



LET'S NOT BE INSANE

By Jeremy D. Samuelson, Executive Director

Human nature compels us to wade into a disaster's wreckage to proclaim that, in the process of making our lives and our community whole, we will put it back.

Will our response to Hurricane Sandy be more of the same while expecting a different result? Will Montauk finally accept the challenge of being a vulnerable coastal community in a changing world?

Sandy's glancing blow could have been a direct hit. We need only to look west to Breezy Point to understand the devastation that comes from a category 1 hurricane. Within the lingering tragedies of this late season storm there is both opportunity and an obligation. As we aid our neighbors on Long Island, Staten Island and in New Jersey, our community must wrestle with the same questions faced by our families and friends to the west.

All of East Hampton Town, and Montauk in particular, must rethink our preparations for and responses to catastrophic storms. We must ensure that future development and any rebuilding following a major storm bolsters our best defense against extreme weather: the dunes, beaches, wetlands and marshes that serve as natural buffers to the water that surrounds us.

Such planning requires hard decisions about where and how we build or build again. Not all damaged businesses and infrastructure can or should be reconstructed "in place" and "in kind." In fact the very economic and environmental viability of our coastal community requires that we acknowledge the need to adapt to a changing world.

As Governor Andrew Cuomo said in a recent OpEd in the New York Daily News, "extreme weather is the new normal. In the past two years, we have had two storms, each with the odds of a 100-year occurrence. We need to act, not simply react."

"First, we must begin by thinking about where and how we rebuild. The next generation's infrastructure must be able to withstand another storm," said Governor Cuomo. "We must also reduce the energy consumption that contributes to climate change — which means, for starters, upgrading our building codes."

The Governor's point of view has long been shared by CCOM. In 2008, CCOM identified the need for a Coastal Protection and Recovery Plan (CPR Plan). As part of that year's local election we asked all candidates for Town and County office to commit to leading the CPR planning effort. CCOM even identified \$200,000

"In the past two years, we have had two storms, each with the odds of a 100-year occurrence. We need to act, not simply react."

**– NY Governor
Andrew Cuomo**

in state grant funding available to East Hampton Town that was earmarked for a coastal community willing to step up to the challenge. After the election, local officials chose not to pursue the funding, which was eventually repackaged and awarded for disaster planning in the Catskills region.

In September of 2010, CCOM hosted an open meeting to explore the design and funding of CPR plans like those adopted by communities along North Carolina's Outer Banks and in other vulnerable communities. The

Continued on page 2

MEMBER PROFILE: TOM KACZMAREK

Tom's been a CCOM member "off and on" for years, but has recently found the time and passion to get more involved in protecting Montauk. We've seen a lot of him at our programs and he's even helped out in our office. We took a moment to get to know him better in this interview.

Tell us about your background.

I was a police officer in Nassau County for 28 years, about half that time working on computer and special dispatch projects. Before that, I served in Vietnam. When I got out of the service, I earned my B.A. in Psychology and did graduate work in Sociology at Stony Brook University. Though it hasn't been my professional background, I'm committed to the environment. I even designed my house with solar power in mind, incorporating 38 solar panels in the roof construction. The energy needs of my house are almost completely met by the panels.

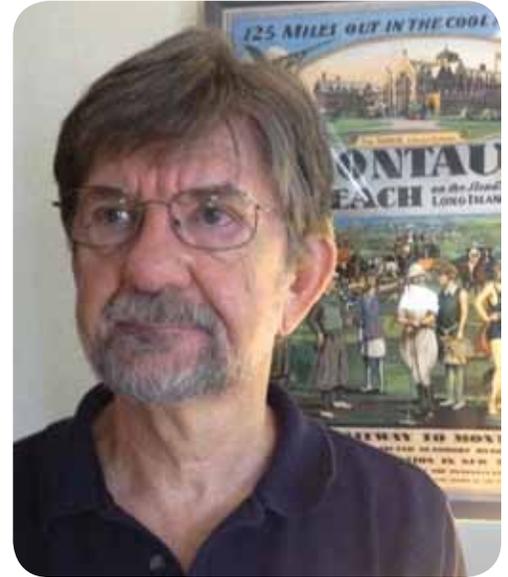
What drew you to Montauk?

My parents bought a house in Ditch Plains 50 years ago, so I've been coming here on and off for a long time. I moved here fulltime in 2007. I've always loved Montauk and am fulfilling a lifelong dream to be able to live here fulltime.

Why did you recently become more involved with CCOM?

For years, I simply gave CCOM my \$35 membership fee, but I wasn't really around to get to know the organization or see what was happening in Montauk. Now, I feel there is a dramatic necessity to protect Montauk's environment. It's not a new issue, but what I call the "graying of Montauk." People who have been around and "going with the flow" are now selling, and new interests are coming in.

Montauk is a finite location and can only expand to a certain extent before it chokes itself. My drive is ecology and I wanted to get more involved.



I'm concerned about the quality of the water when I take my granddaughter to Lake Montauk! I never really had time before, but now that I'm more settled in Montauk, being involved with CCOM is something I'm aware I need to do. It's the best vehicle available for me to make a difference. Being silent is catamount to letting whatever happens happen.

LET'S NOT BE INSANE continued

meeting was well attended but largely by those who already agreed with the need for a plan.

Following Hurricane Sandy's near miss on the South Fork, many in our community are now focused on Montauk's pre-storm preparations and post-storm recovery. The Montauk Firehouse was packed on November 13th for an East Hampton Town Board meeting as representatives of the business community, residents, ocean front hotel owners and environmentalists debated the elements of something like a CPR plan. To the surprise of many, particularly the elected officials, there

was some measure of agreement among the speakers.

For at least a moment following the "super storm" our community faced reality and acknowledged that we are better off working before the storm to prepare for what comes after.

CCOM is working to move the Coastal Protection and Recovery Plan forward. Any successful, practical plan must balance the rights and needs of property owners with the need to maintain and rebuild the environmental resources—dunes, wetlands, natural beaches and bluffs—that define our economy and serve as our best protection against catastrophic weather events.

Montauk's response to more numerous and powerful storms and rising sea level will only be successful if we find a

consensus among scientists, property owners, land planning professionals, economic experts and elected officials. For too long, elected officials have avoided taking on the difficult but critical topics of protection and recovery. By refusing to adapt to circumstances beyond our control, we will only lose that which is most dear.

CCOM needs your support to move forward with a Coastal Protection and Recovery Plan for Montauk. If you would like to learn more about our work please call Jeremy Samuelson at (631) 238-5720. If you have already made a contribution to support coastal planning, thank you. If you have not yet contributed and are able to do so, please call our office or go to our website, PreserveMontauk.org.

HELPING TO CREATE THE NATION'S FIRST CLEAN OCEAN ZONE



Kayakers ending their "Tour for the Shore" at Montauk Point on August 24.



Coming ashore and heading to a celebration at Montauk Point State Park.



Intrepid "Tour for the Shore" cyclists, finally off their bikes.

For 20 years, CCOM has been working with Clean Ocean Action from Sandy Hook, New Jersey and 130 different fishing, surfing, and business associations from both New Jersey and New York to protect the ocean. We've fought toxic dumping, liquid natural gas (LNG) processing facilities, sewage, sludge and medical waste disposal, and other pollution slated for the ocean.

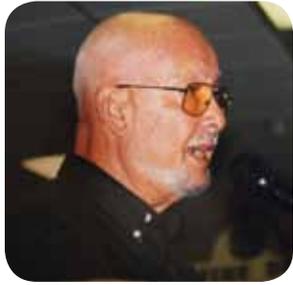
In August, CCOM was one of the sponsors of the "Tour for the Shore," an 850-mile bike and kayak race that raised public awareness and activism to support the creation of a Clean Ocean Zone. A Clean Ocean Zone will protect the New York and New Jersey Bight, an area extending from Cape May to Montauk (reaching to the continental shelf), one of the most biodiverse regions in the Atlantic Ocean. "Tour for the Shore" participants started in Cape May, New Jersey, on August 10 and crossed the finish line in Montauk with a celebration at Montauk Point State Park on August 24. Over the course

of the Tour, rallies, campaigns, and media events garnered support from everyone on the beaches, boardwalks, and boats along the coast.

A Clean Ocean Zone will promote clean coastal economies for today and for future generations of swimmers, surfers, divers, fishermen, and tourists. It will provide for safe, clean renewable energy and will prohibit BP-type oil spills, LNG ports, oil and gas drilling, and pollution. It will protect 300 species of fish, 350 species of whales and marine mammals, and five species of sea turtles from spills and ocean industrialization.

To get a Clean Ocean Zone, we need you to write to your congressman, Tim Bishop, and to both Senator Gillibrand and Senator Schumer today! For more information visit Cleanoceanzone.org.

In Praise of Retiring Board Members Ed Porco and Larry Smith



Larry Smith

Leaders in every organization look to those who came before them for inspiration. When I joined CCOM's Board of Directors, I was in awe of intrepid leaders like Carol Morrison who were in the "first wave" of activism within the organization and did so much to preserve land (from Montauk County Park to Hither Woods) and stood up to constant threats to the environment of Montauk. Larry Smith was one of those early leaders. He joined CCOM in the 1970s and has served as a board member, vice president, and committee chair over the course of the decades. Larry was involved in CCOM's early struggles - against motel overbuilding, a vehicle ferry, the Shoreham nuclear power plant, and offshore oil drilling, as well as for protection of Montauk's open spaces.

Like me, Ed Porco was one of CCOM's "second wave," joining the board after most of Montauk's open spaces were protected.



Ed Porco

But there were plenty of new challenges and threats to our environmental quality of life. Ed, who was a president of the East Hampton Trails Preservation Society, served as liaison between the two organizations, has been a hike leader for both, and has served as a CCOM vice president for many years. Ed has also been working with our student interns this year, helping develop environmental stewards for the future.

Both Larry and Ed are stepping down from the board, Larry to pursue other activities, and Ed to decamp to the North Fork. Both men have always given generously of their time, energy, and wisdom, and CCOM is extremely grateful to them for helping to build this strong organization. CCOM celebrates Larry's and Ed's contributions as we develop the fresh new faces, members who will carry CCOM's mission into the future.

Thank you, Ed and Larry.
Bob Stern, President

TALKING TICKS AT CCOM'S ANNUAL MEETING

There aren't many downsides to living on the East End, but at CCOM's Annual Meeting on September 22, we focused on one that certainly vexes us: Ticks. The subject drew a crowd of about 150 to the Montauk Firehouse where guest speaker Dr. Joseph Burrascano, one of the world's leading experts on Lyme and other tick-borne infections, discussed the symptoms and treatments of tick-borne diseases.

LYME SYMPTOMS AND TREATMENT

Lyme disease is one of the most complex infectious diseases to treat, according to Dr. Burrascano. It's caused by the bite of a tick infected with the spirochete *Borrelia burgdorferi* virus and is not, as commonly thought, a kind of arthritis or inflammatory disease. It's very difficult to diagnose and to cure, and requires very strong antibiotics. In order to diagnose the disease, doctors have to recognize a cluster of symptoms. Dr. Burrascano is involved in getting more physicians to become "Lyme literate."

Unfortunately, on the South Fork 80% to 100% of the ticks are infected, and the virus can be transmitted within just a few hours. The blood test for Lyme is very unreliable and the easiest symptom to spot, a bullseye rash, does not always

manifest. Additionally, the sicker the patient, the weaker the serologic response – that is, the less likely for a test to show positive.

Lyme is a multisystem illness. Symptoms come and go in a very strict, four-week cycle. If Lyme becomes chronic, there are usually co-infections such as Bartonella and Babesia, each of which requires a different drug, so, according to Dr. Burrascano, many patients need individualized drug cocktails. In terms of treatment, intramuscular application of antibiotics is more effective than oral antibiotics; for very sick patients – those who are sick over a year - IV therapy is the most effective.

Besides finding a doctor who is knowledgeable about Lyme disease and getting the correct drug protocol, those with the disease can take some action to improve their chances of a cure.

Here are Dr. Burrascano suggestions for Lyme patients:

1. Refrain from drinking alcohol;
2. Have a diet low in sugar, starch, and fat;
3. Get sufficient and high-quality sleep;
4. Practice a specific exercise regime that bolsters the immune system.

Continued on page 6

CIRCLE HOOK USE IS CATCHING ON

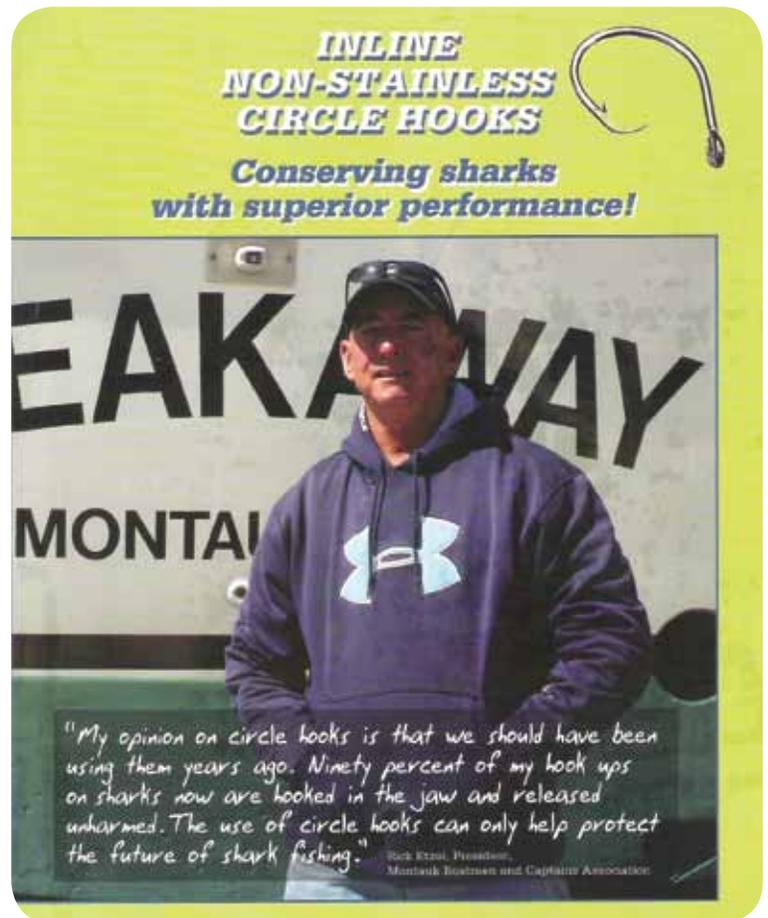
To many of us, Montauk was once the fishing capitol of the world. We remember the 50-pound cod and haddock hanging from the bows of the party boats returning to port and the striped marlin, white marlin and giant blue fin tuna being weighed in at every marina, almost every day. You could catch swordfish one mile from the lighthouse and the Pollack rip actually had pollack in it. However, overfishing, the indiscriminate killing of by-catch, and habitat destruction have changed all that. That's why shark tournaments became so popular. Nobody fished for sharks. They were abundant and easy to catch. Movies like "Jaws" made sharks "Public Enemy No. 1." Nobody mourned the plight of the top predators of the sea.

Today, 11 of the largest species of sharks along the east coast have all but vanished and 73 million sharks are now being killed each year to fill the worldwide demand for shark fin soup. That's why CCOM has been working closely with conservationist April Gornik, an artist and Sag Harbor resident, to encourage fisherman to voluntarily use circle hooks when fishing for sharks.



April Gornik

Circle hooks are designed so that released sharks have a much better chance for survival. Up to 95% of the time this type of hook will catch in the mouth of the fish, as opposed to penetrating the gut and gills as other hooks do. This makes a huge difference, particularly during Montauk's shark fishing tournaments, where hundreds of boats are fishing but are allowed to keep only one shark per boat per day. (It's not uncommon for a boat to catch dozens of sharks with no



keepers.) Using regular "J" hooks, many of those sharks are deep hooked and die when released.

Last year, with Ms. Gornik's encouragement and financial support, CCOM donated 5,000 circle hooks to shark fisherman in Montauk. This year we took our conservation efforts one step further. Circle hooks were sold at both Montauk Marine Basin (they actually sold out) and Star Island Yacht Club and Marina. To encourage their use, CCOM sponsored separate raffles at both marinas, offering up to \$700 in gift certificates for tackle, gas, repairs or any other item in the marina to fisherman who bought a circle hook. The raffle winners will be selected soon.

What's more, CCOM also produced a brochure on circle hooks with the cooperation of Montauk Boatmen and Captain's Association President Rick Etzel and Dr. Neil Hammerschlag of the University of Miami. The brochures are available at every Montauk marina and tackle shop. They're free.

Shark populations are far from being okay. However, CCOM and Ms. Gornik are making progress in educating our community on the importance of circle hooks.



STAY WARM WITH CCOM

Feel that nip in the air? Now's the perfect time to add a CCOM hoodie to your wardrobe! Our black, organic cotton hoodie is only \$35. You'll stay warm and be proud to be doing your part to help KEEP MONTAUK MONTAUK. (And wouldn't it make a nice holiday present for a special someone?)

If a hoodie's not your style, you can support CCOM by purchasing any of these items.



To order, call (631) 238-5720 or visit the Shop CCOM section on our website, www.PreserveMontauk.org.

TALKING TICKS continued

Dr. Burrascano's research is available online along with a wealth of information on Lyme Disease at www.ilads.org.

KEEP TICKS AWAY

Of course, the best thing to do to prevent Lyme disease is to eliminate your tick habitat. CCOM Executive Director Jeremy Samuelson discussed what we can do to protect our home environments:

- 1. Eliminate your tick habitat.** Ticks like damp, humid, brushy environments, so remove leaf litter and leave a clean, dry, sunny space around the foundation of your home. Japanese barberry is particularly hospitable to ticks, so don't plant it.
- 2. Contro tick hosts.** For example, keep areas that attract mice — like wood piles or rock walls — away from the perimeter of your house.
- 3. Don't plant a deer buffet.** Choose deer resisant plants, if you are not attracting deer to your property, you'll naturally have fewer ticks in your yard.
- 4. Spray only as a last resort.** If nothing works and you feel you must spray, then spray only the perimeter of your yard, since ticks prefer not to be in the center of your lawn, but only on knee-high grass and shrubs. Make sure the person doing the spraying is fully liscensed.

Remember, what goes into the ground eventually finds its way into our water bodies and water supplies. If you don't want to drink those pesticides, then don't spray them. For more information you can visit the website www.tickcounter.org.



Same rock, one month later. These photos by CCOM member Gary J. Kuehn, tell the tale of Montauk's dynamic shoreline, even in calmer times.

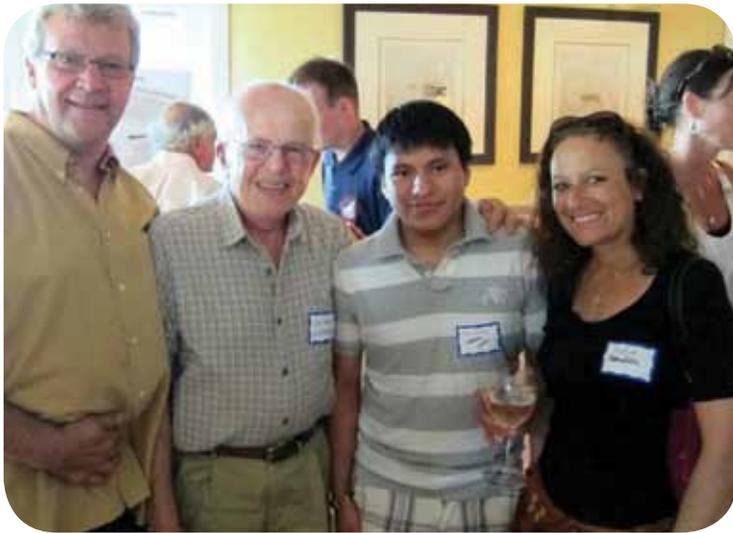
MEMBER APPRECIATION AND OPEN FORUM AT GOSMAN'S



A crowd enjoyed Stonecrop wine and delicious hors d'oeuvres on the Summer Solstice.



Cheers to a fun evening with friends who love Montauk.



You don't have to be a certain age to care about Montauk!



Three of our interns from East Hampton High School – future environmentalists!

One of our favorite nights of Summer 2012 was our inaugural Member Appreciation and Open Forum evening at Gosman's Dock on June 21. More than 120 CCOM members, friends, and those who wanted to learn more about us turned out for a hot summer evening for cocktails and conversation.

In addition to seeing old friends and making to ones, guests learned about "CCOM 2.0" and our latest initiatives, found out about volunteer opportunities, and heard from our student interns from East Hampton High School. The

gathering was a huge success with plenty of chat, talk of the environment and delicious hors d'oeuvres. We enjoyed meeting so many of you and hearing your concerns for Montauk and ideas for CCOM. And a big thanks to Andrew Harris and Sally Richardson of Stonecrop wines and Roberta Gosman and her team for helping make this event a success.



Non-Profit Org.
U.S. Postage
PAID
Permit #20
Southampton, NY
11968

TO BECOME A MEMBER OR MAKE A DONATION

VISIT OUR WEBSITE www.PreserveMontauk.org

BECOME A FAN ON FACEBOOK

[facebook.com/Concerned Citizens of Montauk](https://facebook.com/ConcernedCitizensofMontauk)

ADDRESS Concerned Citizens of Montauk

P.O. Box 915, Montauk, New York, 11954

Tel/Fax: 631.238.5720

COVER PHOTO Michael Perini

LETTERS TO THE EDITOR keatingceline@gmail.com

PRESERVING MONTAUK THROUGH PLANNED GIVING

Montauk means a lot to you in a special way that can't always be put into words. One way you can show your love for Montauk and make sure it stays preserved is to make CCOM a beneficiary in your will or trust or a designee in your insurance policy or IRA. In many cases, including CCOM in your planned giving can result in tax benefits for you.

Let CCOM honor you and your wishes while giving us the ability to Keep Montauk *Montauk* for decades to come. Please call us at (631) 283-5720 or email info@ccom-montauk.org to explore giving options that will benefit you and Montauk.

CCOM MISSION

To preserve and protect the environment and ecology of Montauk through education, advocacy, and grassroots citizen action.



This newsletter was printed on Rolland Enviro™100 Print.

- Contains FSC certified 100% post-consumer fiber
- Certified EcoLogo, Processed Chlorine Free and FSC Recycled
- Manufactured using wind energy

CCOM BOARD OF DIRECTORS

Ed Braun

Leslie Chase

John Chimples

Raymond Cortell

Conrad Costanzo

Harry Ellis

Rav Freidel

Lisa Greci

Andy Harris

Jessica James

Richard Kahn

Shirley Katz

Céline Keating

Martha Krisel

Jay Levine

Peter Lowenstein

Mike Mahoney

Robert Stern

Jerome Tauber

Gene Wolsk

Christopher Yula

STAY CONNECTED WITH CCOM

Put your finger on the pulse of what's happening in Montauk by following us on facebook. You'll be clued in daily with information about Montauk's environment and updates on Town hearings and local nature events. We cull through environmental news and post the most interesting, useful information for you. Enter our "My Montauk" photo contest and you may win a CCOM T-shirt! [www.facebook.com/Concerned Citizens of Montauk](http://www.facebook.com/ConcernedCitizensofMontauk)

Our award-winning website is a place you can stay up-to-date with the CCOM's latest news, learn about our upcoming activities, see photos of Montauk locals at CCOM events, buy a CCOM sweatshirt or tote bag, and find out about our latest advocacy efforts and environmental initiatives. Stay in the know! Visit us today at www.PreserveMontauk.org.