



# THE BEACHCOMBER

DUNE ACRES, INDIANA

[WWW.DUNEACRES.ORG](http://WWW.DUNEACRES.ORG)

September, 2017

## Cowles Bog Restoration Project

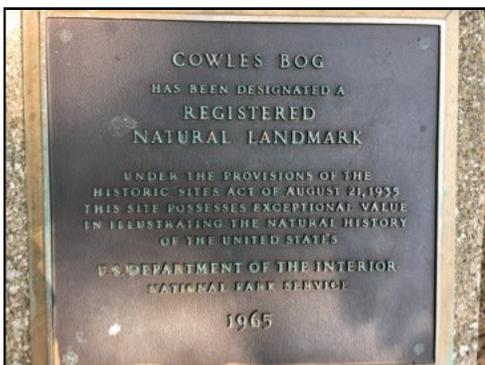
(extracted from the National Park Service website)  
<https://goo.gl/1RbJc1>

In the early 1900's Cowles Bog Wetland Complex gained recognition for its unique biodiversity and landscape. The area is named after Henry Chandler Cowles, a botany professor at the University of Chicago, who frequently explored the area with his students and is known as one of the founders of the modern science of ecology. Cowles Bog was designated a National Natural Landmark in 1965.

Indiana Dunes National Lakeshore began restoration of the Cowles Bog and adjacent wetlands in 2013. The Cowles Bog Restoration Project is important because it will bring new life back to the wetlands, increasing native plant and animal diversity. Native species of plant life have been re-introduced to the area, bringing with them the return of extirpated insects and animals that used to call this area home.

Revitalization provides a rest stop for migratory birds near Lake Michigan's southern tip, protects rare species of plants, creates a high quality plant and animal habitat, protects the beaches and improves Lake Michigan's water quality by reducing and controlling runoff, enhances educational opportunities for students and the public, and most importantly, leaves a natural resource legacy for future generations.

*(A local resident's report on progress in the Bog is on the right.)*



## Wetlands Update

by Mary Ann Crayton

On my walk around Cowles Bog in August, I took some pictures. It has been wonderful to watch the evolution of the National Park's restoration of the bog. Every year it has been more spectacular and more and more native plants are coming up. The diversity is improved a thousand fold, attracting more wildlife and birds. I have seen eagles, mink, weasel, coyote, big blue heron, turtles of all sorts, snowy egrets and waterfowl too numerous to list. The sandhills that have overwintered the last few years had a chick this year. The first photo below is Wild Rice which is very rare. You can read all about it by following this link. [www.nativewildricecoalition.com](http://www.nativewildricecoalition.com). Blooming right now along the road and throughout the bog you can see cardinal flower, iron weed, liatris, and Joe Pye weed. Happy trails.



More photos on page 5



**DUNE ACRES ANNUAL FALL PARTY  
SATURDAY, NOVEMBER 11<sup>TH</sup>.  
THEME AND TIME T.B.D.**

**FALL SOCIAL COMMITTEE MEETING  
SATURDAY, OCTOBER 7<sup>TH</sup> @ 9:30 A.M.  
@ DUNE ACRES TOWN HALL**

**IF YOU ARE ON THE COMMITTEE THEN WE  
EXPECT TO SEE YOU AT THE SHORT MEETING.**

**IT'S SCARY FUN TO BE INVOLVED.**



**Make plans now to attend the 2017  
Dune Acres Golf Outing.**

When: Saturday September 30th, 12 p.m  
Where: Pottawatomie Country Club, Michigan City  
with dinner to follow at The Spa  
Details: Green fees \$51, dinner approx. \$30, not  
including alcohol

All family and friends are welcome!

Contact Bob Lauer  
text or call: 312 405 5886  
email: [rlauer4564@aol.com](mailto:rlauer4564@aol.com)



Photo by Mike Swygert taken July 16, 2017 at 7:44 pm

Wild Turkey family photo by Mike Swygert



Lobsterfest Photo Album

September 3, 2017 \*\*\*\*\*140 beach party attendees \*\*\*\*\*127 lobster tails grilled and devoured

Thanks again to everyone who came out for Lobsterfest 2017, it couldn't have been done without all of you, the hardworking grill cooks, gourmet chefs, the bakers, the band, the set-up crew, the clean-up crew, Mother Nature (cooperating), even the DA guards helping everyone park! Everyone pitched in and made it a successful event!!!! I think everyone had a good time!!!

*submitted by Jenny Carey*



## HURRICANE IRMA SLAMS FLORIDA

Among the many, a Dune Acres couple was very lucky

by Mike Swygert

### Millions Impacted; Largest Evacuation in U.S. History; 15 Million Floridians Without Power; A Million or More without Livable Lodgings

It wasn't the first time that Florida was hit by a major hurricane, far from it, but after Hurricane Irma tore through Florida this past weekend, all comparisons with earlier storms became irrelevant. Irma's gigantic size and power impacted the entire state with the exception of the western end of the panhandle. Not only have Florida's 1,360 miles of Atlantic and Gulf coastlines been affected, so has its interior. The result: deaths (though fortunately very few) and massive destruction causing millions of people to become overwhelmed and in distress. Consider having no habitable homes to return to, no electricity, no running water, no working sewers, and no phone service. More distressing are thousands of people not having available needed medical services and prescriptions.

As of this writing (Sept. 12) an astonishing 15 million Floridians are without electricity. Consider what this means. Three-fourths (75%) of Florida's population of 21.5 million (2017) are without air conditioning, useable medical equipment requiring electricity, refrigeration, etc. True, those who can afford gas-fueled generators can get by, provided gas is available. But it will take months to fully restore all electrical, water, sewage, bridge, and road infrastructure destroyed or damaged by Irma. Then there's the issue of Florida's heat and humidity. Orlando (the State's second largest city) has an average September daily high-temperature of 90 degrees. A few days are doable, but weeks?

In any event, Irma is the one responsible. According to National Oceanic and Atmospheric Administration (NOAA) and the National Hurricane Center (NHC), Irma is the largest and longest-in-duration Category 5 Atlantic hurricane on record [The Saffir-Simpson hurricane scale appears below.]

Saffir-Simpson Hurricane Wind Scale	
Strength	Wind Speed
Category 1	74-95 mph
Category 2	96-110 mph
Category 3	111-130 mph
Category 4	131-155 mph
Category 5	156+ mph

Its vast size and immense power resulted primarily from two factors: first, sea temperatures in the southern Atlantic, Caribbean and Gulf of Mexico waters have been above the norm this hurricane season; second, throughout Irma's life as a major hurricane, there was an absence of wind shear - high atmospheric wind currents (including jet streams) that can interfere with a hurricane's cyclonic winds.

Like many strong September hurricanes, Irma formed near the Cape Verde islands, 300 miles off the coast of

Senegal. As it moved across the Atlantic, its size and intensity increased. Its sustained winds topped out at 190 mph. In doing so, Irma became one of four Atlantic hurricanes to have winds of that velocity. Irma first encountered land in sweeping through the Lesser Antilles in the Caribbean where it struck the islands of Antigua, Barbuda and Saint Martin, killing many and demolishing most of the homes, as well as tourist facilities.

Next, Irma skirted the shores of Puerto Rico, Hispaniola and Cuba. Its Category 5 winds and rain bands produced high and powerful storm surges and extensive flooding and destroyed or severely damaged structures, leaving thousands homeless, often without food and water. After briefly being on Cuban land, Irma took a more northwestern path with sustained winds of 130 mph, and extensive rain bands covering a 300 mile-wide circle around the eye. Irma's projected course showed it hitting the Florida peninsula, but first it had to pass over the 24 island Keys, linked together by a 113-mile long highway (U.S. Road 1), between Key Largo and Key West.

Irma's northward track shifted further westward, causing it to strike the "lower Key" islands of Big Pine, Summerland and Key West. Irma rolled through these islands with calamitous results. FEMA has estimated that 25% of homes on the Keys were "destroyed" while 65% of those remaining were "substantially damaged." Though Florida officials mandated all residents and tourists, with a few exceptions, to evacuate the Keys, more than 10,000 remained on the islands, putting their lives at risk. It is not yet known if any perished.

Exiting the Keys, Irma continued northward and made its second landfall in Marco Island and Naples, the southern-most cities on Florida's Gulf Coast. From that point, Irma moved north all the way to the Florida-Georgia border, from which Irma then continued its long journey through Georgia and Alabama.

Its trek through Florida left no section of the State unscathed. Consider that Marco Island in the State's southwest corner and Jacksonville (population 900,000) in its northeast corner are 390 miles apart, yet both were impacted by Irma's power. Then consider that the State's southeastern corner where 5 million people reside in the greater Miami metropolis is 487 miles from and the State's capitol of Tallahassee on the Florida Panhandle. Though 500 miles separate these cities, each felt the affects of Irma. Miami sustained hurricane force winds, intensive rains and flooding, and Tallahassee also had hurricane winds and heavy rains.

### The lucky ones

After moving to Florida in 1979, my wife Dianne and I soon understood that the risks and consequences of hurricanes are a given for residents; that these giant tornadoes (as some perceive them) not only can cause immense damage, they are also life-threatening and can come from the Gulf, Caribbean, or Atlantic waters anytime during the months of June through November, although most develop between mid-August and Mid-October. One comfort: advanced warnings of an approaching hurricane.

*continued on page 6*

**The Bog in Bloom**

*continued from page 1*



Photo by Mary Ann Crayton

*Ed. note - Mary Ann Crayton has been an active contributor to the Beachcomber and I am sorry to report that she has relocated from Dune Acres to four acres in the country southwest of Valparaiso - but close enough to DA to continue with the Elderberries and the weekly Sewing Circle.*



Photos by Irene Newman

## Hurricane Irma

*continued from page 4*

Though Florida residents and visitors in the State share the risk of encountering the ferocity of a hurricane, the severity of the risk relates strongly to location. People living or visiting in areas close to either the Atlantic or Gulf coasts, or those in flood-prone zones, have a significantly higher risk of harm than those further inland and/or on higher ground. Clearly most at risk are people who reside or are staying in structures abutting coastal waters. Dianne and I are among the “especially at-risk” folks and have been for 38 years. During these years we have experienced in Florida several tropical storms and four hurricanes, two while in the State and two vicariously when summering in Dune Acres. Of them all, none compared to Irma.

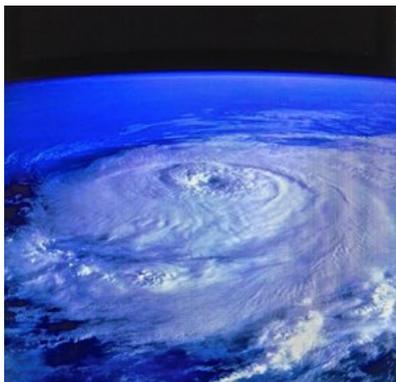
We moved to Florida in July 1979 and purchased a home on the Tampa Bay waterfront in St. Petersburg’s Pinellas Point neighborhood, aptly named as it sits on the southern most point of the Pinellas County peninsula, a large land mass west of Tampa Bay that juts into the Gulf of Mexico, a peninsula surrounded by water on three sides.

A few weeks after moving to Florida, we were shocked to learn that a hurricane named David was threatening the State. Talk about having second thoughts! Like Irma 38 years later, David formed near the Cape Verde Islands in the Atlantic near the African coast. And like Irma, David morphed into a Category 5 hurricane with sustained winds of 175 mph. Any doubts about the gravity of David’s power ended after it roared through the Dominican Republic leaving 2,000 people dead and tens of thousands homeless. David did end up striking Florida (West Palm Beach) but as a weaker, Category 2. Those of us living along the Gulf Coast were spared, having minimal damage to trees and foliage.

In 1985, six years after David, our luck turned when a hurricane named Elena spent several days in Tampa Bay, its eye at one point estimated to be as close 60 miles from our Pinellas Point home. We were told to evacuate and did so. At that point, Elena was hardly moving, meandering in a loop off the West coast. This fact was a problem itself. Unlike the “average” hurricane’s behavior, one that keeps moving on a track at speeds between 8 to 18 mph [meaning any location on its path can expect hurricane force winds for 4 to 10 hours] Elena, in contrast, zigzagged for over two days within a relatively small area in the Gulf of Mexico, causing the Tampa Bay region to be hit by hurricane force winds for roughly 36 hours, explaining why Elena, a Category 1 hurricane when it was meandering off the Florida Coast, caused the amount of damage it did. amount of damage it did.

### Elena

as seen from the  
Space Shuttle Discovery



Upon returning home from our evacuation center, we did not expect the severity and extend of damage that our property had incurred. It appeared that not one tree, shrub or flower had survived unscathed. Many trees had toppled, several having been pulled out the ground. The trees left standing all had missing limbs and, in some cases, nearly a half of a tree had split off. The entire landscaping had to be redone, in large part due to hours of salt spray lambasting every bit of the foliage in our entire neighborhood.

Turning to inanimate objects –things -- the combined dock and deck were history and the sailboat had been split in two, having continuously being smashed into the cement seawall. Moreover, evidence beyond a reasonable doubt proved that an angry surf and a massive storm surge had conspired in our absence to create felonious waves that crashed over the top of our seawall and slammed against the side of our home, all in an apparent effort to break in and enter. The irrefutable evidence was seaweed piled some two-feet high pushed up against the side of our house.

But the most serious and costliest-to-repair damage was Elena’s breaching our cement seawall that resulted in a goodly chunk of our yard leaving us. Two days of powerful waves constantly sledge hammering the wall ended with a ten-foot segment collapsing.

Given our Elena experience, Dianne and I became quite worried when we heard that a hurricane named Irma crossing the Atlantic as a Category 5 storm with sustained winds of 190 mph, and understandably so. The closer its track came to Florida the more we worried. The real shocker was learning on the Friday evening before Irma made landfall that the latest consensus future track of Irma had it moving along Florida’s Gulf Coast close to shore headed toward the mouth of Tampa Bay and the Pinellas Point area.

WAIT A MINUTE! THAT’S US! Immediately we called our Florida neighbors and were not reassured – the entire southern section of Saint Petersburg had been ordered to evacuate; roads were jammed; chaos and mayhem was taking over. Fortunately, our neighbors had safe places to go to and they did! I was in a state of panic, not believing what was happening. In contrast, Dianne considered the situation more calmly but realized we could be losing everything in the house. But that was the point – we would NOT be losing everything, not even close. We talked about what was truly important and it became clear that it not include our home, cars, furniture, clothes (not even 50 pairs of shoes), gardens, landscaping, of shoes, or grandmother’s dishes or the hedgehog collection.



Irma

## Health and Wellness

### Forest Bathing

by Robin Tennant

Now that we are getting toward the beautiful Autumn months, it might be an excellent time to try a "Forest Bath". Which is what the Japanese call their practice of mindfully immersing oneself in Nature. Now "forest bathing" is having a moment in the world: some spas have added it to their offerings. Slip into the trend with these tips from Nina Smiley Phd director of mindfulness and programming in Monhonk Mountain House in New York state.

\* Find a quiet wooded area and take a deep breath in completely filling your lungs. Exhale slowly and fully, emptying yourself of air and letting go of any thoughts.

\* As you walk focus on your individual senses. Listen to the birds and small animals. Smell the scent of earth and take in the colors and textures of the forest.

This little exercise has enormous health and calming effect on everyone's nervous system as studied by many scientific measurements.

For more information go to: <http://app.mailerlite.com/webforms/confirm/2110134959/b1bf9/z2v6q8>

### Irma

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Then what is really important for us? Total agreement: it's our children, grandchildren, extended family and friends, neighbors, and colleagues. In short, people, and our spiritual and religious beliefs, are the real foundations of our lives, the things that really matter.

Well, Irma took lives and inflicted colossal damage in the Caribbean, the lesser and Greater Antilles, the Florida Keys, the entire State of Florida and parts of Georgia, Alabama, and South Carolina. Yes, many Floridians (4 million in the Tampa Bay region) lucked out because our homes and possessions sustained minimal or no damage. Nonetheless, we all remain at risk for loss due to serendipitous natural disasters. But, at the same time, we must maintain our awareness that the really important assets in our lives are people and beliefs, not things.

#### Acknowledgments

*I thank my fabulous wife Dianne for her critical and welcome assistance in my writing this article and for her helping me understand that a loss of "things" is not important in comparison to what really matters - families, people, health, (and a dog, Hun). I also thank editor Irene Newman for her good work in professionally putting together time after time wonderful, informative and beautiful issues of the Town's publication.*

### 15 SAID YES

To Flu & Pneumonia Vaccines  
& Blood Pressure Checks  
Thank you for your support DA

Thank you Mahlar and Kaitlyn, from Chesterton Walgreens for spending your Saturday morning with us.

Thank you Patty Carstens for the delicious donuts and apple cider from the apple orchard and to Bill Tutlewski for the scrumptious bagels and coffee.

Walgreens can also bring Tetanus, Diphtheria, and Pertussis (Tdap). The CDC recommends Tdap for all adults who have not received Tdap, or for whom pertussis status is unknown, 1 dose of Tdap followed in 10 years by a tetanus booster.

Let's plan this again for next year, maybe RSVP so we know how many and what kind of vaccines to bring.

by Sharon Tutlewski, DA Wellness Coordinator



Thanks to the following people who made this issue happen:

Jan Bapst	Irene Newman
Jenny Carey	Mike Swygert
MaryAnn Crayton	Robin Tennant
Carolyn Mellen	Sharon Tutlewski

We welcome all submissions - news, stories, photos, ideas for articles, information about upcoming events, etc.

**The Fine Print:** *The Beachcomber* is published on-line monthly during the summer and periodically during the winter. All information, news, creative contributions, articles, reports, corrections, suggestions, Letters to the Editor, art work, comments and otherwise are welcomed and encouraged. *The Beachcomber* is a grass roots publication not officially affiliated with either the Town of Dune Acres or the Dune Acres Civic Improvement Foundation, Inc. (DACIF). All content is believed to be reasonably accurate and reliable but not "guaranteed!"

Editorial Board: Irene Newman, Jan Bapst and Mike Swygert.

Email submissions to [inewman680@aol.com](mailto:inewman680@aol.com). Please use "Beachcomber," in the subject line.