

# THE MAINSTREAM



## Hiddenbrook Homes Association

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[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

## SAVE THE DATE !!

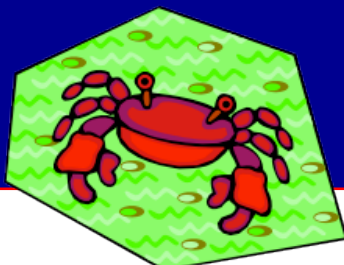
### THE HIDDENBROOK CRAB FEAST SATURDAY AUGUST 22<sup>ND</sup>

All Hiddenbrook Homeowners and Hiddenbrook Swim/Tennis adult members are invited. Adult guests are welcome but must be accompanied by a member.

Cost for crab eaters will be determined closer to event date.

Cost for non-crab eaters is \$16.00

Sign-up instructions and more details will follow via flash emails from the Hiddenbrook Social & Communication Committees.



## CONGRATULATIONS



**THEY ARE THE  
NVSL DIVISION 12  
CHAMPIONS!!!**

**READ THE ARTICLE**

## PROTECT YOUR PROPERTY

Recently the Fairfax County Police shared suggestions to residents at another homeowner's association on some ways to protect their homes and valuables. "**BUGLARS DON'T WANT** to be seen by you." They do not want to be caught. Here are a few of the items shared to deter criminals:

- Use sturdy doors made of metal or solid wood.
- Keep your door entry ways lighted
- Use sturdy deadbolt locks on your exterior doors
- Consider an alarm or camera system
- Trim shrubbery around windows to limit hiding places
- Keep doors and windows clean on both houses and vehicles to aid in fingerprint collection if needed
- Avoid leaving valuables in your vehicles
- Keep your vehicles locked, especially if they contain a garage door opener
- Keep your garage door locked
- Maintain a record of your valuables including the make, model, serial numbers, etc. to aid in recovery of items
- Change up your routine in case someone is watching your routine to know when your home is empty.
- When away on travel, consider
  - Setting up lights on timers
  - Stop newspaper and hold mail delivery - or ask a neighbor to handle for you.
  - Set a radio on low to a talk station
  - Remember to set any alarms



## FOLLY LICK PARK

Supervisor Foust has been working with the Reston District Police Station to request one of the NPU (Bike Teams) to patrol the area of Folly Lick Park. There have been several requests from neighborhoods abutting the park to have an increased police presence in this park. Captain Manzo, the Commander of the station, has increased the number of Bike Teams and he has agreed to add this area to a patrol unit. The Reston District Station additionally hopes for a positive impact from doing a safety initiative the last week of July. They will be bringing in NPU teams from two other stations to ride the paths in our district.

Neighborhoods adjoining the park include Hiddenbrook, Ridgegate Wood, Kingston Chase, Dominion Ridge/ Barker Hill, and Herndon Crossing. Feel free to share this information with your neighbors via email, Nextdoor, or at your National Night Out celebrations. Also, please feel free to contact me for more information.

Jenny Phipps  
Herndon Staff Aide to Supervisor Foust  
[jenny.phipps@fairfaxcounty.gov](mailto:jenny.phipps@fairfaxcounty.gov)



## SWIM CORNER

### Hiddenbrook Hurricanes...Eye of the Storm

The Hurricanes had one heck of a summer swim season this year. Despite enduring many meets in the pouring rain and logging over 350 travel miles this season, the Hiddenbrook Hurricanes went 5-0 to claim the NVSL\* Division 12 Championship Trophy. Fourteen team records were broken, and for the first time in 20 years, the Hurricanes claimed victory at the D12 Relay Carnival. Four teams from that meet qualified for NVSL All-Star Relays. (There are 102 teams in the NVSL and only the top 18 relays or individuals are invited to the All-Star meets.)

This past Saturday, Hiddenbrook hosted the D12 Divisionals Meet, where the six teams in the division send their top 2 swimmers to compete in each of the individual strokes of Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. Representatives from each team were impressed with our beautiful facility and the efficiency in which the Hurricanes' volunteers ran this large event. Three of our swimmers qualified to compete in 5 events at the NVSL All-Star meet held Aug. 1<sup>st</sup> and another two of our swimmers are alternates.

The success of our team is based on the wonderful coaches, leadership and loyal volunteers that support our fantastic swimmers. Congratulations to the entire team, the record breakers and All-Star qualifiers:

Bradley Bunch  
Jake Cuppernull  
Aidan Deege  
Luke Dennis  
Tyler Detrick  
Jonathan Durette  
Clay Dyer  
Noah Dyer  
Harper Freeman  
Mason Leveto  
Christian McLaughlin  
Brice Maxey  
Ben Merola  
Braedan Williams



\*NVSL Northern Virginia Swim League

You can continue to support the swim team when you are at the pool by purchasing snacks from the SNACK SHACK on the pool deck next to the guard office. It is open whenever a swim parent is there to be on duty from quarter of to the top of the hour during breaks.

## HEAT WORRIES

According to the weather service, **heat is one of the leading causes of weather-related deaths** in the United States. Each year there are many reports of heat-related illnesses such as heat stroke, heat cramps, and heat exhaustion. Here are some heat safety tips for those very hot days as we move into August.

- Drink plenty of water. This is important when visiting the pool. You are in water and do not always think about drinking water. Avoid caffeinated and alcoholic drinks that can dehydrate you.
- Wear loose-fitting, lightweight, light-colored clothing. Dark colors absorb the sun's rays.
- Eat small meals and eat more often.
- Avoid doing strenuous work or exercise outside during the warmest part of the day. If you must work outdoors, take frequent breaks and use a buddy system. Avoid extreme temperature changes.
- Monitor your pets to ensure they are not suffering from the heat and never leave children or pets in vehicles.
- Stay in the lowest level of your home if air conditioning is unavailable or unable to cool effectively with the warmer days. Closing curtains and blinds can reduce the amount of heat that passes into your home.
- Limit exposure to the sun and stay indoors on those very hot days or if you are sensitive to heat. Should you need some respite from the heat, take in a movie or visit a nearby shopping center or mall. There are several Fairfax County facilities that serve as [cooling centers](#) – libraries, community centers and the Fairfax County Government Center – where you can get in out of the heat. Please check the operating hours to make sure the facility is open before arriving.
- Check on your neighbors especially if they do not have air conditioning, they spend much of their time alone, or they are more likely to be affected by the heat.
- Watch for National Weather Service air quality alerts. Please refer to the chart below for more information on what the colors represent.

Color	Air Quality Index Values 0-500	Levels of Health Concern	Levels Defined
Green	0 to 50	Good	Satisfactory air quality; air pollution poses little to no health risk
Yellow	51 to 100	Moderate	Acceptable air quality; very small number of people are at health risk and they should limit long outdoor exertion
Orange	101-150	Unhealthy for Sensitive Groups	Sensitive Groups are prone to air quality effects on their health and they should limit outdoor exertion; General Public unaffected
Red	151-200	Unhealthy	Health effects felt by majority and all should limit long outdoor activities; sensitive groups may experience serious health effects
Purple	201-300	Very Unhealthy	Everyone may experience serious health effects and should limit all outdoor activities; <i>Health Alert put in place</i>
Maroon	301+	Hazardous	Everyone's health is seriously effected and should avoid all outdoor activity; <i>Emergency Conditions put in place</i>

## 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	jekoss@cox.net
Vice President	Chaz Holland	chaz@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	Pam Spencer	pspencer11@cox.net
Neighborhood Watch	VACANT	
Pool	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Social	Suzanne Huffman	suziehuffman@gmail.com
Swim Team	Marcel van Vierssen	hiddenbrookswimteam@gmail.com
Tennis	David Shupp	dlshupp@verizon.net
Clubhouse	Pam Spencer	pspencer11@cox.net
Pavilion	Joan Koss	jekoss@cox.net
Bookkeeper	Meg Hinders	hinderssix@yahoo.com
Hiddenbrook Communications Committee		hiddenbrooknews@gmail.com
Hiddenbrook Pool Committee		hiddenbrookpool@gmail.com
Hiddenbrook Social Committee		hiddenbrooksocial@gmail.com

**\*\*If you are interested in joining any of the Hiddenbrook committees, please come to a board meeting or e-mail the respective committee liaison attached to the committee or contact the Property Manager to get more information.**

# August Clubhouse Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 5:00p: Clubhouse Rental...	27	28	29	30	31	1 All Day: Rental.
2	3	4	5	6	7	8
9	10 6:00p: Traffic Calming Meet...	11 7:00p: CB Meeting...	12 4:00p: Clubhouse Rental...	13 4:00p: Clubhouse Rental...	14 7:00p: Clubhouse Rental...	15
16 All Day: Clubhouse Rental...	17	18 7:30p: Board Meeting...	19	20 All Day: Office Closed...	21	22
23	24	25	26	27	28	29 4:00p: Clubhouse Rental...
30	31	1	2	3	4	5

