



**BLACKS IN GOVERNMENT
IRS NEW CARROLLTON CHAPTER
2nd VICE PRESIDENT MONTHLY REPORT**

March 29, 2016

Raymond Williams:
2nd Vice President
IRS New Carrollton Chapter
240-613-5695
Raymond.Williams@irs.gov

IRS NCC BYLAWS RESPONSIBILITIES

The First Vice President shall serve as an ex-officio member of the Membership Committee. The First Vice President shall perform all the duties and functions of the President in the event the President is absent or incapacitated. During such a period, the First 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

- Postponed 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 by teleconference March 1, 2017
- Attended Big General Membership meeting by teleconference March 15, 2017.



Health Notes

March 29, 2017

Try eating sunflower seeds mixed with honey followed with a tall glass of red grape juice a couple times per week. It will knock out bacteria in your blood.

The Power of Coconut: An Excellent Natural Fungus Inhibitor

Do you remember when you were younger and you took a bath with coconut milk bath and bath oil. Remember those quart size hard plastic containers that hold the milk bath and oil. Do you remember coming out of that bath feeling totally clean.

You once could find that in every corner drug store, department store or supermarket. It's hard to find both coconut milk bath and oil these days. However, You can find it then try It again This stuff will kill the fungus that me be lurking on your personal being.

It's even hard to find coconut bar or liquid soap. But if you can find it then try it It's really good bacteria soap.

Nonetheless, how much better is coconut as a food supplement. **NO DON'T EAT THE SOAP!** But try adding natural coconut to your diet, i.e. special drinks like pina colada, natural coconut milk or shredded coconut to your salad or in a fruit salad.

Sweet's Fountain of Youth Fruit Salad

One 24 oz can of mixed fruit
One 12 can of crushed pineapple
One 12 can of chunk pineapple
One small bag of shredded coconut
(Coconut pulp in the can is best)
One small bag of walnut bits.
Mix them all up then refrigerate then enjoy

When eaten in your diet on a regular bases you can look better or younger if that's your desire.