



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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“Put on Your Dancing Shoes” for Mecca Court and Mecca Temple’s 3rd Joint Ball!

The 3rd Annual Joint Ball of Mecca Court No. 2 and Mecca Temple No. 10 will be held on Saturday, April 19, 2008 at Martin’s Crosswinds, Greenbelt, MD.

The Ball will be honoring *Illustrious Commandress Ada A. Whitley* and *Illustrious Potentate Robert McNair*. The Ball is being chaired by *PC Julia E. Hughes* and *1st Lt. Sylvia L. Owens*. The Ticket Chairperson is *PC Marian A. Ferrell* and the Ticket Co-Chairperson is *HPC Carolyn Hunter*. The donation for the Ball is \$70.00. The donation includes a ticket to the Enchanted Evening which will be held on Friday, April 18, 2008 at the Marriott Hotel, 6400 Ivy Lane, Greenbelt, MD. The Chairperson for that activity is:

Dt. Barbara B. Dixon and Co-Chaired by *Dt. E. Milla Jordan* and *Dt. Vera H. Smith*.

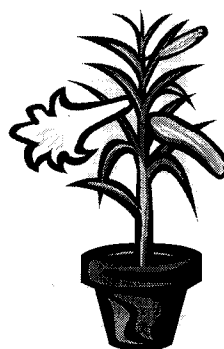
The attire for the Ball for all Daughters and Nobles is formal

with regalia and all guests would wear Black Tie. The dress for the Enchanted Evening is expected to be dressy casual.

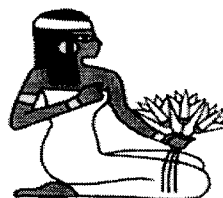
There will be a souvenir journal to commemorate the occasion and this will be chaired by *Dt. Gloria E. Brown*. The Ad rates are: Outside Back Cover \$175.00; Inside Front Cover \$150.00; Inside Back Cover \$125.00; Full Page \$85.00; Half Page \$50.00; Quarter Page \$35.00; Single Patron \$5.00; Photos are \$10.00 extra, no photos on quarter page ads. The deadline was originally March 15, 2008, but the **deadline is extended to TONIGHT—March 25, 2008!** Email copies in Word or Publisher 2003 to:

bridaj@msn.com

DAUGHTERS PLEASE SUPPORT YOUR COURT’S MAIN ACTIVITY, by purchasing a ticket and taking an Ad or encouraging a company you do business with to take an Ad.



**Happy Belated
Easter!!**



Calendar of Events

MARCH 2008

25—Regular Meeting of Mecca Court, 7:30 PM.

30—160th Anniversary and Divine Service of MWPHGL, Union Wesley AMEZ Church, 4:00 PM, Michigan and Eastern Avenues, NE.

31—Jurisdictional Meeting, 6:00 PM, Ballroom.

APRIL 2008

8—Mecca Court, Line Officer’s Training, 7:00 PM.

12—Mecca Temple and Mecca Court, Joint Desert Conference.

12—Mecca Court Divan Meeting 3:30 PM.

18-19 — PHGC R&SM Annual Session.

18-19 Dorcas Grand Court LO-COP Annual Session.

18— Mecca Temple and Mecca Court Enchanted Evening at Marriott Greenbelt, MD, 7:00 PM.

18—PHGC & Dorcas Grand Court Purple and White Ball,, 8:00 PM, Prince Georges Ballroom, Donation \$60.00.

19— Mecca Temple and Mecca Court 3rd joint Ball, Martin’s Crosswinds, 7:00 PM.

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

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Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting (Apr. 22, 2008)

Special points of interest:

- Shamrock Poem
- Egyptian Daughters Meeting Notice

Egyptian Daughters Meeting!

There will be a meeting of the Egyptian Dtrs. on Thursday, April 3, 2008, 6:30 PM, in the Illustrious Commandress' Office

Room 309, Masonic Temple.

Dt. Carolyn Ellis—President

I'll Wear a Shamrock

St. Patrick's Day is with us,
The day when all that's seen
To right and left and every-
where Is green, green, green!

And Irish tunes they whistle
And Irish songs they sing,
To-day each Irish lad walks
out As proud as any king.

I'll wear a four-leaf shamrock
In my coat, the glad day
through, For my father and
mother are Irish
And I Irish too!

**Happy
Belated St.**



Patrick's Day!

**Black History
Moment!**

1931—Ida B. Wells-Barnett. Journalist, antilynching activist, and founding member of the NAACP dies in Chicago.

1931 "Scottsboro Boys" falsely accused of rape.

1939 Toni Cade Bambara, noted fiction writer of such works as *Gorilla and My Love* is born in New York City.

**Your Health & Safety - Influenza
By HPIC Thelma J. Tyler****INFLUENZA CAN BE VERY
DANGEROUS TO OLDER****PEOPLE**

Influenza, commonly called the flu, is caused by germs called viruses. Viruses can easily spread from person-to-person causing illnesses or infections. For older people, especially those who have health problems like diabetes or heart problems the flu can be very serious. Older people fighting the flu are at great risk for developing secondary infections such as pneumonia.

How does flu Spread? Flu is contagious therefore it can spread from person-to-person, often through the air. The flu virus can live on surfaces for a number of hours. You can catch the flu from someone that coughs or sneezes near you. Remember to wash your hands often when you are around someone who is sick. Be especially certain to wash your hands before eating or touching your eyes or mouth.

Symptoms of Flu Include:

1. Fever
2. Headache
3. General aches and pains
4. Tiredness/weakness
5. Extreme exhaustion

6. Stuffy Nose
 7. Sneezing
 8. Sore Throat
 9. Check discomfort/cough
- Can Flu be prevented?** Many people get the flu between November and April, commonly called the flu season. The Center for Disease Control (CDC) recommends that people 50 years and older should get the flu shot every year. Anyone who lives with or cares for people 50 years old or older should also have the flu shot every year. The reason you need the shot every year is because the virus is a little different each year therefore the flu shot is changed each year to compensate for the virus change. Medicare pays for the flu shot. If you are allergic to eggs you should not get the flu shot. Eggs are used to make the flu vaccine; people who are allergic to eggs could have a serious reaction from the shot.

What to do if you get the Flu Call your doctor when you first get the flu. Remind your doctor if you are taking medications for cancer or any drugs for fighting infections. There are prescription drugs called antivirals used for people fighting the flu. Antibiotics do not help you get over the flu. Antibiotics are prescribed to treat secondary infections caused by bacteria. If you are sick try to rest in bed. Drink plenty

of fluids like juice and water, but no alcohol. Medicine like aspirins can reduce the fever and help with the aches and pains. It is important not to smoke if you get the flu. The flu, a respiratory illness, can infect your lungs and your nasal passage smoking can make this condition worse.

Notify your doctor immediately if:

1. If your fever goes away and returns you may have a more serious infection.
2. If you are having breathing or heart problems.
3. If you don't seem to be improving.
4. If you are coughing up thick mucus.

For additional information:

NIHSeniorHealth.gov A senior friendly website from the National Institute on Aging and the National Library of Medicine.

Distress!

PIC Charlie P. Albury and her husband Thomas lost their daughter, Marva Brown on March 9, 2008. The Homegoing service was held March 14th in Miami, FL

Good News and Other Blessings!

Dt. *Stephanie Newsome*, will be directing her very first play at the University of Notre Dame on March 26-28. Being asked to direct as a Sophomore is extremely rare, if not unheard of. The play is "The Vagina Monologues" by Eve Ensler and consists of real stories of women to raise awareness on issues of violence against women and girls. Stephanie will also be performing one of the monologues. This play is being done for charity Worldwide.

Most recently, a star-studded African-American cast presented this same play here in February at the Lincoln Theater.

Dt. *Patricia H. Chittams*, performed in her sorority Chapter's step team, Iota Gamma Omega of Alpha Kappa Alpha Sorority, Inc. at their recent Regional Conference held in Philadelphia, PA, March 7-9, 2008. Dt. Chittams was the "senior" member of the team. Check out the step routine

at: <http://www.youtube.com/watch?v=edMWPY82mGA>.

Congratulations to both Daughters!!