

# THE MAINSTREAM



## POOL SCHEDULE CHANGES:

**Monday July 4<sup>th</sup> 12pm - 6pm**  
**Monday July 11<sup>th</sup> 11-4pm**

**\*Possible delayed openings due to swim meets**  
**Sat 7/2 (should be open by 12)**  
**Sat 7/16 & Sat 7/23**  
**(should be open by 12:30)**

**If you would like to use Kingston Chase's pool these Saturday mornings you can, simply tell them that you are Hiddenbrook Members.**

## TAKE NOTE

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

-Please be sure to use the website calendar as a planning tool, important information can be found there.

-The new basketball hoop is in & is unfortunately already bent. There is no hanging on the rim! If this issue persists offenders may be ejected from the pool or the basketball hoop permanently removed.

## Hiddenbrook Homes Association

[www.hiddenbrookhomes.org](http://www.hiddenbrookhomes.org)

1508A Sadlers Wells Drive  
 Herndon, VA 20170

Property Manager:

Lisa Cornaire

[hiddenbrook\\_homes@hotmail.com](mailto: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



## 4<sup>TH</sup> OF JULY CHILDREN'S PARADE THIS SATURDAY 7/2

Decorate your bike, wagon, stroller or yourself! Spectators are welcome to cheer on patriotic parade participants.

Meet at the Dranesville Elementary back parking lot at 10. Park in front of the school or on the street. The parade starts at 10:15 followed by popsicles!

Please direct questions & RSVPs to Kristin Yost, [yost\\_kristin@yahoo.com](mailto:yost_kristin@yahoo.com)

## SUMMER SAFETY

Summer is a time for everyone to spend more time outdoors enjoying the warm weather and activities like swimming and going to the beach. It's also a time to be aware of the ways you can keep you and your family safe this summer.

In addition to always applying sunscreen before spending any time outdoors, it is also important to find a bug spray that can ward against mosquitoes given the concerns about the Zika virus. The Centers for Disease Control suggest you take these steps to protect yourself:

- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
  - Always follow the product label instructions.
  - Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen before applying insect repellent.
- To protect your child from mosquito bites:
  - Do not use insect repellent on babies younger than 2 months old.
  - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
  - Dress your child in clothing that covers arms and legs.
  - Cover crib, stroller, and baby carrier with mosquito netting.
  - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.

Heading to an amusement park or other busy venue this summer? Police across the country are encouraging parents to write their cell phone number on their child's wrist and cover it with liquid band aid in case you get separated. They also suggest taking a picture of your child so you know what clothes they are wearing in case you need to give a description if you cannot find your child.

A lot of you may be heading to the beach this summer. Have you ever wondered what the many flags you encounter on a beach mean and how they can keep your family safe?

Around the world, [beaches post flags](#) of different colors to alert swimmers to conditions that might threaten their hot-weather fun. When memorized, the universal symbols are easy and quick signals that protect summertime travelers.

The global membership of the International Life Saving Federation agreed on standards for beach safety that emphasize the importance of warning flags. In its guidelines, the ILS writes that "flags are traditional devices for providing information to beach and water users which, if properly utilized, can be an effective element of a comprehensive safety system."

The warning flag system is simple because it's based solely on color and design that can be learned by anyone, regardless of languages and whether they are at a lake in Michigan or a sea in Asia. That's because the flag color system speaks a universal language:



**DANGER**  
No swimming



Lifeguard  
on duty



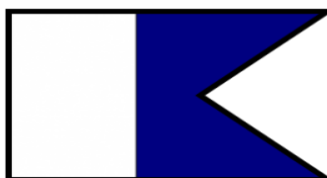
**CAUTION**  
Seek advice



Surfing area  
No swimming



Safe to swim



Diving in  
progress

\*Green, as with traffic lights, mean go swimming, but always with caution.

\*Yellow means a "medium hazard," so "weak swimmers" are advised to be cautious about going into the water.

\*Red indicates a "high hazard" that all swimmers - regardless of their level of swimming skill - should heed by staying out of the water. A double red flag means the beach is closed.

\*When a flag is purple, there are creatures in the water that swimmers should be aware of and perhaps avoid by staying on the sand. Those animals include jellyfish and stingrays. (Sharks are denoted by a red or double-red flag.)

\*A flag split between red and yellow means that lifeguards are on duty. The expanse between those flags, notes the ILS, "indicates a designated area or zone along a beach or waterfront that is most closely supervised or patrolled by qualified lifeguards."

\*A flag divided into white and black warns swimmers that the area is open to surfers, so swimmers must take care.

\*A yellow banner with a black ball on it says that surfboards are prohibited.

Knowing the flag system for water safety helps to ensure that summertime beaches are filled only with laughter and fun, not with ambulances.

We hope these three summer safety tips help you and your family have a wonderful summer!

## SWIM CORNER



### Adult Fitness Swim

The adult fitness swim program this summer is underway. They meet Mondays, Wednesdays and Fridays at 7:00am, finishing at 8:00am. The swims will continue 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 it's not too late! Please send an email to Marcel van Vierssen at [HiddenbrookSwimTeam@gmail.com](mailto:HiddenbrookSwimTeam@gmail.com).

### Hiddenbrook Hurricanes

Morning practices are under way now. 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 and there are 3 half hour sessions beginning at 8am.

Registration in swim team can happen at any point, contact [hiddenbrookswim@gmail.com](mailto:hiddenbrookswim@gmail.com) with any questions.

**The Hiddenbrook Hurricanes had a fantastic first swim meet, not only winning, but breaking 5 team records! Come out and show your support for our team! The meet schedule is posted on the bulletin board across from the stairs as you head to the pool! Congratulations to our record breakers!**



### Change in Clubhouse Rental Structure

In our June board meeting, the Board voted unanimously to change back to our original structure of eight hour rentals only, beginning July 1<sup>st</sup>. Any rental contracts already in place will be honored as written.

The rental fees will not change. Homeowners and S&T members will pay \$150.00 and renters outside of our community will pay \$350.00.

After a one year trial period, we discovered that four hours is not enough time to include set up and breakdown for most celebratory events and more time was usually needed. We feel this change will benefit both our renters and our volunteers who manage the rental process.

## HOA BOARD UPDATE

At the last HOA Board Meeting a Board Member, Carrie Hester, announced that she would be leaving the board in August. Carrie's term is not up in August therefore an interim Board member is being sought. If you are interested please contact Lisa Cornaire at [hiddenbrook\\_homes@hotmail.com](mailto:hiddenbrook_homes@hotmail.com). We thank Carrie for her service and wish her luck in her endeavors.

### Strawberry and Blueberry Cheesecake Icebox Cake

**Yield:** 16-20 slices



**Ingredients:**

two 3.4 oz packages cheesecake flavored pudding  
4 1/2 cups (1080 ml) milk, divided  
two 15.25 oz boxes golden Oreos  
1 lb package strawberries, washed and sliced  
1 pint blueberries  
12 oz Cool Whip (or homemade whipped cream)

**Directions:**

1. Make both cheesecake flavored puddings according to directions on package, using 4 cups of the milk. Set aside.
2. Put remaining 1/2 cup milk into a small bowl.
3. Dip Oreos in milk quickly and then place into the bottom of a 9×13 pan, making a single layer.
4. Spread half of the cheesecake pudding on top of the Oreos.
5. Add a single layer of strawberry slices on top of the cheesecake pudding.
6. Spread half of the Cool Whip on top of the strawberries.
7. Dip remaining Oreos in milk quickly and place on top of the Cool Whip, in a single layer.
8. Top Oreos with remaining cheesecake pudding.
9. Add a layer of blueberries, reserving about 1/3 cup for the topping.
10. Top with remaining Cool Whip.
11. Chop the remaining strawberry slices and add those and the remaining blueberries to the top of the cake.
12. Refrigerate for at least 4 hours or overnight.

Credit to [Loveandsugar.com](http://Loveandsugar.com)

## Hiddenbrook Board of Directors

(Meetings are on the 3<sup>rd</sup> 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](http://www.hiddenbrookhomes.org) website and send it in to our property manager, Lisa Cornaire at [Hiddenbrook\\_Homes@hotmail.com](mailto:Hiddenbrook_Homes@hotmail.com)

# CLUBHOUSE CALENDAR

## July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Pool Closes @4 Swim Meet	28	29	30	1 6pm deep end closes for swim team pic	2 10am 4 <sup>th</sup> of July Parade @ DES 9am Swim Meet
3	4 8am Swim Meet Pool Hours 12-6	5	6	7	8	9 Clubhouse Rental
10 Clubhouse Rental	11 Pool Closes @4 Swim Meet	12	13	14	15	16 9am Swim Meet
17	18	19 7:30pm Board Meeting	20	21	22	23 9am Swim Meet
24	25	26	27	28	29	30 Pool closes @4 Swim Team Banquet

