



Volume 4, April 2011

## ***A Word from Our President...***

Dear Members,

It has been a very busy start to 2011 for members of Island Women, LLC. We have been working hard on honing in on our 2011 goals, defining a focus on how to utilize the talent, and energy of our members. I always keep in mind the need for our members to be challenged mentally, while offering our members a fun and fulfilling experience.

It was decided that our focus will be to continue working on the on-going environmental issues which effect Pleasure Island residents and visitors. Several members have worked very hard on these issues, and it is very much appreciated. Bev Veals, our new team leader for the Environmental Committee, has volunteered with a great deal of enthusiasm and fresh ideas on recycling, cleaning up our beaches, and limiting plastic bag use by our retailers. Bev and Anne Terry will educate Pleasure Island residents and visitors on how to recycle, clean up after themselves and the benefits of doing so. Bev and Anne welcome the work and support of Island Women members regarding these and other environmentally related goals.

Island Women will continue to be involved in supporting Pleasure Island with our Yard & Bake Sale fund raiser, as nest parents to a Sea Turtle nest, by providing donations to the Help Center and in decorating the Gazebo for Christmas By-The-Sea, to name a few other projects.

Board Members have attended seminars at Cape Fear Community College/Small Business Center on Fund Raising and Grant Writing, to help add to an existing base of our members' knowledge in those areas.

As usual, it is a pleasure to be working with such a talented group of women. I look forward to an enjoyable and productive 2011!

Best regards,

Carol Konicki  
President



## ***2011 Board Elections***

As happens every spring, the general membership of Island Women elects a new Board of Directors. Nominations were taken at the March meeting and the election process went off without a hitch at the end of March. We are pleased to announce that the 2011 Board Members/Officers are: Carol Konicki – President; Leslie Lewis – Vice President; Gail Smyth – Secretary; Mary Nobilio – Treasurer. The three At-Large Board Members are: Claire Cates, Denise Fredriksson and Shannon MacKay.

The Board would like to thank outgoing Board Member Georgia Mullen for her tireless work since becoming a member of Island Women in 2006. Not one to sit on the sidelines, Georgia immediately got to work and by 2007 she was Vice President of Island Women. In 2008 she took over the duties of Secretary and that summer she was our Nest Mother for

the Turtle Team. In 2009 she stepped up to Board President and I'm sure there are a few who remember her wielding that trusty trowel when opening our monthly meetings. Which leads to the question – where did that trowel go? Stepping down from President in 2010 she assumed the At-Large Board spot reserved specifically for the past president. She lent her hand on numerous projects throughout the year – most notably as an active volunteer for the Christmas by the Sea Project.

At our Board Meeting in January Georgia announced that she would not be returning to the Board but she has assured us that she will continue to be an active Island Women member; sharing her wisdom and wealth of historical knowledge of Island Women.



## ***Environmental Committee Heats Up for 2011***

As the weather starts to warm up, the Environmental Committee of Island Women is heating up its campaigns to help make Pleasure Island a more sustainable and environmentally friendly community. A planning meeting was held with the Island Women Board and then the committee met to discuss strategies and opportunities. It was a productive meeting with Anne Terry, Bev Veals, Denyse Fredriksson and Liz Stover in attendance. From the meeting, several subcommittees were formed to help meet the committee's goals.

The subcommittees formed are: Recycling, Trash the Plastic Bag, The Sand Sweepers, Green Business and Welcome to a Green Pleasure Island. We also discussed how we could use multi-media to enhance the objectives of the committee, including producing short PSAs that could be linked to various Facebook accounts and websites.

"We're known for our recycling efforts," says Anne Terry, who is helping lead the committee with Bev Veals. "We had a presence last year at a lot of events and it let people know there are residents who really care about this island." Mo Linqvist, who co-chaired the committee last year with Anne, made bibs for the recycling team to wear at events. The committee plans to attend numerous events this year starting with the Steve Haydu St. Patrick's Day Lo Tide Run in Carolina Beach on March 19th.

### ***Recycling Efforts Off to a Good Start in 2011!***

The Environmental Committee aided with recycling efforts at the 7th Annual Steve Haydu St. Patrick's Lo Tide Run in Carolina Beach on Saturday, March 19. On hand were Anne Terry, Sara Markley, Denyse Fredriksson and Bev Veals. Anne Terry remarked that the recycling efforts had come a long way from last year, noting that many of the bins actually had all recycling materials and not trash. Anne did bring her long handled grabbers just in case. She had to use them a few times, but we managed to keep her from dumpster diving through much of the morning.

Those attending were able to represent Island Women's recycling efforts and enjoy the morning's festivities. Sara's husband, Tim, ran in the 5K event, along with Bev's son, Bryan. It was suggested that Island Women could possibly staff the water station at the end of the race where visual and verbal reminders to please recycle could be given. There were approximately 1,000 participants at this year's event, up from 700 last year.

### ***The Sand Sweepers take to the sands around the Kure Beach Pier***

On Saturday, March 26<sup>th</sup> Pat Holleman, Carol Konicki, Gail Smyth and Danielle Richardet and her family from Wrightsville joined Liz Stover to sweep the sands of cigarette butts and other assorted types of trash. In total they collected close to 1,000 butts, 998 to be exact!

Bev Veals  
Co-Chair of the Environmental Committee



## Island Women Business

Island Women in Business (IWB) is a sub group of the Island Women for women who work, live, or play on the island. This group is for women that would like to know more about business or just like a comfortable environment to network, socialize or learn about business with other like-minded women. Follow us on Facebook at <http://www.facebook.com/#!/group.php?gid=441521060446>.



IWB had their first meeting of the year on Feb 16th at Havana's. This meeting was a social where we discussed what we did right last year and what the women wanted to see this year. Everyone liked the socials that we had last year and wanted more social time at the meetings. They also wanted to start the meetings earlier. We will try having the next several meetings at 5:30 with a speaker for less than an hour, followed by social time. Most people didn't like the police training center as a location for our speakers so we are going to try hard to come up with restaurants or member's houses for this year's meetings. We had many suggestions on topics and we will attempt to get speakers on as many of those topics as possible. If you have other suggestions, feel free to start up a discussion on our Facebook page. We would love to hear from you.

*Tentative Meeting schedule - Third Wednesday of every month at 5:30*

- April - Social Networking meeting – location: Harbor Masters
- May - How To Create A Purpose Driven Life
- June - Carol Konicki to speak on Long Term Care
- July - Social Security benefits and how this will affect you in the future. How can you plan today for your retirement?
- August - IWB social meeting – Members are encouraged to bring a friend who might benefit from this social networking group.
- September - Motivational Speaker TBA
- October - Social Media Marketing. Learn how you can promote your business or ideas through Facebook and Twitter
- November - Teresa Hollar - Women's Health Issues and You will learn how you can take better care of yourself and your family through Natural Wellness Planning
- December - Holiday Social Event
- January 2012– No meeting scheduled
- February 2012- Personal Self Development - Learn how you can improve your life through personal self-development

Claire Cates



## Island Women Yard Sale

Donations for the April 16 Island Women Yard Sale may be taken to the Bame Ace Hardware mini-storage facility, 1021 N. Lake Park Boulevard, Carolina Beach. Donations will be accepted from 8 a.m. until noon on six consecutive Saturdays: March 5, 12, 19 and 16; April 2 and April 9.

“Island Women will gladly accept donations from the public for our yard sale,” said Leslie Lewis, committee chair, “as well as from our membership. We are strict, however, about the quality of contributions. We want clean, gently worn clothing, working appliances, sturdy furniture.”

The yard sale will take place from 7 a.m. to 1 p.m. at 206 Fayetteville Ave., Carolina Beach on the same Saturday as the Chowder Cook-off.

 <b>4th Annual Yard &amp; Bake Sale</b> Saturday - April 16 <sup>th</sup>
206 Fayetteville Ave., Carolina Beach 7 a.m. to 1 p.m. - Rain or Shine <b>Come shopping on your way to the Chowder Cook-Off</b> Home goods - summer clothing - furniture and more! Take home a cake, pie or cookies for dessert!
<b>All proceeds dedicated to making life better on Pleasure Island!</b>
<b>ACCEPTING DONATIONS NOW AT:</b> Bame Ace Hardware Mini-Storage, Unit 238, 1021 La ke Park Blvd., Carolina Beach. Donations accepted on Saturdays: March 26 <sup>th</sup> , April 2 <sup>nd</sup> & 9 <sup>th</sup> from 8 a.m. - noon. Summer Clothing, Furniture, Linens, Books, Appliances, Household Items <i>No Electronics Please</i> Someone will be there to assist you. Questions? Call Leslie Lewis at 910-792-7626 or 910-612-5740.
<b>SUPPORTED BY:</b> Bame Ace Hardware Mini-Storage - Bowman's Seafood - Port City Java Harbor Masters Restaurant - Michaelangelo's Pizza - Victory Beach Vacations

Notorious for great prices, this year's fundraiser will feature summer clothing for children and adults, furniture, appliances, linens, books and household items. Sale of homemade baked goods and coffee are also popular.

Proceeds from this annual fundraiser are used to assist individuals and families in need on Pleasure Island. Island Women supports the local food pantry with monetary and food donations. Members also participate in fundraisers such as the LoTide Run and the Disabled Sportsman Fishing Tournament.

Georgia Mullen  
Chair for Advertising, PR, Signage



## ***Island Women Support Christmas by the Sea 2010***

After being asked by Boardwalk Makeover to help decorate the Gazebo for Christmas, 14 Island Women (and two Island Men) put their passion for celebrating the holidays behind Christmas by the Sea on Carolina Beach. For 230 hours this group of hearty women prepared, primed, sanded, painted and sealed a series of Christmas displays that were placed around and atop the Gazebo. We hung lights from the rooftop and all around the stage. We then wrapped the Gazebo up like a big Christmas present and gifted it to Boardwalk Makeover. And then in January – four hearty souls braved the winter cold and took it all down.

All in all Island Women put forth a fabulous effort that was greatly appreciated by Boardwalk Makeover. If you didn't happen to get down to the Boardwalk during the 2010 Christmas season – there's always next year! The Board of Island Women has unanimously agreed that our participation in decorating the Gazebo will be an annual event.

Gail Smyth  
Project Leader



***Island Women hard at work***



***The stage ready for opening night!***



## ***IW Holiday Social***

On Thursday, December 16th, 2010 Island Women celebrated the season by gathering to share our favorite recipes for a wonderful balance of sweet and savories. The highlight of the evening was provided by Georgia Mullen and Shannon

MacKay who accompanied us on their ukuleles while we all sang Christmas carols. The social gave members an opportunity to get to know each other better and to share ideas on how to make our island even better!!

Kay Hoffman  
Social Chair



*Being entertained by Shannon & Georgia.*



*Hamming it up for the camera!*



## *Staying Safe on the Internet*

So you have joined the 21st century and you are using the internet, but are you using it securely? There are many things you should look out for but in this first article I'll just list the basics.

First and foremost, if you are accessing your bank accounts, health care accounts or other important accounts that you would not make public to the world, DO NOT access them on a public computer or over an unsecured wireless connection. You must completely trust the computer you are using. Did you know that programs can be downloaded on a computer that will capture every keystroke you type and this information can then be sent to a hacker? Any public computer or network should only be used for surfing the web. If you have accessed any of your important accounts over a public network, change your passwords immediately.

Now that leads me to another important topic. Passwords need to be secure. What is a secure password? A secure password should be at least 8 characters long but I've recently been told 12 or more is best. The password should be a mixture of uppercase, lowercase and numbers and if possible should even include special symbols like &%\$. Next newsletter, I'll dedicate an article just about passwords and explain how to create passwords you will remember. Another important item is to not use the same password for all your accounts. Would you use a suitcase key for your house key, your car key, and for your safety deposit key? If you use the same password for all accounts and if your password is stolen, then all your accounts could be compromised. Finally, don't use common information about yourself as part of your password, for example your phone number middle name, or pets name or anything that can be found on your Facebook page.

Should you trust email? Maybe, but follow these rules. First, don't open every email you receive. Most email is junk email and is sent by either spammers trying to get you to buy something or by hackers trying to get you to click on a link or open an attachment. Cute videos, pictures, and links in emails can all contain hidden programs that can be

downloaded on your machine. For instance, keystroke loggers mentioned earlier can easily be downloaded onto YOUR computer. Note that just because your family or a friend forwarded you something, the email may not be safe. Many of the cute emails people forward contain viruses or other programs that can make your computer insecure. Finally, if you receive an email from your bank, credit card, PayPal or any other company, NEVER send them personal information about yourself. Question the legitimacy of the email and if you have any concerns, call the company to verify any requests. Remember hackers are out there trying to get you to open attachments or click on bad websites. They want your private information and your money.

There are many benefits in using the internet, just be smart about how you use it. The extra time you spend questioning anything that looks suspicious can save you massive amounts of time and money.

Claire Cates

