



BROADLANDS



Community News

Broadlands Community News | June 2012

To All Dads... Happy Father's Day!

- Broadlands Live!, rock out with your neighbors on June 8th, page 4
- Flicks in the Sticks, enjoy movies under the stars on the 16th, page 4
- NOVA Summer Brew Fest, catch a ride. It's all happening on June 23rd, page 5
- Pools are now open, read the pool rules, page 25-29

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Competition Team
June 6 - Chantilly

All Stars
June 5 - Ashburn
June 7 - South Riding

Community Performance

Performing Troupe
June 8 - Ashburn

Nutcracker
June 10 - Ashburn
Aug. 18 - Ashburn

Contact the
studio listed for
audition times.

Competition Team
Showcase Performance

**Sat., June 2,
7:00pm**

Freedom High School,
South Riding



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Sunday, August 12

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21907 Claiborne Parkway
Broadlands, VA. 20148
(703) 729-9704 Fax: (703) 729-9733
Open Monday - Friday 9:00am - 5:00pm
www.broadlandshoa.org

Armstrong Management Services

Assessment Information Office:
Direct Phone: (703) 679-1541
FAX: (703) 591-5785
Email: broadlands@armstrong.net

Mail Payments to:
Armstrong Management Services
P.O. Box 11983
Newark, NJ 07101-4983

Southern Walk Board of Directors

(Open Band Contract Administration Only)

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Week of June 4th-8th:

Monday 10:00a.m. - 1:00p.m.
Wednesday: 10:00a.m. - 1:00p.m.
Friday: 9:00a.m. - 5:00p.m.
Saturday, June 9th, 10:00a.m. - 2:00p.m.

Week of June 11th-15th:

Monday, Wednesday, Thursday:
9:00a.m. - 1:00p.m.
Tuesday and Friday: 9:00a.m. - 5:00p.m.
June 19th - 29th: 4:30p.m. - 5:00p.m.

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Flicks in the Sticks

The Lion King
Saturday, June 16 - 8:30pm

The first movie of our 8th season is a Disney classic for the whole family! Our new sound system will make you want to sing along with all your favorite songs! Grab the kids, your picnic blanket and stake out your spot on the **Nature Center lawn**. Lawn chairs and coolers are welcome. Come early to get a good spot. Free popcorn and drinks are provided. Hakuna Matata!

Movies begin around sundown - time listed is approximate. In the event of inclement weather, check the HOA website to see if the movie is cancelled or rescheduled.

Flicks in the Sticks is a FREE event for BROADLANDS RESIDENTS ONLY.
Brought to you by the HOA Technology Committee.

broadlands live

**FREE Concerts
Starting on May 11th!**

Second Fridays
5:30PM to 9:30PM
Hillside Park on Waxpool
Road. See website for map.

MAY 11

Johnstone

with **Buster Brown & the Get Down**

JULY 13

Junkfood

with **Lightspeed Rescue**

JUNE 8

Crowded Streets

with **Tumbledown Shack**

AUGUST 10

Pebble to Pearl

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BYOB - bring ID • No glass bottles • Food & non-alcoholic beverages sold at event • For more info call the hotline at 571-333-4FUN or visit BroadlandsLive.com
Special thanks to **Armstrong Management, & Broadlands HOA**



Northern Virginia Summer Brew Fest

Saturday, June 23, 2012

at Morven Park in Leesburg



Enjoy a "A Celebration of American Beer" and leave the driving to us. *Your Events Committee is sponsoring a Commercial 57 Passenger Luxury Bus (bathroom included) to shuttle between the Nature Center and the Festival.*

The Bus will **depart the Nature Center** for the Festival at: 10:00a.m., 12:00p.m., 2:00p.m., 4:00p.m., and 6:00p.m. (even hours).

The Bus will **depart the Festival** for the Nature Center at: 1:00p.m., 3:00p.m., 5:00p.m., 7:00p.m., and 9:00p.m. (odd hours).



The cost for the bus ride is a healthy and economical \$0.

Check out the Festival on line at: <http://novabrewfest.com/summer/> and purchase your tickets early or at the gate.

First come, first seated for seating on the bus.



Turtles Crossing!

It's that time of year again! Turtles will start their migration route to breeding grounds and feeding grounds which can be up to 35 miles round trip. Please do not try and "save" them by moving them from their route. They know where they are going, so please only help them if they are unable to climb a curb or are in danger of being run over. Moving them from their route, even for just a few days can result in missing potential mates or starvation.



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Broadlands Live Is Underway!



It's a beautiful Friday evening, the long week is behind you and it's time to relax with friends and family. If only there was a place nearby to recline on the soft grass as the sun sets, and listen to live music... wait, THERE IS! **Broadlands Live is in its 9th season** and better than ever with returning faves and new raves to bring sweet sounds of summer to our neighborhood. With Domino's Pizza and Hawaii's Best Shave Ice on hand selling treats, and Loudoun Youth and the Briar Woods Cheerleading Squad vending beverages, snacks and providing support for the event, it's an all-out community affair! The second Friday of every month this summer never sounded better!

This free annual concert series is the community's flagship event of the year brought to you by volunteers and sponsored by the Broadlands HOA and generous local businesses. Please consider bringing your talents to the team to help plan our 10th Anniversary season in 2013. Talk to any of the volunteers at the shows to learn more.

MAY 11th

Great seeing so many of you get your groove on with our seasoner opener - **Buster Brown and the Get Down!** Their stylistic mix of funk, rock, old school hip-hop, acoustic, reggae, and jazz had us on our feet from the very first note. Headlining was a crowd favorite. We were so pleased to welcome back the energetic and positive vibes of **Johnstone**. Reggae "riddims" to awake our souls and took us to that peaceful place where "everything is Irie mon!"

JUNE 13

"Run for cover" takes on a whole new meaning with two amazing tribute bands channeling rock legends. **Tumbledown Shack** will lead you on a musical, magical journey inspired by the tunes and spirit of The Grateful Dead. Headlining is a new-to-us outstanding band that plays venues from the beaches of the Carolinas to the bars of Baltimore! **Crowded Streets** is dubbed the World's 2nd best Dave Matthews Band, and they are bringing their considerable talent to the Broadlands!

JULY 8

Kicking off July is 2011 Ashburn Battle of the Bands Winner **Lightspeed Rescue**-a dynamic group of Briar Woods and Heritage High School alums who mix classical training with their inner Red Hot Chili Pepper to rock stages all over town! Headlining is a band needing no intro, the ever popular and always fabulous **Junkfood!** With party music and incredible showmanship on stage, July just got a lot hotter. Come early for this show!

AUGUST 10

Thrilled to be closing the season with an amazing act that has dazzled crowds in venues like The House of Blues in Orlando and The Canal Room in NYC, **Pebble to Pearl** will ignite the Broadlands with their unique brand of R & B and Funky Blues. Come prepared to dance and be awed by this world class group!

Location - Hillside Park on Waxpool Road

Time - 5:30p.m. to 9:30p.m., BYOB and feel free to bring food and drinks

DON'T FORGET THE RULES: No glass containers, No pets. If you plan to drink alcohol, you must be over 21 and show valid ID to receive a wristband, regardless of your age. Unsupervised and unruly children will be returned to you with a pound of pixie sticks and an untrained puppy! Complete rules and more information are available at www.broadlandslive.com

See you at the shows, neighbors!

Your Broadlands Live Event Committee

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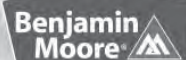
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Nothin' But 'Net

Submitted by: Dawne Holz, Technology Committee and Consumer Education Specialist at the FTC

Fraudulent Online Payday Lenders: Tapping Your Bank Account Again and Again



If you need a short term loan, you may be tempted by ads touting online payday lenders. But before you click on a link, you may be interested to know that the Federal Trade Commission (FTC) recently sued several online payday lenders for violating federal laws.

The lenders allegedly lied about how much their loans would cost, required borrowers to allow the lenders to take money from their bank accounts automatically, and threatened to sue the borrowers or have them arrested for non-payment.

Here's how the scam allegedly played out: The online payday lenders required borrowers to provide bank account information so they could deposit the borrowed funds electronically and withdraw the repayment amount from the account later. The lenders claimed that the repayment amount would be the amount borrowed plus a one-time finance fee, and that this amount would be withdrawn on a particular date. Instead, the lenders made multiple withdrawals from the borrowers' bank accounts and assessed a new finance fee each time. The borrowers paid much more than the stated cost of their loans.

In a typical example, a person borrowed \$300 with a stated one-time finance fee of \$90. The borrower expected that the loan would be repaid in a single withdrawal of \$390. But the lender began a series of automatic withdrawals, assessing a \$90 finance charge each time. By the last withdrawal, the borrower would have paid \$975 instead of \$390 to repay the loan.

Shopping for a Loan

Payday loans can be expensive; other credit offers may come with lower rates and costs. It's important to shop and compare available offers before you decide to take out an online payday loan.

1. **Shop for the credit offer with the lowest cost.** Try to find out the annual percentage rate (APR) and the finance charge (including loan fees and interest, among other credit costs) of different options before you select a credit offer. You are looking for the lowest APR. If you are shopping online and can't find the APR and the finance charge, visit lenders in person.
2. **Consider a small loan from a credit union.** Some banks may offer short-term loans for small amounts at competitive rates. A local community-based organization may make small business loans, as well. A cash advance on a credit card also may be possible, but it may have a higher interest rate than other sources of funds: find out the terms before you decide.
3. **Contact your creditors or loan servicer as quickly as possible** if you are having trouble making a payment, and ask for more time. Many may be willing to work with you if they believe you are acting in good faith. They may offer an extension on your bills: Find out what the charges are for that service. There could be a late charge, an additional finance charge, or a higher interest rate.
4. **Make a realistic budget**, including your monthly and daily expenditures, and plan, plan, plan. Try to avoid unnecessary purchases: the costs of small, everyday items like a cup of coffee add up. At the same time, try to build some savings: small deposits do help. A savings plan – however modest – can help you avoid borrowing for emergencies. Saving the fee on a \$300 payday loan for six months, for example, can help you create a buffer against financial emergencies.
5. **Find out if you have – or if your bank will offer you – overdraft protection** on your checking account. If you are using most or all the funds in your account regularly and you make a mistake in your account records, overdraft protection can help protect you from further credit problems. Find out the terms of the overdraft protection available to you – both what it costs and what it covers. Some banks offer “bounce protection,” which may cover individual overdrafts from checks or electronic withdrawals, generally for a fee. It can be costly, and may not guarantee that the bank automatically will pay the overdraft.

For More Information

To learn more about alternatives to payday loans, and special protections for service members, see *Payday Loans Equal Very Costly Cash: Consumers Urged to Consider the Alternatives at ftc.gov*.

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Broadlands Association

Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 6:00pm.

Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to Management no later than 7 days prior to the meeting.

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
June 06, 2012	June 01, 2012
June 20, 2012	June 15, 2012
July 04, 2012	<i>No Meeting</i>
July 18, 2012	July 13, 2012

Updated Design Guidelines are on the Broadlands HOA website at www.broadlandshoa.org/node/49.

Submit complete applications by Noon on the submission date to the Secretary, Robin Crews, rcrews@broadlandshoa.com, to the Modifications Subcommittee, at the Association office in the Nature Center, 21907 Claiborne Parkway. There is a drop box available for after-hours submissions. A response to your application is generally mailed within one week of the meeting.

Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center 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 Friday before the meeting. Please review the Design Guidelines manual or look online for information to be submitted with your application, as failure to include all information will delay review of your project.

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

Homeowners Association Board of Directors Meeting Tuesday, June 12th at 6:00p.m.

*in the
Nature Center Conference Room*

Southern Walk HOA Board of Directors Meeting Thursday, June 14, 2012 at 6:00 p.m.

*in the
Nature Center Conference Room*

Covenants Inspections

With the arrival of warmer temperatures, the association has started inspections of exterior and lawn maintenance violations. These inspections ensure that the appearance of our beautiful neighborhoods 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 any 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. If you are interested in the exact language and wording, it is located on Section 5.3(a) of the Declaration for Broadlands.

From the Naturalist...

By Broadlands and ANS Naturalist Lisa Matthews

Summer is fast approaching and we are all gearing up for a great summer. Make sure that this summer doesn't find your children inside playing video games. Audubon Naturalist Society believes that "children grow better outside" and to that end we are offering Summer Nature Camps to allow your children to have fun and investigate the natural world.

Our fun and knowledgeable staff create camps that inspire and educate! Kids will spend the week exploring the Nature Center indoors and out. Games, hikes and art projects will accompany our learning and explorations.

We have noticed that when children come to the Nature Center for camp they all want to get to know our animals. Because of this, we have decided to base all of our camps around our animals. Each camp will give your child the opportunity to get up close and personal with each member of our Nature Center animal family.

We have also added some camps for older kids. Join us as we solve a mystery during our Super Sleuths summer camp or for the kids going into middle and high school, have a wilderness adventure at our Bay Quest camps. For more information on our camps, check out our camp descriptions in the newsletter or visit www.auduboncamp.org.

On a different note, Spring babies!

This time of year, I receive many calls regarding what to do when a baby bird or animal is found. Most of the time, it is best to leave the animal alone. Most of the time, the babies will be fine. Even if you can't see their parents, it doesn't mean that they are not nearby. If you have a dog or cat, though, and the animal is in your yard, it is best to keep your pet on a leash until the animal leaves (grows up). Usually, this is no longer than a week or two.

Many times, a baby bird has left the nest intentionally and is learning from the parents. If the bird has feathers and is hopping around, it will probably be flying within one or two days. Please leave it alone! The parents will continue to care for it.

If the baby is still covered in down and not hopping around, you can try to put it back into its nest if you can reach it. Birds will still take care of their babies even if they have been touched by humans. If you can't find

the nest, or it is too high to reach, you can try creating a fake nest (strawberry baskets lined with straw make a perfect nest). Nail it to a high spot near where you found the baby. The parents will continue to feed and care for its baby.



Do not try to take care of a baby animal yourself. Each species has different needs and it is not practical for humans to meet those needs. For more information and help with an injured wild animal please contact The Wildlife Rescue League of Northern Virginia. Their hotline is (703) 440-0800 and their website: www.wildliferescueleague.org.

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This kitchen was designed by Laura Gilbride, a Tart Lumber Design Consultant and Broadlands resident. To make an appointment to design your kitchen or bathroom, call (703) 450-5040 or e-mail Lgilbride@tartlumber.com.



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The Critter Corner By Dr. Steven Velling Ashburn Village Animal Hospital "The Nose Knows"

Dogs have long been known for sniffing out the trails of missing people, raccoons or foxes, or for detecting drugs in airports, but over the last several years, more and more dogs have been put to the test of finding cancer.

The first medical journal to report on a dog behaving differently around an owner before the owner received a cancer diagnosis was in 1989, when a woman had a Doberman-Collie mix that wouldn't stop sniffing her mole. Because of the animal's persistence, she went to see a doctor, who identified the growth as a malignant melanoma. This is likely due to the fact that cancerous tissue releases very small amounts of chemicals different than that of healthy tissue. Then in 2001, British researchers conducted a specific test on dogs' sniffers. Using a method some police use to train bomb-sniffing canines, they taught six dogs to identify the smell of bladder cancer in samples of patient's urine. Their success rate wasn't the best – only about 40% - but it was good enough to warrant further studies.

Within the last decade, researchers have taught dogs to detect the smell of breast and lung cancer on patient's breath. The hope was that the biomarkers for cancer would be easier for the dogs to smell in the breath than in urine. Using the good old fashioned method of positive reinforcement (they got a treat when they sat in front of a positive sample), the dog scored a remarkable success rate of 88-99% (published in 2006 in *Integrative Cancer Therapies*). It helps that a dog's nose is 10,000 to 100,000 times more sensitive than that of the average human. They can pick up smells at about one part per trillion, the equivalent of being able to sniff out a single drop of chlorine in an Olympic-size pool.

Researchers at the Pine Street Foundation in California, a group that works specifically with dogs, are working with other organizations to try to set up a system to examine different samples of humans and screen for hard-to-diagnose cancers such as ovarian cancer. Who knows, maybe years from now those dog kennels may be saving lives.

Till next time,
 Dr. Steve - www.ashburnanimals.com



What is HoPeLine?

HoPeLine® from Verizon puts the nation's most reliable network to work in the community by turning no-longer used cell phones into support for domestic violence victims and survivors.

Organized by the Broadlands Wildlife Habitats Committee.

Find us on: facebook/pages/Broadlands-Naturally

Used Cell Phone Collection to Support Domestic Violence Victims & Survivors

Any Phone Carrier Cell Phones
Any Condition - All accessories

Drop Off Location:

Broadlands Nature Center

When: Currently – July 1st

Monday – Friday: 9:00a.m. - 5:00p.m.

No loose batteries please



Caring Hands Animal Hospital



Compassionate Care 7 Days a Week

Doctor available by phone 24 hours a day.

We welcome you to come tour our facility and meet our friendly staff.

- * Early Admit
- * Radiology
- * Intensive Care
- * Dentistry
- * Exotic Pet Care

703-726-0446

43300 Southern Walk Plaza
Ashburn, VA 20148

www.caringhandsvet.com



Come Join the Broadlands Wildlife Habitats Committee

Naturally Healthier Surroundings Inside & Outside



Our committee activities and objectives are:

Family Nature Programs

Talks, Walks, Presentations and more...

Greener Healthier Homes

Bring information and programs to promote:

1. Chemical free gardening and native plants
2. Growing your own organic veggies
3. Toxic free indoor air
4. Reducing utility cost with energy efficiency and water conservation
5. How and where to get local food

EarthDay@Loudoun Family Festival

Annual Certification Celebration

Community Wildlife Habitat™

by The National Wildlife Federation

If you are interested in meeting new people, and developing fun projects for kids and families give us a try. Our committee gives you the opportunity to choose how much time you would like to commit.

Contact Oya Simpson:

osimpson@broadlandsnaturally.org,
703-725-8040

or visit www.BroadlandsNaturally.org

Facebook: Broadlands-Naturally

Kritters for Kids...

By Broadlands and ANS Naturalist,
Lisa Matthews

Spring and early summer is an exciting time for you because the animals are all having babies! It is fun to see the baby ducks, goslings and bunnies and occasionally a fawn running around. Many people like to go to the ponds and feed the baby birds, but did you know that you could be hurting their health?

White bread is very bad for birds, turtles and fish. It makes them fat and can hurt their hearts, livers and kidneys. I have seen people feeding them sugary cereals, crackers, potato chips and even doughnuts! It doesn't give them what they need to grow big and strong and the baby birds don't learn to forage for the natural foods like water plants, bugs and worms when they are overfed.

Here are some yummy healthy food ideas for feeding ducks and geese:

- Whole grain/wheat bread-broken into small pieces
- Whole grain cereals (no sugar added) with lots of grains is best
- Brown rice, wheat grains and oats
- Shredded carrot, split peas
- Duck feed, bird seed and cracked corn
- Leftover bugs and worms
- Leftover vegetables: small torn pieces of leafy greens such as spinach
- celery, peas, dried corn (you can dry the leftover corn from dinner)

Some of the birds will try and eat all of the food before the others get there. To ensure that the birds do not get overfed from the hand outs, throw out a bit of feed or walk around the pond and get all of them to follow you until you have most of the population nearby. That way, the birds will get a little bit and that will be healthier for them as well. Duck food is available to purchase at the Nature Center for \$1.00 per bag.

Thank you for helping our bird friends. The turtles and the fish will thank you as well.

Environmental Education Interns

Interested in a challenging and rewarding job outdoors this summer? Do you enjoy working with children of all ages exploring wildlife, wilderness skills, conservation and outdoor adventures?

The Audubon Naturalist Society (ANS) seeks highly motivated and creative High School Students for our **environmental education internship**. High School interns assist teachers and college interns in the summer camp program and progress to leading lessons by the end of summer. This is an 11 week, part-time unpaid summer internship. Applicants must enjoy working outdoors with children. Some experience with children and/or the outdoors preferred. This is a great experience and college application building opportunity.



Details: Interns will work for the 2012 ANS summer camp program. ANS summer camps offer day camps for children ages 4-14. Camps are based at our beautiful nature sanctuary in Leesburg, Virginia. ANS provides a dynamic work environment with a friendly, creative and knowledgeable staff.

TO APPLY:

E-mail cover letter and resume to julieg@audubonnaturalist.org or mail to Rust Nature Sanctuary, Attention: Summer Camp Director, 802 Childrens Center Road, Leesburg, VA 20175. For questions call 703-669-0000 ext. 1.

Applicants are hired on a rolling basis.

Student Volunteers at Broadlands

Do you need community service hours? Do you want to have FUN? Spend your day outside helping children learn about nature at the Audubon Naturalist Society's Rust Nature Sanctuary and the Broadlands Nature Center! Our summer camp volunteers are a vital part of the success of our camps. Volunteers help prepare activities, work one-on-one with the children, and share each child's discoveries.

Qualifications:

Summer Camp Volunteers must be 14 years old and be enthusiastic about working with children and enjoy the outdoors.

Volunteers may schedule to work mornings, afternoons, or full day for a camp session.

Morning classes run from 9:00a.m. - Noon.

Afternoon classes run from 1:00p.m. - 4:00p.m.

Full day classes run from 9:00a.m. - 3:00p.m.

Sessions begin June 18th through June 20th and August 20th-24th

If interested, please call Lisa Matthews (703)729-9726 or e-mail naturalist@broadlandshoa.com to volunteer for the Broadlands camps.

Audubon Naturalist at Broadlands Summer Nature Camp

Kids Grow Better Outside!

All camps take place at the Broadlands Nature Center.
For more information about camps and registration, visit
www.auduboncamp.org or www.broadlandshoa.org

Elementary School Camps:

Cost: ½ day camp: Residents \$120/Non-Residents \$160
Full day camp: Residents \$200/Non-Residents \$240

Pre-k/K: Children must be 4 years old by the start of camp.

Animal Art: 6/18 - 6/22, 9:00am. - Noon

Discover the animals at Broadlands through drawing, painting, constructing, and acting in this imaginative camp.

Dirt Worms and Other Ickys: 6/25 - 6/29, 9:00a.m. - Noon

Exploration of worms, slugs and snakes are just the beginning as we discover what's really lurking in the soil beneath our feet.

1st - 2nd Grade Camps

Talons and Teeth: 6/18 - 6/22, 1:00p.m. - 4:00p.m.

In this camp we will look for large and small predators and learn about how they find their prey

Caring for Critters: 6/25 - 6/29, 1:00p.m. - 4:00p.m.

Meet and care for a different animal every day in this hands-on camp.

3rd - 4th Grade Camps

Super Sleuths: 8/20-8/24, 9:00a.m. - 3:00p.m.

Join the ranks of forensic investigators in this exciting camp. We will learn about the science of evidence collecting and interpretation as we follow clues to solve natural and human mysteries.

Middle and High School Traveling Camps:

Cost: Residents \$500/Non-Residents \$570

BayQuest: 5th - 6th grade 7/23 - 7/27, 9:00a.m. - 4:00p.m. Our adventure begins at the Broadlands Nature Center, then we'll travel by bus to Echo Hill Outdoor School for a three-day, two-night excursion on the Chester River. This camp is a great introduction to the overnight camp experience.

Advanced Bay Quest 7th-9th grade 8/6-8/10 9am-4pm M-F are overnight stays at Echo Hill Outdoor School on the Chester River. We return to Broadlands Friday afternoon.



Wildlife Alert!

Coming to Broadlands Nature Center

Raptors Alive & Up Close!

By Raptor Conservancy

Date: Sunday, June 10th

Time: 7:30pm

Location: Broadlands Nature Center

RSVP: osimpson@broadlandsnaturally.org



Meet Our "WILD" Neighbors!

By Wildlife Ambassadors

Date: Saturday, July 21

Time: 8:00pm

Location: Broadlands Nature Center

RSVP: osimpson@broadlandsnaturally.org



Cool Facts

Watch them in Action

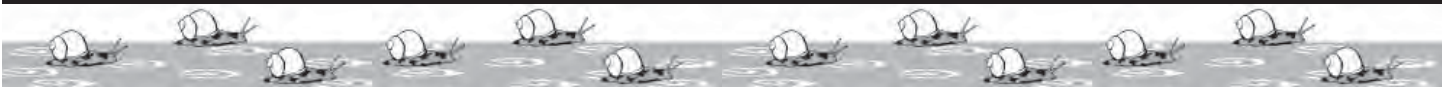
Get your questions answered

Get to know our neighbors we share the habitats with and why their healthy existence is greatly important for our environment's balance.



Brought to you by Broadlands Wildlife Habitats Committee

www.BroadlandsNaturally.org



2nd Saturday Family Programs at the Nature Center

Butterflies and Bees: Make a Drinking Dish June 9th, Noon-1:00p.m.

We might be in for a long, hot and dry summer! The native bees and butterflies will need a good watering hole to visit. Come this Saturday and make a special watering place for our winged friends and learn about our native bees and butterflies. There may be an additional fee for supplies and/or for additional dish kits (one dish per family). Be dressed for a mess!

Summer Pond Day July 14th, Noon-1:00p.m.

The critters will be bigger and possibly bolder! We plan to have great adventures net-dipping in our pond and seeing who's new in the pond from spring to summer. Bring your boots (and, maybe, a change of clothes) to explore the creatures that we can find in our pond at Broadlands Nature Center!

Dragons and Damsels August 11th Noon-1:00p.m.

Zippering, zooming, flying and flitting, dragonflies and damselflies are the supreme hunters of the pond! Learn about their special flying abilities and how they live. We will make a craft and also go outside to observe these fascinating flying machines. Bring your boots for visiting the pond.

Cost of Saturday Family Programs

1 adult and one child: \$5.00

Family up to 5 members: \$10.00

Additional family members: \$2.50

Programs are one hour, residents and non-residents are welcome!

Sunny, our Corn Snake is fed at the end of each program!

For more information or to register, please call 703-729-9704 or email naturalist@broadlandshoa.com.





**2012 Dates set for
TWO Broadlands Triathlons**

We are excited to once again host two showcase events in Broadlands' own backyard: Infinitive Sprint Tri on June 24 & Dog Days Sprint on August 12.

Both triathlons bring a flurry of participants and spectators into the Broadlands Community from Virginia, Maryland, DC and beyond! Tri participants enjoy the course, which has been hailed as challenging for experienced triathletes and fun for newer competitors. Spectators, neighbors, and volunteers line the streets to cheer on racers, who continually rate these triathlons as one of their favorite events of the season. If you've raced them, you know! If not, come out this year and find out what the buzz is all about! We promise not to disappoint!

As in prior years, the races start and finish at The Southern Walk Pool. The races kick off at 7:00a.m. with a 400m swim. The bike course is a 6 mile loop on Claiborne Parkway and side roads between Broadlands Boulevard and Croson Lane, bikers ride two loops. The final leg is a 5k run on the community trails. Loudoun County Sheriff Officers will be out in full force, but please be cognizant of bikers on the road on these two early Sunday mornings between 7:10a.m. and 8:45a.m.

Special thanks to all Broadlands residents for your support of our event. We've had great success over the last 4 years, and look forward to another great summer! Feel free to cheer on our bikers and runners...many of whom are neighbors competing in their first triathlon! Our Broadlands' races are becoming well known as great first timer events!

As always, both races support local charities. "It's rewarding to be able to host well-organized fitness events, while at the same time giving back to our community", notes race Director, Kathleen McFarlane.

2012 race dates: June 24 & August 12. For more information on either race, including course maps please visit: www.katmacevents.com.



\$10,000 gas giveaway

Win Big. Save More. Now through June 30, you will be automatically entered to win a \$500* GAS CARD when you finance a new or used vehicle or motorcycle with Apple Federal Credit Union or refinance** an existing auto loan from another lender. Plus, enjoy affordable payments with auto loan rates as low as 1.99% APR¹ (includes a 1.00% Direct Deposit discount²).

*Members who secure a qualified new or used Auto/ Motorcycle/RV Loan, or refinance an Auto Loan, AND have their financing disbursed 04/01/2012 - 06/30/2012 with Apple FCU will be entered into a drawing to win one (1) of twenty (20) \$500 Gas Cards. Excludes vehicles financed on-site at an Apple preferred dealer. NO PURCHASE NECESSARY. Visit AppleFCU.org/GasGiveaway the official rules and for an alternate method of entry. **Current Apple FCU Auto Loans are not eligible for refinance. ¹APR=Annual Percentage Rate as of 04/01/2012 for a new/used/ refinanced, 36-month term, includes a 1.00% Direct Deposit rate discount and is subject to change at any time. Rate based on an evaluation of applicant credit. Your actual rate may vary (or be higher). ²1.00% rate discount contingent upon an active, monthly direct deposit of \$1,000 or more into an Apple Savings or Checking account. Membership eligibility requirements apply. Federally insured by NCUA. Equal Opportunity Lender.



Ashburn Branch
43330 Junction Plaza, #105
AppleFCU.org/GasGiveaway | 703-788-4800



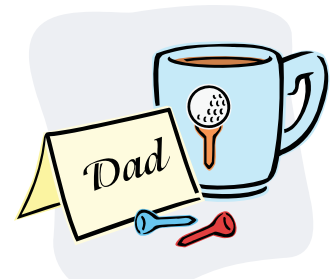
Breakfast Fit for a King...Make Dad's Morning Special



SYRUPY BANANA-NUT OVERNIGHT FRENCH TOAST

Prepare the night before so it's ready to go in the morning. Serve with a complimentary salty side such as a sausage casserole.

- 6 tablespoon(s) butter or margarine
- 1 1/2 cup(s) packed brown sugar
- 5 large ripe bananas cut diagonally into 1/2-inch-thick slices
- 1 (12-ounce) long loaf French or Italian bread, cut crosswise into 1-inch-thick slices
- 6 large eggs
- 2 cup(s) milk
- 2 teaspoon(s) vanilla extract
- 1 teaspoon(s) ground cinnamon
- 1/2 cup(s) sliced almonds or coarsely chopped walnuts or pecans



Preparation

In microwave-safe small bowl, heat butter in microwave oven on high 1 minute or until melted. Stir sugar into butter until moistened. With fingertips, press sugar mixture onto bottom of 13-inch by 9-inch glass baking dish. (It's okay if mixture does not cover bottom.) Spread fresh or dried fruit over sugar mixture; top with bread slices, cut sides down. In medium bowl, with whisk, beat eggs; whisk in milk, vanilla, and cinnamon. Slowly pour milk mixture over bread; press bread down to absorb egg mixture. Sprinkle with nuts. Cover with plastic wrap and refrigerate at least 2 hours or overnight. Preheat oven to 350 degrees F. Remove plastic wrap from baking dish. Bake uncovered, 45 to 50 minutes or until bread is golden brown and knife inserted in center comes out clean. Let stand 10 minutes before serving. Note: If you don't have bananas, substitute 3 to 4 very ripe pears or peaches (about 1 1/2 pounds), sliced; or 1 cup dried cherries, cranberries, or raisins. Delish.com

CHEESE AND SAUSAGE BREAKFAST CASSEROLE

This can be prepared the night before and chilled until ready to cook.

- 8 white bread slices, cut into cubes
- 1 pound bulk pork sausage, crumbled and cooked
- 1 1/2 cups grated sharp cheddar
- 10 large eggs
- 2 cups milk (do not use lowfat or nonfat)
- 2 teaspoons dry mustard
- 1 teaspoon salt
- Pepper



Preparation

Grease 9x13-inch glass baking dish. Place bread in prepared dish. Top with sausage and cheese. Beat together eggs and next three ingredients. Season with pepper. Pour over sausage mixture. Preheat oven to 350°F. Bake casserole until puffed and center is set, about 50 minutes. Cut into squares.

Win a \$25 Gift Certificate to ☞ Bonefish Grill!

Find these Father's Day pictures anywhere in the newsletter, enter the page number and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than **June 10, 2012**. Be sure to include your name and telephone number. Good Luck!



Page # _____

Golf Club: _____

Drill: _____

CONTACT INFO:

NAME: _____

PHONE: _____

A Kitchen Makeover to Makeover Your Waistline, Part 2
 By, Katie Herbert CPT,
 Fitness.innovations@gmail.com



In the last article I wrote, I talked about tips you can use to change the living space in and around your kitchen that will lead to a successful weight loss/maintenance plan. Without getting into exactly what you are eating we looked at ways to make your kitchen a healthier place to eat. Hopefully by now you have tried to implement a few of the ideas and are finding success. This month we will focus more on what you are putting into your pantry. But, before we get going, I want to be clear that I am certified as a Personal Trainer, not a Nutritionist and prefer not to go beyond my scope of practice. I will give you general ideas but not exact portions or measurements. There are some amazing resources online that you can check if you want specifics that I will list throughout.

It is time to take the next step and do a pantry sweep. The first aspect that I want to focus on is organization. Open up your pantry and cabinets then your freezer and fridge. Can you easily see what is available to you? Can you look in and do a quick inventory or are boxes and bags crammed in and shoved into every inch of space? If you answer to the latter, you need to do a little purge. If you can't see what is in your space, you are likely to buy doubles of products because you have no idea that you already have it. Unorganized pantries also make it tough to throw a meal together on busy nights and increase the chance of last minute eating out because you think that you have nothing to prepare.

Start by choosing one place to focus on and remove all items. Chances are that you will find at least a few things are past the freshness date. Go ahead and toss those items out, feels good to start clearing out doesn't it? When you begin to put the items back into the space think about each one. Is this something that is good for you and your family to consume? If not, get rid of it. To find more information on healthy eating check out eatright.com, it is the website for the Academy of Nutrition and Dietetics, or health.gov, you can find great information there to help guide you on your sweep.

After a little pantry clean out you will have space for a few new items. Here are a few quick tips for a waistline friendly shopping trip:

1. Never shop hungry. We have all heard this before and it is with good reason, eating with a grumbling belly leads to amazing rates of impulse purchases. We usually will grab premade items that are loaded with calories and fat.
2. Shop from a list, it will reduce impulse purchases and is also friendlier on your wallet.
3. Keep the focus of your shopping on the perimeter of the store. The majority of your time should be spent among fresh produce, lean meats, and dairy. Try to limit the amount of pre-packaged convenience food. These items tend to be higher in sodium, fat and calories than if you prepare it yourself.
4. Avoid products that have trans fats.
5. When buying bread try to find a kind that contains 3 grams or more of fiber per slice. I personally love Ezekiel bread, it can be found in the freezer section. It tastes great and is loaded with fiber and protein.

Continued on page 23

Drama Kids Summer Camp

Looking for Dramatic fun?

Drama Kids Summer Camp has new and exciting drama activities each day for non-stop fun. Learn acting skills and star in a special end-of-camp performance. Join us for a dramatically fun summer!

Grades 1 – 5: July 9 – 13 & 16 – 20
 Half day and extended days

Grades 6 – 9: July 23 – 27
 9:00 a.m. – 3:00 p.m.

Camp held weekly at Brambleton Community Center

Visit www.dramakids.com/va4

- Prices; earlybird discount thru March 31st
- Session Information
- Registration

For questions please call us 703.726.1226!

SUMMER CAMP

for 2012

INFLATABLES ~

ARTS & CRAFTS ~

GYMNASTICS ~ ZIP LINE

FOAM PIT ~ TRAMPOLINE

Ages 5 & Up – Half or Full Day Camp

Camp starts 6/11/12
For (11 weeks)

\$30 OFF!

When signing & pre-pay for two or more weeks (Full Day)
Discount Offer Expires 6/11/12
Cannot be combined with Other Offers.

DULLES
GYMNASTICS ACADEMY

www.dullesgymnasticsacademy.com

703.444.4966

45449 Severn Way #101
Sterling, VA 20166

Page 22

June 2012

BROADLANDS TENNIS PROGRAMS

Luis Rosado Tennis Academy

Luis and his staff bring over 20 years of experience to the Broadlands Community. Visit www.LuisTennis.org for details and registration forms.

- Enrollment is OPEN!!
- We offer a 20% off Family discount

Summer Camp - June 25 - August 17 *Weekly Sessions*

Full Day (9am - 5pm) \$375 resident / \$395 non-resident per week
Half Day (9am - 1pm or 1pm - 5pm) \$220 resident / \$235 non-resident per week

8 WEEK SESSIONS

Session II - (Apr 23 - Jun 17)
Session III - (Jun 18 - Aug 12)
Session IV - (Aug 13 - Oct 7)

45 MIN JUNIOR CLINIC (ages 4-5) All levels

Mon - Fri, 4:15pm

1 HR JUNIOR CLINIC (ages 6-16)

Beginner / Intermediate
Mon - Fri, 5:00pm & 6pm
Sat & Sun, 10:00am & 11am

1.5 HR JUNIOR CLINIC (ages 10-16,

Advanced / Intermediate
Mon - Fri, 6pm
Sat & Sun, 10:00am, 11am

1.5 HR ADULT CLINIC - All levels

Mon - Fri, 7:30am, 9am, 10:30am
Mon - Fri, 7pm & 8:30pm
Sat & Sun, 8:30am

Broadlands Resident / Non Resident Pricing

45 MIN CLASS (As low as \$14.00 per class)
\$96 / \$112 per session (8 weeks) 1 class a week
\$176 / \$208 per session (8 weeks) 2 classes a week
\$240 / \$288 per session (8 weeks) 3 classes a week
Clinic Drop In Fee: \$16 members; \$18 non-members

1 HR CLASS (As low as \$14.00 per 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 (As low as \$22.50 per 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

Weekly Junior Round Robin Tournaments (\$20.00 per Tournament)

11 years and over - Sat & Sun, 12pm - 2pm
10 years and under - Sat & Sun, 12pm - 2pm

Private / Group Lessons (1 player \$60, 2P \$35 each, 3P \$25 each)

- Stroke analysis and evaluation; an objective assessment
- Weakness identification and improvement of fundamentals
- Stroke development; technique, theory, and practice
- Advanced hitting practice

Please email Luis Rosado if you have any questions:
LuisTennisAcademy@gmail.com or broadlandstennis@yahoo.com.

Broadlands "Boys Night Out"

Doubles Tennis Ladder

Description: We have reserved the Nature Center courts on Sunday Nights for a Men's Doubles Ladder.

Participants: Men with NTRP ranking of 3.0 or higher.

Fee: \$20.00 covers the season - balls will be provided.

Format: Three "No Add" scoring sets will be played with a tie break at 5 - 5 in each set. Each set will be with a different partner on your court.

Ranking: A winning percentage for each player is calculated dividing total games won by total games played. A grand total winning percentage will be calculated week by week and the highest percentages will be at the top of the ranking. The courts will be assigned based on the rankings. Court 1 would have the 4 highest winning percentage players, court 2 then next 4 highest, and so on.

When: Every Sunday night (7:00p.m.) rounds ongoing through September 2011.

Where: Broadlands Nature Center Courts

Contact: To join the ladder or to get further information, contact broadlandstennis@gmail.com

Broadlands Tennis Website:

www.BroadlandsTennis.org



Continued from page 22

6. Choose one new fruit or vegetable to try each week. The produce section can be a scary place for some, look up a few new recipes and get familiar with the produce beyond apples and carrots.
7. Avoid buying in bulk. This statement may make me the least popular person in Broadlands, I know many people are Costco fans and I am not saying that everything there is bad. Just be smart about it. Do you really need the box of 50 Magnum ice cream bars? It is great to save money just don't do it at the cost of your health.
8. Use caution in the organic section. Most grocery stores now have an organic section of packaged food, great right? It is mostly great but you still have to be careful. Don't confuse 'organic' for 'low-fat' or 'low-calorie'. An organic cookie is still a cookie.

I find that it is a tough job to be a consumer these days. Companies have become very good at marketing products to make them appear more healthful than they are. If you look in the cereal aisle you will find all kinds of cereals marketed to kids that are loaded with sugar and dyes that boast 'Whole Grains' or 'Now with Fiber'. That is a noble effort but don't forget to check the label, most of them are still full of sugar and artificial ingredients.

Marketing for food is getting more and more deceptive so it is our job as consumers to become as educated as we can. A great app to check out is called 'fooducate'. It allows you to scan barcodes on food and then it rates the food and tells you why it received the rating that it did and it gives suggestions for healthier alternatives. It is a great app and can give great insight into your pantry. I think most people would be amazed at some of the foods that they think are good choices. We aren't making these choices because we are stupid, there are people that are being paid quite a bit to convince us that their product is a good choice and even the best get duped. I will caution everyone, it can be addictive. I found myself unable to stop scanning granola bars a few days ago.

Broadlands 2012 Pool Locations and Hours

Please check below for everything you need to know about the pools. Don't forget to bring your photo ID pass. No one will be admitted to the pool without their Photo ID Pass...No Exceptions! Hours are subject to change by the Board of Directors for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Check posting at pool for any changes to hours of operation.

Summerbrooke Pool – 21580 Demott Drive – 703-724-9818

10:00 a.m. – 8:00 p.m. daily, including weekdays while school is in session.

Southern Walk Pool – 43081 Village Drive – 571-223-1331

During school: Weekday hours are 4:00 p.m. – 8:00 p.m. Weekend and holiday hours are 11:00 a.m. – 8:00 p.m.

After school: Standard pool hours will be 11:00 a.m. – 8:00 p.m. daily.

Community Pool – 43008 Waxpool Road – 703-724-7830

During school: Weekend and holiday hours are 12:00 p.m. – 9:00 p.m. Closed on weekdays.

After school: Standard pool hours will be 12:00 p.m. – 9:00 p.m. daily.

Adult Lap Swim only at Community Center Pool: Tuesday, Wednesday & Thursday, 5:30 a.m. to 7:50 a.m.

SPECIAL POOL TIMES

Due to Broadlands Swim Meets, please note the following time changes:

Southern Walk Pool

June 9: Sat – open late at 11:30 a.m.
 June 13: Wed – close early at 4:00 p.m.
 June 16: Sat – open late at 11:30 a.m.
 June 23: Sat – open late at 11:30 a.m.
 July 14: Sat – open late at 11:30 a.m.
 July 21: Sat – open late at 11:30 a.m.

Community Center Pool

July 11: Wed – close early at 4:30 p.m.

Summer Camps At The Ashburn Ice House



Summer Fun Skate Camps
Tiny Tots 1/2 Day Camps
Freestyle Development Camps
Power Ice Camps
Power Play Hockey Camps

To Register go online to
www.ashburnice.com or stop by our Front Desk



Stay Cool All Year Round At The Ashburn Ice House

21595 Smith Switch Rd.
 Ashburn, VA 20147
www.ashburnice.com
 703-858-0300

44611 Guilford Dr. #160
 Ashburn, VA 20147
www.phoenixtkd.net
 703.858.3998

PHOENIX
TAEKWONDO



It's Not Too
Late For
Summer
Camp

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Trials!

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- Afterschool Taekwondo
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CONFIDENCE RESPECT
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 Experience the
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Friendly & Respected Staff

BROADLANDS ASSOCIATION POOL RULES

WHEREAS, the Declaration of Covenants and Restrictions obligates Broadlands Association with the responsibility for the management and control for the benefit of the Members and the Common Area; and

WHEREAS, there is a need for the Board of Directors to take appropriate measures to protect and benefit all users of the swimming pools; and

WHEREAS, it is the intent of the Board of Directors, in order to assure safe and sanitary use of the swimming facilities, to require all users of the swimming pool facilities, both residents and guests, to comply with prescribed rules while using these facilities; and

WHEREAS, the following rules and regulations are for the protection and benefit of all users of the pool facilities and are designed to assure safe and sanitary operation of the pools, members are requested to instruct their children to observe all rules and obey instructions of the lifeguards and other pool attendants; and

WHEREAS, it is the intent of the Board of Directors, to comply with the State Law and the County Regulations for Pools, the pools will be operated in accordance with these laws and regulations. Where there is a conflict with these rules and regulations, the most stringent requirement shall prevail; and

WHEREAS, the cost of any property damage or expense incurred through violation of the operating rules by a member or members of his household or member's guest will be charged to the member responsible; and

WHEREAS, the Association will not be responsible for loss or damage to personal property;

NOW THEREFORE, BE IT RESOLVED THAT the following rules and penalty for breach of said rules are adopted for the swimming pool facilities of said Broadlands Association, to apply to all users, equally and alike, at all times:

1) Pool Hours

- a) The Community Pools will be open from Saturday, Memorial Day weekend through Labor Day Monday.
- b) The pools may be closed for special events.
- c) Pool hours will be published in the Broadlands Newsletter & Broadlands Website each season but may also be obtained by contacting the Association Office (703-729-9704)

2) Pool Membership

- a) A Broadlands Association Pool Membership is available to all homeowners of the Association, in good standing, who possess a valid pool pass. Pool passes provide access to Summerbrooke, Community Center and Southern Walk pools
- b) A limited number of Outside Pools Memberships may be available for a fee as determined by the Recreation Committee and Board of Directors. Outside pool passes provide access to our Community Center and Southern Walk pools **ONLY**.
- c) Membership to the pools is established by mailing a completed application form to **Broadlands Association 21907 Claiborne Parkway, Broadlands, VA 20148**. Applications can also be dropped off at the office or faxed to 703 729 9733. Upon receipt of a completed application, membership eligibility will be verified as to the status of assessments and architectural or covenant violations. Once eligibility is established, a valid photo must be taken.

BROADLANDS ASSOCIATION POOL RULES

- d) Pool passes that include the individual's photo, name, address and birth date as required will then be issued to each individual age 5 or older living in the household.
- e) A household will consist of all persons living in a dwelling for more than six (6) months of the year and unmarried children who are students and/or from a previous marriage and will be residing with the owners for the summer. Other summer house guests are not eligible for resident passes. They may however use the pool as a guest of the owner.
- f) A Non-Resident owner may obtain pool privileges for themselves or transfer his/her pool privileges to their Tenant by signing the application form accordingly. The Non-Resident owner and Tenant can NOT both have pool privileges.
- g) Pool passes will be scanned each time a member enters and leaves the pool.
- h) A member's failure to stay in good standing with the HOA may result in temporary suspension of membership privileges.

3) General Rules

- a) All persons using the pools do so at their own risk. Broadlands Association assumes NO responsibility for any accident or injury in connection with such use or for any loss and/or damage to personal property.
- b) All persons shall obey the instructions of the lifeguards. In the event of a dispute, a member shall first follow the instructions of the lifeguards or staff and then report the incident to the Association Management.
- c) Use of the pools may be temporarily suspended for special events, weather conditions, pool contamination, or when other situations dictate including the reaching of pool capacity as defined by the Loudoun County Fire Department. For pool contamination, the pool will close in compliance with the Loudoun County Pool Regulations.
- d) Persons shall not use the pools unless they are officially open and lifeguards are on duty. Unauthorized use of the pools will constitute trespassing and ALL violators will be prosecuted.
- e) Persons must stay clear of lifeguard stations and not loiter at the check-in desks.
- f) All persons are required to wear a clean bathing suit or attire intended only for the pool. No street clothes, cut-offs, colored shirts or shorts
- g) All persons are required to take a shower prior to entering the pools. Individuals leaving the pool area or enclosure shall take a shower prior to returning.
- h) Parents are responsible for the safety and conduct of their minor children.
- i) Personal music devices must be waterproof, battery operated and used with headphones.
- j) Profane language is not permitted in the pool enclosures.
- k) Situations not specifically covered by the established rules shall be handled by Pool Management. Pool Management will inform the Association Management of any such occurrences.
- l) Additional rules for special events (such as Float Night) will be posted at the pools.

4) Health and Sanitation

- a) Food and Drink may only be consumed in designated areas. Section 838.37 of the Loudoun County code requires that eating or drinking take place away from the pool edge and in an area separated from the pool by a fence or suitable barrier at least three feet in height.
- b) Swim privileges shall be refused to all persons having a communicable disease, to include: a cold; coughs; inflamed eyes; or any infection, to include: ear discharge; nasal discharge, open sore, open wound or is wearing a bandage.

BROADLANDS ASSOCIATION POOL RULES

- c) Glass containers and breakable objects are NOT PERMITTED inside pool area enclosure.
 - d) No play equipment or wheeled vehicles (except wheelchairs and strollers), permitted in pool areas.
 - e) No pets are permitted.
 - f) No alcoholic beverages or drugs are permitted. Any person under the influence of alcohol or drugs will not be allowed in the pool area at any time.
 - g) All refuse must be placed in containers provided for this purpose.
 - h) Spouting of water or any other unhygienic actions are not permitted.
 - i) Smoking is prohibited.
 - j) Chewing gum is prohibited.
 - k) Any injuries occurring on pool property should immediately be reported to Pool Management where upon emergency personnel may be contacted as conditions warrant.
- 5) Safety (Main Pools)
- a) Adults are defined as being 18 years of age or older.
 - b) Children age 16 and 17 may come to the pool unaccompanied by an adult but must have a valid pool pass for admittance. Although it is recommended that they pass the swim test, it is not mandatory.
 - c) Children 11 to 15 years old must have a valid pool pass and:
 - i) Must pass a Swim Test or present a swimming certificate from the American Red Cross to be admitted unaccompanied by an adult.
 - ii) The Swim Test is given by a lifeguard or by the Pool Manager. It consists of swimming 25 meters unassisted and treading water for two (2) minutes. Satisfactory completion of the Swim Test will be noted on the child's account.
 - iii) Any person unable to demonstrate to the lifeguards their ability to swim will not be permitted in water deeper than their shoulder height.
 - d) Children 10 years of age or under:
 - i) Children under age 5 are not required to have a pool pass. Children age 5 to 10 must have a valid pool pass.
 - ii) Must be accompanied and supervised by an adult or care provider at least 14 years old. Lifeguards are prohibited from serving in this capacity. Care providers under the age of 16 MUST pass the Swim Test to bring children into the pool under their care.
 - iii) May use the shallow roped-off area of the main pools only, unless accompanied in the water by an adult, or unless they have passed the required Swim Test.
 - iv) May not use the diving board or slide unless they have passed the required Swim Test.
 - e) A minimum ten (10) minute break will be called every hour. No one under the age of 16 years will be permitted in the pool during this time. Break schedules may be altered depending on weather and usage at each pool.
 - f) Boisterous and/or rough play, running, pushing, dunking, and wrestling will NOT be permitted in the pool enclosures. Standing or sitting on another person's shoulders is not permitted. Somersaults, back flips and other careless actions from the pool edges are prohibited.
 - g) The use of rafts or inner tubes are NOT permitted (except for special events) All other use of water toys and other play equipment will be determined by the lifeguards on the basis of the

BROADLANDS ASSOCIATION POOL RULES

- h) The ONLY flotation devices allowed in the pools are water wings and U.S.C.G. approved life vests. An adult or care provider must be in the water and within arms reach of their child(s) or any child they are supervising that is wearing a flotation device.
 - i) Lap lanes are for lap swimming only. Hanging or pulling on lane markers is prohibited.
 - j) Absolutely no diving will be permitted in shallow areas 5' or less. Diving will be permitted only in designated areas.
- 6) Safety (Wading Pools)
- a) Wading pools are limited to children 5 years of age or under.
 - b) No lifeguards are on duty at the wading pools. As such, each child must be accompanied by a person (14 years or older) who remains inside the fence and who will be responsible for the behavior and safety of the child. However, lifeguards shall monitor rule compliance in the wading pool areas.
 - c) Children not yet toilet trained are encouraged to use the wading pools rather than the main pools, but regardless MUST wear plastic pants and "Swimmies" (swim diapers) under their bathing suits. Disposable or cloth diapers are NOT ALLOWED
 - d) Playthings must be limited to small floating and non-breakable items.
 - e) Food and drink are not allowed in the wading pool areas.
 - f) The only flotation devices allowed in the pools are water wings and U.S.C.G. approved life vests. An adult must accompany any child wearing a flotation device in the water and remain within arm's reach of the child.
- 7) Safety (Diving Area/Slide Area)
- a) The Diving board and Slide use is limited to adults that have demonstrated their ability to swim and all non-adults who have passed the Swim Test. Children, under 16 years old and who have not passed the Swim Test may not use the diving board or slide. (see Swim Test, 5.c.ii above)
 - b) Only one person is allowed on a diving board or slide at a time.
 - c) Users must delay mounting the diving board or slide until the previous bather has cleared the pool. Consecutive bouncing, racing dives, dives which propel the diver back towards the diving board or other dangerous actions on the diving board are prohibited.
 - d) Swimmers must slide feet first. No dangerous actions are allowed.
 - e) General swimming in diving/slide area is prohibited. Users must swim directly to the nearest established pool exit after each use without hesitation or at the discretion of the lifeguard only.
- 8) Guests
- a) All Broadlands household accounts will be credited with 10 guest passes. Each pass allows for one individual guest visit. Each person 5 years of age and older must present a valid guest pass for admission. Each adult (18 years or older) is limited to bringing 3 guests per visit. A person 11-17 years of age or younger is limited to 1guest under 18 or 3 adult guests (18 years or older) per visit.
 - b) Guests must be signed in by a pool member at the time of admittance. The pool member must accompany the guest(s) at all times until guest(s) has exited the pool area enclosure. Pool members are responsible for the conduct of their guests.

BROADLANDS ASSOCIATION POOL RULES

- c) Additional guest passes can be purchased at the Nature Center Office Monday through Friday 9AM to 5PM for an additional fee. Long term guest and caregiver passes are also available for additional fees.
 - d) Pool Management has the discretion to restrict guest access when pool use is especially heavy.
 - e) Any person wishing to have more than 3 guests at one time must request approval from Association Management at least 48 hours prior to admittance.
- 9) Disciplinary actions
- a) Failure to comply with these rules, or any part thereof, shall be considered sufficient cause for members to be deprived the use of the pools by the Pool Manager on duty
 - b) The Pool Manager shall report all such suspensions to the Association Management as soon as possible. Suspension of a minor dependent will result in a parent or legal guardian appearing before Association Management before privileges are reinstated. More serious violations will require a meeting with Pool Management, and the Board of Directors before any such reinstatement. Failure to comply with a suspension order will result in permanent revocation of pool membership.
 - c) Any person deliberately damaging pool furniture or pool structures or trespassing after hours will be automatically suspended. The Association must be reimbursed for any and all damages incurred from perpetrator's actions.
 - d) A member who feels at any time that the pools are not being operated in the interest of the community should contact the Association Office (703-729-9704)

Revised April 2, 2012



Save the Date For:

**The 2012 Broadlands Kids Triathlon
Swim, Bike & Run for Charity on Friday, July 13th
Starting at 9:00a.m.**

This is the 4th year for the Broadlands Kids Triathlon. It is an untimed triathlon for children of all ages sponsored by the Broadlands ODSL Swim Team. Proceeds from the event are donated to charity. Last year this event raised \$3,000!

For more information visit the Swim Team Website in June, www.broadlandsswimteam.org.

We need many volunteers on the course. If you or your teen can help out for a couple of hours, please contact susan_winklosky@hotmail.com. Thanks!

USEFUL NUMBERS

Can also be found at <http://broadlandshoa.org/node/117>

NON-EMERGENCY

Ashburn Fire	(703) 729-0006
Broadlands Fire Station	(571) 258-3723
Loudoun County Sheriff	(703) 777-1021
Washington Gas	(703) 750-1000
Poison	(703) 625-3333
Loudoun Water - Customer Service	(571) 291-7880
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878
State Police	(703) 771-2533
Dominion Virginia Power	(888) 667-3000

PUBLIC INFORMATION

Abused Women's Shelter	(703) 777-6552
Animal Control/Shelter	(703) 777-0406
Building Permits & Dev.	(703) 777-0397
Comcast	(703) 430-8200
Child Protective Services	(703) 777-0353
County Landfill	(703) 771-5500
CPR Class Info	(703) 444-1155
DMV (VA)	(800) 435-5137
Drug Abuse	(703) 771-5100
Dulles Airport Hotline	(703) 572-2700
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Main Street Mailboxes	(571) 379-8454
Miss Utility	(800) 552-7001
Metro	(202) 637-7000
OpenBand 24x7 Customer Service	(866) 673-6226
OpenBand Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Patriot Disposal	1(703) 257-7100
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623

Social Services	(703) 777-0353
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

LOUDOUN COUNTY PUBLIC SCHOOL

Briarwoods HS	(703) 957-4400
Eagle Ridge MS	(571) 252-2140
Hillside ES	(571) 252-2170
Mill Run ES	(571) 252-2160

PUBLIC OFFICIALS COUNTY SUPER.

Shawn Williams	(703) 777-0204
----------------	----------------

SCHOOL BOARD REPRESENTATIVE

Robert Dupree	(571) 233-4610
---------------	----------------

VIRGINIA HOUSE OF DELEGATES

Robert G. Marshall (13th)	(703) 361-5416
Richmond Office	(804) 698-1013
Thomas A. Griesen (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

VIRGINIA SENATE

Mark Herring (district 33)	(804) 698-7533
District Office	(703) 729-3300
Constituent Hotline	(800) 889-0229

U.S. HOUSE OF REP. 10th DISTRICT

Frank Wolf	(703) 709-5800
------------	----------------

U.S. SENATE

Jim Webb	(202) 224-4024
Mark Warner	(202) 224-2023

VIRGINIA STATE GOVERNOR

Bob McDonnell	(804) 786-2211
---------------	----------------

BROADLANDS HELPER LIST

The Broadlands Helper List is being updated - If you would like to be added to the list, 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 scollins@broadlandshoa.com.

BABYSITTERS:

Jessica Abboud (1996) 571-420-2558(B)
Melissa Abboud (1994) 474-2631 (B,C,F)
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)
Hannah Borokowski (1993) 723-5837(B,C,R,F)
Kate Bridge (1998) 724-4430 (B)
Sarah Burnheimer (1987) 723-6625 (B)
Catie Busser (1994) 571 333-9971 (B,C,R,F)
Brittany Butler (1989) 729-1109 (B)
Justine Carlisle (1995) 726-5241 (C,F)
Jennifer Chase (1994) 729-0501 (B,F)
Christopher Ciullo (1992) 726-0280 (B,R,F)
Kelly Collins (1995) 723-4847 (B,C,R,F)
Liz Dickinson (1996) 723-8818
Molly Donovan (1994) 928 8485 (B)
Nicole Fazekas (1995) 723-7408 (B,C,F)
Christina Fowler (1996) 334-8956 (B,C,F)
Caroline Freeman (1997) 571 223 0007 (B,F)
Keara Friberg (1995) 571-333-1962 (B,F)
Victoria Gilbride (1994) 724-4898 (B,C,F)
Brooke Hall (2000) 571-333-1338 (B,C,F)
Megan Hyde (1996) 571-333-3944(B,C,R,F)
Rowan Ibrahim (1996) 729-9261
Akseli Ihanainen (1998) 723-9479 (B,F)
Noelle Ihanainen (1998) 723-9479 (B,F)
Liesl Jaeger (1996) 858-7385 (B)
Aysha Khawaja (1992) 728-5246 (C,F)
Briana Kulisch (1996) 723 2833(C,F)
Erika Kulisch (1999) 723 2833
Lana Miller(1995) 724-9301 (B)
Mary Beth Mitchell (1994) 729-5177 (B,C,R,F)
Anna Noteboom (1997) 723-3460 (B, C, F)
Bethany Oberg (1997) 723-7489(B,C,R,F)
Katie Oberg (1994) 723-7489 (B,C,R,F)
Danika Okpaleke (1994) 858-0396 (B,C,F)
Katie Riddiford (1996) 723-1580
Lindsey Roivas (1992) 723 6625 (B,C,R,F)
Ethan Sink (1998) 723-7153 (B,C,R,F)
Kurt Spinney (1994) 858-4488
Shauna Spinney (1992) 858-4488 (B,R,F)
Anika Steenstra (1996) 615-3666(B,C)
Aubrey Steenstra (1993) 615-3666(B,C)
Christina Tharp (1995) 927-4738 (B,C,F)
Taylor van der Biezen (1997) 880-5279 (B,C,F)
Emily Vinsik (1998) 723-8496 (B)
Jamie Woodall (1996) 571-333-2877 (F)
Jessica Woodall (1994) 571-333-2877 (B,F)
Silviya Yordanova (1990) 571-246-2982 (C,R,F)

MOTHERS HELPERS:

Jessica Abboud (1996) 571-420-2558(B)
Melissa Abboud (1994) 474-2631(B,C,F)
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)
Kate Bridge (1998) 724-4430 (B)
Catie Busser (1994) 571 333-9971 (B,C,R,F)
Arianne Carter (1996) 724-1103
Remy Cavalieri (1997) 723-5130
Nicholas Ciullo (1995) 726-0280
Kelly Collins (1995) 723-4847 (B,C,R,F)
Liz Dickinson (1996) 723-8818
Molly Donovan (1994) 928 8485 (B)
Nicole Fazekas (1995) 723-7408(B,C,F)
Caroline Freeman (1997) 571-223-0007 (B,F)
Victoria Gilbride (1994) 724-4898(B,C,F)
Sarah Hoffman (1997) 729-1852
Megan Hyde (1996) 571-333-3944(B,C,R,F)
Rowan Ibrahim (1996) 729-9261
Noelle Ihanainen (1998) 723-9479 (B)
Shannon Keirce (1997) 729-7320
Lana Miller(1995) 724-9301(B)
Bethany Oberg (1997) 723-7489(B,C,R,F)
Danika Okpaleke (1994) 858-0396 (B,C,F)
Abby Patterson (1999) 571-333-1583
Katie Riddiford (1996) 723-1580
Tiffany Rutledge(1999) 858-3899
Taylor Schuder (1997) 858-5259
Kurt Spinney (1994) 858-4488
Shauna Spinney (1992) 858-4488(B, R, F)
Cristina Sturniolo (1998) 723-9632(B)
Christina Tharp (1995) 703-927-4738 (B,C,F)
Jamie Woodall (1996) 571-333-2877(F)
Jessica Woodall (1994) 571-333-2877(B,F)

COLLEGE STUDENT HELPERS:

Jacob Burnheimer (1991) 723-6625
Sarah Burnheimer (1987) 723-6625(B)
Liz Ries (1989) 729-0744(B,C,R,F)
Lindsey Roivas (1992) 723-6625(B,C,R,F)

YARD WORK:

Dylan Bowie (1996) 297-6004
Benjamin Burnheimer (1987) 723-6625
Jacob Burnheimer (1991) 723-6625
Chirs Butler (1992) 729-1109
David Caldwell (1995) 571-333-1132
Tommy Caldwell (1997) 571-333-1132
Remy Cavalieri (1997) 723-5130
Nicholas Chase (1998) 729-0501
Christopher Ciullo (1992) 726-0280
Nicholas Ciullo (1995) 726-0280
Andrew Hoyler (1996) 723-9123
Andrew Law (1993) 723-4341
Sam McDonald (1995) 723-5911
Kurt Spinney (1994) 858-4488
Connor Vincent (1995) 729-6731

PET SITTERS:

Alexi Annunziata (1998) 571 333 3303
Jonathan Baba (1997) 723-6553
Dylan Bowie (1996) 297-6004
Kate Bridge (1998) 724-4430
Julie Bruno (1983) 554-4316
Jacob Burnheimer (1991) 723-6625
Sarah Burnheimer (1987) 723-6625
Brittany Butler (1989) 729-1109
Chirs Butler (1992) 729-1109
David Caldwell (1995) 571-333-1132
Tommy Caldwell (1997) 571-333-1132
Justine Carlisle (1995) 726-5241
Arianne Carter (1996) 724-1103
Remy Cavalieri (1997) 723-5130
Jennifer Chase (1994) 729-0501
Alyssa Chiado (2000) 729-6824
Christopher Ciullo (1992) 726-0280
Nicholas Ciullo (1995) 726-0280
Kelly Collins (1995) 723-4847
Matt Dennen(1999) 723-1538
Liz Dickinson (1996) 723-8818
Molly Donovan (1994) 928 8485
Haley Faulkner (1994) 571-235-3171
Caroline Freeman (1997) 571-223-0007
Keara Friberg (1995) 571-333-1962
Victoria Gilbride (1994) 724-4898
Andrew Hoyler (1996) 723-9123
Megan Hyde (1996) 571-333-3944
Shannon Keirce (1997) 729-7320
Erika Kulisch (1999) 723 2833
Lana Miller (1995) 724-9301
Danika Okpaleke (1994) 858-0396
Sam Patterson (2001) 571-333-1583
Elisa Reinhardt (adult) 858-1507
Lindsey Roivas (1992) 723-6625
Tiffany Rutledge(1999) 858-3899
Kurt Spinney (1994) 858-4488
Anika Steenstra (1996) 615-3666
Aubrey Steenstra (1993) 615-3666
Cristina Sturniolo (1998) 723-9632
Christina Tharp (1995) 927-4738
Steffen Vater (1992) 723-8354
Connor Vincent (1995) 729-6731
Adam Wittenburg (2000) 723-8732
Jessica Woodall (1994) 571-333-2877

Key:

(B) Babysitter's Course
(C) CPR
(R) Rescue Breathing
(F) First Aid
(EMGS) Education Major
Graduate Student

All area codes are 703 unless noted. For additions and/or changes to the Broadlands Helper List send an email to scollins@broadlandshoa.com.



Ashburn Pediatric Dental center

Ajit A. Patel, DDS, MS

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Coupon must be presented.

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43170 Southern Walk Plaza
(near Glory Days)

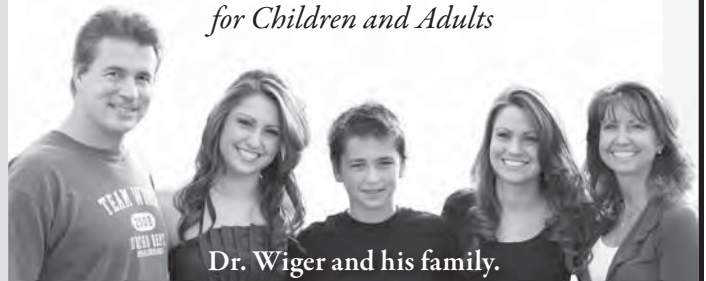
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46165 Westlake Drive,
Suite 300

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for Children and Adults*



Dr. Wiger and his family.

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@broadlands-hoa.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 Comm. Ctr.

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 CLASSICS

We will hold our June 9th meeting at the Mills Recreation Center in Ashburn Village starting at 10:30a.m. Please arrive by 10:15a.m. The guest speaker will be Mr. Douglas W. Poole, Deputy Chief of Intel from DEA. His topic will be "current drug trends". Plans are being made for a picnic and ice cream social in July. For more info please call 703-723-3724 or 703-729-7044.

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at info@ashburn.freetoast-host.ws or visit www.toastmasters.org to learn more.

BROADLANDS BICHON FRISE CLUB

Anyone interested who is currently a Bichon owner, please contact JoAnn Conroy at jfc27@smartneighborhood.net.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS RUNNING/FIT CLUB

We meet every Saturday morning behind the Broadlands Nature Center at 9:00a.m. for 90 minutes. We will focus on physical activity for all levels of fitness including stretching, strength training and cardio exercises. We will include light runs and nutrition advice. Broadlands residents are free. If you plan to attend please RSVP to Tim, 310-425-1453.

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 Saviors 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

Interessieren Sie sich Fur eine deutschsprachige Spielgruppe in Loudoun County? 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 information, please call Beth Anton at 703-470-8821 with any questions or visit our [website at www.griefshare.org](http://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 Tania Marceau at trooporg@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 BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every 2nd Friday at 10:00am. For info, contact Katina Wilberger at kp_wilberger@yahoo.com.

MOMSNEXT MEETINGS

Mothers of elementary aged children, join us the second Thursday evening of the month, 6:45-8:45 to be encouraged and inspired. A typical meeting includes dinner, a speaker and small group discussion. For more information, please visit our web site at www.cfellowship.com/momsnext. Questions can be sent to CFCMOMNext@gmail.com.

MOMS IN TOUCH

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 Tues 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.

ASHBURN WRITING GROUP

Local writers who meet once a week to review our work, offer constructive criticism, and improve our craft. We welcome writers of all genres who seek to get published. We meet from 10:30a.m. to 1:00p.m. most Mondays at the Broadlands Community Center. For more information, please visit <http://groupspaces.com/AshburnWritingGroup/> or contact brynbenning@gmail.com.

TECHNOLOGY COMMITTEE

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

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Dominion Center for Behavioral Health Services is now open in South Riding. We offer:

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- Couples Counseling
- Children and Adolescent Clinical Evaluations and Counseling • Employee Assistance Providers



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JUNE CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

SUMMER READING ENRICHMENT

OPPORTUNITY! 2 certified teachers, Masters in Education, offers 1-day a week literacy program. Classes: Wed, ages 4,5,6 from 9-12. Curriculum: letter & sight word recognition, reading comprehension & enhancing critical thinking skills.

Build towards establishing basic reading foundation. Lessons are age level specific & differentiated for individual needs. VA state license. Contact Jenny, 571.333.3395 or email jenny_vanhorn@yahoo.com.

GROWING MINDS PRESCHOOL: A home based preschool located in Broadlands is now registering for its 2 ½, 3 & 4 year old classes for the 2012-2013 school year. For more information or to schedule a tour, please email Judi Ratcliffe at gminds@verizon.net or call at 703-858-7966.

LITTLE SPROUTS PRESCHOOL: is now registering for Fall classes. We offer preschool classes for 2, 3, and 4 yr olds as well as Mom's Morning Out, mornings or afternoons, small classes (8 kids/2 teachers) and monthly field trips. We believe in learning through hands on active fun! Check out our website <http://littlesproutspreschool.clubspaces.com> for more information or call Karlene 408 750-7349 for a tour.

FOR SALE

BOWFLEX XTREME: \$300 OBO, 703-930-4266, contact baneelectric@comcast.net.

GUINEA PIG ADOPTION: Sweet 1yr. old female piggy needs new home. Photos available upon request. Very social with family and does not bite! Needs little love and attention -very cute! Asking small rehoming/adoption fee of \$20 OBO. Cage and all supplies available (food, hay, water bottle, piggaloo, bedding etc.) Please call (703) 729-0396 9am-9pm.

SKYWALKER 15' TRAMPOLINE W/ ENCLOSURE: 2 years old. Great exercise for kids! Frame assembly has heavy gauged rust resistant galvanized steel using T-sockets at each join to create a secure and uni-bodies frame \$225. Call Karen 703-724-0408.

INSTRUCTION - ARTS/MUSIC/ RECREATION

FREE SWIM LESSONS: Can't afford swimming lessons? I give free lessons to children from families with financial need, who may not otherwise be able to afford private lessons. Valuable swimming fundamentals can save a life. Call 703-615-5370, or visit Learn2swimwithHunter.com.

KINDERMUSIK IS BACK! Join Brenda Wright, certified educator and pre-school teacher, this summer at the Broadlands Community Center for a musical adventure! Classes are offered for children ages 0 - 7. Visit www.WrightFootForward.com for class descriptions and schedule or call Brenda at 703-344-4135.

KINDERTOTS, KINDERMOTION,

KINDERDANCE: 4 week Summer session at the Community Center! Education through dance and creative movement with Mrs. Nichole! July 18 - Aug 8. Registration forms in the Nature Center. KDofLoudoun@aol.com. 703-728-7862.

MUSIC LESSONS FOR ALL: Complete music education, 16 highly qualified teachers of; Piano, Guitar, Drums, Violin, Voice, Saxophone, Flute, French horn. Preschool Music Program, Art Class's, Rock Band Program, Loudoun County music competition preparations. Minton's Academy of Music 703 723 1154 www.mintonsmusic.com.

MUSIC LESSONS, SUMMER CAMPS, PROGRAMS FOR YOUNG CHILDREN at the world-famous School of Rock. We take your child from fooling around with music to becoming a real musician. Check out all our programs at www.schoolofrock.com/sordc and start rocking today! 703-858-0820.

PIANO & VIOLIN

LESSONS: Degreed instructor with over 28 years experience (nationally-recognized composer and active performer)! Offering a comprehensive lesson program for students of all ages and abilities, beginner to advanced. Please call (240) 912-7604 for more information!

VIOLA & VIOLIN LESSONS: Offered out of my private studio conveniently in Broadlands. All ages and levels welcome! Please call (703)598-4708 or email me at CatherinePalusci@aol.com. References available.

SAXOPHONE, CLARINET & FLUTE LESSONS! Private lessons for kids and adults available in your home. References from Broadlands residents. Instructor is friendly and professional with 20 years' experience, Music Degree, Master's Degree. Please call 703-777-4352 or email WoodwindStudio@verizon.net.

ST. MICHAEL SHOTOKAN KARATE— Ashburn's leading and acclaimed Japanese Style Martial Arts School for CHILDREN and ADULTS. Home of local, regional, national CHAMPIONS! Training days: Mondays, Tuesday, Thursdays. Venue: 43895 Grottoes Drive, 20147. CONTACT: Majal Florence Cammack-703/606-1974. E-mail: colonmc@yahoo.com.

INSTRUCTION - TUTORING

A-1 LOUDOUN COUNTY MATH TEACHER: Pre-algebra, Algebra (I & II), Geometry, Trigonometry and Pre-Calculus. 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 20 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.

S.O.S. Tutoring: Loudoun County high school teacher offering Academic Summer Workshops. Workshops include Reading Circles, Writer's Workshops, and Academic Skills. Individual appointments also available. For full schedule and pricing visit www.sostutoringservices.com or Email info@sostutoringservices.com or Call 703-728-3199.

SPANISH: Spanish 1, 2, 3 & AP. I am a Spanish native speaker from Madrid, Spain with 18 years of teaching experience to children, teens, adults and businesses. I teach at your home, library, local cafes or at my office. Contact Magnolia Inmon, 703-547-8115 or magnolia@theschoolofspanish.com, www.theschoolofspanish.com.

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AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME: Get fit now with my 20+ 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; fitnessstogova.com.

ARE YOU READY FOR SWIMSUIT SEASON? Get in shape with an ACE certified personal trainer. Individual and small group sessions in your home. Call Susan at Custom Fitness, 571-228-3545.

BEGINNERS BOOT CAMP CLASS: For ALL fitness levels starts Monday, April 9, 2012 @ 7PM at Trailside Park. Classes meet Tuesday and Thursday evenings; \$10 per class, try first class with no financial commitment. To RSVP: <http://www.wholefitnesstraining.com/BootCamp.php>.

FIT COACH: We assist people in meeting their individual fitness goals, wants and needs. Whether you want to reduce your chance of injury, increase your flexibility, get stronger or enhance your appearance while improving your overall health and performance. Our gym is fully insured and we hold the top national fitness and sports performance certifications. Contact Tim Sullivan 310-925-1453.

THERAPEUTIC MASSAGE – nicknamed the “knot buster”: Has additional training in deep tissue, sports and pregnancy massage. Hot stone and Mu-Xing heated massage treatments available. Registered Nurse with over 25 years of experience. Claudette Plater, RN,CMT, www.tranquilmoment.com. 703-724-4210, Ashburn.

HOME SERVICES

RICHARD’S BATH REMODEL & REPAIR: Professional work at reasonable rates whether you’re interested in a complete or partial remodel. For free estimates, call Rich at 703-999-3510.

GREEN LEAF LANDSCAPING: Mowing, trimming, fertilizing, bush trimming, weed control, mulching, bed creation, top soil/ fill dirt, leaf removal, power washing. FREE ESTIMATES. Contact: Vidal Melendez 571-263-1176, vidalmelendez@yahoo.com.

THE CARE OF TREES: Need trees and shrubs beautifully pruned? Well maintained trees add value to your property. Call certified arborist Bonnie Deahl for an appointment. 703-661-1700 www.thecareoftrees.com.

LARRY MILLER INC. WINDOW CLEANING SERVICE: Residential Specialist. Free screen cleaning, free estimate. Also offers power washing, gutter cleaning and Christmas lighting services. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

LOONEY’S TILE AND GROUT RESTORATION: Spring Special!!! Ashburn residents receive **\$35 off tile and grout** services. Locally owned specializing in tile and grout cleaning and restoration, Grout Repair, Caulking, Re-grouting. Let us beautify your Bathroom and save in remodel cost!!! 703-999-1933 licensed, bonded, insured.

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 Small Commercial and Residential Electrical work. Lamp & Chandelier repair (drop off only). In Ashburn since 1999! Call (703-723-6501) or email (baneelectric@comcast.net).

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.

HANDYMAN SPECIALIST: Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. MikeRosario@comcast.net.

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.

WISE GUYS ROOFING & SIDING IMPROVEMENT LLC: FREE ESTIMATES – Roofing & Siding Installation & Repair – Gutters Installation & Cleaning – Windows – Insulation – Trim – Painting – Attic Ventilation & more... Lowest Price & Satisfaction Guarantee! Excellent References. LICENSED AND INSURED. www.WiseGuysRoofingSiding.com. Contact us: 571-722-5543 or wgrs@me.com.

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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.

MARKETPLACE

MARY KAY: All eyes on the bride. Look simply radiant for your wedding day. Schedule a free makeover. Invite your bridesmaids. Your mom. I can even help with great gifts for your wedding party. Contact me today! Deborah Leben, 703-217-4583, www.marykay.com/dleben.

PINK PIGGY SWEETS: Online bakery offering made-to-order sweets baked from scratch using organic and local ingredients! We customize cakes, cake pops, cupcakes, cookies, pies, and cake push-pops for all your celebration events! We offer Party Classes too! NF/GF, www.pinkpiggyweets.com. 571-333-7477.

TASTEFULLY SIMPLE: is the perfect end of year gift for your teachers. Individual products are \$9.99 or less and SUPER quick and easy. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

THIRTY-ONE GIFTS: Our products can help you organize your car, kid’s toys, vacation stuff, or just your purse! Contact Erin Troia www.mythirtyone.com/erintroia to peruse our catalogue, or set up a one on one consultation, to find the perfect simple solution. 571-205-0168.

PROFESSIONAL SERVICES

GGGGRRRRR!!!! Computer crashed? Network down? Kid installed a game and killed your computer? Computers confuse you? Email an enigma? Internet incomprehensible? Call Less Silberberg, your local Ashburn computer guy. 703-304-1130. PCs, Macs, Networks - Maintenance, installation, problem solving. Daytime, weekend, evening appointments.

HOW TO PLACE CLASSIFIED ADS

Classified Ads (Limited to 40 words maximum) must be received with payment by the 10th of each month for the next month’s issue.

MONTHLY RATES:

RESIDENT

Month to Month \$9
6 months prepaid discount \$8
12+ months prepaid discount \$7
Personal (For Sale) Ads \$0

NON-RESIDENT

Month to Month \$18
6 months prepaid discount \$17
12+ months prepaid discount \$16

PAYMENTS and ADS:

Please email ads to: scollins@broadlandshoa.com. Checks only please, made payable to “Broadlands Association”. *No cancellations after the initial deadline.* Payments can be mailed or dropped off at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

CONTACT:

Advertising Manager
Stassa Collins
703-729-9704

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ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3300 homes and businesses in the Broadlands community. The Newsletter Committee 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, TIFF or JPEG's. 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 first day of the month prior to the issue.

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$72*
 1/4 pg (3.625" W X 4.875" H) \$160 /\$135*
 1/2 pg (7.5" W X 4.875" H) \$295 /\$266*

COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$220 /\$209*
 1/2 pg (7.5" W X 4.875" H) \$425 /\$404*
 Full pg (8.5" W X 11" H) \$1050 /N/A

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250/ \$239*
 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$239*
 1/2 pg (8" W X 4.875" H) \$475/ \$453*
 Full pg (8" W X 8"H) \$1050/ N/A

Add 10% to base price above for preferred placement

*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 703-729-9704 or ads4broadlands@yahoo.com.

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 15th of the month**, or Noon on the last business day before the 15th (Friday) 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 ext.101.



BROADLANDS



Events and Committees

June Events

<u>Date</u>	<u>Activity</u>
2nd	Nature Center Open 10:00a.m. - 2:00p.m.
6th	7:00p.m. Modifications Subcommittee Meeting(NC)
8th	10:00a.m. Broadlands Mom's Club(CC) 5:30p.m. Broadlands Live(Hillside Park)
9th	12:00p.m. Family Program - Butterflies and Bees(NC)
10th	7:30p.m. Wildlife Program - Raptors Alive & Up Close(NC)
12th	6:00p.m. Board of Directors Meeting(NC)
13th	7:30p.m. Tech Committee Meeting(NC)
14th	6:00p.m. Southern Walk Hearing Committee Meeting(NC)
16th	Nature Center Open 10:00a.m. - 2:00p.m. 8:30p.m. Flicks In the Sticks - The Lion King(NC)
20th	7:00p.m. Modifications Subcommittee Meeting(NC)
21st	8:00p.m. Investment Club(CC)
23rd	Northern Virginia Brew Fest - Buses departing from and returning to the Nature Center throughout the day.
27th	7:30p.m. Book Club(NC)

Committees

Broadlands Live! Summer Concert Committee
Chair: Open.

Community Events Committee
Chair: Tammy Wells, tammy@jwells.us

Community Wildlife Habitat Committee
Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals. **Chair:** Oya Simpson, (703) 725-8040, osimpson@broadlandsnaturally.org.

Neighborhood Watch Committee
Chair: Open

Recreation Committee
Chair: Open

Swim Team
Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)
Will meet the 2nd Wednesday of each month at 7:30 pm in the Nature Center. Open to all residents.
Chair: Dawne Holz, dawne@holzfamily.net

Webmaster: webmaster@broadlandshoa.org

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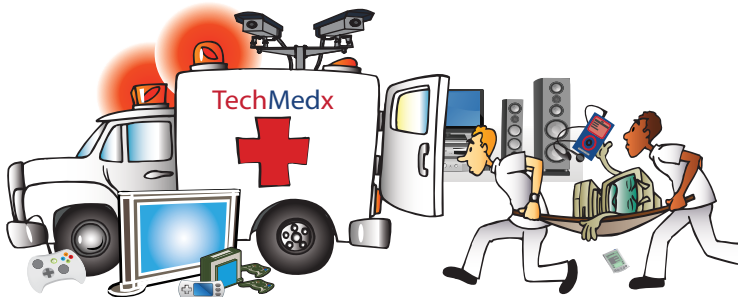


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