



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

January 30, 2016

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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

- None

INITIATIVES /ACCOMPLISHMENTS/PROBLEMS

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

INVITATIONS & EVENTS

- Presented Awards at the MLK Presentation on January 18, 2017.
- Attended the BIG EC/MLK kick off session by teleconference on January 12, 2017
- Attended the Region XI President's Roundtable in person on January 21, 2017
- Attended the Employee Organization/Resource Group Monthly Leadership Meeting by teleconference January 25, 2017.



Health Notes

January 30, 2017

NATURAL SWEETNERS

- **The following are commonly used as sugar substitutes**
 1. **Raw Honey**:: Use Organic Honey
 2. **Stevia**: 200X sweeter than table sugar (Use Cautiously)
 3. **Dates**: 80% sugar content, good for health
 4. **Agave Syrup**; Similar to honey
 5. **Black Strap Molasses**: Concentrated Sugar from Cane
 6. **Coconut Sugar**: Made from Coconuts
 7. **Xylitol**; Made from Xylitol Plants from Central and South America
 8. **Yacon Syrup**: Made from Yacon root from South America

JUICEOLOGY FOR WEIGHT LOSS

- Always use 100% juice and not flavored juice (read the labels)
- You may have to make **real fruit** smoothies to get the right juice ingredients
- Juiceology is no substitute for proper diet and exercise.
 1. Apple-Grape Juice: Helps clean the colon
 2. Banana-Orange-Strawberry Juice: Helps cleans fat from blood and liver
 3. Pomegranate: Quick flush of the system
 4. Papaya-Pineapple-Mango: Flushes the system