

# Conashaugh News



## Top 10 Benefits of Pool Swimming

There are 10 reasons why you should choose swimming:

1. Swimming is an amazing weight loss tool. Combined with a well balanced diet, 4x40 minute swimming sessions a week can help shed excess weight.
2. Swimming is a great core workout. Forget the crunches, take a dip in the pool instead. Hello six pack!
3. Swimming speeds up recovery. As a low impact sport, swimming can help relieve aches and pains.
4. Swimming improves flexibility. It stretches and tones the areas of your body that are neglected as a result of sedentary living, including the hips, back and hamstrings.
5. Swimming has no age limit and can be an incredibly social activity.
6. Swimming boost heart health. As a total body workout, swimming is one of the best exercises at boosting cardiovascular health.
7. Swimming relieves stress. Not only does swimming stimulate those mood-boosting hormones, but it also provides an opportunity for you to clear your mind.
8. Swimming alleviates anxiety and depression. Swimming can help ease pent up tension/ muscle pain and allow you to be mindful as you exercise.
9. Swimming helps you breathe as well as helps to calm and regulate your breathing. As you work on perfecting your stroke and technique, your breathing improves, which in turn can help lower blood pressure, aid weight loss and eliminate toxins.
10. Swimming is fun! Grab a friend and start swimming!

**Please familiarize yourself with the pool rules so everyone can have an enjoyable time.**

### Pool Rules

1. NO child under ten (10) years of age will be permitted in the pool area unless accompanied by an adult.
2. Only MEMBERS in good standing, their families and their GUESTS are entitled to use the pool.
3. CLCA Amenity badges must be presented when using the pool.
4. Lifeguards and their supervisors are fully responsible for rule enforcement, disciplinary action(s) and other measures to maintain the proper conduct and safety for the enjoyment of all people using the pool.
5. Non-swimmers are NOT permitted in the deep end of the pool. The pool staff and lifeguards have the discretion to test swimming abilities for use of the deep end.
6. Non-swimmers with life jacket floating vets, small tubes, or arm floaters are NOT permitted in the deep end.
7. The use of large or solid floatation devices shall be at the discretion of pool staff and lifeguards.
8. Water guns or Water Cannons can NOT be used at the pool.
9. NO running, pushing or roughhousing will be tolerated in the pool/pool area.
10. Conduct adversely affecting the pleasure or safety of others, including the use of loud audio equipment is prohibited.
11. NO congregating around the ladder areas or lifeguards.
12. Socializing with the lifeguards while on duty is prohibited.
13. Unauthorized persons are not permitted in the maintenance, filtration, chlorination or chemical storage areas.
14. NO roller skates, scooters, skateboards or bikes are allowed in the pool area.
15. NO vaping or smoking permitted in the pool area.
16. NO glass containers/bottles or alcoholic beverages are permitted inside the pool area.
17. Food and beverages MAY NOT be consumed in the pool or around the perimeter of the pool.
18. Diapers/swim diapers are NOT permitted in the main pool. Bathers must be completely "potty trained" to use the main pool.
19. DO NOT cover or redirect the kiddie pool streams. They are the water return from the filter.
20. NO diving allowed at the pool.

**Pool Hours are 12:00-6:00 pm daily.  
Adult swim is every Monday, Wednesday, and  
Thursday from 6:00-7:00 pm weather permitting.  
If there is no attendance by 6:30 pm  
the pool will be closed.**



# Community Picnic Info.

The Conashaugh Lakes Recreation Committee hosts a picnic for the community every year. This picnic is so much more than food. It's about celebrating our sense of pride and hope in our community! This picnic is a great way to meet your neighbors and build relationships with those who live near you! The picnic usually happens in July and has tons of good food, fun games for all ages and music! Every year we ask for help from our community members, and we would like to thank those of you who stepped up this time and offered to help the committee. Without these additional volunteers, we would not be able to pull off this event. This year the picnic will be on Saturday, July 15th from 1:00-5:00 pm. The picnic is open to all members who are in good standing. Members are free. To request tickets please click the following link [conashaughlakes.com/reservation/cancellation](http://conashaughlakes.com/reservation/cancellation) and fill out the form with the names and ages of each person who will be attending the picnic. Each household is allowed a maximum of six guests. Children two years and younger are free. All other guests over the age of two years old are \$5 each, to be paid at the time of ticket pickup. We will have the following games set up: volleyball, bocci ball, corn hole, horse shoes, giant connect four and kids games; so get your teams together now for a day of fun competition. We also ask that everyone bring a dessert to share. It is going to be a great day!

**Our annual community picnic will be on Saturday, July 15th from 1-5pm. Please join us!**

Facebook: [www.facebook.com/conashaughlakes/](http://www.facebook.com/conashaughlakes/)  
Website: [www.conashaughlakes.com](http://www.conashaughlakes.com)

## Are you getting all the info?

If you are not signed up for email blasts and would like to enroll, send an email to [administrator@conashaughlakes.com](mailto:administrator@conashaughlakes.com) with "add me to your mailing list" in the subject line. Members who are signed up to receive email blasts will also receive the newsletter. The newsletter is also published under the "Newsletter" tab on our website ([conashaughlakes.com](http://conashaughlakes.com)).

### Dates to Remember

July 4th Independence Day

July 4th the CLCA office will be closed for the holiday

July 15th 1-5 pm  
community picnic

July 25th kids pool party  
4:00 pm

## July Committee/ Board Meeting Dates

July 5th at 7:00 pm  
Communication Committee

July 6th at 7:00pm Finance  
Committee

July 8th Members Meeting at  
10:30 am.

July 10th at 6:30 pm  
Combined Maintenance and  
Security Committee Meeting

July 11th at 7:00 pm Recreation  
Committee\*

**\*PICNIC VOLUNTEERS PLEASE  
PLAN TO ATTEND**

July 15th at 10:00 am  
Design and Review Committee

July 25th at 7:00 pm  
Environmental Committee

July 27th at 5:00 pm  
Rules & Regulations Committee

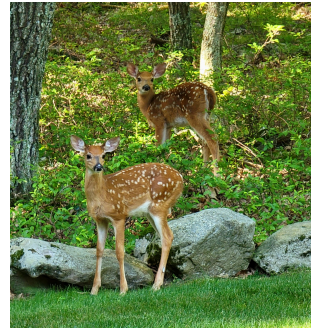


Photo Credit D.Henry

## Annual Board Meeting

The annual board meeting has been scheduled for September 30, 2023 starting at 9:00 am. It will be held at St. Vincent's Church.

## Remaining Board Meeting Dates

are scheduled for July 8th, and August 12th. September will not have a Membership Meeting due to the Annual Meeting on Sept. 30th.

Thank you to those who volunteered to make this years picnic happen!



# Fireworks Safety

As the 4<sup>th</sup> of July season approaches, the CLCA Board wants to make sure that our residents are aware of our State Laws, and Community Rules & Regulations, pertaining to the use of fireworks in our Community.

In 2018 the State of Pennsylvania redefined and legalized consumer grade fireworks to its public. At that time, the CLCA Board unanimously approved to update the fireworks *Rules & Regulations* upon the states redefinition of what a “Consumer Grade Firework” is. A consumer grade firework, in our state and township, is now considered any firework that contains 50 milligrams of explosive or less. Being the CLCA Bluebook was never updated when the 2018 changes occurred, a motion to UPDATE the Article 19 / 19.2 Fireworks Regulation & Fine Wording was made and passed a second time in April 2023; and our Bluebook has been updated to parallel our State Laws pertaining to Consumer Grade Fireworks.

Although we are running parallel with our State and County laws, the CLCA Community has also set some internal Rules & Regulations for the safety precautions that must be taken if members decide to participate in the use of fireworks on their property.

### Section 19.2 Fireworks (04/08/2023)

MEMBERS over the age of 21 are allowed to use “Ground Based Consumer Grade Fireworks” on their personal property. In parallel with state and township laws, ground based consumer grade fireworks contain a maximum of 50 milligrams of explosive material or less; such as sparklers, fire crackers, fountains, etc.

- (a) They must be used safely and respectfully regarding others and the surroundings. All safety measures must be taken.
- (b) Fireworks must NEVER be lit during a burn ban. *Subject to fine*
- (c) It is the responsibility of the MEMBER(s) who is/are participating in the ignition of such fireworks, to call the Pike County Communications center number for non-emergency matters concerning the Milford PD (570-296- 7700),

before participating in these acts; making sure there is not a burn ban in place. CLCA Security should also be aware in case of an emergency.

(d) There must be an active water source & hose present with easy access on property in case of immediate emergency.

(e) Must be used on flat surface; especially fountains.

(f) If any damage does incur, it is the sole responsibility of that property owner.

(g) No fireworks of any kind are allowed during “Block Parties,” or any other “Common Area Group Events,” unless approved by the Board of Directors.

NO DISPLAY GRADE FIREWORKS allowed at any time within the CLCA Community. By definition, a Display Grade Firework contain more than 2 grains or 130mg explosive, or more than 60mg for aerial shells. *Subject to fine.*

### Fines for improper use are as follows:

A19, S19.2 (a) Fireworks  
\$750.00 (1<sup>st</sup> Offense) \$1,500.00 (2<sup>nd</sup> Offense)

Please remember fireworks are not to be used during quiet hours, which are from 10:00 pm until 8:00 am. Subject to additional fines if not observed.

**NO aerial fireworks of any kind are permitted in the community. Subject to fine.**

## Have a complaint? Here is the process of how to submit it.

The proper procedures for submitting a complaint(s), personal inquiry, &/or suggestions for Board of Director’s consideration is as follows:

- (a) Procedure: The first step for filing a general suggestion or a complaint is to either pick up the correct form at the CLCA Administrative office, or to download online the proper form on our website. At this point, the MEMBER will fill out the form and leave the form with administration, for the Board to review at their closed monthly meeting, and discuss how to address the issue(s) accordingly. At that point, a Board MEMBER will be in touch to schedule time to discuss the matter further if need be, when the Volunteer Senior Board MEMBERS’ Schedule permits; or a new agenda discussion item may possibly be added on an upcoming meeting. Minimum, two to three Board MEMBERS, must always be present if a sit-down meeting is scheduled to discuss matters further. Discretion goes to the Board for addressing written matters. (02/11/2023)
- (b) No phone calls or verbal complaints will be accepted.
- (c) Written complaint/suggestion forms must be signed by the member with their lot number provided to be considered valid. These forms are available in the CLCA office.
- (d) An email or a fax is considered an acceptable form, if the email contains a return email address and the email reflects an electronic signature in a section of the email that states submitted by, or by printing and signing and sending a copy of the actual form with the member’s signature.
- (e) Information considered as a CLCA “Need to know,” may be passed on to our Board of Directors through CLCA staff; but, should not be considered as a formal complaint needing a reply.

***Please keep in mind writing a complaint on social media, either via Instant/Direct Message or on a FB page post does not qualify as a submitted complaint.***



**Important Numbers**

**UTILITIES**

PPL...800-342-5775

Blue Ridge Communications...800-222-5377

**TRAFFIC AND WEATHER**

[www.511PA.com](http://www.511PA.com)

Dial 511 for PennDOT road conditions in Pennsylvania

PA State Police...888-783-6783

**Pike County Communications Center for**  
Non-emergency matters concerning **Milford PD**  
(Question's on burn bans, fireworks alerts, etc.)  
**570-296-7700**

**CLCA Security** should also be aware if a member plans to participate in the use of fireworks  
(In cases of an emergency).

**Patrol Dispatch: 570-832-5660**

**Board of Directors**

President-Betty Buccine

Vice President-Rich Schlosser

Treasurer-Matt Boulanger

Secretary-Marisa Jara

Director-Kurt Budveit

Director-Laura Budveit

Director-Valerie Ferlauto

To email the entire Board:

[clcboard@conashaughlakes.com](mailto:clcboard@conashaughlakes.com)

**Office Staff**

Kimberly Decker-Administrator

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Liz Sori-Administrative Assistant

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Dawn Cuneo-Bookkeeper

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Gayle Freeman-Office Assistant

[gfreeman@conashaughlakes.com](mailto:gfreeman@conashaughlakes.com)

**St. Moritz Security Patrol Phone 570-832-5660**