

THE MAINSTREAM

Hiddenbrook Homes Association
www.hiddenbrookhomes.org

Hiddenbrook Needs Your Help: Volunteer

The United Nations defines Volunteerism as “a basic expression of human relationships.”

It is about people’s need to participate in their societies and to feel that they matter to others. We strongly believe in the societal relationships intrinsic to volunteer work are critical to individual and community well-being.”

www.helpguide.org/articles/healthy-living/volunteering-and--its-surprising-benefits.com

Hiddenbrook HOA and Swim & Tennis has six committees, covering Architecture, Clubhouse, Communications, Activities, Pool, and Tennis. We seek 30 committee volunteers (5 per committee) but currently have only 12. Each committee is understaffed. Experience is not required.

Please express your interest in volunteering your services, or time, by reaching out to Sequoia Management’s Shannon or Chelsea, who will happily steer you to where your efforts can help our community.

shannon@sequoiamgmt.com orcmliller@sequoiamanagement.com

ATTENTION
SWIM & TENNIS MEMBERS
AND GUESTS!

Summer Kickoff

FRIDAY & SATURDAY
JUNE 16-17, 2023

FRIDAY: 4-7PM COOKOUT &
REFRESHMENTS*
7-10PM MOVIE NIGHT

SATURDAY: 4-7PM COOKOUT &
REFRESHMENTS*
7-10PM MOVIE NIGHT

*BURGERS, HOT DOGS, AND SOME BEVERAGES WILL
BE PROVIDED UNTIL SUPPLIES RUN OUT.

PLEASE EMAIL US HOW MANY OF YOU ARE PLANNING TO ATTEND
AND IF YOU WOULD LIKE TO BRING ANYTHING TO SHARE AT
HIDDENBROOK1234@GMAIL.COM

Hiddenbrook Father's Day Brunch

11am - 2pm HOA Clubhouse
1508-A Sadlers Wells Dr.
Herndon, VA 20170

A suggested donation of \$10 a person will help
cover the costs of some basic brunch foods,
however, you are welcome to bring your own
drinks and snacks as well.

Just email us at Hiddenbrook1234@gmail.com
with the subject line "Dad's Brunch"

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Hiddenbrook To Open NVSL Swim Season June 17

The Hurricanes welcome one of their largest teams ever with 180 swimmers, ranging in ages from 6 to 18.

Its first meet is June 17 at Mantua and its first home meet is in July.

The NVSL is comprised of a total of 102 teams and is one of the largest swim leagues in the country with over 17,000 swimmers. Hiddenbrook is among the top 25 teams ranked for the entire league.

Head Coach Jon Radow, Assistant Coach Aidan Deege, and Assistant Coach Lexi Lovern are all returning to lead the Hurricanes this season, who were Division 5 co-champions last year.

Dual meets are held at 11 a.m. on Saturdays. Meets generally run about 3 hours. If Hiddenbrook is the home team, the pool will not be open to general membership to swim, but you may attend to cheer on the team! The Hiddenbrook "B" team will compete on Monday nights, with some meets at home. Information about the team's events in June can be found on pg. 6.



The June Schedule

June 10 – Hiddenbrook Time Trials at Hiddenbrook Pool

June 17 – Hiddenbrook at Mantua

June 24 – Hiddenbrook at Lee Graham

June 28 – Divisional Relays at Little Hunting Park



Friday Night Live!

By Paul Bergeron

Is it Friday night yet? One of the area's top summer attractions got underway May 5 at the Herndon Town Green at the rear of the Herndon Municipal Building (777 Lynn Street) when Under the Covers kicked off a summer-long music extravaganza that features a variety of bands through Aug. 25 to satisfy everyone's tastes.

Friday Night Live! is produced by the Dulles Regional Chamber of Commerce along with Title sponsor Volkswagen.

It is every Friday through August. Concessions open at 6 pm and the bands play from 6:30 to 10. The opening act starts at approximately 6:30 and the headliner starts at approximately 8 pm.

We'll see you under the Stars!

June's Band Lineup

June 9 Gonzo's Nose – Rock band has performed for 20 years and covers songs from the past four decades.

June 16 - 8 Track Jones + Billy T Wilde Band: 8 Track Jones has been bringing the pop/rock party tunes to the DMV for over 20 years. Their brand of high-energy performance with great musicianship always makes for a great event. Come sing along with your favorite tunes from the '80s, '90s, and today. (Special start time 6 p.m.)

June 23 - Fun, rock, pop, country...anything. JunkFood was created to make a good time happen! Be ready to dance and party.

June 30 – keeton + All Star Band: This NVA cover band that plays a wide variety of your favorite '90s alternative hits. Pearl Jam, Weezer, Foo Fighters, New Radicals, Eve 6, Better Than Ezra, Green Day — keeton covers them all and more. keeton's show will take you on a musical journey through the decade of the internet, Nintendo, the Macarena, and Jurassic Park. With their wide array of upbeat, energetic songs, high octane guitar riffs, and strong vocal harmonies.

A complete schedule can be found at www.herndonrocks.com/schedule



Green Lizard Cycling Brings Together a Community of Cyclists

From beginners to upper level, the downtown shop is the “everything” store for bike lovers.

By Paul Bergeron

When Herndon’s Dave Meyer was thinking about whether downtown Herndon was an ideal location for a bike shop, he and his wife sat out on a bench on the W&OD Trail and counted the walkers, joggers, and cyclists who passed by on weekends.

When they counted 160 to 180 per hour, their decision was easy. Green Lizard Cycling opened years ago and has become a mainstay for hard-core riders, intermediate, coffee drinkers, and best of all, Meyer said, for the beginners.

“People come in because they want to exercise and they want to ride with their kids – this is how you grow the customer base,” he said. “We’re here for them.”



He said people doubted the location, telling him he needed to be in a big shopping mall, but there are plenty of riders – and customers – right here, he says.

Meyer visited all the bike shops in the N. Va. area and was surprised how many were treated. “If you didn’t look a certain way, or asked certain questions, they wouldn’t even talk to you,” he said.

Green Lizard Cycling is a warm, friendly store when you walk in, with small tables and chairs set up for patrons to try fresh coffee roasted in Alaska by the Kaladi Brothers label and overnighted to the shop or choose from a fine selection of local craft beers.

Walking through the store can be a bit intimidating. Meyer offers the best bikes, fancy apparel and plenty of accessories – but has options at all price points.

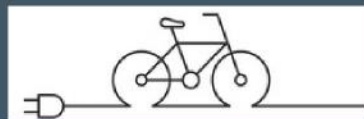
“A lot of shops are mostly Trek bikes,” he said. “I didn’t want that. I wanted to stay independent, so we have seven brands to choose from.” (It also sells e-bikes, the new craze. See sidebar).

Continued on page 5



The eBike: ‘E’ is for ‘Easy’ – and maybe ‘Expensive’

Here’s one way to beat the hills when traveling around Hiddenbrook.



By David Boldt

eBikes are becoming a trendy way to get about town for errands and short, quick, convenient trips – including throughout Hiddenbrook.

if you’ve ever attempted to ride out of Hiddenbrook toward downtown Herndon (with a long uphill grade in every direction), you’ll know an assist will come in mighty handy.

The road to bike electrification started small and has grown, like the EV market for cars and crossovers, almost exponentially. And that’s despite the challenges incumbent with short range batteries, heavy batteries, and too big and too heavy motors.

Most of today’s conventional bicycles weigh between 20 and 30 pounds, and few riders owning one of these have any desire to pilot an eBike weighting 80 pounds. But as components have gotten smaller, range has gotten longer and bikes have gotten lighter, there’s been significant growth in buyer interest.

That interest is reflected on Green Lizard’s showroom, which offers a growing selection of electrified road bikes, mountain bikes and what are best described as general-purpose bikes for those errands you might run (ride?) from your driveway.

For grabbing groceries, Cannondale’s Compact Neo, which is under \$2,000, stands out, allowing you to jump on, make the ice cream run and get home before the ice cream and your mood have melted.

And if, via the W&OD trail, you regularly ride to Ashburn, Pinarello’s Nytro eBike (think low five figures) gets you to Leesburg with a similar outlay of energy, and it might get you to Purcellville. In short, an eBike will still make you pedal, but it won’t necessarily make you wither.

Whether you want one is entirely up to you. Questions? The team at Green Lizard probably has the answers, offering commuter and high-end e-Bikes.

The bikes are pedal-assist and not operated with a throttle.

“This is an up-and-coming trend,” Dave Meyer, Owner, Green Lizard Cycling, said. “It’s for people who are older and still want to ride, but maybe can’t keep up like they used to.”



Neighborhood Snapshots

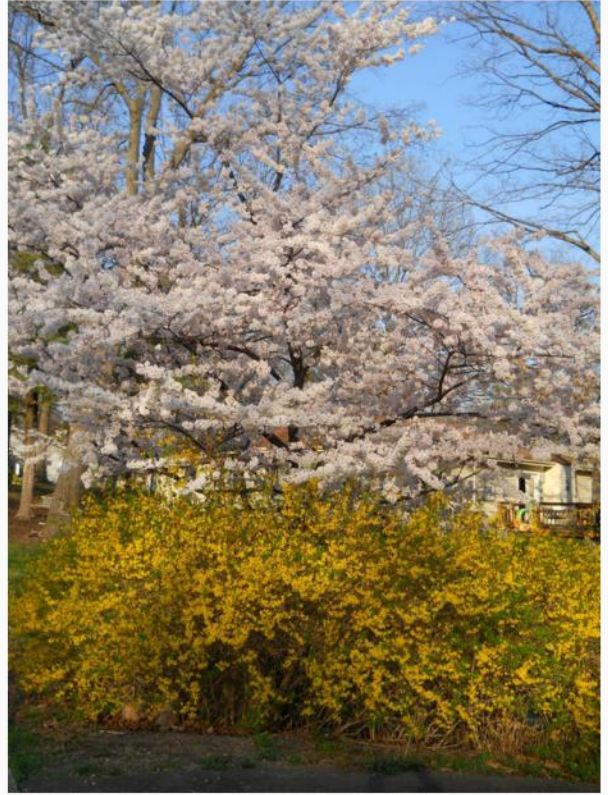


Each month we'll feature photos taken by our residents.
Submit your images for the chance to be featured.

Thanks to resident Lee Emory
for submitting these beautiful
pictures of our neighborhood!



Old cherry tree on Saylers Creek Lane



Trail entry to Folly Lick Park from Millikens Bend Road



Redbud tree splendor with shadows - Hiddenbrook Drive



Email submissions by June 19 to
pbergeron333@gmail.com



Ridge Vent Systems a Great Energy-Free Roof Alternative

With summer here, this is hardly the time to deal with attic fans.

By Paul Bergeron

With hot temperatures coming, this is no time for an attic fan to fail. A ridge vent system is a fine alternative and one that does not require any energy to operate.

A balanced attic ventilation system is important to help prevent roofing system issues. This ventilation system consists of both ridge vents installed at the peak of the roof and intake vents installed at or near the soffits.

Properly ventilating your attic helps reduce excess heat and moisture in the summer and helps keep your roof system cold during the winter to reduce the freeze-thaw cycle that creates ice dams.

A ridge vent is an air exhaust vent installed on the peak of a roof. When installing this vent, an air slot is first cut in the roof deck at the roof's peak. This air slot is then covered by the ridge vent itself. They help to provide continuous, uniform exhaust ventilation at the highest portion of the attic and are designed to help resist wind-driven rain and snow, as well as insect and debris infiltration.



Ridge cap shingles are then typically installed over the ridge vent to protect it, and provide a clean finished look on the roof, except for metal ridge vents which do not require ridge cap shingles.

For the attic ventilation system to work properly, air needs to be able to enter the attic as well as exit it to provide a continuous flow of outside air through the attic space. Eave and soffit vents, or vents placed where a roof or overhang juts out over the home's exterior wall, will allow cooler, dry air to enter the lower attic space.

As the air in the attic heats up, convection helps push the air to the peak of the roof where it escapes through the ridge vent. This type of "passive system" is an efficient way to ventilate an attic, as it doesn't require any energy to properly function.

Hiddenbrook's clubhouse installed a ridge vent system last month.

- Article adapted from GAF roofing contractors



Green Lizard Cycling cont.

He's also hired experienced, expert mechanics as full-time employees. One is a former Brazilian Olympic rider; others are former pro racers from Europe.

Green Lizard Cycling also has cycling fitter – a person who can "find a bike that fits the geometry of the customer," Meyer says.

He says for beginners, they can find suitable bikes for \$500 to \$600, and after purchasing a helmet and other accessories, "you can get started for less than \$800," Meyer says.

The shop name Green Lizard was created because Meyer wanted something fun and memorable – "something kids and adults would like," he said.

A highlight for the area's cycling crowd is the Wednesday night ride. Meyer said about 120 participate and it's not all about speed. The group is divided into groups who ride 25 mph or more, 21 mph, 18 mph and the cutoff is 15 mph. It's a street ride that goes 20 miles.

















Meyer does the "no-drop" ride and he's the sweeper, also riding behind the slowest group just in case there are mechanical issues or flat tires.

When it's over, many gather back at the shop, which has become a friendly community hang-out, including for locals who aren't even interested in cycling.

"With the location, my goal was to bring the community in so people can get to know each other," he said. "It's for everybody."



JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 	29 	30	31	1	2	3
4	5	6	7  Herndon HS Graduation	8  7:15pm Communications Mtg	9	10  Time Trials
11  B Meet	12	13  6:30pm ARC Mtg 7pm Clubhouse Mtg 7:30pm Activities Mtg	14	15	16  Summer Kickoff Events	17  Away Meet
18 	19	20  7pm Board Meeting	21	22  Team Picnic	23  Away Meet	24
25  B Meet	26	27  7pm Tennis Meeting	28  Divisional Relays - Away	29	30	1

HIDDENBROOK BOARD OF DIRECTORS

President	Clive Bayliss	clive.bayliss@gmail.com
Vice President	Matt King	mkk121975@hotmail.com
Treasurer	Eric Cangemi	ericcangemi@gmail.com
Secretary	Chris Gray	chrisgrayfamily@gmail.com
Member at Large	Judd Schulke	judd.schulke@icloud.com

HIDDENBROOK COMMITTEE CHAIRS

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Clubhouse	Eric Cangemi	ericcangemi@gmail.com
Communications	Chris Gray	chrisgrayfamily@gmail.com
Pool	Marcel van Vierssen	hbmrcelv@gmail.com
Activities	Eric Cangemi	ericcangemi@gmail.com
Swim Team	Robert Yost	hiddenbrookswimteam@gmail.com
Tennis	Tony Roane	tonyroane@gmail.com

Interested in Volunteering to Make Hiddenbrook Better?

Please fill out the 'Committee Interest Form' on the documents page of our website www.hiddenbrookhomes.org

Send it in to our property manager, Shannon Cook, at shannon.sequoiamgmt.com

Now Accepting
Pet of the Month Nominees

Email a picture of your pet to pbergeron333@gmail.com



Hiddenbrook Homeowners Association

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Mainstream is fully written and edited by resident volunteers. It should not be considered an endorsement of any businesses that it reports on.

If you are interested in receiving a printed copy of our monthly newsletter, please email your request to Chelsea Miller at cmiller@sequoiamgmt.com

