

THE MAINSTREAM



If you did not get your Swim and Tennis Club dues paid by May 1st, your account is now overdue and you owe the late fee. You may not use the pool until the dues and late fee are paid in full.

Hiddenbrook Homes Association

www.hiddenbrookhomes.org

1508A Sadlers Wells Drive
Herndon, VA 20170

Property Manager:

Lisa Cornaire

hiddenbrook_homes@hotmail.com

Office Hours

Tues. & Thurs. 2-5pm
or by appointment

(703) 318-7159 - office

(703) 437-9737 - fax

(703) 437-9736 - pool

Mailing address:
PO Box 582, Herndon, VA 20172

POOL MEMBERSHIPS

The Swim & Tennis Club currently has only **five** memberships for sale. The price to purchase a membership is currently \$400 plus the current annual dues amount of \$450.

Contact Lisa Cornaire, Property Manager, at 703-318-7159 or Hiddenbrook_Homes@Hotmail.com



The Hiddenbrook Pool Open House is on **Friday, May 26, 2017**, starting at 5 p.m. Please follow the link for the volunteer sign-up. ***NOTE: If we do not get enough volunteers, the event will be canceled.***

To volunteer to help with this event, visit <http://www.signupgenius.com/go/9040849a8a82aa64-pool>

Water Aerobics and Morning Adult Swim Sessions

Evening Water Aerobics and Morning Adult Swim Sessions will begin the week of June 26th. Please watch for details in the June newsletter to sign up to participate in either or both activities. Morning Adult Swim sessions will be offered at 7 a.m. on Mondays, Wednesdays, and Fridays. The Evening Water Aerobics classes will be at 6:30 p.m. on Tuesdays and Fridays. Both these events do incur a cost to cover the cost of the instructors.

Fairfax County Annual Spring Flush

The annual water flush is underway now through June. Fairfax County opens the fire hydrants and allows them to flow freely for a short period.

Although the water may have a chlorine taste and odor as well as a temporary discoloration and presence of sediment, the county shared it is not harmful.

All Fairfax County Water employees drive a vehicle identified by the Fairfax Water logo and will be in uniform bearing the same Fairfax Water logo.

You may contact Fairfax Water with any questions about this program anytime at 703-698-5613.



Hurricanes Swim Team Yard Sale



On Saturday, May 13th, the Hiddenbrook Hurricanes will hold their 6th annual yard sale. This has been a greatly successful fundraiser for them for the past 5 years, and they're hoping to continue that success this year. The money raised from this event helps tremendously with providing much needed supplies and various items necessary to run a successful swim team. They are selling items donated by the members, local businesses and the community.

How can you help? If you have items you would like to donate, drop off is at the clubhouse on Friday May 12th, 5:30-8:00 p.m. or you can come by Saturday morning and also check out the stuff they have and walk away with a bargain. This is not your typical empty-out-the-garage yard sale!

Hiddenbrook HOA Dumpster Day is also scheduled for **May13th!**

If you have anything to discard, we will have a dumpster in the far end of the parking lot during the same time the yard sale is going on. Please take note that the following items **cannot** be placed in the dumpster:

- Tires
- Computers
- Contaminated Oils
- Radioactive Waste
- Railroad Ties
- Motor Oil/Oil Filters
- Hazardous Waste
- Barrels
- Batteries
- Mattresses
- Medical Waste
- Microwaves
- Fluorescent Tubes
- Antifreeze
- Solvents
- Paint (unless dried)
- Herbicides
- Aerosol Cans
- All Liquids
- Animals
- Monitors
- Food Waste
- Asbestos
- Televisions
- Flammable Liquids

ZIKA: What you need to know.

WHAT WE KNOW ABOUT ZIKA

- **Zika is a viral disease spread to people mostly through the bite of an infected mosquito.** It is transmitted primarily by the yellow fever mosquito (*Aedes aegypti*). The Asian tiger mosquito (*Aedes albopictus*), which is common in Northern Virginia, can also spread the virus. These are both aggressive, daytime-biting mosquitoes.
- **There is a risk of Zika being imported into Virginia and being transmitted by local mosquitoes.**
- Zika can be passed through sex from a person who has Zika to his or her partners even if the infected person does not have symptoms.
- Zika may be transmitted through blood transfusions.
- Zika can pass from a pregnant woman to her fetus.
- **Infection with Zika during pregnancy can cause birth defects in babies, including microcephaly** (a condition in which a baby's head is smaller than expected).
- **Pregnant women should not travel to areas with active Zika transmission.**
- **There is no vaccine or medicine for Zika.**
- Based on information about similar infections, once a person has been infected with Zika, he or she is likely to be protected from future Zika virus infections.
- Local mosquito-borne Zika virus transmission has been reported in the continental United States.



(*Aedes albopictus*, or Asian tiger mosquito, is common in Northern Virginia.)

SYMPTOMS OF ZIKA

Most people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are fever, rash, joint pain and conjunctivitis (red eyes). Other symptoms include muscle pain and headache. If you suspect you may be infected with Zika, contact your medical practitioner, especially if pregnant. Even if you do not feel sick, take steps to prevent mosquito bites for three weeks by staying indoors or wearing protective clothing and insect repellent. This will help prevent mosquitoes from biting you and spreading the virus to others in the community.

DO YOUR PART FROM THE START: Prevent & Protect Against Mosquito Bites!

Control Mosquitoes in Your Yard

- *Aedes* mosquitoes lay eggs in containers. **To prevent mosquitoes in your yard, eliminate standing water weekly.** Tip and toss water from containers like tires, buckets, flower pots, drain pipes, tarps, bird baths, toys, etc. Scrub the inside of containers, discard them or place indoors.
- If you cannot dump water from a container, **treat it with a larvicide** like *Bacillus thuringiensis var. israelensis* (follow label instructions).
- If mosquitoes are biting, **use insecticides in your yard** to control them. Treat areas where they rest, such as dense vegetation or ground cover (follow label instructions).



Prevent Mosquito Bites

- **Use EPA-registered insect repellents** containing DEET, picaridin, oil of lemon eucalyptus or IR3535 (follow label instructions).
- **Cover exposed skin.** Wear light-colored, long-sleeved shirts and long pants.
- **Treat clothing with permethrin.** Treated clothing remains protective after multiple washings. Never apply permethrin to skin (follow label instructions).
- **Keep window and door screens in good repair** to keep mosquitoes out.

RESOURCES

www.fairfaxcounty.gov/hd/westnile/zika-virus.htm

<http://www.vdh.virginia.gov/zika/>

<https://www.cdc.gov/zika/>

Fairfax County Health Department

A Fairfax County, Va., publication. Updated Feb. 2017. To request this information in an alternate format, please call the Health Department at 703-246-2411, TTY 711.



Hurricanes Swim Team News



Team Suit and Team Apparel Event

Our annual swim suit try-on and apparel event is Friday, May 12th, 5:30–7:30 in the clubhouse. This year we are working with Cassel's Sports for our suits. For the girls' suits, we will have a stock Speedo suit with the team logo. The boys' suits are also a stock suit with our logo stamped on the hip. In addition to buying your suits, we will have samples of this year's "spirit wear". Please come to this event and get your suits and try on our team apparel so you can put in your order for t-shirts, sweats and other goodies.

Annual "Back to the Pool" Meeting

If you would like to meet our coaching staff and get more information about our team, please join us on **Sunday May 21st, in the Hiddenbrook Clubhouse at 7:30p.m.** The meeting is open to all returning families and anyone interested in joining or just trying to learn more about the Hurricanes or our Waterspouts developmental program. We will be discussing the details of the upcoming season, including dates of meets and social activities, and we'll try to answer any questions you may have.

Hiddenbrook Hurricanes Swim Team (from Marcel van Vierssen)

Now that May is here, our thoughts turn to the opening of the pool and another great season for the Hiddenbrook Hurricanes Swim Team. Our team is part of the Northern Virginia Swimming League (NVSL), which is one of the largest summer swim youth leagues in the U.S., with 102 teams. We have swim meets geared for developmental swimmers on Monday evenings, and competitive swim meets for more experienced swimmers on Saturday mornings. We also have our Waterspouts program for kids 4-8 who are just learning to become swimmers, and aren't yet ready for competition.

Our team had 186 Hurricanes and Waterspouts last season, representing almost 100 Hiddenbrook Swim and Tennis Club families. Many of our youngest kids began the season in our Waterspouts program. Some of these Waterspouts improved enough during the summer that they moved up and competed in a real meet. Some of our strongest older swimmers are kids who started out in Waterspouts just a few years ago. Swim team membership is open to any family that holds a Hiddenbrook Swim and Tennis Club Membership. Through some great fundraising efforts and donations, we can keep the fee for each swimmer very low.

Whether your kids need an outlet for their competitive drive, or you just want them to learn to be better swimmers, the team is a wonderful place for kids and parents alike. It's more than just swim meets – we have social activities every week, from our kickoff cookout to our team banquet, that are fun for the kids and the parents.

If you have any questions about the team, please attend the meeting on May 21st, or contact me at HiddenbrookSwimTeam@gmail.com

Hiddenbrook Board of Directors

(Meetings are held on the 3rd Tuesday of every month at 7:30 p.m. in the clubhouse)

President	Joan Koss	joanekoss@outlook.com
Vice President	Chaz Holland	chazholland2@verizon.net
Secretary	Paige Dyer	paige_dyer@icloud.com
Treasurer	Pam Spencer	pspencer11@cox.net
Director at Large	Kristin Leveto	kl123@cox.net

Hiddenbrook Committee Chairs

ARC	Joan Koss	Joanekoss@outlook.com
Capital Improvement	Joan Koss	Joanekoss@outlook.com
Clubhouse	Pam Spencer	Pspencer11@cox.net
Communications	Kristin Leveto	Kl123@cox.net
Finance	Craig Graby	Craig@graby.net
Neighborhood Watch	VACANT	
Pool	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Social	VACANT	
S&T Bylaws Task Force	Todd Huse	Todd@toddhuse.com
Swim Team	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Tennis	Charles Roswell	Roswells@icloud.com

If you are interested in joining any of the Hiddenbrook committees, please fill out the 'Committee Interest Form' from the documents page of the www.hiddenbrookhomes.org website and send it in to our property manager, Lisa Cornaire at Hiddenbrook_Homes@hotmail.com

CLUBHOUSE CALENDAR

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Clubhouse Rental	1	2	3	4	5 Clubhouse Rental	6 Clubhouse Rental
7 7:30 p.m. Swim Team Meeting	8 7:00 pm S&T Bylaws Committee Mtg	9	10	11	12 5 – 8 p.m. Swim Team Suit Try-on	13 8 a.m.- Noon Swim Team Yard Sale
14	15	16 7:30 pm Board Mtg	17 Clubhouse Rental	18	19	20
21 7:30 p.m.- Swim Team Back to the Pool Meeting	22	23	24	25 Office Closed	26 5 p.m. Pool Opening Day Party	27
28 Clubhouse Rental	29	30	31	1	2	3