

April 2014

BROADLANDS

Community News

Looking For Fun? We've Got Activites

- Pool photos will be taken starting April 1st, page 23
- Easter Egg Extravaganza & Spring Festival on April 5th, insert
- Wild Virginia on April 12th, insert
- Community Wide Yard Sale on Saturday, April 26th, page 5
- Candidate Profiles Due April 7th



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**Broadlands Homeowners Association
Board of Directors Meeting
Tuesday, April 8th - 6:00p.m.
Nature Center Conference Room**

Board of Directors Meetings

Monthly meetings are held in the conference room of the Nature Center on the second Tuesday of the month at 6:00pm.

Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Homeowner Forum' section of the meeting.

Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center conference room on the first and third Wednesdays, March through October, and only the third Wednesday, November through February.

Applications must be submitted by noon on the Thursday before the meeting to the Secretary to the Modifications Subcommittee, Robin Crews. Submissions may be emailed to rcrews@broadlandshoa.com or delivered to the Association office in the Nature Center, 21907 Claiborne Parkway. For your convenience, there is a drop box available for after-hours submissions.

Please review the Design Guidelines online at www.broadlandshoa.org/for-homeowners/design-guidelines/ for complete guidelines and information required to be submitted with your application, as failure to include all information will delay review of your application.

A response to your application is generally mailed within one week of the meeting.

**Modifications Subcommittee
Meeting and Submission Dates**

Meeting Date	Submission Date
April 2, 2014	March 27, 2014
April 16, 2014	April 10, 2014
May 7, 2014	May 1, 2014
May 21, 2014	May 15, 2014

*Please Note: The Subcommittee is looking for volunteers. If you are interested in joining this group please email Robin Crews, rcrews@broadlandshoa.com.

Looking Forward

At long last, we have suffered through enough of winter and made it to the other side to reach spring. With the arrival of spring come the spring cleaning and yard sales, the rain showers and gardening projects. For the association staff, spring brings the hectic season of pool opening preparation and pool pass processing, reminder letters for lawn maintenance and trash cans in view and other violations, and a significant increase in modification applications.

With the melting of the snow and the arrival of warmer temperatures, the association will be stepping up inspections of exterior maintenance violations. These inspections ensure that the appearance of our beautiful neighborhood is maintained. Covenant Inspectors can be identified by their bright orange safety vests with a Broadlands label on the back. Please be aware the Association has the right of access over and through any portion of the Property (excluding any occupied dwelling) for inspections, maintenance and to correct violations. This right is granted to the Association, its managing agent, and any other person authorized by the Board of Directors in the exercise and discharge of their respective powers and responsibilities in Section 5.3(a) of the Declaration for Broadlands.

During Spring, the Covenants Inspectors focus on units in need of exterior painting, wood trim maintenance, and mildew on siding and issue the appropriate letters. If your unit is in need of maintenance, you have been or will be notified via letter and given time to correct. If you are unable to correct in the time allotted, please be sure to contact the inspectors to establish a reasonable extension to correct. If you do not correct the violation in the allotted time and fail to request an extension, you will be sent follow up correspondence in accordance with state statute and the Broadlands Policies and Procedures Regarding Violations of Governing Documents, which could include additional violation letters, a Hearing before the Board of Directors, and the potential for violation charges as high as \$900 being assessed against your account. Though it is not the preferred method, the Association also has the ability to file a suit in General District Court to request a favorable ruling from a judge to compel repairs.

The inspectors will also be focusing on units with exterior modifications that have not been submitted for and approved by the Modifications Subcommittee. Lot owners must obtain written approval from the Modifications Subcommittee **prior** to the commencement of all changes or improvements on or visible from the exterior of your unit. The Modifications Subcommittee meets the first and third Wednesday of the month from March through November.

Continued on page 8



Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway
Broadlands, Virginia 20148
Main: (703) 729-9704 Fax: (703) 729-9733
www.broadlandshoa.org

HOA Office & Nature Center Hours: Monday thru Friday from 9:00am to 5:00pm. Additional Nature Center Hours: First three Saturdays from 10:00am to 2:00pm.

BROADLANDS ASSOCIATION MANAGEMENT & STAFF

General Manager

Sarah Gerstein sarah@broadlandshoa.com

Covenants covenants@broadlandshoa.com

Newsletter Editor & Events Committee Liaison

Natalie Ihanainen nihanainen@broadlandshoa.com,

..... events@broadlandshoa.com

Newsletter Advertising Manager

Stassa Collins scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee

Robin Crews rcrews@broadlandshoa.com

Administration

Susan Kuklick skuklick@broadlandshoa.com

Receptionist

Joanne Hang joannehang@broadlandshoa.com

Naturalist

Alexandra Vlk naturalist@broadlandshoa.com

BOARD OF DIRECTORS

President Brian Beahm - brian.beahm@gmail.com (703) 726-6360

Vice President Eric Bazerghi - eric@thehouse.net (703) 723-1046

Secretary/Treasurer Dawne Holz - deholz@icloud.com (703) 349-1095

Directors

Gerry Alcantara (703) 858-1320

Michael D. Simpson (571) 333-3365

Joseph T. Wagner (571) 333-0831

Open.....

Members at Large, Van Metre Representatives

Roy Barnett rbarnett@vanmetrecompanies.com (703) 425-2600

Denise Harrover dharrover@vanmetrecompanies.com (703) 425-2600

COMMITTEES

Broadlands Live! Summer Concert ...Renee Ventrice, tttrenee@yahoo.com

Community Wildlife Habitat* Oya Simpson,
osimpson@broadlandsnaturally.org or (703) 725-8040

Events..... Chair: Open, events@broadlandshoa.com

Neighborhood Watch Chair: Open

Recreation Chair: Open

Swim Team www.broadlandsswimteam.org

Technology* Dawne Holz - deholz@icloud.com, broadlandshoa.org

Tennis..... Brad Marcus - bradmarcus@gmail.com

Webmaster..... webmaster@broadlandshoa.org

*Please look under Clubs and Groups for more information

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Email: customerservice.dcmetro@fsresidential.com

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Newark, NJ 07101-4983

Useful Numbers

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Dominion Virginia Power (888) 667-3000

Fire Marshall..... (703) 777-0333

Loudoun County Sheriff (703) 777-1021

Loudoun Water (customer service) . (571) 291-7880

Loudoun Water (after hours) (571) 291-7878

Poison Control (800) 222-3333

State Police (703) 771-2533

Washington Gas (703) 750-1000

BROADLANDS COMMUNITY

Southern Walk Internet/Cable:

OpenBand 24x7 (customer service) (866) 673-6226

OpenBand (trouble tickets)..... (703) 961-1110

Trash Pickup (Patriot Disposal)1(703) 257-7100

Mailbox (Main Street Mailboxes)....1(703) 753-5521

PUBLIC INFORMATION

Animal Control/Shelter (703) 777-0406

Building Permits & Dev. (703) 777-0397

County Landfill (703) 771-5500

DMV (VA) (800) 435-5137

Health Department..... (703) 777-0236

Library (Ashburn)..... (703) 737-8100

Loudoun Ride On..... (703) 777-2708

Loudoun Hospital..... (703) 858-6000

Miss Utility (800) 552-7001

Metro..... (202) 637-7000

Parks and Recreation (703) 777-0343

Ridesharing (703) 771-5665

Road Conditions (800) 367-7623

School Board..... (571) 252-1000

Street Signs/Storm Drains..... (703) 771-5666

VDOT (703) 383-8368

Van Metre Homes..... (703) 348-5800

Verizon..... (703) 954-6222

Verizon Fios (888) 553-1555

Wildlife Hotline (local)..... (703) 440-0800

SCHOOLS - BROADLANDS

Briar Woods High School (703) 957-4400

Eagle Ridge Middle School (571) 252-2140

Hillside Elementary School..... (571) 252-2170

Mill Run Elementary School (571) 252-2160



Go Green and Opt Out

You have the option of opting out of hard copies of this monthly newsletter. If you would like to receive electronic copies only of this newsletter, please email OptOut@broadlandshoa.com.

You will no longer be mailed a hard copy, but will be emailed a link to the online version.



Oh What a Night!

Thank You to our Events Committee for providing a fantastic St. Paddy's Day Party for our residents. Wow, what a whirlwind night! From start to finish, this incredible group of volunteers provided a wonderful and warm welcome to our residents. The decorations were great, the food fantastic, and the beverages enjoyed by all.

Thank you so much for your commitment of time and energy to the Events Committee. It is volunteers like you that make Broadlands a great community to live in.

The volunteers for this event were:

Chair - Susan Nedzwicki

Jerry Bowman
Susan Bowman
Chris Cuellar
Alice Keosann
Leo Keosann
Brenda Morton
John Smallwood
Michelle Tamburello
Renee Ventrice

If you see one of them out and around the neighborhood please take a moment to thank them. If you would like to be a part of the Events Committee, please email events@broadlandshoa.com

Secrets and Surprises

The next concert by the Loudoun Symphony will be held Saturday, April 5, 2014, in the Concert Hall of the Community Church/Virginia Academy, 19790 Ashburn Road, Ashburn VA beginning at 7:30pm.

Music for this performance includes an infectious piece built around the theme of a Latin square dance, a composition especially commissioned for the Loudoun Symphony and loosely based on Magellan's discovery of the Pacific Ocean, and a signature creation by the famous English composer Edward Elgar entitled "Variations on an Original Theme, Opus 36."

Ticket information and news of other Symphony events is available at www.loudounsymphony.org.

Come and take advantage of this fine community asset because music does matter.

Buy and Sell at the Spring Yard Sale

One person's junk is another's treasure. Come shop and sell at the Broadlands Spring Community Yard Sale on Saturday, April 26th, 8:00am – 2:00pm, rain or shine at private residences throughout the neighborhood.



If you would like to be included in the online listing of addresses, please complete the Yard Sale Submission Form on the website at <http://www.broadlandshoa.org/yardsale-form/>. It is the resident's responsibility to check the website to ensure inclusion and accuracy. Residents do not have to be on the list of participants to be part of the community yard sale.

Please think about going "green" by bringing along a reusable shopping bag for your purchases. Check out the list of participants to see what's for sale and view the community map to find each unit at www.broadlandshoa.org/yardsale.

The HOA will be publicizing the yard sale in The Ashburn Today, The Leesburg Today, The Loudoun Times Mirror and the Washington Post.

SAVE THE DATE:

BROADLANDS ANNUAL MEETING - MAY 6th, 2014

Please keep an eye on your mailbox for the official notification of the Annual Meeting of Broadlands Association, Inc.

This meeting will be held on Tuesday, May 6, 2014 at the **new Broadlands Clubhouse**, located at 43360 Rickenbacker Square. The doors open at 6:30pm for the purpose of registering a quorum. The agenda begins at 7:00pm. As part of the meeting, an election will be held to select two (2) members to three-year terms ending in May 2017 and one (1) member to serve a one-year term ending in May 2015.

Even if you plan to attend, you are strongly encouraged to complete and return the Proxy Form which you will receive in the mail so that a quorum may be obtained. Proxy forms are also available at the HOA office. You can change your proxy at any time before the meeting, or you can rescind it and vote at the meeting. We suggest that you sign your Proxy as directed, naming another owner or, in the case of a non-resident Owner, the Lessee of such Owner's Home, or the management agent as your designated proxy (instructed proxies only). If you do not have a person in mind to designate as your proxy, you may assign it to the Secretary of the Broadlands Board of Directors. This will allow us to establish a quorum and to run the meeting on time.

We thank you for your assistance and cooperation. We look forward to seeing you at the Annual Meeting!



Interested in getting up to date community news in between monthly newsletters? Sign up for our new e-bulletin, the **Broadlands Blast**, online at www.broadlandshoa.org or email Blast@broadlandshoa.com.

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April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pool Pass photos taken 9:00am - 5:00pm - NC	2 Pool Pass photos taken 9:00am - 5:00pm - NC Modifications Subcommittee Meeting 7:00pm - NC	3 Pool Pass photos taken 9:00am - 5:00pm - NC	4 Pool Pass photos taken 9:00am - 5:00pm - NC Lifeguard Interviews 4:00pm - CC	5 Nature Center Open 10:00am - 2:00pm Easter Egg Extravaganza and Spring Festival 10:00am - NC Back Patio
6	7 Pool Pass photos taken 9:00am - 5:00pm - NC Candidate Profiles due	8 Pool Pass photos taken 9:00am - 5:00pm - NC Board of Directors Meeting 6:00pm - NC	9 Pool Pass photos taken 9:00am - 5:00pm - NC	10 Pool Pass photos taken 9:00am - 5:00pm - NC Newsletter Submissions due by Noon	11 Pool Pass photos taken 9:00am - 5:00pm - NC	12 Nature Center Open 10:00am - 2:00pm Wild Virginia! 10:00am - NC
13	14 Passover Begins Pool Pass photos taken 9:00am - 5:00pm - NC	15 Pool Pass photos taken 9:00am - 5:00pm - NC	16 Pool Pass photos taken 9:00am - 5:00pm - NC Mod Subcomm Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	17 Pool Pass photos taken 9:00am - 5:00pm - NC	18 Pool Pass photos taken 9:00am - 5:00pm - NC	19 Nature Center Open 10:00am - 2:00pm
20 Happy Easter! 	21 Pool Pass photos taken 9:00am - 5:00pm - NC	22 Pool Pass photos taken 9:00am - 5:00pm - NC	23 Pool Pass photos taken 9:00am - 5:00pm - NC	24 Pool Pass photos taken 9:00am - 5:00pm - NC	25 Pool Pass photos taken 9:00am - 5:00pm - NC	26 Broadlands Community Wide Yard Sale 8:00am - 2:00pm throughout the Broadlands
27	28 Pool Pass photos taken 9:00am - 5:00pm - NC	29 Pool Pass photos taken 9:00am - 5:00pm - NC	30 Pool Pass photos taken 9:00am - 5:00pm - NC			

Key: CH= Club House; CC=Community Center; NC=Nature Center; HP=Hillside Park

Continued from page 3

They meet the third Wednesday of the month during their slow season. Please note the deadline for application submissions is noon on the Thursday before the meeting in order to ensure time for processing applications. All applications must be complete before they will be forwarded to the committee. The Design Guidelines and application are available online at www.broadlandshoa.org. If you have any questions regarding this process, please contact Robin Crews, Secretary to the Modifications Subcommittee at rcrews@broadlandshoa.com or 703-729-9704.

If you are planning to sell your home this year, you will need to provide the contract purchaser with a resale disclosure package within 14 days of contract execution. Resale packages can be ordered online through FirstService Residential at <https://fsresidential.com/washington-dc/home>. Click on "Order Documents and Certificates" on the right hand side of the page and follow directions. If you are purchasing or refinancing your unit and your lender requires a PUD questionnaire, you do not need to order these through FSR. Forms are completed by Broadlands staff for a \$50 fee. Please contact 703-729-9704 or joannehang@broadlandshoa.com to submit your form and arrange for payment. Please ensure that you have obtained written approval from the Modifications Subcommittee for all exterior modifications prior to requesting resale disclosure packages.

I hope to see you all out taking advantage of the extensive trail systems, utilizing one of the many play courts throughout the community, or attending one of our many nature programs as the weather continues to improve.

Happy Spring!

Sarah

Sarah Gerstein, CMCA, AMS, PCAM
General Manager
Broadlands Association, Inc.

It's Springtime, Are You Passionate About Your Pots?



Spring is here and beckoning to you to head outside and enjoy the warm weather. It's time to sweep off the front porch, plump up the patio cushions and create an outdoor space where your family will want to spend the next few months. An easy way to add color and ambiance to your porch or patio is to decorate with flower pots and outdoor containers filled with colorful summer plants and flowers. To get you started, here are some tips from Passionate About Pots, LLC, a local business dedicated to potting custom creations for homes and businesses.

Shade vs. Sun

Take a look at your outdoor space and decide where you would like to put your new creation. Assess the sunlight in that area. Does it receive a lot of direct sunlight? Or is it mainly shade? This will help you choose the plants and flowers best suited for the area.

Keep it Simple

Your local nursery will offer hundreds of plants and flowers in many variations and colors. The good news is that you get an unlimited choice of combinations. The bad news - it can be very overwhelming! A simple way to remember how to design your creation is Thriller, Filler, Spiller. This mantra will keep you focused on which plants to choose in your quest for the perfect combination:

Thriller - a plant that will end up being fairly tall (14 inches or taller)

Filler - plants or flowers that will be shorter than the "thriller", but still have some height

Spiller - vines or flowers that spread or "spill" out of the flower pot as they grow

Plants You Love make a Place You'll Love

No matter what the combination, you won't go wrong if you choose plants with leaves or colors that you love. Pick them out, take them home, plant and water them. You'll be surprised at the immediate impact your new creation will make. And as it grows colorfully into its surroundings, you'll find that you've made a beautiful space that will become your family's favorite spot for spending time together.

A simple recipe:

- 14 inch (diameter) container
- rocks, soil and fertilizer
- 1 green spike/ cordyline (thriller)
- 4 coleus (fillers)
- 4 petunias (spillers)

During the spring, Passionate About Pots, LLC can be found at Meadows Farms Nursery on Route 7 in Sterling.



EarthDay@Loudoun Family Festival

Mark Your Calendars!

Sunday, May 4th
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Racing Legend Mario Andretti Visits Northern Virginia Firestone tire spokesman to greet fans at the Virginia Tire & Auto Facility in the Broadlands Community in Ashburn

Virginia Tire & Auto, the Fairfax-based leading full service provider of automotive maintenance, repair and tire services, will host racing legend and Firestone brand spokesman Mario Andretti on Thursday, April 3, at its location in the Broadlands community in Ashburn, Virginia.

Named Driver of the Century by the Associated Press, Mario Andretti has achieved racing's greatest heights. As a longtime test driver for Firestone, Andretti helped develop the racing tire that led to many of his most notable achievements, including victories in the Indianapolis 500 and Daytona 500, three Champ Car National Championships, and the F1 World Championship. Andretti's relationship with the Firestone brand spans four decades. With a storied history focused on innovation and quality since 1900, Firestone – now owned by Bridgestone Americas – continues to be a leader and driving force in the tire industry and beyond.

"We are thrilled to have Firestone spokesman Mario Andretti visit Virginia Tire & Auto," said Julie Holmes of Virginia Tire & Auto. "Like Mr. Andretti's commitment to automotive excellence and accomplishment, we are committed to providing every customer with a winning experience in car care and being a trusted source for any Firestone tire needs."

Andretti will be in town on April 3 to represent the Firestone brand at Virginia Tire & Auto's newest location in Ashburn. Family-owned and operated, Virginia Tire & Auto has been in business since 1976. The Ashburn location, which opened in October 2013, is its 12th facility in Northern Virginia.

Andretti will visit with fans and sign autographs outside the store from 11:00 a.m. - 12:30 p.m. Virginia Tire & Auto will provide food, entertainment and prizes to those in attendance.

WHEN: Thursday, April 3, 2014

TIME: 11:00a.m. - 12:30p.m.

WHERE: Virginia Tire & Auto
43180 Southern Walk Plaza
Ashburn, Virginia 20148

For more than 100 years, Firestone has led the pack with its racetrack legacy, starting with a 1911 Indianapolis 500 win by a car running Firestone tires. Since then, Firestone-equipped cars have displayed exemplary performance on and off the track. This industrious background has supplied Firestone with the knowledge and experience needed to produce car tires and truck tires that empower today's vehicles to work as hard as their owners do.

For more information on Firestone tires, visit www.firestonetire.com. To learn more about Virginia Tire & Auto, including a full list of area locations, visit www.VATire.com.

Please Keep An Eye on Your Pups

With spring arriving, the HOA office sees an influx of complaints regarding animals, especially dogs. From dogs off leash to excessive barking to failure to clean up after a pet either in common areas or on lots, we seem to hear it all. Many of these issues are in violation of the Codified Ordinances of Loudoun County, and can be enforced by Animal Control with fines or even jail time. For instance, failure to clean up after your pet on a common area constitutes a Class IV Misdemeanor and owners could be fined up to \$250 per offense. The HOA has installed over 65 pet waste stations throughout the community to assist owners walking their pets with cleaning up after them. Additionally, dog feces left on the ground, especially near streets and sidewalks, gets washed into storm drains and drainage ditches which flow to your local waterway.... without being treated! Bacteria, parasites, and viruses found in pet waste can be harmful to water quality and human health.

Loudoun County's Animal Control Division is responsible for enforcing local and state animal laws and investigating reports of animal cruelty and vicious or destructive animals. The department also maintains a lost and found animal file, issues dog licenses, and assists citizens with a variety of animal issues, including failure to clean up pet waste. Animal Control Officers will also respond to animals at large and animals attacking or chasing humans.

If a resident is seen not picking up after their pet, leaving their pet off leash, or violating another county code or state ordinance, please report them directly to the county Animal Care & Control Department (703-777-0406) or email animals@loudoun.gov or contact the Sheriff's Office using the non-emergency line (703- 771-1021).

Save Yourself Time, Money and Aggravation

Before you make any modification, change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review. Don't be misled by well meaning friends, neighbors or contractors. It is the homeowner's responsibility to file an application with the Modifications Subcommittee for all exterior work. A county permit does not circumvent this requirement.

What can happen if you don't submit an application? You may be ordered to cease and desist, which might cause your contractor to charge additional money for delays in completion. You may have to appear before the Board of Directors at a Covenants violation hearing. You may be assessed a fee by the Homeowners Association of up to \$900, which will be added to your account and to which late fees, attorney fees, and court costs can be charged if payment is not made in a timely manner. You may be taken to General District Court in order for a judge to hear the case and determine the penalty. You may lose your recreational and voting privileges. You might have difficulty selling your home if violations are noted in the resale package which the Commonwealth of Virginia requires you to provide to your buyer.

Please consult the Design Guidelines at <http://www.broadlandshoa.org/for-homeowners/design-guidelines/> for detailed information. Submit a complete application package in a timely manner to the Modifications Subcommittee in order to obtain approval prior to beginning any work. The Design Guidelines provide a framework to maintain design quality throughout the community, to promote sensitivity for the natural environment and to encourage consistency of design while allowing flexibility for achieving design solutions. If you have any questions about architectural modifications, please contact Robin Crews, Secretary to the Modifications Subcommittee at 703-729-9704 or rcrews@broadlandshoa.com.

Broadlands Stone House Update By Laura Dwinnell, Stone House Committee Chair

As we celebrate its 140th year in existence, the Broadlands Stone House on Waxpool Drive is 'getting a little work done' to spruce up its curb appeal and more importantly, make the building more structurally sound so it can withstand the elements for another 140 years. As part of the project, the Stone House is slated for roof replacement, front porch replacement, and exterior wall stabilization in 2014. The repair work was solicited by the Stone House Committee, approved by the Board of Directors, and will be performed by Cochran Stone Masonry & Timber framing in four stages:

- 1) Front porch reconstruction
- 2) Stone masonry enhancements
- 3) Roof replacement, and
- 4) wall stabilization.

Cochran has begun with the reconstruction of the front porch. This effort begins with deconstruction which includes removing of the large shrubs in front of the building as well as the concrete flooring, roofing, footers, and columns. Once final plans are approved by the county and weather conditions permit, Cochran will install the new front porch.

Next, Cochran will perform maintenance on the stone masonry. Limestone mortar injections will stabilize and waterproof the structure. This work was delayed until the threat of freeze subsided so that the mortar can be protected from freezing. Stage 3 includes a new metal roof, as well as trim soffits, rake and fascia boards. Finally, Cochran will reconstruct the upper walls and chimneys which are currently being stabilized by two interior gables because they are failing on the top floor. Once these structural modifications are complete, the Committee will develop and recommend a re-landscaping plan to complete the effort.

With these renovations, the Stone House will remain a beautiful and unique icon that is structurally safe and sound for many more years as a picturesque backdrop for many of our community events.

For more information on the effort or to offer your time as a volunteer on the Stone House Committee, please contact Sarah Gerstein, Broadlands Association General Manager at Sarah@BroadlandsHOA.com or Laura Dwinnell, Stone House Committee Chair at laura_dwinnell@yahoo.com.

The Stone House Committee was established in 2012 for the purpose of researching viable options for the security, restoration, maintenance, or demolition of the Stone House and providing practical, sustainable, and fiscally responsible recommendations to the Board of Directors for the short and long term future of the structure.



A SALUTE TO OUR TROOPS



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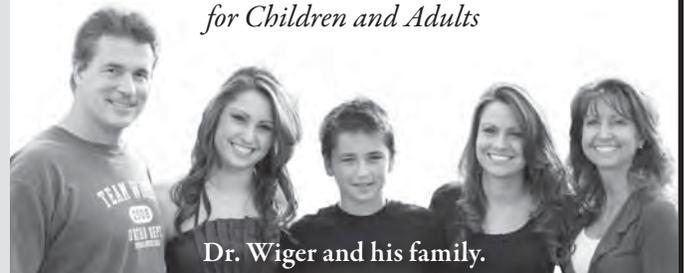
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Your Other Family Doctor and So Much More!

By: Andrea Vanderson, DVM and Shannon M. Pecora, MA
Stream Valley Veterinary Hospital

If you've ever owned a pet, chances are good that you are familiar with some of what general veterinary practitioners do day to day. You may even have been to see a veterinary specialist at one point or another, maybe an ophthalmologist, a cardiologist, or an oncologist. There are currently 40 distinct specialties within veterinary medicine. Regardless of their focus or area of expertise, what all of these veterinarians have in common is that they are engaged in clinical practice, or the treatment of animal patients. There is another large sector of veterinary medicine in which many veterinarians work but which is generally less well known, often referred to as public practice. Public practice includes areas such as public health including animal herd health, food safety, and biomedical research, just to name a few. One of the largest employers of public practice veterinarians is the United States Department of Agriculture Animal and Plant Health Inspection Service, USDA-APHIS.

USDA-APHIS is a large government organization with many different core responsibilities. Some of the more interesting duties include:

- Animal Welfare - the department determines standards of humane care and treatment of animals at research facilities, at exhibitions, etc.
- Biotechnology Regulatory Services - they work with foreign governments to help create compatible biotechnology standards. They also regulate genetically modified organisms, which have been such a hot topic over the past several months.
- Disease Exclusion Activities - USDA-APHIS certifies U.S. agricultural products for export, and they work to combat plant and animal pests and diseases, in part by

enforcing foreign and domestic plant and animal quarantine regulations. They also work with the Department of Homeland Security to enhance Agriculture Quarantine Inspection (AQI) at U.S. ports of entry.

- International Services - our government cooperates in major animal disease surveillance, eradication, and control programs in foreign countries and ensures that U.S. agriculture exports are accessible to foreign countries.
- Disease Eradication within the United States - USDA-APHIS is concerned with outbreaks of animal diseases endemic to the U.S. (tuberculosis, brucellosis, etc.) as well as outbreaks of any foreign animal diseases that might occur from accidental or nefarious introductions (foot and mouth disease, classical swine fever, etc.).
- Wildlife Services - this department resolves wildlife conflicts and creates a balance that allows people and wildlife to coexist peacefully. Additionally, they work to protect livestock from wildlife borne diseases.
- Veterinary Services - USDA-APHIS veterinarians and staff protect livestock and poultry health, regulate entry of animals and animal products, take emergency actions against foreign animal diseases, and authorize health certificates for exported animals.

Given the impressive scope of the USDA's veterinary responsibilities, it is important to know that they do not work alone. Veterinarians in clinical practice, including the doctors who care for your beloved pets, play an essential role as eyes and ears on the ground, monitoring for signs of animal disease outbreaks, sending samples to diagnostic labs, or calling in the federal veterinarians when necessary. Additionally, according to a March 2011 USDA-APHIS Factsheet, over 80% of veterinarians in clinical practice in the U.S. go through an extra certification step to become

accredited with the USDA, allowing them to examine and certify animals as healthy for travel across state and country boundaries, reducing the chance of infectious disease spread. For more information visit http://www.aphis.usda.gov/publications/animal_health/2011/fsvacred11.VS.pdf. All four veterinarians at Stream Valley Veterinary Hospital are among the 71,000 veterinarians nationwide who are accredited with the USDA.

If you have any questions about traveling with your animals, including completing the necessary health certificates, your veterinary office should be a wonderful initial resource. In fact, your pet's doctors truly represent a first line of defense in the work of our nation's public health. Who knew that Fluffy, Fido, Polly, Iggy, or Bessie's veterinarian was such a big shot?!

March Board Meeting Highlights

The following actions were taken by the Board of Directors at their meeting held on March 11, 2014.

- Approved minutes of February 11, 2014 meeting.
- Consented to allow Hillside Elementary to have a Fun Run on Broadlands trails on May 3, 2014.
- Tabled approval of hiring an engineering company to create updated community maps.
- Assessed violation charges of \$10 per day for a maximum of 90 days or until the light pole violation is resolved for an account.



Looney's Tile & Grout Reaches Out to Local Senior Citizens

Ashburn Virginia Based Looney's Tile and Grout Restoration is searching for local Seniors on a fixed income in need of a Bathroom Refreshing.

As part of Looney's Mission and Values, giving back to the community in which we live and serve is a high priority.

In that spirit, Looney's Sealing for Seniors program does just that. In this economy, our aging population doesn't always have the resources or physical ability to keep their bathroom maintained properly. Looney's goal is to connect with local Seniors in need of a shower or floor restoration. We clean, re-grout, and/or caulk and seal their bathroom area, thereby restoring part of their property value and perhaps a little dignity along the way.

We serve Seniors on a fixed income. Ashburn residents can nominate a Loudoun Senior by visiting their website at Lcleantileandgrout.com.

Looney's Mission is to educate the community on the proper maintenance of tile and grout. Giving back to the community that supports our company's mission is our reward.

2014 REGISTRATION



FOOTBALL
A, B, C Leagues: \$290.00
D League: \$175.00
Flag Football: \$175.00

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 E-mail: communication@ayfl.org

Payment options are available during registration.

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April Gardening - Trees and Shrubs

By Jill Johnson, Loudoun County VCE Master Gardener

As April's longer days and warmer temperatures trigger new green growth on shrubs and trees, you can observe what damage and winter kill occurred during our record-breaking cold. Trees and shrubs that are stressed from winter damage and too wet soils are susceptible to attack from borers and insects, but you may be able to thwart these pests by removing dead twigs and branches now. Take a second look in May, and if the plant is not showing new growth, try giving it a hard pruning. Pruning is both a skill and an art so check out this Virginia Tech link before you cut indiscriminately! <http://pubs.ext.vt.edu/430/430-459/430-459.html>.



Celebrate Arbor Day on April 25th by planting a native tree in your yard. Did you know that Virginia has more native plant species than any other state in the US because of its location in a transitional zone (mid-Atlantic) and its three soil types: coastal, piedmont and mountain? Loudoun County is in the piedmont and there is a perfect native Virginia tree or shrub for your yard, whether shady or sunny, wet or dry.

Here are a few suggestions:

- **Downy serviceberry** (*Amelanchier arborea*) is a small understory tree that thrives in moist soils, has showy white flowers in spring and reddish/purple edible berries ripening in mid-summer.
- **Sweetbay** (*Magnolia virginiana*) is a magnificent tree with glistening green leaves, creamy lemon-scented flowers and seeds that are eaten by birds and small mammals. Typically 20-30 feet in height, it also thrives in low, damp areas.
- If you have space for a large tree, the **Pin Oak** (*Quercus palustris*) may eventually grow to 60 or 70 feet. Pin Oak grows quickly, has beautiful fall color, and its acorns are favored by waterfowl, turkeys, jays, woodpeckers and squirrels.

One word of caution: please don't plant if the soil is still soggy. In fact, avoid walking on your lawn as long as it is soggy. Please visit <http://loudouncountymastergardeners.org/> for the newest information on the best way to plant a tree and start digging.

Willing Warriors Yard Sale

Saturday - April 26, 2014

8:00am - 2:00pm

Park Valley Church

4500 Waverly Farm Drive

Haymarket, Virginia

Currently seeking individuals who may want to rent spaces for \$25 (\$50 if a table is provided). Also accepting donations of gently used items --- clothing, jewelry, toys, furniture, electronics etc. Call 866-227-5853 to arrange for pick up or email us @ events@willingwarriors.org.

Serve Our Willing Warriors is a 501 (c)(3) non-profit organization that provides our country's recovering wounded, ill, and injured warriors and their families with encouragement, support and respite stays at the Bull Run Warrior Retreat where they can take a much-needed break from the hospital and reconnect, reflect and renew in a peaceful, family home prepared just for them.

The Nature Center Loses One of Its' Most Beloved Members

Our beloved Pigeon, Marshmallow, who was a much loved member of the Nature Center family passed on Thursday, February the 20th.

She was rescued by our former naturalist, Julie Gurney. Marshmallow lived here in the Nature Center for eight years. She loved our staff member, Susan Kuklick, and would follow her around like a gosling following it's mama.

She will be greatly missed.

Free Garden Lecture – Dragonflies, Bizarre and Beautiful Hunters of the Insect World

You've probably seen a dragonfly or two, but did you know they can fly 40 miles an hour or that their aquatic larvae breathe through gills and can take eight years to mature? Kevin Munroe, Park Manager at Huntley Meadows Park in Alexandria, will be the guest speaker at the April 3rd Loudoun County VCE Master Gardener lecture held in Leesburg at the Rust Library.

Join us and learn about the strange, unique and high speed lives of these master hunters, including their natural history and anatomy. Kevin will also tell us how to create our own dragonfly pool, details about upcoming dragonfly field trips and a behind the scenes look at his new dragonfly website. He'll show many incredible dragonfly photos, many that were shot in Loudoun County.

For more information about the lecture or the Loudoun County VCE Master Gardener program visit the website: www.loudouncountymastergardeners.org or call the Loudoun Extension Office at 703-777-0373.



AUDUBON NATURALIST SOCIETY

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Pre-K/K in Fall 2014

Creature Feature AM

June 16-June 20, 9 am-12 pm
ANS/Broadlands Members \$132;
Nonmembers \$157

Meet a live animal every day in this exciting camp! We will investigate the differences between wild animals and pets, including their different adaptations. Before we meet our live guest, we will practice safe and respectful handling. We'll finish every day seeing and touching the animal we have learned so much about.

Where the Wild Things Roam AM

June 23-June 27, 9 am-12 pm
ANS/Broadlands Members \$132;
Nonmembers \$157

Bring your curiosity and sense of wonder as we explore the lives of our favorite wild animals! Through hikes, crafts, games, songs, and stories, we will learn about where the wild things live and discover what makes them special!

1st/2nd in Fall 2014

Science Wizards

July 21-July 25, 9 am-3 pm
ANS/Broadlands Members \$231;
Nonmembers \$256

Erupting volcanoes, oozing slime, and dancing bubbles - we'll learn the science behind these magical reactions in this camp full of experiments and explosions. We'll test our concoctions in our own "lab" and then head outside to discover the powerful forces of nature all around us.

Nature Tales

July 28-August 1, 9 am-3 pm
ANS/Broadlands Members \$231;
Nonmembers \$256

Some of the best children's literature is based on nature's many wonders. Delve into the life of a baby bat, a boy who builds his own river raft, a fierce bear, and the tale of the truffula trees! Join us as we explore both the imaginary and real world of nature as each day's theme is inspired by a different nature story.

General Information

The Audubon Naturalist Society is pleased to offer camps this summer in partnership with the Broadlands Nature Center, located at 21907 Claiborne Parkway, Broadlands, VA 20148. Summer nature day camps are designed to give campers fun, exciting, and educational experiences with nature while making new friends. For more information call 703-729-9726 or email naturalist@broadlandshoa.com.

Registration Information

- Go to www.anshome.org. After mid-February go to www.anshome.org/camp.
- Click on Register Online and follow the prompts.
- You will have the option to join or renew your membership. **Membership fees are nonrefundable.**

Broadlands residents: To get the ANS/Broadlands member rate, you must check the box that says you are an ANS member when registering online. When the system asks for your member ID number, type in "Broadlands".

Stinkbug Invasion

By: Alexandra Vlk, Broadlands Naturalist

Everyone has experienced the awful smell of the dreaded stink bug. These bugs are aptly named because they have small glands located on their thorax capable of emitting an awful scented liquid. This is believed to be a self-protective mechanism used to defend against predators. There are several different families of stink bugs, existing in various parts of the world. They are recognized by a triangular shaped plate on their backs. As spring approaches, adults will begin to emerge and feed, damaging many fruits, vegetables, and plants. To farmers, these bugs can cause millions of losses due to crop damage when left unchecked.



Luckily there are different types of repellants to keep these annoying pests out of your garden and house.

- Natural repellants: Stink bugs produce a natural substance that attracts other stink bugs. There are many stink bug control products, which use this same substance as bait to trap the bugs. You can also make a garlic spray, which includes two cups of water and four teaspoons of garlic powder in a spray bottle. Spray this solution where you frequently see stink bugs. Catnip is another natural safe repellent.
- Study your plants: Stink bugs feed and lay eggs on specific plants. Some plants are unappealing to these bugs. Having knowledge of these plants can help you gain control of your garden in the summer when the stink bugs wake up from hibernation.
- Turn off unnecessary lights - Stink bugs are drawn to light. This is one of the main ways they find their way into your house.
- Seal off all possible entrances - in the winter time, stink bugs will go into hibernation making their way into your home. You can avoid this by sealing off all crevices, cracks, and open windows.

Alexandra will be leaving her position at the Broadlands Nature Center to hike the Appalachian trail. Her last day is April 2nd. We wish her the very best with her future endeavors.

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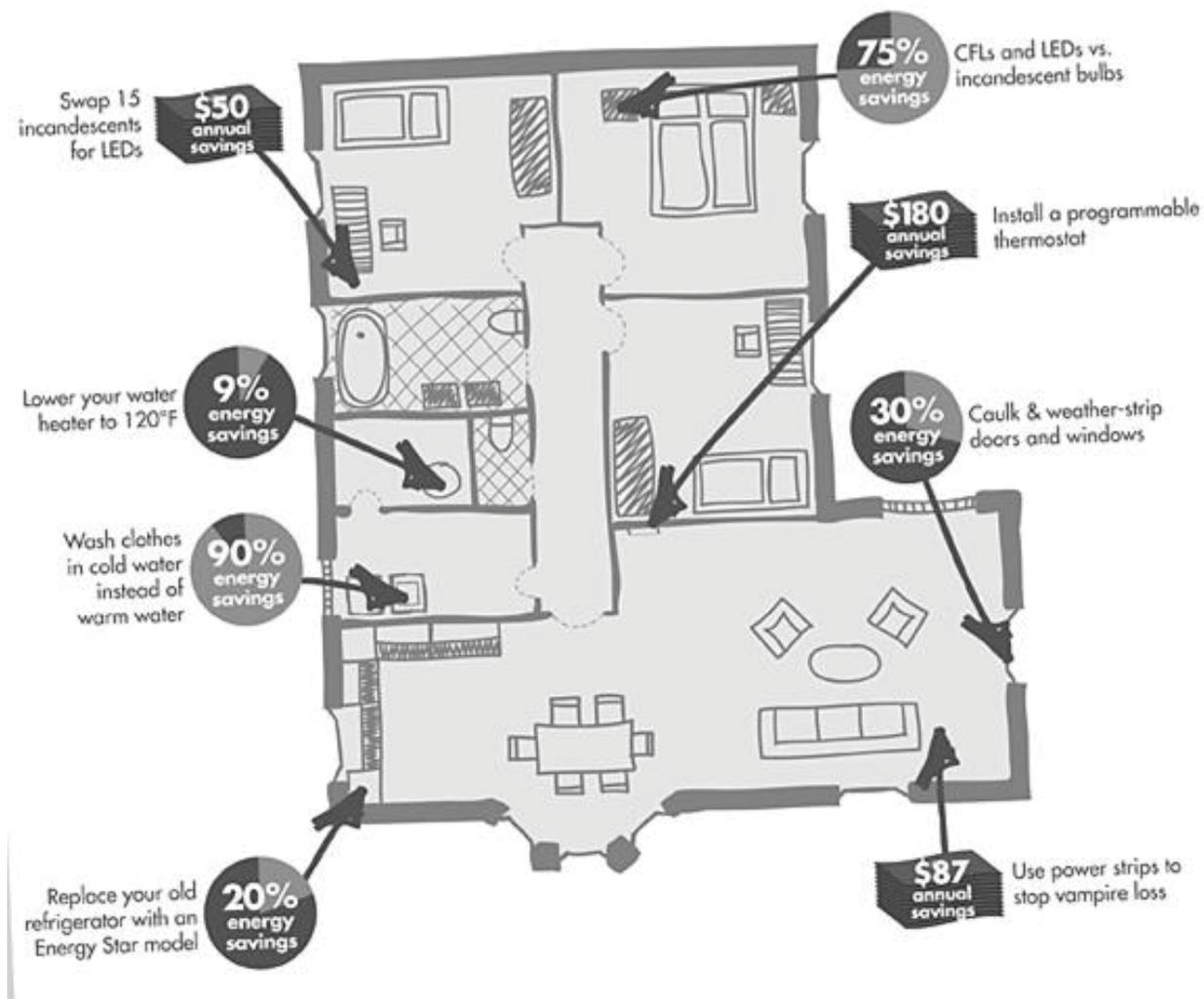
Submitted By: Oya Simpson Chair, Habitat Committee

Climate change is affecting home owners' energy cost of heating and now cooling as we are entering to warmer months. This is expected to impact future home sales and what the buyers are paying attention to as well.

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Source: Virginia Energy Sense

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Sample of field trips: Water Parks, National Zoo, Baltimore Aquarium, Luray Caverns, Ticonderoga, Udvar-Hazy & Marine Corp Museums and more!

We bring all the ingredients together to provide enrichment to each campers experience. Enroll soon, camps are filling up quickly.



Kindergarten Enrichment & After School Program

After School Program: includes daily fitness, healthy snack, academic support & technology center, nutrition & character education programs, community outreach, indoor activities and open gym up until 6:30pm.

Kindergarten Enrichment: includes the above with a low 8:1 student/teacher ratio & provides enrichment of skills & concepts learned in LCPS, plus an art program and field trips. Program is run by a licensed Kindergarten teacher. Choose half-day program until 2:30pm or full-day until 6:30pm.

School pick-up: will be determined by the number of enrolled students per school. Fitwize is on the Discovery elementary school's LCPS's bus route.



Cheer & Tumbling Camps, Classes & Teams

NEW High-Tech Tumbling & Cheer Gym NOW Open! We offer state-of-the art equipment, 9-panel spring floor & the following programs:

SUMMER CHEER CAMPS: focus on tumbling, stunting, cheering & fitness for ages 6-13. For veteran high school cheerleaders, we offer **Boot Camp** to include tumbling, stunting, jumps and conditioning.

SUMMER 1/2 DAY CHEER CAMPS: will focus on cheering, stunting and tumbling.

SUMMER 1/2 DAY TUMBLE CAMPS: will focus on tumbling for all levels.

SUMMER 3-DAY ELITE TUMBLE CLINIC: is for the elite athlete with prerequisite skills.

TUMBLING CLASSES: year-round tumbling classes are based on skill level.

CHEER TEAM: tryouts will be held in May.

OPEN GYM: every Saturday & Sunday, 1-3pm.



Other Programs

We offer additional programs designed for kids' 4-18 years old & adults:

- Gym Memberships
- Personal Training
- Off-Season Explosion-HS Students
- Total Body Fitness Classes-Adults
- Girls on the Run
- Running Club
- Hoops & Ropes Club
- Homeschool Fitness
- Nutrition Seminars
- Zumba
- Birthday Parties
- Community Outreach



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- 10 - 19 bags, pickup at school from 9:00am - 1:00pm
- Orders must be Pre-Paid to secure your amount

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**QUESTIONS
????**

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of Bags _____ x Price/Bag _____ = TOTAL _____

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1 - 50 Bags @ \$ 5.75 per bag / 51 Bags & up @ \$ 5.25 per bag

_____ BROWN _____ BLACK _____ RED

of Bags _____ x Price/Bag _____ = TOTAL _____

NAME: _____

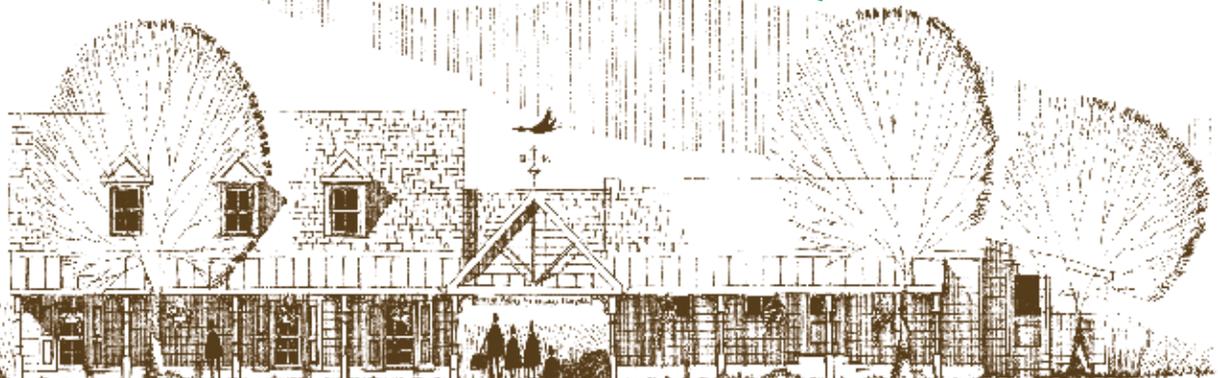
ADDRESS: _____

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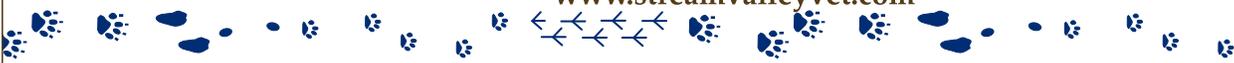
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Broadlands Annual Spring Festival and Egg Hunt Extravaganza

**Saturday, April 5th
10:00am until 12:00pm**

Broadlands Nature Center
21907 Claiborne Parkway
Broadlands, VA 20148

Just for you, come out to the Nature Center for the hay rides and lots of fun stuff to do!

Bring your mom, bring your dad, you'll be glad. Easter eggs and Peter Cottontail too, he'll be waiting just for you. Bring your cameras, take a shot, memories like this cannot be bought. Moon bounce, popcorn, cotton candy too.

Come join the Easter bunny to collect your eggs and celebrate Spring.

In the event of bad weather, Mr. Cottontail will have a seat in the Nature Center to visit with the children, hand out eggs and to have photos taken.

This free event is for Broadlands residents only.





**Program Time:
10:00am**

**Cost:
\$4.00/child for
Broadlands residents
\$5.00/child for
non-residents**

**Pre-register online at
www.broadlandsnaturally.org.
Pre-registering is encouraged
but not required.**

Don't Miss Out!

SATURDAY, APRIL 12TH WILD VIRGINIA!

Wild Virginia! Get up close and personal with your wild neighbors and learn all about their natural history. This program focuses on animals that live here in Virginia and interesting facts and stories about their lives. Animal guests may include: fox, skunk, opossum, squirrel and a ground hog.

VA SOL's are covered in this program!

Broadlands Nature Center

**21907 Claiborne Parkway
Broadlands, VA 20148
703-729-9726**

www.broadlandshoa.org



Spring Fertilization Special!

Take advantage of our pre-season pricing. We are booking work now that will be performed this spring. Spring is a great time to perform fertilization on your trees and shrubs, providing them with a boost of nutrients that are ready for uptake as the growing season begins.

Please fill out the form below and return immediately to our office via email, US Postal, Fax, or for faster service please call Paige at our office. We will schedule a visit to have one of our certified arborists review your property and finalize your application details.

The Care of Trees
22830 Quicksilver Drive
Dulles, VA 20166
703.661.1700 office
703.661.1701 fax
pbast@thecareoftrees.com

Name as it should appear on account _____

Address _____

Phone #'s _____

Email address _____

2014 Pre-season pricing specials:

\$75 -1 tree or large shrub	\$125 -2 trees or shrubs	\$165 -3 trees or shrubs
\$195 -4 trees or shrubs	\$215 -5 trees or shrubs	\$235 -6 trees or shrubs

We are happy to provide pricing if you have more than 6 trees or large shrubs to fertilize. A \$25 surcharge applies to trees and shrubs located in backyards. Clusters of small shrubs can be counted as one large shrub. We can also provide you with special pricing on tree and shrub pruning.

Fully organic options are available, please ask if interested. Our fertilizer is low in phosphates, and we apply the right amount in order to help protect our environment.

This special pricing is valid for new contracts only and cannot be applied to existing contracts. All services will automatically renew on an annual basis unless otherwise requested. Maximum diameter of 15" per tree.





Save the Date:

Northern Virginia
Summer Brew Fest
Saturday, June 21, 2014
Morven Park in
Leesburg

Bus Shuttle organized
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Committee.

Come join the Fun!

Details in next month's
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Expires 5/30/2014



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SUMMER 2014 SWIM LESSON PROGRAM

Learning how to swim is the most efficient way to make your summer at the pool safe and enjoyable for everyone. Since summer and the swim season are around the corner, now is the time to start thinking about swim lessons. **REGISTER FOR LESSONS AT: <http://swim.highsierrapools.com/>**

Keeping your kids safe is our priority-and it's fun too!

When most of us are enjoying ourselves at the pool or beach, accidents are not the first thing on our minds; yet, drowning is the 2nd leading cause of death for children ages 1-14. Research has found that participation in formal swimming lessons can reduce the risk of drowning by 88%.

OUR PROGRAM

For more information, course descriptions, and online registration please visit us on our website www.highsierrapools.com and e-mail us at lessons@highsierrapools.com or call 703-920-1750.

Classes are organized in four levels according to the level of child's previous swim skills:

Parents should review the skills required for each level and register their child for the appropriate class. If parents do not feel competent doing so, an instructor (upon request) will give an evaluation prior to enrollment. Our Instructors determine if each child is in the appropriate level and, as a result, may move the child to a different level.

Nemos	Introduction to Water Skills
Sea Turtles	Fundamental Aquatic Skills
Dolphins	Stroke Development
Sharks	Stroke Improvement and Refinement

Program Features & Details

- Class size differs from level to level in order to ensure quality instruction and to ensure safety as well. Class sizes range from 4 children minimum up to 7 children maximum.
- The cost of a regular group session (composed of 8 classes) is \$75 per child. The cost of a private session (composed of 8 classes) is \$280 per child. Semi-private sessions (2 children per session are required) are also available, for a cost of \$140 per child.
- Session start dates: June 23 ▪ July 7 ▪ July 21 ▪ August 4 ▪ August 18
- The deadline for signing up will be one week before the session start date. Payment will also be due by that time. If a session has to be canceled due to lack of the required minimum number of participants, you may choose between scheduling your child for another session or having your money refunded.
- If you are not satisfied with the lessons, you may have your money refunded before the start of the 3rd class.

In 2013, we successfully taught more than 1,000 participants in VA and MD!

Join our program because there is no better way to make your children safe in water and eliminate their fear of it than having them learn to swim!

Swimming can be fun and exciting for the entire family so stay SAFE and ACTIVE!





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A Delicious Start To Your Easter Celebration

Absolutely the World's Best Egg Casserole...Ever!

12 large eggs
 1 cup plain yogurt
 1 teaspoon seasoned salt (or, to taste)
 3/4 stick butter or margarine
 2 cups shredded hash brown potatoes (thawed)
 1 cup grated sharp cheddar cheese
 Optional: 1/4 cup chopped onion and/or green peppers

Preheat oven to 350°. Lightly spray or grease a 12"x8" casserole dish. Beat the eggs, yogurt, and salt together. Melt the butter and lightly sauté onion and/or peppers. Add thawed potatoes. Stir to mix. Pour into the egg mixture and lightly stir to blend the ingredients. Pour into the casserole dish. Sprinkle grated cheese over the casserole. Bake at 350° for approximately 35-40 minutes or until the center is firm. Serving Size: 8 *The Brookville Inn*

Best Ever Hot Chocolate French Toast

French Toast

1 cup canned coconut milk (may swap 2% or whole milk)
 2-4 tablespoons of your favorite hot cocoa mix
 3 large eggs
 2 tablespoons vanilla extract
 1/4 teaspoon salt
 4 tablespoons butter
 8 rather thick slices of challah bread

Hot Cocoa Ganache

3/4 cup canned coconut milk (may sub heavy cream)
 9 ounces semi-sweet chocolate, chopped
 1 tablespoon butter
 2 teaspoons instant espresso powder coffee

Suggested Toppings

coconut or plain whipped cream, marshmallows, toasted coconut



To make the ganache... In a microwave safe bowl add the milk/cream, butter and chocolate. Microwave on 30 second intervals, stirring after each until smooth. Stir in the instant coffee until dissolved and smooth. Place this in the freezer for 15 minutes or the fridge for 30 minutes, but no longer. You want the ganache to be spreadable or to be able to drizzle it. *To make the french toast...* In a microwave safe bowl add 1 cup of coconut milk and microwave for 2-3 minutes or until the coconut milk is hot. Stir in 3-4 tablespoons of hot cocoa mix. Let it cool for 5 minutes. In the meantime, use a 9x13 inch pan and whisk together the eggs, vanilla and salt. Whisk in the hot chocolate. Next, spoon chilled ganache and carefully spread it over one side of all the slices of bread (You will not use all the ganache). Sandwich the slices together to make four sandwiches. Place the sandwiches in the hot cocoa egg mixture, cover the pan and place in the fridge for 15 minutes. Then flip the sandwiches over so the other side of the sandwich is now in the egg mixture for another 15 minutes. Heat a large skillet or griddle over medium heat and coat generously with butter. Once hot, cook the french toast in batches until golden and crisp, 3 to 4 minutes per side. Remove and serve immediately with toppings and a good drizzle of more ganache. Serving Size: 4. *Hallbakedharvest.com*

**Southern Walk
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(Open Band Contract
Administration Only)

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emcotti@me.com
(703) 554-9269

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Director

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mmikaily@yahoo.com

Director

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rrubin0351@gmail.com

Driving and Walking Safety

With Spring and good weather arriving, we take this opportunity to caution all drivers and path users to be aware of their surroundings. The Broadlands community is very active with a lot of pedestrian and bike traffic on our roads, sidewalks, and trails. Drivers should be aware of the pedestrian traffic throughout the community and path users should be aware of their surroundings, including vehicular traffic on roads in close proximity to trails and sidewalks as well as in crosswalks.

Path Users: Always be aware of your surroundings; run in well-lit areas; do not wear ear buds in both ears - it can be very difficult to hear vehicles or someone approaching from outside of your peripheral vision when you are preoccupied with music; always carry some form of identification; use caution in cross walks and use tunnels to cross the roads whenever possible. Be extremely careful when entering intersections to ensure that drivers are aware of your presence.

Drivers: Avoid distractions such as texts, emails, and calls on cell phones, changing radio stations, or passengers in your vehicle. Pay attention to stop lights, stop signs, and crosswalks, and be on the lookout for road hazards.

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Start Saving! AppleFCU.org/Students



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AppleFCU.org | 703-788-4800



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- extras Student Visa® Platinum Credit Card

*APY = Annual Percentage Yield as of 01/01/2014 on balances up to \$1,500 and is subject to change. Balances over \$1,500 will earn Apple's regular savings rate. Membership eligibility requirements apply. Federally insured by NCUA.

Pool Season Begins May 24th... *Do You Know Where Your Pool Passes Are?*

It's time to start digging around in the bottom of your pool bag or in the drawer with the swimsuits for your Broadlands photo pool passes. Everyone aged 5 and older will need one to gain admission to the pools. All residents 18 and older must provide proof of residency in order to obtain a pool pass.

IF YOU ARE AN OWNER AND HAVE THE POOL PASSES YOU USED LAST YEAR, YOU DO NOT NEED TO SUBMIT AN APPLICATION. Passes will be electronically reactivated. If you cannot locate your passes, reprints can be issued free of charge prior to the opening of the pool on May 24, 2014. After May 24, replacement cards cost \$5.00 each. If you want a new picture for your replacement pass, the cost is \$7.00, regardless of when the pass is issued.

New Residents: You must fill out an application and return it to the HOA office at the Nature Center and each pass holder must have their photo taken. Applications are available at the Nature Center, in this newsletter on page 24, or online at www.broadlandshoa.org. Go to the "For Homeowners" tab at the top of the page and click on the "Pool Information" link to access. Pool passes are issued to each individual aged 5 and older living in the household. A household consists of all persons living in the dwelling, including live-in caretakers and any unmarried children who are students and/or from a previous marriage and who will be residing with the owner for the summer.

Tenants: If the owner wishes to transfer their pool rights over to the tenant, the owner AND tenant must complete a Tenant Membership Application for the 2014 season. In this instance, passes will only be issued to the Tenants, not the owners. Tenants may use previously issued passes, but these will not be activated until a completed application is received at the HOA office. Applications are available at the HOA office in the Nature Center, in this newsletter on page 25, and online at www.broadlandshoa.org. Go to the "For Homeowners" tab at the top of the page and click on the "Pool Information" link to access.

Becoming of age: Children who have turned 5 since last summer or will be 5 by June 1, 2014 must have a picture taken and pass issued. Please use the resident application form on page 24 and return it to the HOA office at the Nature Center to add them to your family data base. Any individual who has turned 18 since last pool season will need a new adult card.

Non-resident caregivers: Passes are offered for \$100 per caregiver for the season. They should be noted as non-resident caregivers on the residents' application. The fee must be paid at the time their photo is taken and the pass issued. The resident must accompany the caregiver to the photo session and show proof of identity and address.

Guest passes: 10 resident guest passes are allocated to each *residence*. Additional guest passes, good for 10 visits may be purchased for \$20. Guest passes are added to the electronic account. No physical pass will be issued. Guests must be accompanied by a pool pass holder to gain admittance to the pool facility.

Long term visitor: Passes are offered for \$100 per person for long term visitors for the season. The fee must be paid at the time their photo is taken and the pass issued. The resident must accompany the visitor to the photo session and show proof of identity and address.

BEGINNING APRIL 1, 2014, PICTURES WILL BE TAKEN AT THE NATURE CENTER FROM 9:00 A.M. TO 5:00 P.M. MONDAY THROUGH FRIDAY ON A FIRST COME FIRST SERVED BASIS.

Prior to having the photo taken, all adults 18 and older must show a photo ID with proof of Broadlands Association residency. Passes will not be issued if acceptable proof of identity and address are not available.

Acceptable photo IDs include:

- Driver's License
- School, Military ID
- Current Passport

If your ID does not show a Broadlands Association address, the following additional documents will be accepted as proof of residency:

- Utility bill issued within the last 60 days
- Settlement Papers or Deed
- Current Virginia Voter Registration Card

PLEASE CONTACT THE HOA OFFICE AT THE NATURE CENTER WITH QUESTIONS, 703-729-9704.

BROADLANDS 2014 POOL MEMBERSHIP APPLICATION

This application form must be signed by the owner who is being granted a pool membership. This application should be used for all members of the household. A household consists of all persons living in a dwelling, including college students, other non-resident children spending the swim season in Broadlands and live-in care providers. In order to obtain membership passes, this form must be completed and returned to Broadlands Association, 21907 Claiborne Parkway, Broadlands, VA 20148 or dropped in the box outside of the office. Applications may also be faxed to 703-729-9733.

OWNER NAME: _____

ADDRESS: _____

TELEPHONE: _____

EMERGENCY CONTACT NUMBER: _____ **EMAIL:** _____

Please LEGIBLY PRINT the names of ALL members who will receive a pass and the date of birth of all children between the ages 5-17 (as of June 1, 2014). Children under 5 do not require passes. **Prior to having the photo taken, all adults 18 and older must show a photo ID with proof of Broadlands Association residency. Passes will not be issued if acceptable proof of identity and address are not available.**

Office Use: pics <input checked="" type="checkbox"/>	Name	Relationship to Owner	D.O.B. if under 18
		<i>Owner</i>	

(Use back if necessary)

In consideration of the provided swimming pool facility privileges, the undersigned expressly agrees to assume the risk of any accident or personal injury which he/she or any member of his/her family or any guest of the undersigned may sustain while using the said facilities and agrees that the Broadlands Association, Inc. and/or Management Agent will in no way be liable for any such injury unless due to gross negligence on the part of the Association and/or Agent.

Signature of Owner

Date

.....
Office Use Only:

Date Received: _____ If purchasing additional guest passes: cash / check # _____ \$ _____

Entered in system Completed Notes: _____

BROADLANDS 2014 POOL MEMBERSHIP APPLICATION FOR TENANTS

This application form **MUST BE SIGNED BY THE OWNER(S) AS WELL AS THEIR TENANT** when pool privileges are transferred from the owner to a tenant. This application should be used for all members of the household. A household consists of all persons living in a dwelling, including college students, other non-resident children spending the swim season in Broadlands and live-in care providers. In order to obtain membership passes this form must be completed and returned to Broadlands Association, 21907 Claiborne Parkway, Broadlands, VA 20148 or dropped in the box outside of the office. Applications may also be faxed to 703-729-9733.

OWNER'S NAME: _____

OWNER'S ADDRESS: _____

TENANT INFORMATION (If privileges are transferred to tenant)

TENANT NAME: _____

BROADLANDS ADDRESS: _____

TELEPHONE: _____

EMERGENCY CONTACT NUMBER: _____ **EMAIL:** _____

Please LEGIBLY PRINT the names of ALL members who will receive a pass and the date of birth of all children between the ages 5-17 (as of June 1, 2014). Children under 5 do not require passes. **Prior to having the photo taken, all adults 18 and older must show a photo ID with proof of Broadlands Association residency. Passes will not be issued if acceptable proof of identity and address are not available.**

Office Use: pics <input checked="" type="checkbox"/>	Name	Relationship to Tenant	D.O.B. if under 18
		<i>Tenant</i>	

(Use back if necessary)

In consideration of the provided swimming pool facility privileges, the undersigned expressly agrees to assume the risk of any accident or personal injury which he/she or any member of his/her family or any guest of the undersigned may sustain while using the said facilities and agrees that the Broadlands Association, Inc. and/or Management Agent will in no way be liable for any such injury unless due to gross negligence on the part of the Association and/or Agent.

Signature of Tenant

Date

As the owner of the referenced unit, I hereby transfer my right to use the pool facilities to my tenant(s).

Signature of Owner

Date

.....
Office Use Only:

Date Received: _____ If purchasing additional guest passes: cash / check # _____ \$ _____

New Renewal Completed Notes: _____

Broadlands Tennis Programs - Luis Rosado Tennis Academy

Luis and his staff bring over 20 years of experience to the Broadlands community



**SPRING TENNIS –
ENROLLMENT IS OPEN!**

AFTER SCHOOL SESSIONS
All session are 6 week sessions unless otherwise noted.

Session I: ongoing - Apr 4

Session II: Apr 7 - May 23

**note: class during spring break*

Session III: May 26 - June 13,
3 week session

Session IV: Sept 1 - Oct10

Session V: Oct 13 - Nov 21

**Extended hours of Tennis available with pick up at 5 or 6pm.*

8 WEEK SESSIONS

Group Classes

Session I: ongoing – Apr 27

Session II: Apr 28 – June 22

Session III: June 23 – Aug 17

Session IV: Aug 18 – Oct 12

1 Hour Junior Clinic

Ages 4-10: All levels

Mon through Fri, 4:00pm & 5:00pm

Sat & Sun, 10:00am & 11:00am

Ages 11-16: Beginners

Mon through Fri, 6pm

Sat & Sun, 10:00am & 11:00am

1.5 HR Junior Clinic

Ages 10-16: Advanced/ Intermediate players

Mon through Fri, 6:00pm

1.5 HR ADULT CLINIC – All levels

Mon through Fri, 9am & 10:30am

Mon through Fri, 7pm

Sat & Sun, 8:30am

Resident / Non Resident Pricing

1 hour class

\$128 / \$144 per session

(8 weeks) 1 class a week

\$240 / \$272 per session

(8 weeks) 2 classes a week

\$336 / \$384 per session

(8 weeks) 3 classes a week

Clinic Drop In Fee:

\$20 members; \$22 non-members

1.5 HR CLASS

\$180 / \$204 per session

(8 weeks) 1 class a week

\$336 / \$384 per session

(8 weeks) 2 classes a week

\$468 / \$540 per session (8 weeks) 3 classes a week

Clinic Drop In Fee: \$28 members; \$30 non-members

Junior Round Robin Tournaments are held on weekends.

Private / Group Lessons

1 player \$60.00

2 players \$35.00 each

3 players \$25.00 each

Email: LuisTennisAcademy@gmail.com, broadlandstennis@yahoo.com with questions or visit www.LuisTennis.net for details and registration for all programs.

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Registration is now open for Summer Camps
For more information visit our web site at
www.ashburnice.com

A Great Place To Skate
 21595 Smith Switch Rd. Ashburn, VA 20147
 703-858-0300 - www.ashburnice.com

April at Oatlands

Spring is here!

April 5: Afternoon Tea
April 6: Yoga in Nature
April 11: Paranormal Tours
April 13: Point to Point Races
April 26: Oatlands Annual Gala
April 26–May 3: Guided Garden Tours
April 27: Afternoon Tea

Visit oatlands.org for information on these and other fun and interesting events.

Property Rentals: Business Meetings, Company Picnics, Corporate Retreats, Holiday Parties, Weddings, Rehearsal Dinners

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Is it Smart?

By, Katie Herbert CPT, Tabata Bootcamp Master Trainer
locotatabootcamp@gmail.com

In the last article we focused on the first question of the **Take 3 Method, Am I Hungry?** We learned to listen to our body and separate the physical need for food from the emotional want for food (hunger vs cravings). Hopefully you have practiced this approach and have found that this question can give you just enough time to pause and reflect on your real needs before eating to help you avoid mindless noshing. Best of all, if you have tried this method you have probably noticed that this approach isn't about depriving yourself but rather giving yourself permission to eat. You make the choices and you control what goes into your mouth. This control gives you power over the food, instead of letting the food control you.

This month we will focus on the second part of the 'Take 3 Method', **Is it Smart?** This second question helps us to focus on making better choices. We are lucky enough in our community that the availability of food is not a problem. We have in fact just the opposite problem, there is a plethora of food options and many of those options are not great. The real power of this question is using it to deal with a given situation to make the smart decision.

Let's go through this together. You are at home for the night getting ready to sit down and relax before bed. You go to the pantry and ask yourself the first question, Am I hungry? You answer 'yes' and give yourself permission to eat. You open the pantry door and see a big bag of Doritos and start to grab them. Obviously, not a smart choice. But wait, there is a bag of pretzels too so you put the Doritos back and grab the pretzels. After getting a bowl out you remember that there are blueberries in the refrigerator too and decide to grab those instead. Our choice went from bad to smart and it only took a few seconds.

When we are at home we have more control, we buy the groceries, we do the food prep so as long as we are prepared then we can make these good choices. That is half of the battle, being prepared and making smart

choices when food shopping. Before you hit the market make a list. Think of what healthy tasty choices you would enjoy having on hand. Also, think about what changes you can make for smarter choices (i.e. subbing a vinaigrette dressing for a cream based dressing)

Remember two things when shopping:

1. Shop the perimeter of the store where the produce and fresh food lie and fill your cart.
2. If you can afford it buy some of the produce that is pre-cut. The easier it is to reach into the fridge and grab something healthy the more likely you are to eat it.

Again, controlling what is in your home is the easy part. Trouble often comes in at work or in social settings away from the home. But, fear not...you can easily use our second question away from home too. Have you ever had that feeling when you are driving home from work that you are just so hungry that you may never make it home? You panic and stop at the only place in sight, it happens to be a fast food joint with a somewhat creepy clown as a mascot. Surely you are hosed, but wait, there may not be a super smart choice but is there a smarter choice than a calorie laden, greasy burger? Of course there is, so maybe you opt for a small salad or a yogurt cup, just something to get you over the hump until you get home.

Another scenario that I hear so often from many of my clients involves struggles with work lunches and social commitments. In these situations you don't always get to



choose the healthier restaurant that you may want but you can always find a smarter option.

Key tips:

- always order baked or grilled over fried
- request dressings on the side
- ask for half of your entrée to be boxed before it is brought to the table
- don't dine out famished
- keep healthy snacks (like a stash of almonds in individual servings) in your car for emergencies
- don't be afraid to brown bag it

This month challenge yourself to take the Take 3 Method to the next step and ask yourself: **Is It Smart?** Those couple of seconds will pave your path to successful weight loss and you will never look back.



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ACADEMY**



Located in the Old Ashburn Square Shopping Center (with 7-11) on Ashburn Road

Broadlands Helpers List

The Broadlands Helpers List is comprised of helpers up to 18 years of age, born in 1996 and later. We are continually updating the list. If you would like to be added, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to nihanainen@broadlandshoa.com.

Not Available on Website Edition

Key:

(B) Babysitter's Course

(C) CPR

(R) Rescue Breathing

(F) First Aid

**All area codes are 703 unless noted.*



It has been a cruel, cruel **WINTER**, but **SPRING IS FINALLY HERE!**



WashMyDeck.com
ELITE PRESSURE WASHING

*Call for more details **All offers can be combined with Multi-point Inspection



This Winter Was Not Kind To You Or Your Deck... and now it's time to renew, restore and revitalize it to get it back to tip-top shape. And we are just the team to make you **FALL IN LOVE WITH YOUR DECK, ALL OVER AGAIN!**

And to start the season off right, we are going to give you an unprecedented **FOUR** different offers for you to take advantage of: Free deck brightener, free handrail sanding, free 12pt deck inspection, or 1/2 off house wash with deck staining project.*

With over **20 years of experience**, we understand your deck and have come up with some cost effective measures and techniques to help you extend the life of your deck, as well as keeping it looking as beautiful as the day it was built.



This Month **ONLY PICK ANY One Of These Money-Saving Offer****

- FREE Deck Brightener**
- FREE Handrail Sanding**
- 1/2 Off House Washing With A Deck Staining Project**

Ends April 30th, 2014

Our services include, but are not limited to:

- ▶ Deck power washing/cleaning
- ▶ Deck sanding, staining and/or sealing
- ▶ Composite deck cleaning
- ▶ Power cleaning fences and other outdoor wood structures
- ▶ Exotic hardwood deck care
- ▶ House washing
- ▶ Brick and concrete pressure cleaning
- ▶ Roof stain cleaning

Be **ONE** of the **FIRST 200** callers and receive our **12-Point Inspection FREE!** (A \$67 Value)

571.297.3215

Cabinet ReFinishing, ReFacing & ReDesign

Interested in a new & updated door style?

RE JUVENATED



Adding Value to your Home

RE MODELED



The Centerpiece of your Home

Allusions 703.999.3231

www.allusionsandmore.com

bonnie@allusionsandmore.com

Have you put off upgrading due to the high cost of cabinet replacement?

RE FRESHED



Your Kitchen for Life

I will be happy to come to you—no obligation—for an in-home consultation and estimate
Contact Me - I'm working in your neighborhood



CLUBS AND GROUPS

Includes Broadlands and surrounding Ashburn area clubs and groups. To be included on this list or if your club has an announcement or an event you would like published, please email: nihanainen@broadlandshoa.com.



ASHBURN AREA WOMEN'S CLUB

The General Federation of Women's Clubs is dedicated to community improvement through volunteer service. The Ashburn Area Women's Club meets the 1st Thurs of each month at 7:00p.m. in the Broadlands Community Center.

ASHBURN CLASSICS

Are you a senior citizen? Please join other seniors on April 12, at 10:30am at the Mills Recreation Center in Ashburn. We will be celebrating Easter with an Easter Bonnet Parade, so put your bonnet on and join us. The Classics meet the 2nd Saturday of each month and have several satellite clubs such as Bridge, Book Clubs, Bunco, Mexican Train, card games and lunch groups. For more information please call Carmen at 703-723-3724 or Bonnie at 703-726-8191.

AMERICAN HERITAGE GIRLS

AHG is a God-centered scouting program for girls ages 5 to 18 that emphasizes leadership, patriotism, and community service. For info, contact Deena Lanier at 703-723-0113.

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. We meet every second and fourth Wednesday at 7:15pm in the Broadlands Community Center, 43004 Waxpool Rd. For information, visit www.toastmastersclubs.org.

BRIDGE GROUP

Bridge players interested in joining a social bridge game please contact Ved Gupta at 973-902-3321 or vedbgupta@yahoo.com. We meet every Wednesday from 5:00pm to 8:00pm at 42809 Vestals Gap Drive.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

Organizes wildlife habitats, eco-friendly living and native plants related programs and events. The Committee works with the NWF, Broadlands HOA and residents to achieve our annual goals. To learn more about the committee work, visit www.BroadlandsNaturally.org.

BROADLANDS/ASHBURN NEIGHBORHOOD BIBLE STUDY

Come join us for a new study - *Discerning the Voice of God* by Priscilla Shirer. We are an interdenominational women's bible study group that meets Tuesday mornings in neighborhood homes. Please contact Chris 703-729-2095 for information or questions.

CUB SCOUTS & BOY SCOUTS

The Cub Scout program is designed for boys grades 1-5 and Boy Scouts grades 6-12. Boy Scout Troop 2970 meets at Our Savior's Way Lutheran Church on Thurs nights. Cub Scout Pack 1483, www.pack1483.com, meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For info, contact Ed Yarbrough at 703-724-1064.

GERMAN LANGUAGE PLAYGROUP

If your children were born 2008 or later and you're raising them auf Deutsch (whether you're fluent or not), contact Jessica Mouw, jemouw@gmail.com, to join a German-Language playgroup.

GRIEFSHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Lutheran Church in Broadlands on Monday nights. For more info, please call Beth Anton at 703-470-8821 or visit our website at www.griefshare.org.

GIRL SCOUTS

Adventure, educational activities, cookie sales, friends. If you can think it, you can do it! Join the Girl Scouts. Now forming troops at all age levels: K -12th grade. For more info, contact Stephanie Pigg, (703) 729-6086 or troophillside.org@gmail.com.

INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00 p.m. Review personal investments, consider and purchase new investments, learn about investing and socialize! Contact Sylvia Thomason 703-327-2474 or Laura Bechtold 703-729-6074 for information.

LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home-based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the 1st and 3rd Thurs of the month. For more info please visit our website at www.LoudounWNG.com.

MOM'S CLUB OF ASHBURN

Broadlands & Brambleton resident Moms who organize fun & engaging weekly activities for us & our kiddos; playgroups by birth year, monthly Mom's Night Outs, + special interest groups for all, i.e. reading, cooking, etc. Monthly Member Social every 2nd Thursday of the month at 10 a.m. at Broadlands Community Center. Contact Crystal Wasilausky for membership info: crystalwasilausky@yahoo.com.

MOMS IN PRAYER

Hillside Elementary and Eagle Ridge Middle School Moms are invited to join us to pray for our children and the school they attend. We meet Monday mornings 9:00a.m. - 10:00a.m. during the school year. Please contact Rebecca for more info at 703-858-7379.

PET LOSS SUPPORT GROUP

We are a free support group that meets every 3rd Tues at 7:00p.m. at Ashburn Psychological Services. Contact Robin Norris 571-278-9162 or robin@sashaheart.com for more info.

ROTARY CLUB OF ASHBURN

The enthusiastic members of the Rotary Club of Ashburn are heavily involved in serving our Ashburn community. We meet each Thursday for lunch from 12:00-1:15pm at 1757 Golf Club. Please email us at ashburnrotary@gmail.com if you're interested and want to find out more.

TECHNOLOGY COMMITTEE

We meet the third Wednesday of each month at 7:30p.m. in the Nature Center. For more information, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.



APRIL CLASSIFIED ADS

EARLY EDUCATION/DAY CARE/PLAYGROUPS

INTEGRATED SOCIAL SKILLS PLAYGROUPS: Autism Educational Solutions offers social skills play groups for children w/ social skill needs, to play & socialize with typical peers in highly structured, enriching & fun environment at Broadlands Community Center, Thurs from Jun 19-Aug 14: **3-5 yr olds, 9:30-11 & 6-8 yr olds, 12-1:30.** Price: \$300 for child w/ special needs & \$75 for typical developing child. Contact: Tracey Greenwood at Tracey@autismedsolutions.com for info. Autismedsolutions.com.

DELIGHT HOME DAYCARE: The house is smoke/pet free, very clean and safe area. Many learning activities. Former Lead Teacher at Kinder Care. First AID/CPR/AED certified, over 7 years of experience & College Grad. References available. Contact 703-473-7354, website: www.delighthomedaycare.com.

MOM'S MORNING OUT PROGRAM: Certified Teacher with Master Degree in Education. Spots available for Mon/Wed program from 9:15 – 12:15. Arts/crafts, ABC's, numbers, free play, snack time, story time and a wonderful break for mommy. Please contact Jenny, 703-618-2007 or via email at jenny_vanhorn@yahoo.com.

EMPLOYMENT

COLLEGE STUDENT LOOKING FOR SUMMER NANNY POSITION FOR ASHBURN FAMILY: Available May 12. Adores kids! Has childcare experience for children of all ages, including infants. Can provide transportation to activities if needed. Will keep your kids active, happy, and safe. References available. Please contact Rachel Meggers at (540)-454-3154 or rachel.meggers.13@cnu.edu.

ENTERTAINMENT

JAZZ FOR YOUR EVENT! Casual to Black Tie, Weddings, Birthdays, Graduations, Anniversaries, Picnics/Festivals, Corporate Events, Your House Party...[Think: Sinatra, Ella, D. Krall, Michael Buble, Norah Jones...] Professional Duo to Quintet features female vocalist performing "The Great American Songbook" (Jazz Standards, Swing, Blues)... & more! Promo. Pkg./ CD/Refs. Avail. Contact Bobbe Shore at 703-858-1629.

FOR RENT

VACATION HOME – OUTER BANKS, CORROLLA, NC: 5% off for Broadlands Association residents only. Family oriented, six bedrooms, den, 5.5 baths. Sleeps up to 19. Private pool and hot tub. Beautiful Ocean Views. Less than 500 feet to beach. For more information, contact: www.twiddy.com, house #P141, Beachtopia.

INSTRUCTION - ARTS/MUSIC/RECREATION

START MUSIC LESSONS NOW: There is a professional music school just minutes from your home. University trained teachers in all instruments. We've produced more LCPS award and competition winners in the past eleven years than any other area school. Call now to schedule a tour. 703-723-1154 **Mintons Academy of Music** www.mintonsmusic.com.

PIANO LESSONS IN YOUR HOME for kids and adults. I have a Music Degree and 20 years' teaching experience in Loudoun County and Washington, DC. I'm a friendly instructor who can motivate by demonstrations and sharing the joy of music. Lessons are personalized to ensure progress on the piano. Broadlands references available. Please call 703-777-4352 or email BlueRidgeStudio@verizon.net.

INSTRUCTION - TUTORING

A-1 LOUDOUN COUNTY MATH TEACHER: Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Pre-Calculus and Calculus. Specialize in home-schooled students. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email vchu_911@yahoo.com. Visa, Master Card, Discover and Amex accepted.

MATH TUTOR IN BROADLANDS! I am a Broadlands resident, and have 22 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections. Call Dan Harris at: 703-909-4438, or email me: aplustestprep@verizon.net.

POPULAR SAT PREP SEMINAR COMING TO BRIAR WOODS HS! LOOKING TO IMPROVE YOUR SAT SCORE?

We are offering several SAT prep seminars at Briar Woods HS this spring, that cover strategies for the test, insight into its construction, and workbooks for each test section. We also have SCHOLARSHIP opportunities! Get more info at: www.turbo-tutoring.com.

AFTER SCHOOL TUTORING, K-5: All subjects. Certified Teacher with Master's Degree in Education. Please contact Jenny, 703-618-2007 or via email jenny_vanhorn@yahoo.com.

SAT/ACT/PSAT/TJ Test Prep: Professionally trained with over 7 years experience, LCPS teacher offers 5 week courses. Limit 8 students/class – register early! Saturday classes. Private tutoring available. Call 571.335.8378 or visit www.collegeboundloudoun.com.

HEALTH/FITNESS/WELLNESS

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME: Get fit now with my 22+ yrs experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! **Stephanie Gotfried 703-542-2595;** stephaniegotfried@verizon.net; fitnesstogova.com.

HIGHER INTENSITY—SHORTER DURATION—POWERFUL RESULTS! Tabata Bootcamp™ offers a new and unique approach to fitness with incredible results! Classes offered by LoCo Tabata Bootcamp at Athletic Revolution in Ashburn. Bootcamps run in 8 week sessions, call today to get in on the action! Katie Herbert 937-477-0044 or email: locotabatabootcamp@gmail.com.

EARLY MORNING OUTDOOR BOOT CAMP CLASS: Mon/Thurs from 5:50-6:50am rain or shine. \$15/class—paid month in advance. Prepay 2 months, get FREE CLASS. Bring yoga mat, water bottle, medium (5-8#) & heavy weights (8-12#). High intensity interval training for full body toning/cardio workout & finish with stretches while the sun is rising! Call/email Sara Peffley—licensed physical therapist & certified personal trainer at (703)729-0258, speffley@verizon.net.

GET FIT THROUGH YOGA AT BROADLANDS COMMUNITY CENTER: Yoga is about balance. Balance between breath & movement, balance between you and your demanding lifestyle. Gain core/overall strength, flexibility, balance and mental focus with "iilli yoga". All levels welcome! Contact us at kym@iilliyoga.com.

HEALTH COACH: Are you fatigued, stressed, overweight or generally not feeling well? I assist and motivate people into taking back their health and their lives. Contact me today for a free consult. Melissa Salat 571-484-4343; melissagsalat@gmail.com; www.facebook.com/MelissaSalatWellness.

ELECTRICAL-PROFESSIONAL CONTRACTORS

ASHBURN ELECTRIC: Specializing in Recess Light Installation & Services. Licensed & Insured. Contact: Craig Fladager at 703-858-7332 (Broadlands Resident).

BANE ELECTRICAL SERVICE LLC/ SMALL COMMERCIAL& RESIDENTIAL: Trouble shooting experts! Specializing in High Chandelier installs, Recessed light installations and Home Inspection items. In Ashburn since 1999! Call (703-723-6501) or email baneelectric@comcast.net

HOME SERVICES

LARRY MILLER INC, Specializing In Window Cleaning, Power Washing & Gutter Services: Residential Specialist. Free screen cleaning. Christmas lighting services. Licensed & insured. Broadlands resident. On Board of Directors for IWCA & Residential Comm. Visit www.windowcleaningservice.net for a FREE online estimate. Realtor, Senior & Military Discounts. Contact us: 703-723-7770 or info@windowcleaningservice.net. 10% off if you like us on Facebook: www.facebook.com/larrymillerinc.

LOONEY'S TILE AND GROUT RESTORATION: Does your shower or floor need a "REFRESH"? We are the Tile & Grout Specialists! Why Re-model when you can "Restore"? Re-Grouting, Grout Repair, Cleaning, Sealing, Professional Caulking & Water Damage Repair. Surprisingly Affordable & we offer FREE Estimates. Visit www.Lcleantileandgrout.com & read what our customers are saying on Angie's List. Locally owned in

Ashburn. 703-999-1933. Email: Mike@Looneystileandgrout.com.

HOME IMPROVEMENT CONTRACTOR: Specializing in finishing basements, remodeling bathrooms, remodeling laundry rooms, electrical, plumbing, exterior hot tub installations, express water heater replacement and expert at waterproofing wet basements. 30 years experience. Free estimates. For all your home improvement needs, please call Marc at 703-724-0772.

SHANTZ'S HOME SERVICES: Has new email: Shantz1966@gmail.com. For all your home improvement needs, Honey Do's; specializing in Bath Room, Kitchen and Basement remodeling. Contact Shantz Darling at 571-221-4940 or email Shantz1966@gmail.com. Licensed and Insured. Free estimates. Broadlands resident.

PROFESSIONAL PAINTING: Residential interior & exterior. Licensed & insured. Quality workmanship. Reasonable. Free estimates. 25 yrs experience. "You can't afford not to call." Please call Gary's Painting, 703-971-4016.

HOUSE CLEANING

CLEANING BY CHRISTA: Sole operated home cleaning by returning college student. Valuable service with low prices that will make your home and soul shine. Free estimates; references available. Contact me via email at christa.holland@gmail.com or phone at 662-226-1108.

MAID IN VIRGINIA- RESIDENTIAL CLEANING: We have earned a reputation for having the highest integrity. We enter your home excited to clean. We can provide numerous references. Locally owned and operated in Ashburn Licensed, Bonded, Insured with Workers Comp Insurance. www.maidinvirginia.com; 703-723-5199.

MARIA'S STAR CLEANING LLC: Residential and commercial cleaning. Servicing the Washington metropolitan area for more than 20 years offering competitive rates and great references. Call for a free estimate 10:30am-4:30pm, Monday – Friday at 703-723-3850 or visit our website at www.mariasstarcleaning.com.

NILDA'S CLEANING SERVICE: Residential homes, move out-in, weekly, biweekly, monthly or special one-time service. Good references Licensed, insured. Free estimates. 50% off second cleaning. (Cell) 571-332-0467; (Home) 703-401-1320. Ask for Nilda or Javier.

LAWN SERVICES

GRASS MOWING: Reasonably priced lawn service for home owners, absentee landlords and real estate agents handling vacant home sales. Mow, edge, trim and blow plus Scott's seasonal applications available. A great gift idea! **Retired Professionals Lawn Service.** No contracts to sign, just a hand shake! jackthedecker@aol.com or 1jackthemower@gmail.com.

GREEN LEAF LANDSCAPING: Snow removal, spring clean-up, grass cutting, planting, mulching, leaf removal, tree removal, edging/trimming, power washing, gutter cleaning, trash hauling, aeration & seeding. FREE ESTIMATES. Contact: Vidal Melendez 571-263-1176/571-484-1193, vidalmelendez@yahoo.com.

OAKLEY LAWN MANAGEMENT: SPRING IS HERE! Let us care for your yard. Spring Cleanup – Mulching – Lawn Mowing. Free estimate, plus 4th mow free! Call us at 703-975-8653 or visit www.OakleyLawn.com.

MARKETPLACE

AVON: Shop Avon at home or in your office and discover: Advanced Skin Care Products, Makeup, Gifts, Fragrances and Personal Service. Contact Christine Himmel, Avon Independent Sales Representative: (Mobile 571-239-5913, Email himmeljc@verizon.net, Website www.youravon.com/CHIMMEL).

MARY KAY: A wise woman once had a dream to change the lives of women for the better. Her hope was so contagious that, one person at a time, her dream spread around the world. Nearly 50 years later, millions have been touched by the legacy that Mary Kay Ash left. I'm proud to share in her commitment of caring and connecting in communities, just like ours, to help make a difference. Contact Deborah Leben 703-217-4583 dleben@marykay.com www.marykay.com/DLeben.

PET SERVICES

AROUND MIDNIGHT PET SERVICES, LLC: Provides excellent care to the furry, feathered and finned members of your family. Midday walks, overnight companionship and in-home boarding. Caring for your pets

the way you would if you were home for 10 years! Call today or visit our website. 703-726-9218, www.aroundmidnight.net. Now hiring – join our team!

PROFESSIONAL SERVICES

TAX SEASON'S HERE! Why risk your financial health with tax preparers you don't know? Get to know a neighborhood CPA right here in Broadlands and stay financially healthy. Sophear Uoy with Assurance Tax & Accounting providing experience, personal, tailored service. Schedule a free initial meeting today, 703-869-7796 or suoy@assurancetaxandaccounting.com.

ASHBURN LAW OFFICE, PLC: We are dedicated to serving clients' needs honestly, expeditiously and affordably in the areas of: Wills, prenuptial agreements, criminal expungements, traffic infractions, DUI/DWI, divorce, personal injury, landlord/tenant disputes, immigration and more. 44081 Pipeline Plaza #105 Ashburn, VA 20147. 703-986-3337, Attorney@Ashburn-Law-Office.com.

BEGLIS LAW, PLLC: Offering legal services in the areas of family law/divorce, criminal/traffic, and wills/estate planning at affordable rates. Contact an experienced attorney today to schedule an initial consultation: James P. Beglis, www.beglislaw.com, james@beglislaw.com, (703) 771-8700, 21 North King Street, Leesburg, Virginia 20176.

STATE FARM INSURANCE: Are you paying too much for insurance? Not getting the service you expect? State Farm is the #1 insurer of cars, homes, & small businesses in Loudoun County. The **Joe Mullee Agency** in Ashburn has represented State Farm for 33 yrs. and is the largest of all the Loudoun County agencies & one of the biggest in the state. Servicing our existing clients is our #1 priority. Call or email us for your free comparison. 703-724-4800 or joe@joemullee.com.

GGGGRRRRRR!!!! Computer crashed? Network down? Computers confuse you? Call Less Silberberg, Ashburn computer consultant. Over 30 years experience. Certified, licensed, Loudoun COC member. PC's, Mac's, iPads/Tablets, Smart Phones – Android, iPhone, Networks, maintenance, installation, problem solving. Daytime, weekend, evening appointments. 703-304-1130 silberberg@aurifex.net.

How to Place Classified Ads

Classified Ads (limited to 40 words maximum) must be received with payment by the 5th of each month for the following month's issue.

Please Note: Advertisers in the Broadlands Newsletter are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

Monthly Rates:

Resident Rates	Non-Resident Rates
Monthly - \$10.00	Monthly - \$20.00
Personal (For Sale) Ads \$0	

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com.

Checks only please, made payable to "Broadlands Association".

No cancellations after the deadline.

Mail to or drop off payments at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

Advertising Manager: Stassa Collins, (703) 729-9704, scollins@broadlandshoa.com

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Virginia Tire & Auto	20

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Dr. Ann Hebda.....	28
White Tree Dental	35
Wiger Orthodontics.....	12

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Golden Pond	35

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Apple Federal Credit Union	22
Lori Christ, CPA LLC	6
Seth Enterprises, CPA, Tax Services.....	35

HOME SERVICES

A1 Landscaping Services, LLC	6
AYS Company, Home Improvement	6
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Architectural Ceramics	20
The Care of Trees	mid
Climatic Heating and Cooling, Inc	2
Exclusive Flooring	mid
Gilbride Designs, LLC	20
Larry Miller, Inc. Window Cleaning Service.....	27
Manor Works Painting	14
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P&M General Contracting	6
Virginia Ground Covers	6
WashMyDeck.com	30
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PROFESSIONAL SERVICES

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Kyle Davis Re/Max (KGD, Inc.)	mid
Sampson Properties.....	36

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Creative Dance Center.....	2
Dragon Yong-In Martial Arts.....	2
Fitwize4Kids	mid
Oatlands	26
School of Rock	28

RESTAURANT

Mali Thai.....	6
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RETAIL

Broadlands Marketplace.....	mid
Olde Mill Furniture & Design	mid

ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 4,000 homes and businesses in the Broadlands community. The Newsletter Editor reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. **Advertising orders cannot be cancelled after the initial deadline.**

ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF or TIFF. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Insertion Order Forms are available at broadlandshoa.org on the newsletter page. **DEADLINE: Ad and payment submissions are due the 1st day of the month prior to the issue. (Ex: January 1st for February's issue.)**

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H)	\$90 /\$75*
1/4 pg (3.625" W X 4.875" H)	\$165 /\$140*
1/2 pg (7.5" W X 4.875" H)	\$295 /\$270*
Full pg (8.5" W x 4.875" H)	\$550/\$525*

COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H)	\$225 /\$210*
1/2 pg (7.5" W X 4.875" H)	\$425 /\$405*
Full pg (8.5" W X 11" H)	\$1050 /\$900*

Add 10% to base price above for preferred placement

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H)	\$250 /\$240*
1/4 pg horizontal banner (8" W X 3" H)	\$250 /\$240*
1/2 pg (8" W X 4.875" H)	\$475 /\$455*
Full pg (8" W X 8"H)	\$1050 /\$950*

**Discounted price if 6 or more months are prepaid*

PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED. Make checks payable to *Broadlands Association*. Checks only accepted. Changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:

Broadlands Association
ATTN: Newsletter Ads
21907 Claiborne Parkway
Broadlands, VA 20148

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at ads4broadlands@yahoo.com or 703-729-9704.

Please Note: Advertisers in the Broadlands Newsletter are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

EDITORIAL INFORMATION

The deadline for editorial submissions is **Noon on the 10th of the month**, or Noon on the last business day before the 10th should it fall on a weekend or holiday. Editorial submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704.

White Tree Dental

Implant Dentistry . Family Dentistry . Oral Surgery (extraction)
Whitening / Bleaching . Advanced Cosmetic Dentistry

Now Accepting "SMILES FOR CHILDREN"



\$500 off

Free Consultation

New Patients
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Cleaning

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of Your Choice

15% off

Special offers cannot be combined/Not valid on prior services

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44031 Pipeline Plaza suite 215
Ashburn VA 20147



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SPRINGFIELD, VA 22150
703.455.9000

DULLES
21460 SQUIRE COURT
STERLING, VA 20166
571.434.3300

OldeTownePetResort.com

Department of the Treasury -- Internal Revenue Service

Form **1040 U.S. Individual Income Tax Return 2013**

For the year Jan 1 - Dec 31, 2013 or other tax year beginning _____, 2013, ending _____, 20

SAVE **TIME & MONEY** WITH PROFESSIONAL TAX SERVICES

CALL (703) 723-9651

SETH ENTERPRISES CPA, LLC

Conveniently Located Next to Broadlands

Evening & Weekend Appointments Available

\$25 OFF

Tax Fees

April Appointments

New Customers Only. Expires 4/30/14

FREE

Initial
Consultation

Expertise In ...

- Individual Income Taxes (ObamaCare Surtax, AMT, NOL, Tax Credits)
- Debt forgiveness, foreclosures, insolvency, bankruptcy
- Home Based & Small Businesses (LLCs, Sole Proprietors)
- Real Estate Transactions (Rentals, Like-kind Exchange)
- Retirement plans (ROTH IRA conversions, SEP IRA, Solo 401(k), others)
- Education planning (Sec 529 plans, ESAs, Education Credits)
- Stock transactions (ISOs, NQOs, ESOP, ESPP, worthless stock)

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