



# 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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## Centennial Birthday Celebration Next Month!

The biggest milestone which any organization is most proudest of is when it celebrates 100 years of existence! Mecca Court will have and experience such a momentous occasion as that on Saturday, May 24, 2008.

This will include a program chaired by *PC Sharon E. Newsome* and the Birthday Committee. One of the highlights will be the opening of the time capsule which PC Newsome started in 1998 in her administration. It is expected there will be some special invited guests from neighboring Courts. I'm sure you don't want to miss the surprises that have been planned!

*PC Margaret E. Anderson* and her committee are working diligently to obtain 100 names for the Centennial bronze plaque which will be presented to the Moreland-Spangarn Library at Howard University. The cost to add your name is \$100.00 up to 20 letters. Payments may be made in installments, however contact PC Anderson for specifics.

The more formal celebration of the Centennial will take place during the weekend of September 19-21, 2008.

Daughters, please remember that the upcoming Thanksgiving Service and Feast of Isis will be coming

### Thanksgiving Service & Feast of Isis—May 18, 2008!

soon. These are ritualistic and constitutional activities which every daughter should participate in.

This year the Thanksgiving Service and Feast of Isis will be held at Shiloh Baptist Church, 8801 Ardwick-Ardmore Road, **Landover, MD**, at 3:00 PM. *All Daughters are to be regaled!* Those daughters who are not in attendance at either the Service or the Feast will be fined \$10.00 each. Each daughter must sign the book for the Service and then for the Feast.

Requests for exemption must be made in writing to the Ill. Commandress and received in reasonable time **before** the Service or Feast.

We want to thank *HPC Joan L. White* and her Committee for their planning this occasion for us.

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**Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting (May 27, 2008)**

### Special points of interest:

## Calendar of Events

### APRIL 2008

21—25 GTGC visiting Rita G. Grand Chapter, Antigua  
22— **Regular Meeting, Mecca Court, 7:30 PM.**

### MAY 2008

8-11 Imperial Commandress Testimonial, New Orleans, LA.  
17—Divan Meeting, 10:00 AM

18—Thanksgiving Service & Feast of Isis, Shiloh Baptist Church, Landover, MD, 3:00 PM.

24—Mecca Court No. 2, **100th Birthday Celebration.**

24—Mecca Temple No. 10, Participates in North Brentwood Parade.

**27— Regular Meeting, Mecca Court, 7:30 PM.**

## Your Health & Safety - By HPIC Thelma J. Tyler

### What you need to know about Constipation

Constipation is evident if you have three or fewer bowel movements a week. The stool may be hard, dry and painful to pass. At one time or another everyone becomes constipated for a short period of time and therefore it is not serious. Understanding the causes of constipation and steps that can be taken to prevent it..

#### What you can do to prevent constipation?

Changing what you eat, drink and how much you exercise will help to relieve and prevent constipation.

- *Eat more fiber.* Fiber forms soft bulky stool. Be sure to add fiber a little at a time to your diet until your body gets used to it. Eat fruits that contain fiber such as apples, peaches, raspberries and tangerines. Eat raw vegetables that contain fiber such as acorn squash, broccoli, cabbage, carrots, cauliflower, zucchini and cooked spinach or Brussels sprouts. Eat whole-wheat breads, whole grain hot or cold cereal that contains fiber. Cooked peas and beans also contain fiber.
- *Drink plenty of water and other liquids such as fruit and vegetable juices and clear soups.* Liquids help to keep the stool soft and easy to pass. Try not to drink caffeine and alcohol that tend to

the digestive system.

- *Get enough exercise.* Regular exercise helps our digestive system stay active and healthy. A 20 to 30 minute walk a day may be sufficient.
- *Allow yourself enough time to have a bowel movement.* Make sure you don't ignore the body's urge to have a bowel movement.
- *Use laxatives only if the doctor says you should.* If you are doing all the things you are supposed to and still mildly constipated the doctor may recommend a laxative for a short period of time.
- *Check with your doctor about the medicines you take.* Medication you take for other problems may cause constipation. They include calcium pills, pain pills with codeine, some antacids, iron pills, diuretics (water pills) and medications for depression.
- *Understand that normal bowel habits are different for everyone.*

For further information:  
NATIONAL DIGESTIVE DISEASES CLEARING HOUSE  
Bethesda, MD 1-800/891-5389

[www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov).

#### **The WORD on the Street....**

Mecca Court No. 2's Drill Team is in Rehearsals To make a showing at the upcoming Imperial Session!!

## Black History Moment!

1526—The first recorded New World slave revolt occurs in what is now South Carolina.

1922 Bassist, composer, and band-leader Charles Mingus is born in Nogales, AZ.

1972—Student protest at Yale supported Panthers.

## Good News and Other Blessings!

HPC Sybil E. Moses (19) who often attends Mecca Court meetings was recently honored by the Phyllis Chapter of the Phylaxis Society with their highest award, The Brice E. Simmons Award. This award is in honor of the first president of the Phyllis Chapter. And is presented for providing extraordinary support and Service to the Phyllis Chapter. *Dt. Moses* is the editor of "The Phyllis" magazine, in addition to her fifteen years of work in promoting an

awareness of preserving and writing the history of Prince Hall women's organizations and the biographies of Prince Hall women. *Dt. Moses* is currently serving as Imperial Directress for Archives and History for the Imperial Court, Daughters of Isis.

HPIC Thelma J. Tyler was recently honored at a Banquet held by the American Red Cross for your volunteer efforts in the area of CPR Training since 1982!!! All

Daughters who have not had CPR training, should do so! Contact HPIC Tyler for information on "free" training..

Congratulations HPIC Tyler!!!