

THE MAINSTREAM



POOL News and Notes

Hours: The pool is open daily 11 am–9 pm. Watch for communications for adjusted hours due to holidays, swim meets, etc.

Memberships: The Swim and Tennis Club currently has **three** pool memberships for sale for \$500 plus annual dues of \$460.

Complaints/Suggestions: Please email hiddenbrook_homes@hotmail.com

Pool Reminders:

- No one should be eating in the showers or locker room areas.
- When ordering food for delivery, it is your responsibility to watch for the delivery vehicle. The lifeguards are not responsible for announcing deliveries.
- S&T members may use the Kingston Chase pool when our pool is closed on Monday nights for home B meets.

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



**Unpaid Hiddenbrook
Swim and Tennis Dues are
now overdue!**



Adult Fitness Swim

There will once again be a morning adult swim program this summer, led by former swim coach Neal Jarvis. The first date is June 17th, and it will run through August 23rd. We plan on meeting three days per week (M,W,F) at 7:00 a.m. Neal will post a workout at the start of each practice. We have all 6 lanes available, so there is room for swimmers of any ability. Cost to participate is \$50.

If you are interested in joining us, please send an email to HBMarcelV@gmail.com.

Swim for a Cure

Please come out and help raise awareness and funds for the **Crohns & Colitis Foundation**. Coach Maureen Deusterhaus, assistant coach of the Hiddenbrook Hurricanes, is holding a fundraising event to Swim for a Cure!

Join us [Saturday, June 8 from 8-10:30 am](#) at the Hiddenbrook pool. There will be a \$5 entrance fee and then \$1 per lap swam. If someone swims a 500 or more (20 lengths or more), their entrance fee can be cancelled out. For instance, if someone swims a 500, they would only pay an additional \$15 (with the \$5 entry fee being taken into account). The event is sponsoring the Crohn's and Colitis Foundation, which works to find cures for the two diseases named in the title as well as other IBD (inflammatory bowel diseases).

Coach Maureen chose to support this organization because her sister has ulcerative colitis and she has met several people over the years with either Crohn's or colitis through this fundraiser. Due to the region of the body impacted by these diseases, people are often hesitant to discuss it, so there are not many fundraisers to support the search for a cure. These diseases on their own can be quite painful but they can also lead to further complications throughout a person's body, especially their immune system, so the search for a cure is very important.

Any and all support is appreciated, and all funds raised go to the Crohns & Colitis Foundation. Thank you for your support!

Water Aerobics

We are pleased to offer water aerobics again this summer on Tuesdays at 6:30 p.m. and Sundays at 1 p.m. Classes will run from June 18 through August 25. You can sign up for Tuesdays only, Sundays only (\$60*), or you can sign up for both days for a discounted price of \$100*. If you are interested in participating, email joanekoss@outlook.com to be added to the Water Aerobics email distribution list.

*Since we strive to make this an at-cost event with pricing to cover the instructor fee, best pricing will be determined by planned participation.

A reminder from the National Weather Service: Know The Symptoms Of Heat-Related Illness

The infographic is split into two vertical columns: Heat Exhaustion (left, orange background) and Heat Stroke (right, red background). At the top, the words 'HEAT EXHAUSTION' and 'HEAT STROKE' are written in large white letters, separated by the word 'OR'. Below this, a central figure of a person is shown from the chest up, also split vertically. The left side of the person is orange and the right side is red. Various symptoms are listed on both sides, connected to the person by lines. On the head, the left side shows a dizziness icon (stars in a circle) and the right side shows a lightning bolt icon. On the face, the left side shows sweat droplets and the right side shows no sweat. On the torso, the left side shows a blue thermometer icon and the right side shows a red thermometer icon with an upward arrow. In the stomach area, there is a stomach icon with an exclamation mark. On the arms, the left side shows a weak pulse icon (heart with a flat line) and the right side shows a strong pulse icon (heart with a jagged line). At the bottom of the person, the left side shows a lightning bolt icon and the right side shows a sad face icon. At the bottom of the infographic, there are two boxes: an orange box on the left with three bullet points for treatment of heat exhaustion, and a red box on the right with the text 'CALL 9-1-1' and one bullet point for treatment of heat stroke.

HEAT EXHAUSTION OR **HEAT STROKE**

Faint or dizzy — Throbbing headache

Excessive sweating — No sweating

Cool, pale, clammy skin — Body temperature above 103°
Red, hot, dry skin

Nausea or vomiting — Nausea or vomiting

Rapid, weak pulse — Rapid, strong pulse

Muscle cramps — May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

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	Vacant	
Treasurer	Pam Spencer	pspencer11@cox.net
Director at Large	Kristin Leveto	kjleveto@gmail.com

Hiddenbrook Committee Chairs

ARC	Jason Wenrich	stringcheeseiphish@yahoo.com
Clubhouse	Pam Spencer	Pspencer11@cox.net
Communications	Kristin Leveto	Kjleveto@gmail.com
Finance	Craig Graby	Craig@graby.net
Neighborhood Watch	VACANT	
Pool	Marcel van Vierssen	hbmarcelv@gmail.com
Activities	VACANT	
Swim Team	Matt Pickworth	hiddenbrookswimteam@gmail.com
Tennis	Tony Roane	tonyroane@gmail.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

If you are interested in receiving a printed copy of our monthly newsletter, please email your request to hiddenbrook_homes@hotmail.com.

CLUBHOUSE CALENDAR

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Clubhouse Rental
2 Clubhouse Rental	3	4	5	6	7	8
9 Clubhouse Rental	10	11 Clubhouse Rental	12	13	14	15
16	17	18 7 pm Board Meeting	19	20	21	22 Swim Meet 9 am-12:30 pm
23	24	25	26	27 Swim Team Photos 5-7pm		

Are you interested in helping the community? We could use a **volunteer to compile this monthly newsletter**. (Any needed training can be provided.) Email Joan Koss at joanekoss@outlook.com for more details.