

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

Volume 16, Issue 4
April 28, 2009

Editor—HPC Elizabeth L. Howard ~ Email: Miriam4oes@yahoo.com FAX: 202/265-9230

Photographs by Dt. Rosalie E. Powell

Final preparations for IC Ball!!

The final preparations are taking place for Mecca Court No. 2's Ball honoring Illustrious Commandress *Sylvia L. Owens!* The Ball is Saturday, May 2, 2009 to be held at Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, MD. The theme for this years Ball is "Springtime on the Nile".

The final turn-in date was **Monday, April 13, 2009!** The ticket donation is \$65.00, and checks should be made payable to Mecca Court and turned into the Ticket Chairperson, *Dt. Mary E. McWilliams* tonight!!! Hotel rooms are still 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.

Anyone who has taken an ad in the souvenir journal must pay for their ad tonight. The deadline for ads and payment was **Friday, April 17, 2009!** Make your check payable to Mecca Court No. 2. The Chairperson, *Dt. Marie R. Greene* will be happy to receive your payment.

A gentle reminder that the attire for ALL daughters is: Long white with fez. Our guests attire is Formal Dress, not dressy casual!

The Illustrious Commandress looks forward to seeing you and your guests on this wonderful occasion. Don't miss out!!



All Egyptian Daughters!

Your assistance is requested for the upcoming 2009 Ball weekend. Whether you are planning to attend or not, your help would be appreciated to be hostesses for Mecca Court's hospitality on Friday, May 1 from 8:00 PM to Midnight and/or Saturday, May 2, 1:00 PM to 4:00 PM. Both hospitalities will be held at the Holiday Inn Greenbelt, MD. Please contact *Dt.Carolynn Ellis*, Egyptian Daughters Chairperson.

Thought for the Month!

Middle Age is when a broad
Mind and a narrow waist
Change places.

Submitted by *Dt. Cynthia Taylor*

Calendar of Events

APRIL 2009

28—Regular Meeting, Mecca Court No. 2, 2nd Floor Ballroom, 7:30 PM.

30—Jurisdictional Meeting, 6:30 PM, Ballroom.

MAY 2009

2—Illustrious Commandress Ball, Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, MD; 8:00 PM.

1-2—General Conference of Grand Courts, Ladies of the Circle of Perfection, PHA, Orlando, FL.

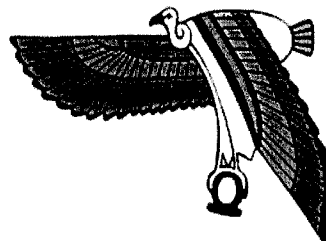
12—Line Officer's Training, and Divan Meeting., 7:00 PM.

16-19 Conference of Grand Master's and Grand Chapters, California.

17—Thanksgiving Service and Feast of Isis, Masonic Temple, 3:00 PM.

26—Mecca Court 101st Birthday Meeting,, 7:30 PM.

.31—Joint Jubilee Day Service, Matthews Memorial Baptist Church, 3:00 PM.



Inside this issue:

<i>Black History Moment.</i>	2
<i>Good News & Other Blessings</i>	2
<i>Your Health & Safety</i>	2
<i>WebSite Administrator</i>	2
<i>Senior Isiserettes Recruiting</i>	2

Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting May 22, 2009)

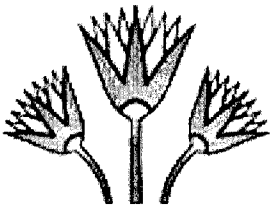
Special points of interest:

"New" Thought for the Month Column!

**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



Black History Moment!

1912—Political activist Margaret Just Butcher is born in Washington, DC.

1957 Chicago lawyer W. Robert Ming is elected chairman of the American Veterans Committee, becoming the first black to lead a major national veterans organization.

Good News and Other Blessings!

On Saturday, May 2, 2009, Dt. Patricia H. Chittams and her husband Ralph Chittams, Sr. will receive their Master's Degree of Divinity from Maple Springs Bible College. Then on Saturday, May 18, 2009, their oldest son, Ralph, Jr. will receive his Master's Degree from Lynchburg College, VA. Dt. Chittams is the sister and daughter of HPCs Elizabeth L. and Marion E. Howard.

At the 13th Annual Session of Dorcas Grand Court Ladies of

Your Health & Safety by HPIC Thelma J. Tyler & Dt. Raina L. Taylor, Health Coordinator — How Your Health Can be Effected by the HEAT!

The effects of heat and humidity on the body

Too much heat isn't safe for anyone. It is even more risky if you are elderly or have health problems. You must get relief from the heat immediately if you feel faint or confused. Your heart can become stressed and may stop beating. Your brain works like a thermostat sending and receiving signals to and from parts of the body that are effected by the heat (the spinal cord, muscles, blood vessels, skin, and the glands). Excessive heat causes sweating, which cools the surface of the body.

Hypothermia Being hot for long periods of time can cause many illnesses.

1. Heat cramps are painful tightening of the muscles in the stomach, arms and legs. The body temperature and pulse may be normal but your skin may feel moist and cool. The heat cramps indicate that you are too hot. Find a place to cool the body down and drink fluids that don't contain alcohol or caffeine.
2. Heat syncope a sudden dizziness when active in heat. Elevating the leg in a cool place should bring relief.
3. Heat exhaustion is a warning that your body can no longer keep itself cool. Try resting in a cool place and drinking non-alcohol non-caffeine fluids. If the condition persists get medical attention immediately.

4. Heat edema swelling of the ankles and feet when you are overheated. Elevating of the legs should help.

5. Heat stroke is an emergency. Older people whose homes don't have air conditioning, people who don't drink enough water, those with chronic diseases or alcoholism are at greatest risk. Many people die of heat stroke yearly. Getting to a cool place and consulting a doctor immediately is necessary.

Hyperthermia Risk Factors:

- A. Heart or blood vessel problems, changes in the skin caused by aging, poorly working sweat glands.
- B. Heart, lung or kidney disease.
- C. High blood pressure, if you are suppose to avoid salt in your food.
- D. Taking certain drugs which make it difficult for the body to cool itself (diuretics, sedatives or tranquilizers).
- E. Taking several different drugs (please seek advice from your physician).
- F. Grossly overweight..
- G. Drinking alcoholic beverages.

Precautions to Lower Risk Factors:

1. Drink plenty of liquids (water, fruit or vegetable juices).

Assembly, OGC was held this past Saturday, April 25, 2009 at Trinity University. The newly elected officers are: HPIC Ruth C. Smith, State Grand Loyal Lady Ruler; HPIC Gladys L. Whitmyer, SG Loyal Lady Associate Ruler; HPIC Thelma J. Tyler, SG Loyal Lady Priestess; HPC Minnie L. McCall, SG Loyal Lady Guide; IDO Jane Robinson Levant, SG Loyal Lady Treasurer; and HPC Betty J. Alexander, SG Loyal Lady Secretary.

Dt. Antoinette M. Barnes was selected as the 55th Queen Esther on Sunday, April 26, 2009!

Congratulations to all Daughters!

2. Cool your living area (cross ventilation or air conditioning).
3. Check your local area agency for the aging to see if air conditions are provided for seniors who qualify.
4. Check with your local area agency for the aging to see if assistance is provided for seniors to pay cooling bills.
5. Don't stand outside in the while waiting to catch a bus.
6. Pay attention to weather reports.
7. Dress for the weather natural fabrics such as cotton are cooler than synthetic fibers.
8. Don't try to exercise or do a lot of activities in the heat.

National Association of Area Agencies on Aging 202/842-0888

Mecca Court is Recruiting Isiserettes!

Daughters, I am recruiting young ladies between the ages of 12 to 17 to join the Mecca Court No. 2, Senior Isiserettes Youth Drill Team. Currently, we have six young ladies (with their parents permission) registered to participate. The team is required to have at least 12 members to participate in the Imperial Session in August.

If you have or know of **any** young ladies interest in participating in this activity, please contact:

Dt. Annette Scarboro
202/723-6547 (H)
202/235-4017 (Cell)
301/496-7669 (W)

A meet and greet is scheduled for May 4, 2009 at 7:00 PM at the Temple to register interested young ladies!