



# Meccazette

Oasis of Washington, Desert of D.C.  
1908 ~ Centennial Year ~ 2008  
Illustrious Commandress—Ada A. Whitley

Mecca Court No. 2  
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## Mecca Court hosts Centennial Weekend of Activities!

Mecca began its historic Centennial Weekend celebration by welcoming the 41st Imperial Commandress, Dt. Iris L. Moore (119) of New Orleans, LA. Imp. Commandress Moore is a native Washingtonian and graduated from DC Public Schools and George Washington University. Imp. Commandress Moore was welcomed by Imperial Deputy for the Desert, *Brenda R. Swanson*, Imperial Deputy of the Oasis, *Jane Robinson Levant*, Imperial 2nd Lieutenant Commandress, *Sadie B. Mitchell* and Illustrious Commandress *Ada A. Whitley*.

Friday afternoon at the Golden Bull restaurant in Adelphi, MD, the Past Commandresses of Mecca Court hosted an informal luncheon with the Imperial Comman-

dress. Over twenty Past Commandresses and Honorary Past Commandresses participated. Imp. Commandress Moore was pleased to be present and back home and felt the presence of her sister, the late *PC Helen E. L. Mims*. That evening was the official unveiling of the bronze plaque to be presented to Moorland Spingarn library.

On a beautiful sunny Saturday morning at the Founder's Library on the campus of Howard University in the Moorland Spingarn Research Library there was the presentation of the plaque to Dr. Thomas C. Battle, Director of the Center. *PC Margaret E. Anderson* and her committee placed on display artifacts from Mecca Court including minute books, photos, Ill. Commandress crown last worn by Imp. 2nd Lt. Comm. Mitchell, and rosters. These items will be added to the Imperial Court's repository of items. A number of daughters were in attendance. The Mistr-

ess of Ceremonies for the occasion was *HPC Elizabeth L. Howard*.

The Centennial Banquet was held Saturday evening at the Sheraton Four Points hotel in New Carrollton, MD. The Mistress of Ceremonies was *Dt. Eunice J. Dingle*. There were vendors present selling clothing, hats, jewelry and other collectibles. Imp. Commandress Iris L. Moore was the special guest for the occasion. Other invited guests were Most Worshipful Grand Master, J. Raymond Murray, Grand Worthy Matron, *Dianne Marshall Streat* and Grand Worthy Patron William E. McNeil, Sr. and Ill Pot. Robert McNair.

The culmination of the Centennial Weekend was the Egyptian Luncheon and Fashion Show chaired by *PC Venecia C. Bessellieu* and the Mistress of Ceremonies was *Dt. Angela B. Tyson*. Fashions were provided by Alsiene's Classic Ladies Apparel and was held at the Sheraton Four Points hotel.

### Inside this issue:

<i>Black History Moments.</i>	2
<i>Your Health &amp; Safety..</i>	2
<i>Good News &amp; Other Blessings</i>	2
<i>Sweet Potato Soup Recipe</i>	2

**Deadline for Articles and Black & White Pictures for next issue—Friday before next Court Meeting (Oct. 24, 2008)**

### Special points of interest:

## Calendar of Events

### September 2008

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

25—Mecca Court visits Mecca Temple No. 10.

### October 2008

3—MWGM Ball, Martin's Crosswinds, 7 PM, Donation \$75.00.

10-11 Marie I. Smith Grand

Court Annual Session.

10-11 John W. Freeman Grand Commandery Annual Session.

10-14 United Supreme Council Annual Session, Tulsa, OK.

25—Divan Meeting, 10:00 AM.

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



**Sweet Potato Soup***(Weight Watchers)*

- 2 Large sweet potatoes)  
 2 cup canned chicken broth, divided  
 1 Tbsp reduced-calorie margarine  
 1 Tbsp all-purpose flour  
 1/4 tsp ground ginger  
 1 cup fat-free evaporated milk  
 1 Tbsp chopped pecans

Preheat oven to 400°F. Pierce potatoes in several places with a fork. Bake 45 minutes, remove from oven and allow to cool. When cool, remove and discard skin; chop potatoes. Combine sweet potatoes and 3/4 cup of broth in a blender or food processor; blend or process until smooth, about 1 minute. Set potato mixture aside. Melt margarine in a medium-size saucepan; stir in flour and ginger, and then add milk. Cook, stirring, until slightly thickened and bubbly, about 5 minutes. Cook 1 minute more and then stir in sweet potato mixture and remaining 1-1/4 cups of broth. Cook, stirring, until heated through, about 5 minutes more. Pour into 4 serving bowls and sprinkle each with 3/4 teaspoons of pecans. Yields about 1 cup per serving.

*POINTS® Value: 4 points*

*Preparation Time: 10 minutes*

*Cooking Time: 60 minutes*

## Black History Moment!

1863 - Mary Church Terrell is born.

1993 - South Africa's parliament creates a multiracial body to oversee the end of exclusive white control of the nation.

## Your Health & Safety - By HPIC Thelma J. Tyler “Heart Disease is the Number One Killer of Women”

If you are like most women you are probably unaware of the dangers of heart disease for you and the other women in your life. You probably think that heart disease effects more men than women but the opposite is actually true.

Cardiovascular disease (CVD) is a broad category or label that encompasses many diseases that effect the heart, including heart attack, stroke, heart failure, high blood pressure, and high cholesterol. These diseases affect your entire circulation system including your heart, your brain and your blood vessels. Cardiovascular diseases kill more women than all forms of cancer combined including lung and breast cancer.

The National Heart, Lung and Blood Institute determined that 1 in every 10 women in the USA between the ages of 45 and 64 have some type of heart disease. Women 65 or older, 1 in every 5 have some form of heart disease. If you are a black woman your risk is even higher.

A woman with heart disease symptoms may be subtle at first and may take longer to develop than a man. Your own health care provider may not know that a woman's cardiovascular disease differs from a man's. Women have only been recently included in ongoing heart research. It is therefore very important to recognize the signs that indicate possible heart disease.

1. Chest tightness or pain.
2. Shortness of breath.
3. Swelling particularly in the ankles at the end of the day.
4. Rapid or irregular heart beat.
5. Fatigue.
6. Fainting blurred vision.
7. Paralysis, weakness or numbness

### Strokes

There are basically two types of strokes, those from blockage or from leakage. The blood flow is blocked by clots lodged in the brains vessels. A stroke can also occur when a vessel tears and there is bleeding in the brain.

Warning Signs: Slurred speech, drooping of facial muscles or muscle weakness in the arms and legs. You must seek immediate medical attention.

### High Blood Pressure the Silent Killer

Is evidenced when the blood vessels of the body become narrow because of plaque buildup. This makes it harder for the heart to pump blood throughout the body. Eventually the vessels become damaged and the heart muscle becomes enlarged from the extra work it's doing. This can lead to blindness, stroke and kidney failure.

### Congestive Heart Failure

Occurs when the heart is damaged or can't pump efficiently. Symptoms include shortness of breath and fatigue when you attempt to climb stairs; if you have to sleep on extra pillows to breath comfortable and if you have swelling in your lower legs and ankles.

### Cholesterol Check

Cholesterol causes the plaque that can clog arteries in the heart, the brain or the blood vessels. The cholesterol in your diet comes from mainly animal fats and is necessary for normal body functions. Problems occur when you eat too much of it or the body produces more cholesterol than it should.

### Managing your Heart Disease Risk Factors

You must first be aware of your risk factors for cardiovascular disease as a first step in control. You must have your blood pressure and your cholesterol checked routinely. You must have a diet that is high in fiber, low fat, which includes fruits and vegetables. You must check with your health care provider who will suggest for you a safe regular exercise routine. You must enroll in a CPR class.

## Good News and Other Blessings!

PC Venecia C. Bessellieu has been recognized for her work with Scholarship through the Grand Chapter and Mecca Court. She is a member of the Raymond Brown Scholarship Foundation through Bibleway Church. She works with the scholarship arm of Lockheed Martin and Prince George's Community College at Potomac High School where she is a mentee in the Math & Science my.

Academy. And she is being considered for a position in the Scholarship Program through the County Executive's Office. Congratulations on helping our children reach their potential!!

Imp. Commandress Iris L. Moore was able to escape with only minor damage to her home after Hurricane Gustav.

On December 1st her daughter

will be expecting her first child and she is looking forward to becoming a Grandmother!