

THE MAINSTREAM



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

**Thanks to everyone
that came out for the
Pool Opening Party!
It was a great time
with wonderful weather
and fun was had by all.
Thank you to all that helped
make the event a success!**

**Be on the look-out for
more upcoming community
events!**

What's Happening?

Please be sure to use the website calendar as a planning tool throughout the summer as we have already posted special pool hours relating to swim meets, social events and clubhouse rental availability. The website calendar is updated regularly and if you click on a particular date, there will often be more detailed information available.

If you lost something while at the pool please be sure to check the lost and found!

IF there is thunder the pool deck must be cleared and the pool will be closed for 45 minutes each time it thunders.

HOA board meeting 7:30 6/21



WE NEED YOU!

In our April 2016 board meeting, the Board approved the "Swim and Tennis Club Bylaw Amendment Task Force" resolution. This task force will spearhead the process of updating the current Swim & Tennis Club Rules, Regulations and Procedures, which are a part of the HOA Bylaws.

Why should you be interested? Years ago, as our neighborhood was being developed and constructed in phases, the developers built the clubhouse and swimming pool as a feature to draw more home buyers to make Hiddenbrook their choice of neighborhoods. Along the way, the builders made the decision to sell memberships to the pool and tennis courts to homeowners and families outside of the Hiddenbrook neighborhood. This decision enabled homeowners and new buyers in Hiddenbrook to have the option of joining the Swim & Tennis club, or refrain from doing so. The Hiddenbrook Homeowners Association owns the facilities and is responsible for maintaining them; however, having memberships and separate dues for the Swim and Tennis Club has been essential in covering the costs of the maintenance and operation of the pool and tennis court facilities. Although the facilities upkeep is ultimately the responsibility of the Association, without our S&T members, these costs would fall back solely to the Association members.

As the S&T Club Rules, Regulations and Procedures fall under the Association Bylaws, this Amendment Committee should be of interest to all parties. The resolution outlines that members of this committee should consist of: two representatives from the Association only, three representatives that are part of both the S&T Club and the Association and two representatives that are S&T only members. It is our goal to put together a team that will represent the interest of all parties involved. For those categories that have more than the needed volunteers to form the committee, a random drawing of names will take place.

We are short on the number of volunteers we need to represent the Association only point of view. If you are interested in participating in this committee, please complete the *Committee Interest Form* on the documents page of our Hiddenbrook website and email it to hiddenbrook_homes@hotmail.com or place it in the mail slot at the clubhouse. If you do not have access to our website, we can arrange to get a form to you through our Property Manager, Lisa Cornaire or any other Board member. Our contact information is listed in this newsletter.

Please consider volunteering for this task force.....we need your input and we have high hopes for a collaborative team to make this process beneficial to all!

SPF BASICS

SPF stands for Sun Protection Factor. Simply put, SPF tells you how effectively a sunscreen will protect you from UV rays. The SPF rating tells you how long you can stay in the sun without getting burned *while* wearing that sunscreen, compared to how long you can stay in the sun before you burn *without* wearing that sunscreen. For example, if it typically takes you 15 minutes to burn without sunscreen and you apply an SPF 10, it will take you *10 times longer* to burn, or 2.5 hours.

How SPF Is Determined

The SPF number is determined experimentally indoors by exposing human subjects to a light spectrum meant to mimic noontime sun when the sun's rays are at their most intense. Some subjects wear sunscreen and others do not. The amount of light that induces redness in *sunscreen-protected* skin, divided by the amount of light that induces redness in *unprotected* skin is the SPF. It is a measure of UVB protection that ranges from 1 to 45 and above. In other words, a sunscreen with an SPF of x allows you to stay out in the sun x times longer without burning.

sunscreen to stick to your skin after swimming or working out – plus, per FDA regulation, sunscreen can only claim water-resistance for up to 80 minutes before reapplication.

If you plan to be in the water for longer than an hour or so – say, if you're surfing or long-distance swimming – wear protective clothing.

Measuring SPF Strength

A higher SPF *doesn't* indicate superior sun protection. An SPF 2 protects your skin just as effectively as an SPF 30. However, an SPF 2 will need to be applied more frequently because it's only doubling the amount of time you can stay in the sun before burning. However, both SPF 2 *and* SPF 30 need to be thoroughly applied and reapplied when the protection timeframe runs out and after swimming or sweating.

There's no such thing as a "waterproof" or "sweatproof" sunscreen

When shopping for a sunscreen, the "waterproof" feature is somewhat of an urban myth. You should never count on sunscreen to stick to your skin after swimming or working out – plus, per FDA regulation, sunscreen can only claim water-resistance for up to 80 minutes before reapplication.

If you plan to be in the water for longer than an hour or so – say, if you're surfing or long-distance swimming – wear protective clothing.

Skip the sprays (go for lotion instead)

The convenience of a spray may seem tempting, but spotty application is almost guaranteed – just think about windy gusts blowing half of your sunscreen away. Sprays have recently become a popular offering, because it seems like they save you from having to rub them in, but if you check the label, you actually *must* rub them in to work.

Avoid the "sensitive skin" myth for kids

According to two experts, Perry Romanowski and Patricia Treadwell (a chemist and dermatologist, respectively), there's no such thing as "sensitive skin" – it's simply another marketing term. Everyone can be irritated by different things, if a sunscreen is irritating you, it's most likely to be the fragrances or dyes in the sunscreen.

Which touches on the topic of kids: What type of formula should they be using? First off, babies under 6 months of age should not be in the sun at all. Second, sunscreen marketed for babies and children are basically the same as all other sunscreens, they just come in child-friendly packages and scents.

Consumer Reports 2016 Sunscreen Winners & Losers

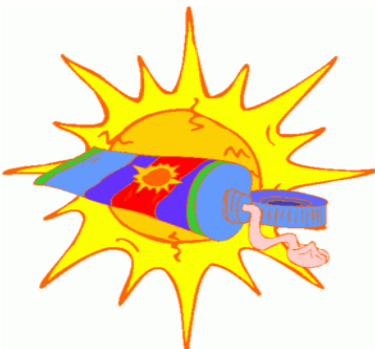
Two products earned a perfect score: La Roche-Posay Anthelios 60 Melt-in Sunscreen Milk lotion, with an SPF of 60, is priced at \$7.20 an ounce. And Trader Joe's Spray with an SPF of 50-plus costs \$6 for 6 ounces.

The other 15 making the recommended list are:

- Pure Sun Defense SPF 50 Disney Frozen, at \$.79 per ounce
- Coppertone Water Babies SPF 50, at \$1.31 an ounce
- Equate Ultra Protection SPF 50, at \$.49 an ounce
- No-Ad Sport SPF 50, at \$.63 an ounce
- Ocean Potion Protect & Nourish SPF 30, at \$1 an ounce
- Aveeno Protect + Hydrate SPF 30, at \$3.33 an ounce
- Banana Boat Sun Comfort Continuous Spray SPF 50+, at \$1.67 an ounce
- Neutrogena Beach Defense Water + Sun Protection SPF 70, at \$1.62 an ounce
- Caribbean Breeze Continuous Tropical Mist SPF 70, at \$2.77 an ounce
- Equate Sport Continuous Spray SPF 30, at \$.83 an ounce
- DG Body Sport SPF 30 (spray), at \$.88 an ounce
- Coppertone Kids Stick SPF 55, at \$9.17 an ounce
- Up & Up Kids Stick SPF 55, at \$5.83 an ounce
- Avon Sun + Sunscreen Face Lotion SPF 40, at \$3 an ounce
- Up & Up Ultra Sheer SPF 30 (facial sunscreen), at \$1.73 an ounce

The Bottom Line....

The best sunscreen is the one you will use. If you choose a spray, you have to be sure you have good coverage and avoid inhaling it. Make sure to put on enough sunscreen, about an ounce for your entire body. Reapply every 2 hours or sooner if you're sweating or swimming.



SWIM CORNER



Adult Fitness Swim

Hiddenbrook will once again host an adult fitness swim program this summer, starting on Monday June 27th. We'll be meeting Mondays, Wednesdays and Fridays at 7:00am, finishing at 8:00am. The swims will continue through July and August, with the last swim on Friday September 2nd. The program will be led by Neal Jarvis, the head coach of the Hiddenbrook Hurricanes swim team. We will have 6 lanes available, so we'll be able to accommodate swimmers of all abilities. The day will start with putting the lane lines in the water, followed by a short warm-up, and then swimming a set provided by Neal.

The fee to participate is \$50, and the program is limited to adult members of the club. If you are interested in joining us, or have any questions about the program, please send an email to Marcel van Vierssen at HiddenbrookSwimTeam@gmail.com.

Hiddenbrook Hurricanes

Afternoon practices are under way and the switch to mornings will be the day after FCPS schools are out, June 24th. The 8 & unders will practice 8-8:40am, 9-12 year olds from 8:45-9:30am and the 13 & up crowd practice 9:35-10:30am daily.

The developmental Waterspouts program is Monday, Wednesday & Fridays starting 6/24 and there are 3 half hour sessions beginning at 8am. Time slots will be assigned. Registration in swim team can happen at any point, contact hiddenbrookswim@gmail.com with any questions.



Hiddenbrook Board of Directors

(Meetings are on the 3rd Tuesday of every month at 7:30 pm in the clubhouse)

President	Joan Koss	joanekoss@outlook.com
Vice President	Chaz Holland	chazh@bww.com
Secretary	Paige Dyer	paige_dyer@icloud.com
Treasurer	Pam Spencer	pspencer11@cox.net
Director at Large	Carrie Hester	breighester@yahoo.com

Hiddenbrook Committee Chairmen

ARC	Doug Ahlert	ahlertdoug@hotmail.com
Communications	Kristin Leveto	kjleveto@gmail.com
Neighborhood Watch	VACANT	
Pool	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Social	Kristin Yost	yost_kristin@yahoo.com
Swim Team	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Tennis	David Shupp	dlshupp@verizon.net
Clubhouse	Pam Spencer	pspencer11@cox.net
Capital Improvements	Joan Koss	joanekoss@outlook.com
Bookkeeper	Meg Hinders	hinderssix@yahoo.com
Hiddenbrook Communications Committee		hiddenbrooknews@gmail.com
Hiddenbrook Social Committee		hiddenbrooksocial@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

CLUBHOUSE CALENDAR

< June 2016 >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 6:00pm Clubh...
5 2:00pm Clubh...	6	7	8	9	10 3:00pm Clubh...	11 8:00am Swim... 4:00pm Clubh...
12 4:00pm Clubh...	13	14 6:30pm Clubh...	15	16	17 5:00pm Clubh... 5:00pm Clubh...	18 4:00pm Clubh...
19	20	21 7:30pm Board...	22	23	24	25 9:00am Swim...
26	27 5:00pm Swim...	28	29	30	1 6:00pm Swim...	2 9:00am 4 th of July Kids parade

