



A Word from Our President...

As this is the time of year to give thanks and praise, I thought it would be fun to reminisce about what the members of Island Women have been up to. Our members have helped residents and visitors to Pleasure Island learn good recycling habits. We have assisted 80 baby turtles find their way. Our members have raised funds from a bake and garage sale to enable us to donate money to those in need and for important causes. Our members have raised public awareness of what Island Women are capable of. We have helped to bring in the holiday season by decorating the Carolina Beach gazebo. We have had visioning meetings which have helped us focus our efforts on new projects which will help to enhance the lives of residents and visitors to Pleasure Island.

I look forward to the challenges we have ahead of us in obtaining our new and ongoing environmental goals of recycling, the greenway project, and fund raising and building membership. Our members are energetic, intelligent, powerful, and beautiful loving women and I am sure we are up to meeting those challenges! Sherry Anderson once said "Volunteers don't get paid, not because they're worthless, but because they're priceless."

I hope you and your families enjoy Thanksgiving and the holidays. I'd like to close with an Irish blessing: "May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door."

Best wishes and thanks to you always,

Carol Konicki
President



Island Women's 4th Anniversary

The Island Women's quarterly social was held on Thursday, September 16th, celebrating the club's 4th anniversary. Approximately 25 attended, including old, new and prospective members. Everyone had a very "spirited" evening enjoying the weather, the view, socializing, and eating.

A delicious variety of pizzas were prepared and served by Stephanie from Papa Murphy's at Beau Rivage Market Place. A beautiful anniversary cake, baked by Island Cakery was decorated in our Island Women's hibiscus theme and had an equally delicious tropical flavor.

If the sound of laughter and chatter were any indication, we would have to declare the social a big success. Hopefully, even more IW will come to our next social in December and it will be even better! ~ Kay Hoffman



Pleasure Island Seafood Blues and Jazz Festival

On October 9th and 10th Pleasure Island Seafood Blues and Jazz celebrated its 17th year, and first year with recycling! Island Women worked tirelessly digging in the many blue trash bins pulling out recyclables and putting them into the recycling bins. In the end, our expectations were exceeded with a large dumpster filled to the top with recyclables that will eventually make the journey to the Raleigh Materials Recycling Plant. Next year we will make sure better-identified recycling bins are located next to each trash bin. ~ Anne Terry

Many thanks to all the volunteers:

Georgia Mullen

Judy Larrick

Kay Hoffman

Gail Smyth

Mo Linquist

Anne Terry

Mary Nobilio

Ruby Singhisen

Denyse Fredriksson and her friend Liz

Sandra Sink

Adele Aquino



First Annual Island Day

Pleasure Island's first Island Day on September 26 was a great success! Island Women were in charge of 15 recycling bins that we monitored with good results. Our booth was decorated with many leis, shells and a poster board with photos and history of our organization.

We also had a poster explaining the items one can recycle and a container filled with recycling items. A plastic bottle with 855 cigarette butts collected at Beach Sweep was displayed for children to guess how many butts to win a neat reusable water bottle. Among the 101 children, a two year old boy, with help from his Dad, was the winner guessing 850 butts. ~ Anne Terry



Thanks to all the volunteers that participated:

Pat Holleman

Adele Aquino

Judy Larrick

Pam Womack

Denyse Fredriksson

Marcia Russell

Claire Cates

Ruby Singhisen

Anne Terry

Lynn Heritage and her friend Peggy Astraikis

Carol Konicki helped with the history of IW

... and especially Kay Hoffman for her hard work collecting decorations and setting up the booth with help from her husband Jim.



CB Bike Hike

Saturday, November 20, several Island Women participated in the Carolina Beach Bike Hike. There were about 22 bicyclers in all who turned out to enjoy the beautiful weather and to follow Michael Kirkbride as he led the cyclists around a portion of the proposed bike route through Carolina Beach. Different road signage and layouts were explained.

The next Bike Hike is scheduled for December 4, 2010 from 10 am to 12 pm. Island Women are supporting the bicycle paths that will be presented to Carolina Beach Planning and Zoning in their December meeting. This will be a positive amenity that our Island will have to offer residents and tourists alike. Thanks to all who participated (and some husbands too). ~ Caroline Meeks



Fall Forward in Lawn Care

Fall is finally upon us here in coastal Carolina and often our attentions turn to winterizing our lawns to prepare them for spring. It is very important for us to understand the limitations and advantages of our climate, rainfall and indigenous plants. So many people move to an area and try to duplicate the lawn scenarios of other locations in the United States. It is neither logical nor an environmentally sound practice. And to add insult to injury to a location, as in the coastal area, pesticides are used to maintain an almost impossible look that can cause great damage to our natural wonders, the same wonders which attract so many to our area. In our own desire to have the perfect lawn, we damage the fragile ecosystem that is our very banner.

Lawn pesticides are now the focus of many groups, which include physicians asking whether there is a link to Parkinson's, Alzheimer's, childhood leukemia, cancer, ADHD and diabetes; the EPA investigating them for being endocrine disruptors; and the US Geological Survey warning dangerous levels of pesticides are in our wetlands and water tables. The concerns warning of potential hazards are expanding.

With growing concerns grows innovative ways to avoid dangerous toxins in the environment. One of my favorite websites is <http://www.organiclawncare101.com>. An organic lawn does take a bit more planning, work and involvement, but knowing you're working in conjunction with the environment can be a very gratifying payback. Just because someone's grass is green does not mean it's clean.

If you feel you must do something to get your lawn in shape and you don't know where to start, consult an organic lawn care service. Progressive Gardens is a great starting point. Pledge to use organic fertilizer, but first understand what your lawn needs as far as nutrients. Ammonia based fertilizers are most often made of leftovers from the plastics and coal industries. Their products can be tainted with mercury, arsenic and other harmful byproducts. Make sure you aerate your lawn and overseed using a type of seed suited for our area. If you have areas that are weed infested, resist the urge to use a weed killer or a weed and feed fertilizer. You can use a hoe or trowel to remove weeds. Then overseed the loosened soil or use a weed block cloth then cover with rock or wood chips. If weeds present themselves in the area, use vinegar or hot water to kill the weeds.

Remember, living here gives us a special closeness to some of the world's most wonderful creatures. But because of our close proximity to the ocean, everything we put on our lawns eventually ends up in the ocean, putting our wonderful aquatic creatures at risk of toxic poisoning. Invest not only in your lawn and the safety of kids and pets, but our friends out there as well.

- Did you know lawn care pesticides, including herbicides, can kill 60-90% of healthy enzymes and bacteria in the soil, as well as earthworms?
- Did you know pyrethroids (bifenthrin, permethrin, resmethrin, cypermethrin, etc...) used in many insecticides are highly toxic to bees? And suspected in causing decreased size in turtle eggs.
- Many pesticides contain a synergist called piperonyl butoxide (PBO) which increases the toxicity of the key pesticide.
- Many pesticides are being established as cholinesterase inhibitors and can have an effect on the nervous system, brain, kidneys and liver of our aquatic buddies.



~Bev Veals

Member Profile

Meet Georgia Mullen . . .



Georgia Mullen is writing the third book in her Canal Tales Series, tentatively titled *Beau Maas at Stop 99*.

Her first book, *A Shocking & Unnatural Incident*, is the story of three young women whose lives reflect the three issues leading up to the First Woman's Rights Convention in Seneca Falls, New York in 1848. Tess is the daughter of a drunken handyman; Beany the daughter of a runaway slave; and Lucy the daughter of a wealthy abolitionist. While their goals and personalities clash, friendship develops as they experience Elizabeth Cady Stanton's convention and work on Amelia

Bloomer's *Lily*. Harmony dissolves, however, when a bloody battle with slave catchers leaves two of them broken in body and spirit, adrift on the Erie Canal.

"This is a story about women's rights," Georgia explains. "'A shocking and unnatural incident' is how one newspaper editor described Stanton's convention. Women getting together in a church to demand to be treated as male equals was 'shocking and unnatural.'

"The women's rights issues are really played out in the lives of the girls' mothers. Then you have this second generation coming up, observing how their mothers are being treated then reacting to how they perceive their mothers are mistreated."

Tess' story continues in *Wixumlee Is My Salvation* after the brutal fight on the towpath turns the once bold young woman cowardly. Tess finds herself in Buffalo, New York where her friend is kidnapped and Tess becomes entangled in the slave rescues of the Underground Railroad. Sadly, her lack of skills and personal terrors make her barely acceptable to a militant gang of abolitionists. Turned cowardly by bloodshed on the towpath, Tess struggles to win back her friend and regain her own lost courage.

"This book is a character study about how a 'fraidy cat gets her nerve back,'" Georgia says. "It's very different from the first."

Beau Maas at Stop 99 pursues a mystery that haunts the Canal Tales Series since the end of book one. Beau Maas, a cold-blooded, man-stealing thug, grabs people of color—slave and free—right off the street in broad daylight. He wants Beany. He'll even take Lucy. Tess clashes with Maas to free her friends suffering in a Louisville fancy house.

"I've had readers ask me two days after finishing *Wixumlee* when the next book's coming out," Georgia says. "I like that enthusiasm! All I can answer is 'not for a while.'"

A Shocking & Unnatural Incident and *Wixumlee Is My Salvation* are available at Amazon and Barnes & Noble online, through Georgia's website www.georgiamullen.com, or from the back seat of her Toyota (where she can offer a discount for purchasing both books. Christmas is right around the corner).

