



SPRING 2023

President's Message

**Marina opens
on April 15**

**Annual
Beach Party
July 15**

**Spring
Recipe**

**Earth Day
Saturday
April 22**

**Nesting
Plovers**



**LifeGuards
Wanted**

**Darkness:
A Lost
Frontier**

Hello to the Clearwater Beach community.

We are delighted to welcome spring after the perhaps too-quiet and peaceful winter on the Reservation, and we look forward to a pleasant and busy summer. Our directors and advisers, all volunteers, have been working over the winter to prepare our facilities for our members.

Below are a few updates of ongoing activities as the Reservation prepares for summer, along with a preview of events.

Reservation Facilities Updates:

- The late fall rainstorms flooded the bocce court, and its repair is on schedule.
- New picnic area tables and benches are on order for spring delivery.
- New sand will be spread over the children's playground.
- New gravel is being installed as touch-ups.
- Brush is being removed and the landscaping is being cleaned up in preparation for the flowers and bushes.
- Sun Country has been retained to perform all landscaping, mowing and beautification of the grounds as well as general maintenance support.
- The sand from the December dredging of the channel has been spread over the beach.
- The marina has some new pilings, and it weathered the winter well, thanks to our ice monitor, Chris Scola.
- The boat slips and paddle-craft racks are ready for the April 15 opening of the marina.
- The sun shed is scheduled for rebuilding by Memorial Day (fingers-crossed).
- Our favorite security guards, Jim and Gabe, will return for another season of weekend service.
- Our handyman, Paul Trela, will return for another season of his knowledgeable and courteous service.
- Private parties at the picnic area may be reserved via our CBPOA Secretary, Gary Grille.

Happy Spring



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CO VICE PRESIDENT/DIRECTOR
FRED KLEINSTEUBER

CO VICE PRESIDENT/DIRECTOR
PAULA MIANO

CO VICE PRESIDENT/DIRECTOR
KURT MILLER

TREASURER/DIRECTOR
EDITH HOLMER

DOCKMASTER/DIRECTOR
KEN NEARY

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DOCKMASTER
COMMUNICATIONS/DIRECTOR
KEN NEARY

ASSISTANT DOCKMASTER
KURT MILLER

SECRETARY
GARY GRILLE

LIFEGUARDS/BEACH DIRECTOR
JON TARBET

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& MEMBERSHIP
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MAINTENANCE,
SECURITY GUARDS
FRED KLEINSTEUBER

RESIDENT USE OF
RESERVATION
GATE CARD ACTIVATION
ASSISTANT TREASURER
GARY GRILLE

NEWSLETTER EDITOR
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COMPLIANCE
PAULA MIANO

HANDYMAN/GATE OPERATION
PAUL TRELA

ADVISOR/NEWSLETTER
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& MARINE MAINTENANCE
CHRIS SCOLA

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WEB MASTER/TECH ADV.
SCOTT SASSOON
REBECCA GORGON

ADVISORS
LEONARD CZJAKA
ROEY FICARO
NANCY LABINER

- **Swimming:** Last August was the first time we simply could not keep a lifeguard staff, due to the unavailability of qualified candidates. That situation, which has plagued all of the area beaches, continues. As of this writing our lifeguard adviser Jon Taret continues to recruit and is cautiously optimistic.

- Events Schedule:
Please mark your calendars for the following activities on the Reservation this summer. If you have ideas for other activities or would like to get involved with planning, you may contact Roey Ficaro, the CBPOA Board Activity Adviser. Roey can be reached at roeyficaro@gmail.com.

Taco Truck Fridays and perhaps another food truck Saturdays

Annual Summer Party. This will be held July 15.

Nature Walks & Talks are being organized by volunteer Judy Freeman.

Yoga: Roey Ficaro will resume the magical sunset yoga sessions on Tuesday evenings, beginning May as well as morning yoga sessions on Fridays at 10am beginning June.

Women on Water (WoW): Roey will also be organizing The WoW group again this year and will have a kick-off meeting in May. Anyone interested in joining can contact Roey at roeyficaro@gmail.com.

Story Salon East at Clearwater: Steve Sobel will again moderate this storytelling event as he has for the past four years. Seven people “telling” for seven minutes, and you’ve got an hour of midweek fun. Dates and time to follow soon. Anyone interested in participating can contact Steve at N327WT@optimum.net.

Children’s S’mores Night to be scheduled for August.
Children’s Fishing Contest to be scheduled for early September.

As new homeowners begin to discover our neighborhood and start building or updating, there is a real need to make sure they abide by our Covenants and Restrictions. In this issue we have included information that all homeowners in Clearwater need to know. Please take the time to read it and appreciate that these guidelines are what make our community unique and valuable.

And while perusing this newsletter you will note the delicious and easy recipes from our volunteer Phyllis Italiano.

Our CBPOA board is comprised of volunteers who selflessly give of their time to keep our neighborhood and beach/marina reservation in the inviting condition that it is in. We always welcome the expertise and thoughtful effort of volunteers. We hope to utilize the results of surveys that we sent to the membership as to how best to plan for our future. A well-maintained beach and marina and recreational facilities not only give pleasure to the community; they help maintain high property values for us all. Our Board of Directors meet on the first Monday of each month, currently at 5:00 pm, and all members are welcome to attend.

As the days get longer and the setting sun seems brighter and larger, you can almost feel the warm salty air on those long summer days and nights. Welcome to our 2023 season!

Regards

Dan Aharoni
President, CBPOA

from the desk of the

EXECUTIVE SECRETARY

Greetings, and welcome to springtime in Clearwater Beach.

--**MAINTENANCE FEES** --We have more than 860 members of CBPOA, but approximately only 650 members have paid up to this point. If you have not already paid your maintenance fees, please do so at your earliest convenience. Your annual dues are vital to maintain the entire reservation area: walkways, beach, marina and picnic/field areas, etc. Please separate the bottom portion from your invoice and refrain from using staples or paper clips.

Also, remember failure to pay the yearly dues for more than two years in a row will result in having a lien placed on your property. A lien attached to your property will appear in a title search and prevent the transfer of ownership until all past maintenance dues, legal fees and interest are paid. A lien may also adversely affect your credit rating.

--**GATE CARDS** -- All previously issued gate cards are active and will remain so as long as your maintenance fee is paid by May 1, 2023. If your fee is unpaid after that date, your cards will be deactivated. This process could potentially be very time consuming depending on the number of deactivations, so please do not wait to pay until after May 1st and expect an instant reactivation of your cards.

--**WEBSITE** -- The CBPOA website has been updated and may be accessed using the new website url, www.clearwaterbeachpoa.org. The website contains all the boating and kayak applications, information and instructions, the updated Corporate By-Laws and the Association's Covenants & Restrictions as well as a new Community Events section.

--**WOULD YOU LIKE TO JOIN THE BOARD?** -- According to Article V, Section 2 of the CBPOA by-laws, all candidates must be in good standing with membership fees being current and submit to the Board, in writing, his/her intention to run for election by May 15th of the year running. We currently have eleven Directors on the Board and may have a maximum of twelve. The election for Directors is held by proxy ballot and at the annual meeting in July where votes are tabulated. We typically have meetings every month from March to November at the workshop and/or on the Zoom app.

If you have any questions or concerns, please feel free to contact me any day from 10am to 6pm and I will do my best to help you or connect you with someone who **can**.

Wishing you all a safe and enjoyable spring and summer.

Gary M. Grille
Executive Secretary
631-907-9032 (call or text)
cbpoa.net@gmail.com





DAVID CONLON



KNOW YOUR OPTIONS

RENTING OR SELLING?

SCHEDULE A HOME
EVALUATION

Dave resides in Springs with his wife and three children, where he is an active member of Clearwater Beach Community. He is a member of the Springs School Board, a board member for the charitable nonprofit Hoops4Hope, an active parishioner at Most Holy Trinity Catholic Church, and is a volunteer coach for youth basketball and baseball.

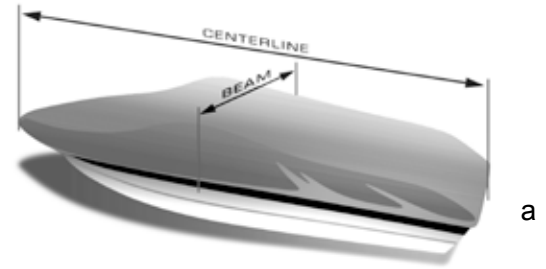
He specializes in residential real estate east of the canal.

Licensed Associate Real Estate Salesperson

Cell: 631.603.2819 | david.conlon@elliman.com | www.elliman.com

FROM the DOCK MASTER

The 2023 boating season is about to begin. **This year the Marina will be opened by April 15. We dredged the inlet in December of this year as our permits required. The ice eaters that protect the pilings from lifting due to freezing water worked great again this year. I want to thank Chris Scola for his tireless efforts in maintaining and installing them for us, again great job!!**



As of March 5, 2023 we have no slips available on the bulkhead and only few on the floating dock. We had a number of new members apply and receive dock slips which means we had to turn down some sponsors.

We assigned by seniority and location to try making it as fair as possible. A few applicants requested a slip change from last year and their request will be honored, if possible. No reservations are considered until all required paper work is received due to our priority assignment system. Applicants with missing data were notified of their missing data and received a lower priority because of late completion of their application. Again, an E-mail address request was made this year to boat applicants with the intent to communicate pertinent information about marina operation. **There was much confusion with the online liability form that we decided to change this year – We are sorry about this. Also, the website overseer was not able to change the application to be a fillable pdf file in time so this became very frustrating to ALL.** This has now been corrected.

This past boating season, it has been observed by several boaters that a few slips had been unoccupied. If you do not plan to utilize the slip let some other boater request the slip. CBPOA will provide a refund on a prorated basis providing the slip is rented to someone else. The board has voted that non-utilized rented slips will be available to someone else next season.

This season, CBPOA again invoked the insurance requirements for boaters who desired a slip at our marina. Marine liability insurance coverage for each boat at the marina is required and we require a Certificate of Insurance (COI) indicating this coverage. An indication of Clearwater Beach Property Owners Association as an interested party must be included in the COI. In addition, those boats that have permanent installed fuel tanks must have spillage coverage designated in the COI. The COI is a one page "ACCORD" document outlining the insurance coverage including spillage, if required, and has CBPOA as interested party. Your insurance agent should be familiar with this document. Remember, a copy of the boat registration is also required before a slip assignment will be provided. Several applicants have provided a valid registration that will expire when the marina is opened. We require that a copy of an updated registration be provided before receiving a slip assignment. Most boaters had no problem meeting the CBPOA requirements and honored our request to only send the COI form instead of their entire boat or homeowner's policy.

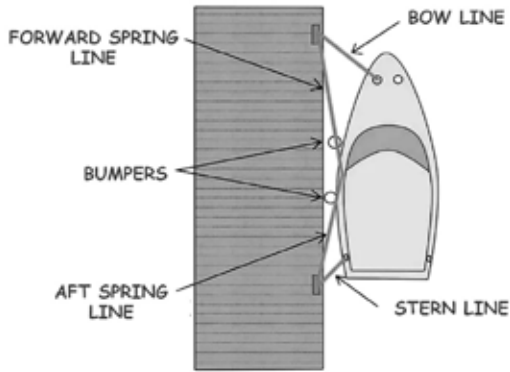
Our policy of notifying boat owners if their boat is in danger of sinking or have loose dock lines will be in place. If the boat owner does not respond, we will contact a marine service to pump out the boat and or retie the boat at a cost to the boat owner. CBPOA will pay the marine service for the pump out and to retie your boat and in turn will bill the boater. Failure to pay this bill will result in a denial of a slip in the future. The pump out fee will be set by the marine service. To avoid any pump out cost, the boat owner should periodically check the floating condition of their boat particularly after a rainstorm.

All dock lines should be secure so that your boat does not bang on the pilings and ladder. All spring lines should be adjusted so your boat doesn't get hung up on the dock or ladder, which has happened again last year. Please check the lines at both high and low tides. If you are called to adjust your lines please do so. It means we looked at what was going on and determined it had to be addressed. Do not ignore the call as has happened last year. If the problem is not fixed or the call is ignored you will be charged. If we have to call someone to retie your boat, and if any damage is done to the dock, ladder or pilings it could mean possible loss of your slip next season. Any fines imposed by the DEC in the case of a sinking boat will be the responsibility of the boat owner so PLEASE check your boat periodically.

REMEMBER ALL BOATS, KAYAKS, SUP'S, & CANOES MUST BE REMOVED BY NOVEMBER 15, 2023

Rack applications may also be found on the web site. Renters will receive one assignment sticker to be placed on their vessel. Please place the stickers where it will be seen while the vessel is in the rack. **Vessels with no sticker will be removed from the rack. Please secure your kayak and or SUP at the rack so we don't have anyone using someone else's vessel that does not belong to them. Also, make sure it is secure enough so it cannot be blown off the rack in any high wind situations.**

It is important to indicate the beam of the kayak/canoe on the application so an appropriate rack assignment can be made. At this time, we have only middle and upper racks available. Everybody wants a lower rack space because of various



reasons, which is impossible because we only have limited lower spaces available. We will do what we can to satisfy your requests. It is suggested that kayak/canoe users get "Paddle Smart" and take a safe boating course in handling a canoe or kayak.

Last season boaters were observed in the swim zone at CBPOA. This is a violation of New York State Boating Law and persons can be fined if caught. No boats, kayaks, paddle boards or rafts are permitted in the defined swim zone. Also, we had a few instances of people swimming and boarding their kayaks near the boats in the marina. Not only is this NOT SAFE, IT IS AGAINST THE MARINA RULES SO PLEASE USE COMMON SENSE.

If you have experienced problems at the Reservation, please inform our secretary Mr. Gary Grille, the Assistant Dock Master or myself. This

should be done within a few days of an incident. We also ask that all boaters review the Marina Rules and Regulations that they will receive with their slip assignment. For those who are unaware of our CBPOA website, boat slip and rack applications can be found and downloaded in mid-December of the prior year. You must make sure to download the application and the emergency data form and have a current copy of your vessel's registration. You can access the CBPOA web site by logging on to www.cbpoa.net. The deadline for filing an application is February 15.

SAFTEY ALERT: BRIANNA'S LAW

ALL OPERATORS OF MOTORIZED WATERCRAFT IN NEW YORK STATE, INCLUSIVE OF ALL TIDEWATERS BORDERING ON OR LYING WITHIN THE BOUNDARIES OF NASSAU AND SUFFOLK COUNTIES MUST COMPLETE A STATE APPROVED BOATING SAFTY COURSE.

PHASE-IN SCHEDULE

- IF YOU WERE BORN ON OR AFTER 01/01/1993 YOU MUST COMPLETE A COURSE BY 01/01/2020
- IF YOU WERE BORN ON OR AFTER 01/01/1988 YOU MUST COMPLETE A COURSE BY 01/01/2022
- IF YOU WERE BORN ON OR AFTER 01/01/1983 YOU MUST COMPLETE A COURSE BY 01/01/2023
- IF YOU WERE BORN ON OR AFTER 01/01/1978 YOU MUST COMPLETE A COURSE BY 01/01/2024
- ALL OPERATORS OF MOTORIZED WATERCRAFT MUST COMPLETE A COURSE BY 01/01/2025 REGARDLESS OF AGE.

New York law requires that all children under 12 years of age wear a USCG–approved Type I, II, or III PFD while on board any vessel less than 65 feet in length (including canoes, kayaks, and rowboats) unless they are in a fully enclosed cabin.

FOR SUP'S WHICH ARE CONSIDERED VESSLES BY THE USCG

1. PFD (Personal Floation Device)
2. Sound Producing Device
3. Navigation Light - if on the water after sunset
4. Visual Distress Signal (VDS) - subject to SUP length and time of day*

To all boaters remember steady and slow wins the race. If you are new to boating or not and are having trouble docking going SLOW in and out of the marina slips is much safer then revving your engine and slamming from forward to reverse to control your boat. All that does is make for a potential injury to someone who is trying to help you by putting his or her hand out to push off a piling, boat or vessel. It is very tight to dock a boat in our marina but it can be done with patience and practice.

We have a small marina and as we get new homeowners they are beginning to buy boats. Remember we have a lot of open water on the bay with plenty of depth so if you see a Kayaker, or a boater fishing or water skiing or just hanging out, try to do the safe thing and try not to get too close. Closer than within an arm's length can cause anything can happen! It's better to be safe than sorry. To the boaters on the floating dock, we sent out a separate letter in your assignment in regards to how we want you to tie your boat up: no anchors or anchor pulpits are to impede the walk way and no large bumpers. Please read the information carefully and if there is any question, please call me and I will explain.

ALL BOATS AND WATER CRAFT MUST BE REMOVED BY 11/15/23.

Have a safe season,
Ken Neary Dockmaster

NESTING PLOVERS

(Town of East Hampton's Endangered Species Management Program)

March 23, 2023

East Hampton Town's Endangered Species Management Program is committed to helping The New York State Department of Environmental Conservation and the United States Fish and Wildlife Service to protect endangered and threatened species. The federally threatened and New York State (NYS) endangered piping plover (*Charadrius melodus*) and the NYS threatened least tern (*Sterna antillarum*) nest on East Hampton Town's beaches between March and September each year. The piping plover and least tern are both protected under the Migratory Bird Treaty Act of 1918. The piping plover receives further protection under the Endangered Species Act of 1973, which makes it illegal to kill, harm, harass, possess, or remove piping plovers. By undertaking endangered species conservation efforts, the Town can make management decisions that are site-specific and promote continued public access to our beaches. The Town's Natural Resources Department actively manages approximately 18 miles of ocean and bay beaches within the Town and Village for protected species. Each season, string fencing is installed in late March and early April on historic nesting sites, where piping plover pairs and least tern colonies demonstrate site-fidelity of nesting in approximately the same location each year. This fencing circles around the upper portion of the beach and dunes to keep all pedestrians, dogs, and vehicles from disturbing sensitive nesting habitat.



For piping plovers, most territories will be established by May, when females begin to lay eggs until their first clutch is complete with four eggs. Fencing is extended or moved to accommodate the protection of each nest and chicks. Our efforts are focused on facilitating the earliest possible nesting success on each beach, so as not to prolong public access restrictions and to mitigate the exposure of eggs and chicks to storms and heat, which typically occur in late July and August. Once a piping plover chick is 35 days old or able to fly 15 meters, it is considered fledged, and counted toward successful productivity for the site. After all chicks on a given site are fledged, the symbolic fencing is taken down promptly. Most piping plover pairs and their fledged young leave for their wintering grounds by late August or early September.

The goals of protection and conservation in the Endangered Species Management Program are accomplished with the great help of volunteers. Environmental stewards and volunteers help to ensure that all sites are monitored adequately to provide accurate counts of breeding pairs, nest sites, and overall productivity recorded for the season. Volunteering also provides a great opportunity for community members to learn about shorebirds while developing a better understanding of the ecology of our beaches and the Town's current conservation efforts. Those interested in supporting the program can contact Anna Soccorsi at the Natural Resources Department: asoccorsi@eamptonny.gov; 631-324-0496

WE NEED LIFEGUARDS FOR 2023



CALLING ALL LIFEGUARDS! Clearwater Beach is a great place to spend your summer developing your lifeguarding and leadership skills!

We are looking for a 17 or 18 year old team captain and bay certified 15+ year old lifeguards to work together this summer at Clearwater Beach.

We offer competitive pay, flexible hours and a great community!

Please contact Jon Tarbet at jon@easthamptonlawyer.com and Nancy Labiner at nancy.labiner@me.com for more information!



COOKING LONG ISLAND BOUNTY 2022

By Phyllis Italiano

Though March marks the beginning of spring, there is no guarantee that the actual weather will recognize the start of what should be the lovely season of Spring. Sometimes March can be quite chilly. Therefore it has gained the reputation of coming in like a lion and leaving like a lamb. The following recipes reflect this unpredictable season: one a hot soup and the other a cool salad.

3 tablespoons olive oil
1 large onion – chopped
2 Cloves of minced garlic
1 tbs. tomato paste
1 Quart of chicken or vegetable

1 large carrot, peeled and sliced
Juice of a lemon
Chopped cilantro or parsley
Teaspoon cumin
Pinch of chili powder
Ground black pepper (to taste)

RED LENTIL SOUP

In a large pot, heat the olive oil. Add the onion and garlic. Sauté until golden. Stir in tomato paste, cumin, salt, pepper and chili powder. Sauté all ingredients together for about two minutes longer.

Add the broth, plus two cups of water, lentils and the carrot. Bring to a simmer. Then in a partially covered pot, simmer until lentils are soft. (About 30 minutes.)

Puree half the soup with your favorite blender, etc. and return it to the pot. (The soup should be somewhat chunky.) Reheat the soup, stir in the lemon juice and cilantro. Serve soup drizzled with olive oil on top.

SESAME KALE SALAD

1 small clove of minced garlic
2 ½ tsps. Toasted sesame oil
1 ½ tsps. Vegetable oil
3 tbs. rice vinegar
2 tbs. low sodium soy sauce
Salt and pepper to taste
1 large head of kale (leaves washed)



Rip the leaves of the kale, removing the stems. Leaves should be ripped into small pieces. In a large bowl, whisk together the garlic, sesame oil, vinegar, vegetable oil and soy sauce. Add the small pieces of kale leaves and toss well. This salad should serve six.

RESERVATION NEWS

By Nancy Labiner

We have exciting activities being planned for this coming season. If you are new to Clearwater you are in for a treat!

We have our CLEARWATER BEACH YOGA which begins the 1st week in June. Start date is May 30 with 2 classes offered. Tuesday Sunset yoga 6-7pm & Friday morning yoga 10-11am. Starts June 2. Please email our Activities Director roeyficaro@gmail.com, certified yoga/meditation instructor with questions or to be added to the yoga email group.



WoW & MoW
Women & Men on Water!
Last season we had quite a few men joining our
WoW group so we now have MoW & WoW!



Anyone who loves being on the water is welcome to join, either boating, paddle-boarding or kayaking. (We have paddle-boards you can borrow and we have some practice learning for newbies.) Paddle outings happen on Fridays after yoga or weekends. We also have planned outings on our boats. We cruise onto the Bay in a caravan and tie up together. Then we swim, paddle and party!

Each month starting in June join our FULL MOON PADDLE! We launch just before sunset from Clearwater to the green buoy and watch the moon rise out on the Bay. Or maybe a sunrise paddle where we launch off Gerard Beach, both are truly memorable magical experiences. We kick it all off with a WoW & MoW potluck party bonfire on the beach at end of Flaggy Hole Rd. A fun way to connect and enjoy our little slice of paradise.



Another new event in the works is called Paddle & Paint. We go out for a short paddle to observe the water and then back to the Sun Shed where a local artist will give instruction on painting water on canvas. Date TBA. It's all about creating fun & adventure for all!



By popular request: CLEARWATER TACO FRIDAY will return to sometime early June, afternoon to sunset. ELJEFE TACO TRUCK with very yummy authentic Mexican food. Diannah & Natalia are skilled chefs who started this food truck business. They are Locals from Springs & available for events. Be sure to join the fun. .





Special Offer for the CBPOA COMMUNITY

Propane Depot will set up a landing page on our website ie:propanedepot.com/clearwater which will summarize the benefits offered to the community and allow them to request a quote from us.

- A special promo code “clearwater” will be set up for the residents that live in the community offering \$.15 per gallon discount off of our regular great pricing for as long as they have the account with us.

- For every account that signs up in the community using the promo code “clearwater” between May 1st, 2023 and December 30th, 2023, Propane Depot will contribute \$50. per signed account to the community fund. This will be paid quarterly. At the end of this year this benefit will expire as its purpose is to be an additional incentive to sign up with us at this time period.

- All residents will be eligible to receive our referral reward program which currently entitles them to \$25-50 per client they refer whom signs up for our Smart Fill service.

This individual is eligible to select the reward in the form of an account credit or a VISA gift card. See our website for details (program subject to change and will be same as offered to all clients): <https://propanedepot.com/referral-program/>

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www.propanedepot.com (P) 631-400-7283



SUN COUNTRY LANDSCAPING & MAINTENANCE

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SunCountryLndscp@aol.com

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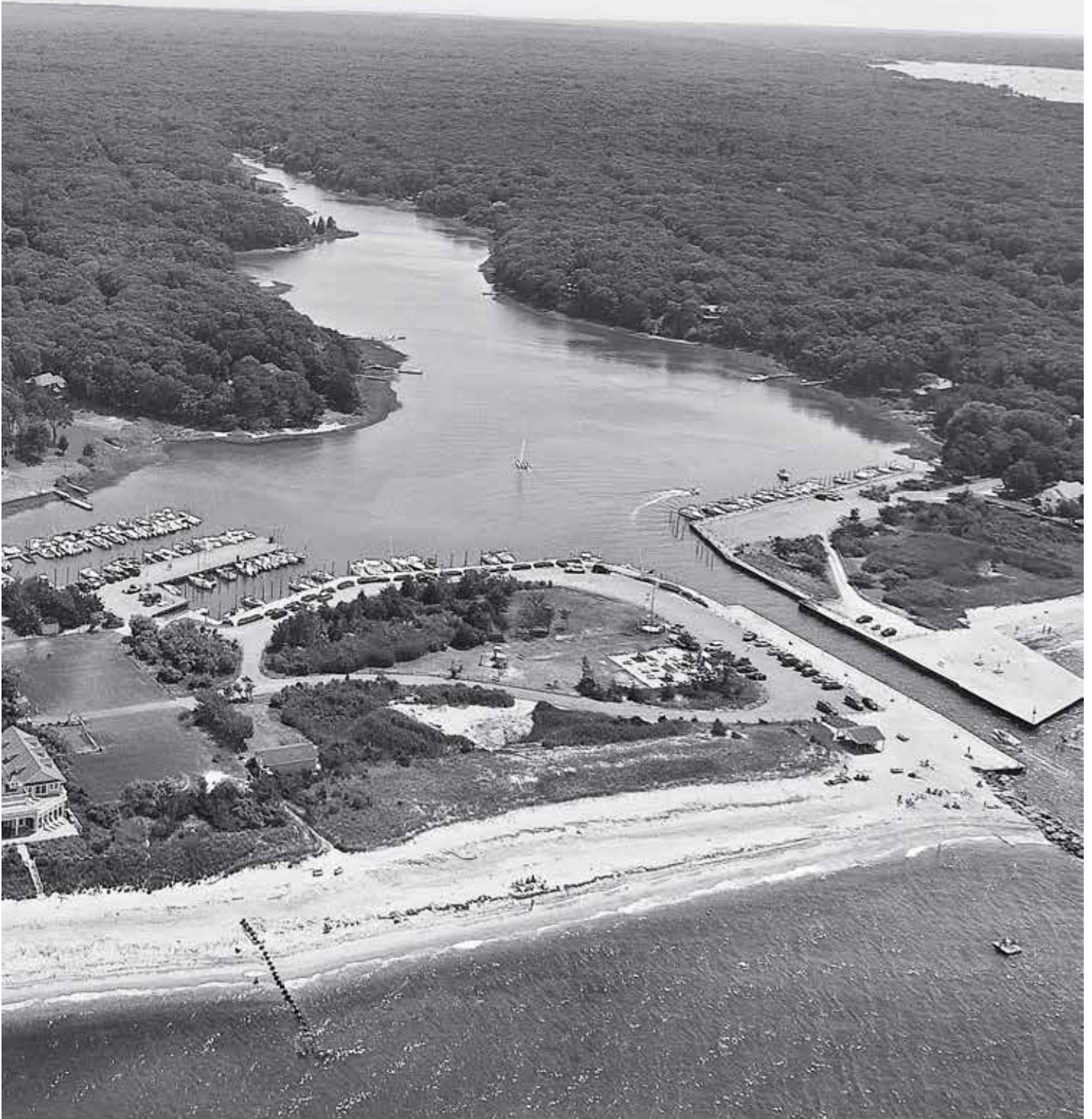
TREES & BUSHES

- ✦ Plantings
- ✦ Pruning & removal
- ✦ Bucket Truck Service

CLEAN UPS

- ✦ Spring
- ✦ Fall

HELLO NEIGHBOR



EAST HAMPTON
631.324.8080

BRIDGEHAMPTON
631.537.3200

SOUTHAMPTON
631.283.5800

WESTHAMPTON BEACH
631.288.3030

MONTAUK
631.668.0500

MATTITUCK
631.298.0600

GREENPORT
631.477.5990



I have lived and invested in Clearwater Beach for over 30 years. My first home was right here on Norfolk Drive. Our company has listed, sold and rented many homes in the community. We know best the value and unique qualities of properties here. If you are considering renting or selling, NOW is an ideal time — and who better to entrust your home to than a neighbor, who has your best interest at heart and will guide you through the process seamlessly.

-Judi A. Desiderio, Broker & CEO
JD@TCHamptons.com

TOWN & COUNTRY
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TownAndCountryHamptons.com

Darkness for Ourselves

What do we risk when we erase night from our lives?

Each year, light advances further into the night. In early 2023, a shocking study revealed runaway light pollution across the globe. Based on the perspectives of over 50,000 human observers all worldwide, the study reported an average of 9.6% increase in sky brightness each year from 2011 to 2022. Darkness is becoming a lost frontier. We are erasing night.

Before this landmark study, our understanding of light pollution rates came primarily from the satellites above us, previously reporting an average rate of 2% year-over-year growth. Therefore, we have been massively underestimating the amount of light pollution all around us. These scientific findings tell us that the experience of natural darkness on the planet is gravely endangered.

The impact on the natural world is grotesque, from fatally distorting environmental migratory cues, to decimating insect populations and interfering with age-old relationships between species. Wildlife continues to struggle and still, human-made light pollution still ages brighter and brighter. While human health is dependent upon wildlife health, these heartbreaking impacts have not yet been enough to break humanity's deadly habit of over-illumination.

Perhaps we must then confront what we are doing to ourselves to better inspire change. What are the impacts of artificial light at night on humans, what does the value of natural darkness hold for humanity, and what exactly are we missing when we erase night from our lived experience? By understanding the intrinsic benefits of natural darkness, we offer a palatable counterpoint that incentivizes change rather than admonishes the status quo.

Darkness offers tremendous benefits for our physical, mental, emotional and existential health.

For humans, the experience of night has radically changed. In the past, we spent nearly half of our lives in the dimmer lights of natural darkness, bathed in candlelight, firelight, starlight and moonlight. Research shows that getting sunlight upon waking and removing artificial light at night can aid better sleep. Yet many of us live a rather opposite experience, spending 90% of our time indoors and bringing bright phones into our beds late at night. Night is no longer dark.

We have replaced watching the reddish flames of fire with the bluish light of screens. Perhaps we are not just underestimating the amount of light pollution, but the impacts too, regarding mental health. According to one recent study, nighttime artificial light exposure is increasing all around the world and linked with negative impacts on mood and behavior, potentially increasing rates of depression. In an age of digital burnout, and wanting more uninterrupted time to spend with our loved ones, rescuing natural darkness may also be a way to rescue ourselves.

In fact, darkness offers tremendous benefits for our physical, mental, emotional and existential health. For our physical health, nightly natural darkness is a critical period that supports rest and recovery down to a cellular level. For instance, the onset of darkness ushers a shift in the hormonal landscape of the body, such as the release of melatonin, which aids in an array of functions from sleep regulation to cancer suppression.

Moreover, darkened environments provide mental relief. Darkness offers tremendous benefits for our physical, mental, emotional and existential health: Darkness for Ourselves. What do we risk when we erase night from our lives? One of the major human impacts of light pollution is that we are seldom far from the light-driven stimulus of screens. Information can find us at all hours. Yet in the dark, our to-do lists disappear, and the space around us becomes shrouded, even blurring the boundary of our own bodies within the cosmos.



This shift in awareness from within our own consciousness creates space for internal reflection and imagination. It is also a gateway to emotional experiences such as awe, which helps to comprehend one's place in the universe by bringing on simultaneous feelings of fear of the unknown and the absolute wonder that comes along with it. Another emotional experience is known as the overview effect, which many astronauts report as an overwhelming feeling of compassion and connection when witnessing the oneness and vulnerability of the pale blue dot of Earth from space.

While many of us will never see this view for ourselves, natural darkness and the night sky can still offer a pivotal shift in awareness. To confront one's own existence in the unknown universe creates a vast perch for perspective on daily living. Humanity has described countless epiphany moments underneath the stars—how sitting beneath the vastness suddenly transformed a problem into a breakthrough of understanding. When we realize how much we do not yet know or understand, new opportunities for problem solving arise within that infinity. For many, starlight has transformed inhibition into inspiration.

Currently, we are losing control of light pollution. Most humans are experiencing an obstructed view of the night sky. In addition, the ubiquity of screens makes it even harder to enjoy natural darkness here on Earth, which requires delayed gratification of about an hour as the eye adjusts from high light levels. Therefore, the ability to experience the world in low light is all too vulnerable, making it critical to create more public awareness about the value of darkness.

One of the most profound obstacles to overcoming light pollution is the lack of positive mythologies, vernacular and rituals around natural darkness. In modern discourse, light is often idealized in metaphor to symbolize purity and goodness, while darkness is banished as evil and dangerous. Currently, the value of natural darkness is not well known or understood. There is a dire need for frameworks to balance this lopsided and harmful value system. Without the counterpoint of understanding, light will continue to creep into our nights.

Natural darkness holds immeasurable value for all living things. Particularly for humans, the moments that unfold in dimmer lights are often the most intimate, meaningful and beautiful parts of life, from gathering with loved ones to putting our children to bed. Night is when we eat, drink, talk, grieve, whisper, wonder, reflect, dance, celebrate, cuddle, nuzzle, sleep and feel what it is to be human on this turning planet. When we make space for night and darkness, we also make room for the parts of life we hold dearest in our hearts. If we can begin to advocate with the value of these benefits, perhaps we can better incentivize humans to finally rescue natural darkness from light pollution.

EARTH DAY

Friday, April 22, 2022



Ever wondered how Earth Day started? This observance arose from an interest in gathering national support for environmental issues. In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. McConnell chose the spring equinox (March 21, 1970) and Nelson chose April 22. Millions of people participated, and today Earth Day continues to be widely celebrated with events on both dates. The most common practice of celebration is to plant new trees for Earth Day.

Earth Day is a great time to take a leisurely walk with family and friends around the CBPOA reservation and encourage our member families to walk and clean our streets and surrounding areas throughout Clearwater..



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New Reservation Usage Agreement

The reservation and picnic area can be reserved for parties and events. There is a revised "Property Usage Permit Agreement" document that is now used for reserving the reservation area for CBPOA member events. As in the past, contact Gary Grille at 631 907-9032 (CBPOA.net@gmail.com) and he will help organize your event, set your date and send you the agreement documents. (This document will also be available for download via the www.CBPOA.com web site.)

Please note that there are no events scheduled for 2023 as of this writing. But this may change depending on the changes in East Hampton town protocols. Currently no town permits are being assigned



CBPOA Bench Dedications

Clearwater Beach Property owners can now donate a bench and/or picnic table to the reservation with a customized plaque as outlined below:

- A) In Loving Memory of "XXX" 2022
- B) Dedicated by the "XXX" Family 2022

Pricing:

7x5 Picnic Table Plaque \$1950

9x3 Bench Plaque \$1200

Please contact Michael Waltz at michaelwaltz19@gmail.com with any questions

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