a graduate.*

*To realize
The value of one year:
Ask a student who
Has failed a final exam.*

*To realize
The value of nine months:
Ask a mother who gave birth to a stillborn.*

*To realize
The value of one month:
Ask a mother
Who has given birth to
A premature baby.*

*To realize
The value of one week:
Ask an editor of a weekly newspaper.*

*To realize
The value of one minute:
Ask a person
Who has missed the train, bus or plane.*

*To realize
The value of one-second:
Ask a person
Who has survived an accident.*

*Time waits for no one.
Treasure every moment you have.
You will treasure it even more when
You can share it with someone special.
To realize the value of a friend or*

*family member :
LOSE ONE.*