



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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Mecca Court will be Hosting Imp. Deputies Visits!

Imperial Deputy of the Oasis, *Dt. Jane Robinson Levant* and Imperial Deputy for the Desert, *Dt. Brenda R. Swanson* are expected to present their Annual Reports at the August Court meeting.

Come hear what good work the Daughters and Court have done for the past year. These reports are submitted to the Imperial Commandress through the Deputy Imperial Commandress.

Mecca Court will prepare a program in honor of their official visit.

Mecca Court creates

Daughters this Saturday!

At 8:00 AM, Saturday, July 26, 2008 in the OES Room, Mecca Court's Divan and the Torture Team will be creating new Daughters!

There are approximately ten (10) sisters who will be created. Creation is expected to last until about 2:00 PM.

In addition, Mecca Temple will also be creating members on the 5th Floor the same day.

Please come out and support the Divan and welcome the new Daughters to the fold.

Calendar of Events

JULY 2008

22—Mecca Court Regular Meeting, 7:30 PM.

26—Creation, 8:00 AM, OES Room.

Meeting, 7:30 PM.

15—21 Imperial Court Session in Kansas City, MO.

AUGUST 2008

2—Mecca Temple No. 10 and Mecca Court No. 2, Blast Off.

9—Mecca Court Divan Meeting, 10:00 AM.

12—Mecca Court Regular

Inside this issue:

Black History Moments. 2

Your Health & Safety.. 2

Good News & Other Blessings 2

Caesar Salad Recipe 2

Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting (Aug. 8, 2008)

Special points of interest:

Your Health & Safety - By HPIC Thelma J. Tyler “What You Need to Know to Care for Your Feet”

Caesar Salad

(WeightWatchers)

1/4 cup fresh lemon juice

2 Tbsp water

2 Tbsp grated Parmesan cheese

2 medium garlic cloves, sliced

1 tsp olive oil

1 tbsp red wine vinegar

2 average anchovies canned in oil, drained, finely chopped or mashed with a fork

1 tsp Dijon mustard

1/2 tsp Worcestershire sauce

1/4 tsp black pepper, freshly ground

4 cup romaine lettuce, chopped, rinsed well and patted dry

Combine all ingredients, except lettuce in a blender or food processor, puree until blended. (Omit anchovies if you do not like their flavor).

Place lettuce in a large bowl and toss with dressing until coated.

Yields about 2 cups per serving.

POINTS® Value: 2

Black History Moment!

1822—Denmark Vesey hanged.

1939—Jane Bolin is appointed to New York City Domestic Relations Court, becoming the first female African-American judge.

1963—Floyd Patterson lost boxing match to Sonny Liston.

Practice Good Foot Care. Check your feet often, call your family doctor's attention to your foot problems or consult a podiatrist. Foot problems are often the first sign of more serious medical problems such as arthritis, diabetes or nerve and circulatory problems. Elevating the feet when sitting helps to keep the blood flowing to the feet. So can stretching, waling and a gentle foot massage are good for blood circulation to the feet. Warm foot baths are beneficial but be sure the feet are thoroughly dry before putting on shoes.

Proper Fitting Shoes and Foot Health Protect your feet by always wearing shoes outdoors. Always have your feet measured when buying shoes. Purchase shoes at the end of the day when your feet are the largest. If one of your feet is larger than the other buy the shoe for the larger foot. Don't buy tight shoes hoping they will stretch. Stand up when trying on shoes to be sure there is 1/2 inch between your foot and the end of the shoe.

Other Causes of Foot Problems and Their Care

I. Fungal Infections/Athlete's Foot occurs when the feet are kept in shoes most of the time. The shoes are warm dark and moist a perfect place for fungus to grow. If over the counter anti-fungal powders don't help within two to four weeks consult a doctor. You must keep your

feet clean and dry; change your shoes and sock/stocking often and dust your feet daily with foot powder.

II. Dry Skin can cause itching or burning feet. Use mild soap and creams/lotions on your feet and legs daily.

III. Corns and Calluses are caused by pressure when the bony parts of your feet rub against the shoes. Wearing better fitting shoes or using special pads may help. Consult your podiatrist for care if you have diabetes or circulation problems.

IV. Warts are skin growths caused by viruses and may spread if they aren't treated. Over the counter drugs very rarely cure warts therefore you should consult a physician.

V. Bunions develop when the joints of the big tow no longer fit together. Bunions tend to run in families. Taping the foot or wearing a pad to cushion the bunion may help. Sometimes surgery is needed to relieve the pressure and repair the tow joint.

VI. Ingrown toenails when part of the nail grows into the skin. You should cut your nail straight across so the corner of the nail can be seen above the skin using clippers made to cut toenails.

VII. Hammertoe caused by shortening of the tendons that control the toe movements. The toe knuckle grows and stiffens as it rubs against the show. In serious cases surgery is necessary.

VIII. Spurs are calcium bumps that grow on the bones of the feet. They are caused by stress on the feet from long periods of standing, badly fitted shoes and being overweight can make spurs worst. Treatment includes foot supports, heel pads and heel cups and possible surgery.

IX. Swollen feet may be a sign of a more serious health problem. Diabetes and peripheral artery disease can cause poor blood flow to the feet. Scrapes and bruises can become infected. Make sure your doctor checks your feet.

Reference: American Podiatric Association, www.apma.org

1-800-366-8227.

Good News and Other Blessings!

July 14—18, 2008 marked the 63rd Boule and Centennial Celebration of Alpha Kappa Alpha Sorority, Inc.

Many members of Mecca Court were in attendance or working during this celebration.

Dtr. Patricia H. Chittams volunteered as a Nurse on the First Aid Team for the week.

Dt. Deatrice S. Besong worked as

as a hostess.

Dt. Hardy worked as a member of the Protocol Committee.

HPC M. Ethel Howard, HPC Elizabeth L. Howard, PC Margaret E. Anderson were in attendance.

PIC Charlie P. Albury was present from Florida and *HPC Gloria Parsons-Gray* from Colorado were seen during the conference.

HAPPY Centennial BIRTHDAY to

all Mecca Court Sorors!!