



**BLACKS IN GOVERNMENT  
IRS NEW CARROLLTON CHAPTER  
2<sup>nd</sup> VICE PRESIDENT MONTHLY REPORT**

**February 27, 2017**

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**IRS NCC BYLAWS RESPONSIBILITIES**

The Second Vice President shall serve as an ex-officio member of the Membership Committee. The Second Vice President shall perform all the duties and functions of the President in the event the President and First Vice President are absent or incapacitated. During such a period, the Second Vice President shall have all the powers of and be subjected to all the restrictions placed upon the President; and shall perform other duties as assigned by the Executive Committee or the Chapter.

**ACTION ITEMS**

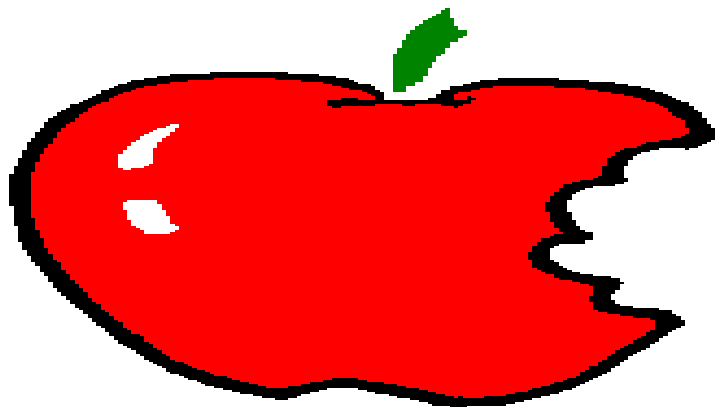
- Considering a proposal for Chapter members to attend Region XI's Annual Marti Gras and Christmas Gala celebrations through half price subsidies

**INITIATIVES /ACCOMPLISHMENTS/PROBLEMS**

- Health Notes (See Attachment)

**INVITATIONS & EVENTS**

- Attended BIG NCC EC Meeting at Weigman's February 2, 2017
- Volunteered as an escort for BIG Fund Raiser February 16, 2017
- Attended the Black History event February 22, 2017



## Health Notes, Rev-1\*

### February 27, 2017

#### JUICEOLOGY FOR WEIGHT LOSS

If you haven't tried the Banana-Strawberry-Orange Juice smoothie for weight loss then try it, it really works! Also try the Papaya-Mango-Pineapple juice smoothie, it works as well.

- Always use 100% juice and not flavored juice (read the labels)
- Try **real fruit** smoothies!
- Juiceology is no substitute for proper diet and exercise.

#### NATURAL INFECTION FIGHTERS

Vinegar has been used for centuries! Many cultures over the centuries drank vinegar in water on a regular basis to help their system fight bacterial infections. One table spoon in an eight ounce glass of water each day on a consistent basis will do the trick. Stronger if you dare.

Honey will fight off infections in wounds and help wounds heal. You can apply honey directly to cuts, scars, sores and wounds after cleaning them. [Raw honey works best!](#)

[Raw](#) honey and [raw](#) sunflower seeds will fight off serious infections. Mix honey and sunflower seeds together then snack on it like treat. Eat at least three tablespoons per day on a consistent basis and the infection (whatever it is will clear it up, [except toe nail fungus infections\\*](#)).

Red Grape Juice has medicinal properties to fight bacterial infections. Drink red grape juice on a consistent basis. It works wonders!

The old saying an Apple a day keeps the doctor away it true!

[\\*Subject of future Health Notes!](#)