JULY 2025

THE CONASHAUGH COURIER

The Conashaugh Lakes Community Newsletter





Let's give The Ronald McDonald House a Big Conashaugh Helping Hand

Boxes will be hung, with the picture below of Pop Tabs by the Mailboxes, Office, Recreation Building and Compactors. Drop off all your Pop Tabs and I will bring them to the Ronald McDonald House packaged with love from The Members of Conashaugh Lakes



This baseball season at PNC Field, home of the Scranton/Wilkes-Barre RailRiders, the Ronald McDonald House of Scranton is going BIG! They're on a mission to collect more Pop Tabs than ever before and set a world record—all while helping families stay close to their children's medical care.

Why Pop Tabs?

They are pure aluminum, easy to collect, and turn into funding for their House. Every tab helps provide housing, meals, and support to families in need. The more they collect, the closer they get to making history!

June Events

June 9th from 9:00am-11:00am Morning Coffee & Crafts

June 19th @ 7:00pm

Wine & Spine Book Club (21+ older)

June Committee Meeting Dates

June 3rd @ 7:00pm

Security with Perry Langbein

June 4th @ 7:00pm

Rules & Regulations with John Thies

June 5th @ 7:00pm

Finance with Craig Henry

June 5th @ 7:30pm

Strategic Planning with David Duke

June 6th @ 7:00pm

Maintenance with Howard Smaller

June 9th @ 7:00pm

Communications with Dawn LoBello

June 10th @ 7:00pm

Recreation with Annette Evans

June 11th @ 7:30pm

Environmental with Patrick Allen

June 14th @ 10:00am

BOARD MEETING

June18th @ 7:00pm

Fly-Tying Class/Hunting Fishing Club

July Committee Meeting Dates

July 1st @ 7:00pm

Security with Perry Langbein

July 2nd @ 7:30pm

Rules & Regulations with John Thies

July 3rd @ 7:00pm

Finance with Craig Henry

July 3rd @ 7:30pm

Strategic Planning with David Duke

July 4th @ 7:00pm RESCEDULED

Maintenance with Howard Smaller

July 8th @ 7:00pm

Recreation with Annette Evans

July 9th @ 7:30pm

Environmental with Patrick Allen

July 12th @ 10:00am

BOARD MEETING

July 14th @ 7:00pm

Communications with Dawn LoBello

July 16th @ 7:00pm

Fly-Tying Class/Hunting Fishing Club

July Events

July 19th—All Day

Community Picnic

VOLUNTEERS NEEDED

Conashaugh Business



Community Pledge

I pledge to keep my community clean and free of litter. I will dispose of my waste correctly, and pick up trash when I see it. I will encourage and help others to keep our neighborhoods beautiful, and protect our natural resources.





The Rules on Fireworks Safety

You know the damage fireworks can do to humans: severe burns and mangled fingers. The fact is the environment is also at risk from pyrotechnics. A firecracker flung by a 15-year-old boy during a burn ban started a 2017 fire in Oregon's Columbia River Gorge that burned for three months and charred 50,000 acres. Pockets of fire were still smoldering nine months after the blaze began.

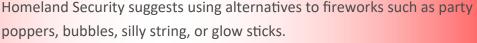
The lesson here is clear enough. You need to observe extreme care in celebrating the 4th with fireworks. Know all the dangers before you light the first fuse.

The safety tips from Homeland Security come from its Transportation Safety Laboratory (TSL).

- Always use fireworks outdoors and keep a bucket of water or a hose nearby in case of accidents.
- Never place a part of your body directly over a firework or hold a firework in your hand when lighting.
- Light only one firework at a time.
- Designate a safe perimeter to keep people safely away from fireworks.
- For ground-based devices such as fountains, the perimeter should be 35 feet out.
- For aerial devices, it should be 150 feet. Fireworks that don't go off when you light them can still explode.
- Let duds sit for five or 10 minutes before you pick them up to dowse them in water.

Include pet safety as well as human safety in your plans. Pets find fireworks highly stressful. Bring your pets indoors, close curtains and blinds and turn on the radio to provide some distraction. Leave treats filled with food to comfort animals.

Keep the weather in mind when using fireworks. Never use fireworks if your locale has a burn ban. Never set off fireworks where falling embers could ignite buildings or vegetation.



Sparklers may appear to be a safe alternative to things that go boom, but they are not. The NSC says sparklers burn at 2,000 degrees — enough to melt metal. For children under five, sparklers account for half of all fireworks injuries. Keep them away from kids and use glow sticks, confetti poppers or

colored streamers.

Final word on fireworks comes from the National Safety Council, which offers this as the safest way to enjoy fireworks: "Grab a blanket and a patch of lawn. Kick back and let the experts handle the fireworks show."



Recognizing Dry Drowning: What You Need to Know

As summer approaches and water activities become more popular, it's essential for parents and caregivers to be aware of a condition known as dry drowning. While it is rare, understanding what it is and how to recognize its symptoms can be crucial for keeping children safe around water.

What is Dry Drowning?

Dry drowning occurs when a person has difficulty breathing after being submerged in water, but it does not always involve the lungs filling with water. Instead, it can happen when a person inhales water, causing a spasm in the airway that prevents breathing. This can occur immediately after a near-drowning incident or, in some cases, several hours later.

Signs and Symptoms to Watch For

It's essential to monitor for symptoms of dry drowning after a child has been in or around water. Here are some key signs to look out for:

- 1. Coughing: A persistent cough can indicate that water has entered the airway.
- 2. Difficulty Breathing: If the child is struggling to breathe, has wheezing, or shows signs of labored breathing, it's crucial to act quickly.
- 3. Chest Pain: Complaints of pain or discomfort in the chest may signal a serious issue.
- 4. Extreme Fatigue or Drowsiness: Unusual tiredness or lethargy can be a symptom of dry drowning, especially if it occurs after swimming.
- 5. Irritability or Changes in Behavior: If a child is unusually cranky or difficult to wake, it could indicate a problem.

What to Do If You Suspect Dry Drowning

If you notice any of the symptoms listed above after a child has been in water, take the following steps:

- Seek Immediate Medical Attention: If the symptoms are severe or worsening, call emergency services or take the child to the nearest hospital.
- Monitor Breathing: Keep an eye on the child's breathing patterns and be ready to perform CPR if necessary.
- Stay Calm: Your calm demeanor can help reassure the child during a frightening situation.

Prevention is Key

While dry drowning is rare, it's important to take precautions to prevent drowning incidents in the first place:

- Always supervise children closely when they are in or near water.
- Ensure everyone knows how to swim and is comfortable in the water.
- Enroll children in swimming lessons to boost their confidence and skills.

Conclusion

Understanding dry drowning and recognizing its symptoms can help ensure the safety of children around water. By staying vigilant and taking preventive measures, you can enjoy a safe and fun summer filled with water activities!



DROWNING CONCERNS

When should you see a doctor?

Drowning is when a child has respiratory problems caused from being underwater or being immersed in water. This can happen after swimming or even bathing.



FATIGUE +

Children are usually tired after swimming. If there has been no drowning event and the child didn't go underwater, they are simply worn out from a lot of exercise.



VOMITING +

Kids might vomit if they swallow a bunch of water.

This is not a sign of drowning.

Approximately 3,500 people drown in the U.S. every year.



COUGHING +

Kids who have water "go down the wrong pipe" will cough and have some shortness of breath. If this resolves within a few minutes, the risk is near zero. Any symptoms of coughing that are present immediately after or a couple hours after a drowning event should be evaluated by a doctor.



FAST BREATHING =

Children who've gone underwater during a drowning event might develop fast breathing immediately after or even several hours following the incident.

YOU NEED TO SEE A DOCTOR.

May Committee Briefings

<u>Security</u>: Discussion of the continuous illegal pickup of children from the bus in the mailbox area. Updating of registrations due by May 31st. All gate cards without an updated registration will be deactivated until updated.

<u>Rules & Regulations</u>: Writing new R&R for the pick up and dropping off of children for the school bus. R&R for animals on/in Conashaugh properties.

<u>Finance</u>: Due to lack of quorum for business, the financial process was discussed.

Strategic Planning: Cancelled due to reasons beyond the Liaisons control

Maintenance: The yearly inventory of CLCA assets has been completed. New Board member Patrick Allen presented to the Maintenance committee the offer of training our maintenance staff and office personnel in CPR/First Aid/ Bleeding Control. Discussed looking into defensive driving class to reduce auto insurance premiums. RFP's to be created for rear gate grounding/repair. RFP's to be created for water filtration systems for the main office, security building and recreation building.

<u>Recreation</u>: Discussion for prep of Paint & Sips. Father's Day will once again be celebrated with a Fishing Derby. Movie nights were discussed as well as the popular Murder Mystery Night which will be on May 22nd.

<u>Environmental</u>: Discussion of stocking of lake, Coyotes still a big issue. Discussion of marking of the invasive Barberry Plant for removal.

Communications: Planning of July courier.

Conashaugh Business

💢 🕻 Stay Safe During a Heat Wave! 🗘 😂

Extreme heat can be dangerous—take steps now to protect yourself, your loved ones, and your pets.

Heat Safety Tips:

Stay indoors in air conditioning as much as possible

Drink plenty of water—avoid alcohol and caffeine

Wear light, loose-fitting clothing

NEVER leave children or pets in a parked car

Check on elderly neighbors and those with health conditions

Know the Signs of Heat Illness:

Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea, headache

Heat Stroke (Emergency!): High body temp (103°F+), confusion, rapid pulse, no sweating

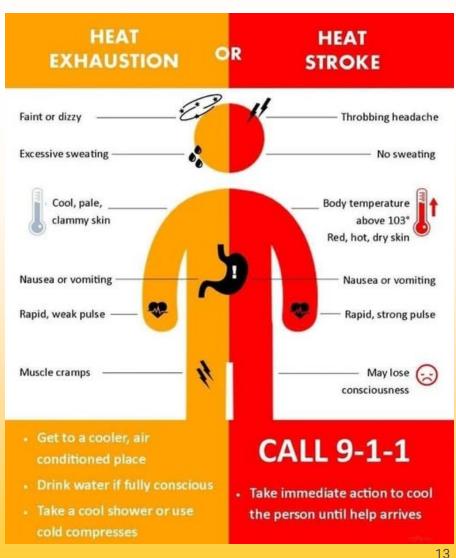
If you suspect heat stroke, call 911 immediately.

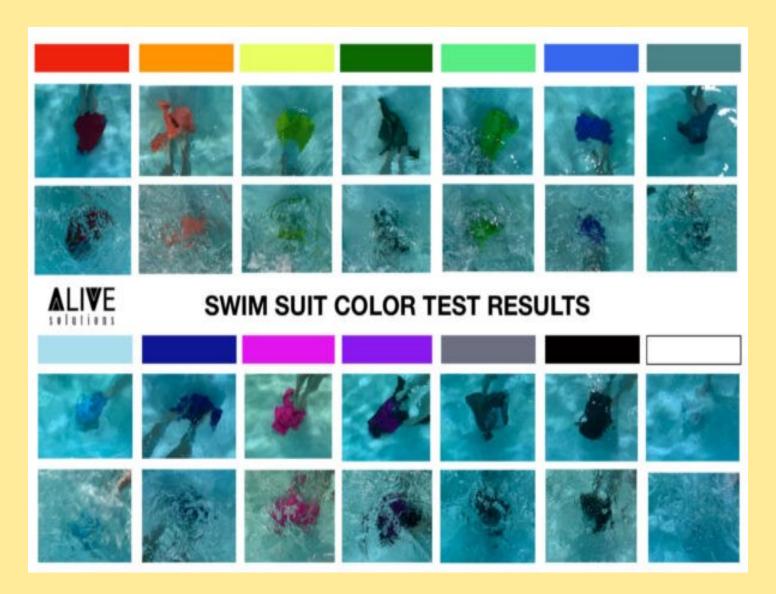
සි_ත Pet Safety:

Keep pets indoors during peak heat hours

Provide fresh water and shade

Hot pavement can burn paws—walk pets early morning or evening





Swimsuit Visibility Tests Prove It: Pick Bright Colors for Safety

With summer on the horizon, for many families it's swimsuit shopping season. This year, make a choice that's not only stylish, but also helps swimmers be safer by choosing bold, visible colors that don't camouflage easily in a pool.

Above are 14 different swimsuit colors in a pool, showing how they appear in three feet of water, with a still and agitated surface. While many dark colors were visible against the blue-bottomed pool, they would be easier to dismiss as shadow or debris, especially when their profile is broken up by surface agitation, and their apparent size possibly altered by refraction. The most visible? "Neon orange, neon green, bright yellow and hot pink." "Think 1980's colors."

This page was left blank intentionally

Why?

Because we need you to be a Conashaugh Volunteer!

Recreation needs volunteers for events large and small.

Do you have an interest you would like to share with an article in The Courier? Are you a Photographer? I will print your pictures of Conashaugh for all to see!

LET'S MAKE GOOD THINGS HAPPEN TOGETHER

The Benefits of Volunteering: Why You Should Get Involved in Your Community

Volunteering is one of the most rewarding activities you can engage in, both for yourself and for your community. Whether you're lending a helping hand at the annual picnic, participating in a community cleanup, or helping the kids do an art project, the benefits of volunteering are abundant.

Here are some compelling reasons to consider getting involved:

1. Make a Positive Impact

One of the most significant benefits of volunteering is the opportunity to make a difference in the lives of others. Your time and effort can help improve your community, support those in need, and create a more inclusive environment. Knowing that your actions contribute to a greater cause can be incredibly fulfilling.

2. Build Connections

Volunteering allows you to meet new people who share your interests and values. You'll have the chance to connect with fellow volunteers, community members, and even those you're helping. These relationships can lead to lasting friendships, a stronger support network, and a greater sense of belonging in your community.

3. Learn New Skills

When you volunteer, you often have the opportunity to learn and develop new skills. Whether it's project management, communication, or even specific skills like gardening or teaching, volunteering can enhance your resume and prepare you for future opportunities. Plus, it's a great way to explore new interests!

4. Boost Your Mental Health

Numerous studies have shown that volunteering can improve mental health. Helping others can reduce stress, combat depression, and increase feelings of happiness and satisfaction. The sense of purpose that comes from giving back can lead to greater overall well-being.

5. Gain a New Perspective

Volunteering exposes you to different experiences and viewpoints that you might not encounter in your daily life. This can lead to greater empathy and understanding, helping you appreciate the diversity within your community. It can also inspire you to take action in other areas of your life.

6. Enhance Your Community

When you volunteer, you contribute to the betterment of your community. Your efforts can lead to cleaner parks, more accessible resources for those in need, and programs that support education, health, and well-being. Together, volunteers can create a stronger, more vibrant community for everyone. Create Lasting Memories

The experiences you gain through volunteering can be some of the most memorable moments of your life. From organizing events to participating in community activities, you'll create stories and memories that you can cherish for years to come. Get Involved Today!

With so many benefits to gain, it's time to take the plunge and get involved in your community. Look for committees or events that resonate with you, and don't hesitate to reach out. Whether you have a few hours or a long-term commitment to offer, your contribution can make a significant difference.

Volunteering is not just about helping others; it's about enriching your own life in the process. So why wait? Join the movement of community volunteers and experience the joy and fulfillment that comes from giving back!

what's going on in conashaugh Lakes



Berry-licious Froyo Cubes

Ever seen a dog try to eat a blueberry? You might get a free comedy show. These berry frozen yogurt cubes blend fun and antioxidants. Win-win.

Ingredients:

1/2 cup blueberries

1/2 cup strawberries (hulled and chopped)

1 cup plain Greek yogurt

Directions:

Blend berries and yogurt until beautifully purple and creamy.

Pour the mixture into ice molds—in whatever ridiculous shapes you want.

Freeze for at least 4 hours.

Confession: These are actually pretty tasty for humans, too (but don't tell your dog).





Frozen Banana Cat Treats

Ripe bananas

Cat treats

Catmilk – such as Whiskas Catmilk

Peel and Slice the Bananas: Start by peeling the ripe bananas and cutting them into small, bite-sized pieces. This makes it easier to blend later.

Blend the Bananas: Place the banana slices into a blender or food processor and add the Catmilk. Blend until you achieve a smooth and creamy consistency. You will make at a ratio of one banana to one Catmilk container.

Place Cat Treats in Ice Cube Tray: You will put the cat treats in the bottom of the tray.

Pour into Ice Cube Tray: Once you have your banana-Catmilk puree ready, pour it into the ice cube tray over the cat treats.

Freeze: Place the filled mold in your freezer and let it freeze for a few hours or until the treats are solid.

Serve: When the treats are fully frozen, remove them from the tray and offer one to your cat. Keep the remaining treats stored in an airtight container in the freezer.







Let's have some fun making glue suncatchers

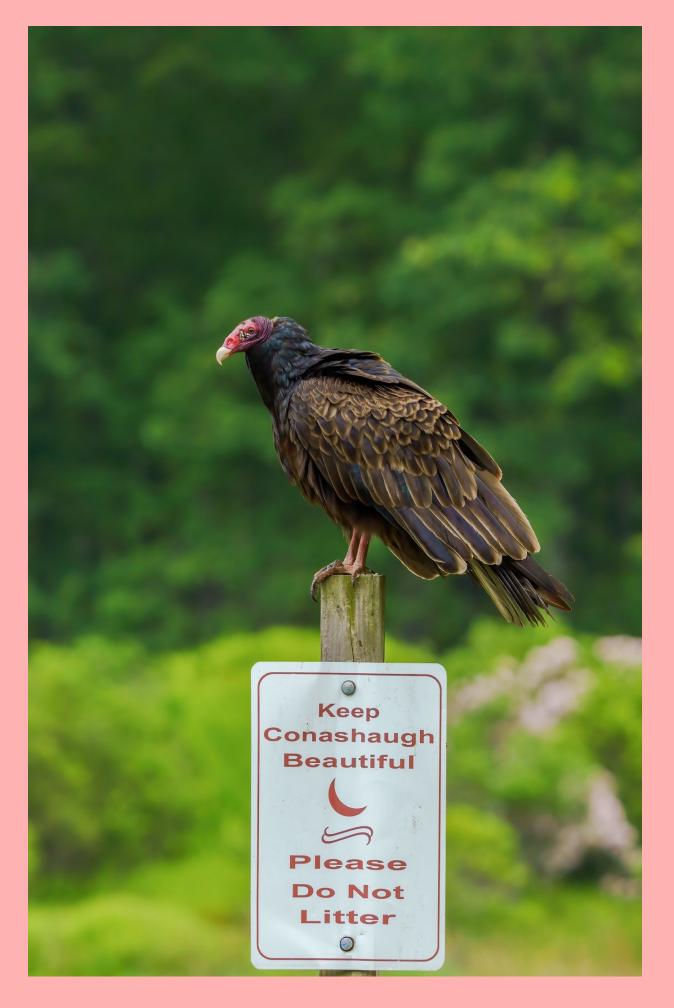


Ingredients You'll Need

- 1 plastic lid (such as from a yogurt or sour cream container)
- Clear school glue (enough to cover the bottom of your lid)
- A few drops of food coloring (various colors)
- 1 toothpick (for swirling the colors)
- 1 hole punch (to make a hole for hanging)
- 1 piece of ribbon, string, or fishing line (for hanging)

Step-by-Step Instructions

- 1. Begin by choosing a plastic lid that will act as the base for your suncatcher. Clean it thoroughly and dry it completely.
- 2. Next, pour clear school glue into the lid until it covers the entire bottom. Gently tilt the lid if needed to spread the glue evenly.
- 3. Afterward, carefully add several drops of food coloring into the glue. You can opt for one color or multiple to create a rainbow-like effect.
- 4. Then, take your toothpick and gently swirl the food coloring through the glue. Be careful not to overmix, so the colors remain distinct and don't muddy.
- 5. Now, set the lid aside in a safe, level place to dry. Depending on the glue's thickness and humidity levels, drying could take anywhere from 8 to 24 hours.
- 6. Once fully dry and firm, remove the suncatcher from the lid. It should peel away easily. If it sticks, gently flex the lid to loosen it.
- 7. Use a hole punch to make a hole near the top of your suncatcher.
- 8. Finally, thread your ribbon or string through the hole, tie a knot, and hang your suncatcher in a sunny window to admire the vibrant colors shining through!



Congratulations to our EMPLOYEE of MONTH

Conashaugh's Person of the Month Qauen Cuenco

Have you witnessed a member of the **Maintenance Crew** going out of their way to make our community a better place?

Or did you have an amazingly pleasant experience with one of our wonderful Ladies in the office?

What about an amazing **Member?** Do you know someone who should be recognized for their service to our community?

Nominate them for Conashaugh's Person of the Month

Email me at communication@conashaughlakes.com

And tell me about your nominee!



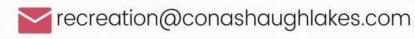
JULY 19 STARTING AT 9 AM

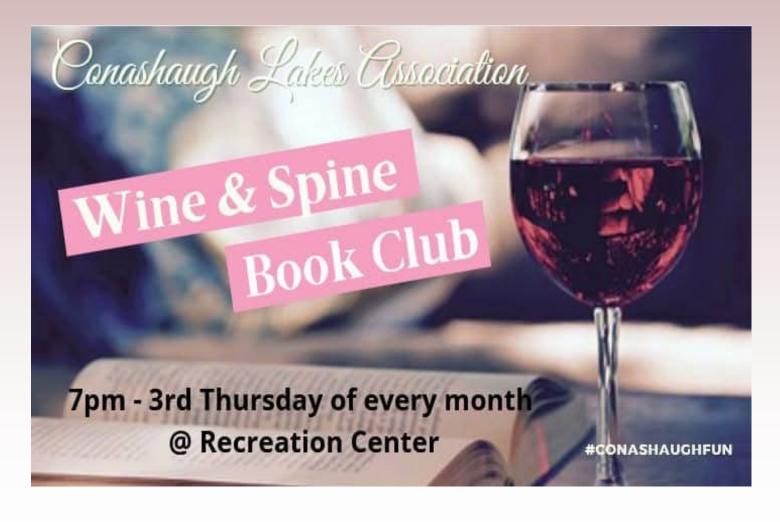
We need help with

- tables & games set up
- · food prep & grilling
- serving
- clean up

Picnic Meetings:

- May 13, 7:00p
- June 10, 7:00p
- July 8, 7:00p





Dingman Township
Volunteer Fire Department
sponsors

Flea Market



AUGUST 9TH, 2025 8:00AM - 3:00PM

Set up 6:00AM

Inside 8-foot table: \$20.00 Outside Space: \$10.00

For space rentals or more information contact Henry Levine: 570-872-1547

Make checks payable to D.T.V.F.D include your name, address, phone number and items you wish to sell

680 Log Tavern Road Milford, PA 18337

LOCAL FUN THINGS TO DO

Visit for lists of upcoming events:

<u>www.northernpoconos.org</u> <u>www.greytowers.org</u>

Events Around Town

Saturday, June 7th 10:00 AM—12:00 PM Kids Snack and Craft

Akenac Park

June 12th-15th
11th Annual Tri-County Fair
140 Green Pond Road, Rockaway NJ

Saturday, June 14th 10:00 AM—2:00 PM Marie Zimmerman Day

Zimmerman Farm Road off Route 209

Saturday, June 21st @ 10:00 AM—Rain Date June 28th 2025 Car Show

679 Log Tavern Road

Sunday, June 22nd—@ 1:00 PM Milford Music Festival

106 E. Hartford Street



Do you have an idea for an article in the Conashaugh Courier?

Forward it to me at CCCABoardDirector@gmail.com and the Communications Committee will print it!!! You could be a monthly contributor!!!

Join us for a casual morning gathering to meet new friends or catch up with old ones.

START YOUR DAY BY GETTING TOGETHER WITH FRIENDS AND NEIGHBORS. JOIN US FOR COFFEE, PASTRIES AND CONVERSATION.

Min This meet up will happen every second Monday of the month.

9 AM - 11 AM at the recreation bldg.

Questions? Email recreation@conashaughlakes.com

Local things to do

TEEN BOWLING NIGHT (13 and older)

Join us at 7 every 2nd and 4th Friday of the Month

3 Games with Shoes and a burger or hotdog
or a slice of pizza
at Wallenpuapack Bowling and Sport Center



MAY 3- KIDS SNACK AND CRAFT @ DELAWARE TWP 10AM-12PM JUNE 7- KIDS SNACK AND CRAFT @ AKENAC 10AM-12PM JULY 5- CAR SHOW @ DELAWARE TWP 10AM-2PM JULY 19- COMM GARAGE SALE @ DELAWARE TWP 10AM-2PM AUGUST 16- FAMILY FUN DAY @ AKENAC 11AM-3PM SEPT 6- GRANDPARENTS DAY @ DELAWARE TWP 12PM-2PM SEPT 27- HARVEST FEST @ AKENAC 10AM-2PM OCT 25- TRUNK OR TREAT @ AKENAC 11AM-1PM NOV 8- KIDS VENDOR EVENT @ DELAWARE TWP 10AM-2PM DEC 13- HOLIDAY EVENT @ AKENAC 1PM-4PM TIMES AND DATES OF SOME EVENTS MAY CHANGE



Committee Contact Information

If you are interested in joining a committee, please reach out to the office at 570-686-4000 or send an email to administrator@conashaughlakes.com. For questions or concerns you can reach the committee liaison using the following emails:

- Communication Liaison is Dawn LoBello. Email communication@conashaughlakes.com
- Rules and Regulations Liaison is John Thies.
 - Email rulesandregulations@conashaughlakes.com
- Design and Review Liaison is Ray McLaughlin.
 - Email designandreview@conashaughlakes.com
- Maintenance Liaison is Howard Smaller. Email maintenance@conashaughlakes.com
- Security Liaison is Perry Langbein. Email security@conashaughlakes.com
- Recreation Liaison is Annette Evans. Email recreation@conashaughlakes.com
- Environmental Liaison is Patrick Allen. Email environmental@conashaughlakes.com
- Strategic Planning & Resources Liaison is David Duke
 - Email <u>strategicplanning@conashaghlakes.com</u>
- Finance Liaison is Craig Henry. Email is finance@conashaughlakes.com

You can join up to two (2) committees. If you can't make all of the meetings but you can attend some, you are always welcome. We hope to see you at a meeting!

HOME SECURITY

Here is a list of suggestions of what we can do to keep our family, home and property safe.

1. Secure Doors and Windows

- Use solid core or metal doors for all entry points.
- Install deadbolt locks on exterior doors.
- Reinforce sliding glass doors with a security bar or pin.
- Ensure all windows have secure locks and consider window bars or security film.

2. Install a Security System

- Invest in a home security system with alarms, cameras, and motion detectors.
- Display security system signage to deter potential intruders.

3. Use Outdoor Lighting

- Install motion-activated lights around entry points and dark areas of your property.
- Keep outdoor lights on during the night to increase visibility.

4. Create the Illusion of Occupancy

- Use timers to turn on lights, radios, or TVs when you're not home.
- Have a trusted neighbor collect your mail and packages while you're away.

5. Maintain Your Yard

- Keep bushes and trees trimmed to eliminate hiding spots for intruders.
- Use gravel or pebbles as ground cover near windows and doors to make noise when walked on.

6. Secure Your Garage

- · Keep garage doors closed and locked.
- Install a security camera or motion sensor light in the garage.

7. Use Smart Technology

- Consider smart locks and doorbell cameras to monitor entry points.
- Use smart home systems that allow you to control lights and alarms remotely.

8. Be Cautious with Social Media

- Avoid posting about your travel plans or being away from home on social media.
- Wait until you're back home to share vacation photos.

9. Install a Peephole or Video Doorbell

 Use a peephole or video doorbell to see who is at your door before opening it.

10. Keep Valuables Out of Sight

- Store valuables, including electronics, jewelry, and important documents, in a safe or in hidden locations.
- Avoid leaving expensive items in plain view, especially near windows.

11. Know Your Neighbors

Look out for each other's homes and report any suspicious activity

12. Reinforce Windows

- Consider installing window locks or security screens.
- Use shatter-resistant glass or window film to make it harder to break in.

By implementing these safety tips, you can significantly reduce the risk of a break-in and help protect your home and belongings.

IN CASE OF EMERGENCY YOUR FIRST CALL SHOULD ALWAYS BE TO 911

Security Phone # 570-832-5660

Pennsylvania State Police

(non-emergency) 570-226-5718

Important Numbers and Links

Conashaugh Lakes Main Office

Phone: 570-686-4000

Dingman Township

Phone: 570-296-8455

http://www.dingmantownship.org

Dingman Township Volunteer Fire Department

Phone: 570-686-3696 (non-emergency)

Pike County Chamber of Commerce

Phone: 570-296-8700

http://www.pikechamber.co

Milford Post Office

Phone: 570-296-7411

200 W. Harford Street Milford

MetEd (power company)

Phone: 1-888-544-4877 Emergency or Outage

1-800-545-7741 Customer Service http://www.firstenergycorp.com

Pennsylvania State Police Blooming Grove Barracks

Phone: 570-226-5718 (non-emergency)

434 PA Route 402 Hawley, Pa

Pike County Library

Main Branch Milford: 570-296-8211 Log Tavern Road Branch: 570-686-7045 https://pikecountypubliclibrary.com

Delaware Valley School District

Phone: 570-296-1800 https://www.dvsd.org

PennDOT-Main

Phone: 1-800-932-4600

http://PA.gov

Pennsylvania Fish and Boat Commission

Fishing License Help: 877-707-4085 Boat Registration Help: 866-262-8734 Boating Course Help: 888-723-4741

https://www.pa.gov/agencies/fishandboat.html

Pennsylvania Game Commission

Phone:

570-675-1143 570-675-1144

(Northeast Regional Office) 3917 Memorial Highway Dallas, PA 18612-0220

https://www.pa.gov/agencies/pgc.html

Pike County Area Agency on Aging

Phone: 570-775-5550

https://www.pikepa.org/living working/

area agency on aging/index.php

Pike County Dog Licensing

Phone: 570-296-3441 Dog Warden: Jim Rickert Phone 570-350-3589

https://www.pikepa.org/news_detail_T27_R315.php

Humane Society of Pike County

Phone: 570-296-7654

https://pikecountyhumanesociety.org

Conashaugh Business