



BROADLANDS



Community News

October 2010

LOOKING FOR HALLOWEEN FUN?

- Broadlands events and more, pages 4, 5 & 22
- Eat, Sleep, Recycle and enter the Broadlands contest! Details page 17
- Where to find fine, fresh produce...local Farmers Markets, page 21
- Tennis Clinics are still available, page 24

National Wildlife Federation Certified Community Wildlife Habitat

Photo of a buck in the Nature Center meadow courtesy of Tom Bock

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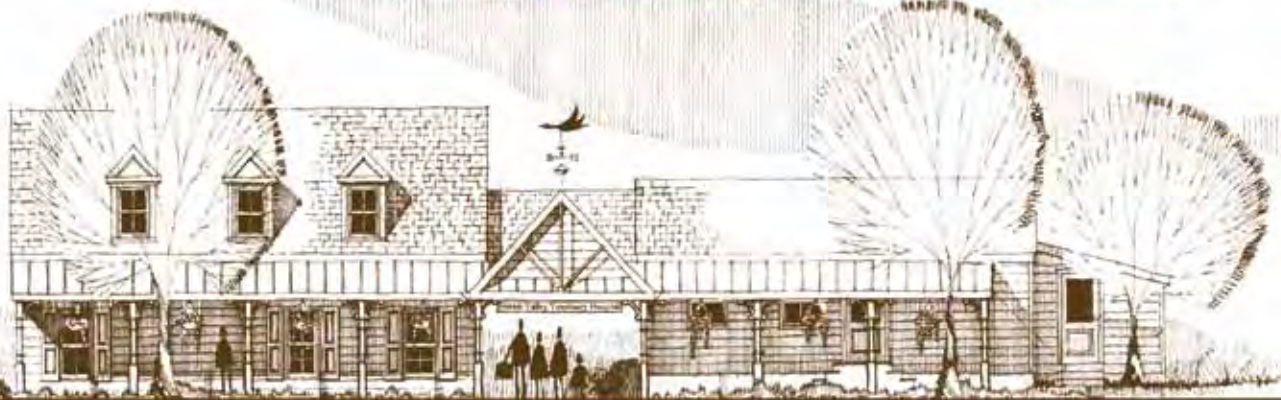
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BROADLANDS



Contact Information

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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 7778
Philadelphia, PA 19101-7778

Southern Walk Board of Directors

(Open Band Contract Administration Only)

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**Broadlands Annual Halloween Parade -
Sunday, October 31st, From 2:00p.m. – 4:00p.m.
The parade route starts at the Community Center parking lot.**

Please wear a costume and follow all of your friends as we parade from the Community Center through the Haunted Tunnel and trick-or-treat along the path around to Hillside Park!

The technology committee has a special surprise in store for us all at the end of our spooky trek! Moms and Dads don't forget your costumes and cameras. Family and friends who choose not to walk the route may watch and enjoy from Hillside Park. Wagons and/or strollers are welcome. Adult supervision is required.

Pizza will be sold at the event so bring a blanket and an appetite. Best Family Costume wins a prize!

In case of bad weather, the parade will be cancelled, but treats will still be distributed inside the Community Center at 2:00p.m.

This event is sponsored by the Events and Technology Committees



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- October 15 Briar Woods Homecoming Game vs. Potomac Falls
- October 22 Briar Woods HS Home Game vs. Park View

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For information about any of these fundraisers email briarwoodsfundraiser@yahoo.com

Adult Halloween Costume Party

Saturday, October 30th at the Community Center
8:00p.m. to Midnight



Prizes for:
Most Original Costume
Best Dressed Couple or Group
Most Provocative



All drinks will be provided and will include the infamous Caldron of Truth.

Music by DJ and dancing by you.

Please bring an appetizer to share with your neighbors.

Better yet, bring a neighbor to share with your appetizers.

Sponsored by your Events Committee.

Trick or Treat !

Kids' Halloween Costume Party

Grades 3rd - 5th

Friday, October 29, 2010

6:00p.m. - 8:00p.m.

Prizes for:
Most Original Costume
Scariest Costume
Best Group Costume

Drinks and Snacks provided,
Music by DJ and dancing by you.
Bring your friends!!!

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CHAPERONES AND VOLUNTEERS ARE NEEDED!!!

Please contact Tammy Wells at:
tammy@jwells.us or (703) 724-0809

Trick or Treat!





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Balloons to Heaven for Declan

Declan Carmical was a sweet little boy from our neighborhood who recently passed away from a rare form of pediatric cancer called AT/RT, Atypical Teratoid/Rhabdoid Tumor.

To honor Declan, over 100 supporters from the family's cul-de-sac in Southern Walk and all over the globe released blue and gold balloons (pediatric awareness) on August 26th at 6:00p.m., on what would have been Declan's first birthday. Supporters also attached a card to their balloons that included the Declan's Journey website address and some words of inspiration for Declan. For more information, visit www.declansjourney.com.



The Carmical family, Sherri, Stan and children: Brady 5, Will 11, Cole 1.

Broadlands Live! Wraps Up Another Great Season



Thanks to some phenomenal talent, active volunteers and community support, Broadlands Live! had another incredible season at Hillside Park.

Thanks to Junk Food, Rocknoceros, Gonzo's Nose, Mercury in Summer, Jah Works, Pan Masters Steel Orchestra, Kelly Bell Band and Derek James!

Thanks to all the volunteers who gave their time to make the concerts a fun activity for everyone and also to the Broadlands Homeowners Association for sponsoring such a rockin' event.

Thanks to our Presenting Sponsor, **Loudoun INOVA Hospital**, whose generous donation of time and money made our success very special.

Thank you *Sharon Hawkins* from **Openband**, our one and only SILVER sponsor!

We're thankful to **Wegman's, Wiger Orthodontics, Stream Valley Veterinary Hospital, Broadlands Family Practice, Ashburn Rentals, Armstrong Management** and **Rain Salon** for sponsoring these great concerts. It would not have been such a spectacular summer without **Domino's Pizza, Subway** and **Hawaii's Best Shave Ice!**

Moms and Dads worked hard emptying our trash and selling their treats to raise funds for their kids' group, **The Ashburn Ice Angels**. And, thank you **Broadlands Family Practice** for manning the first aid tent all summer. Thanks also to Larry for showing us all how to bust-a-move. His hip-hop instruction was a highlight at every show.

Thank you to **Bonefish Grill** for showing their "bang-bang" appreciation to our committee members and finally...and you know what's coming...Broadlands ROCKS and so do YOU!

Thanks for a great summer and see you next year!



Patriot Disposal Collection Schedule

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Thursday:

Trash and Recycling

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Board Actions August 10th Meeting

- Minutes from the July 13th Board meeting were approved.
- A Motion requesting all contracts relating to the 2011 Earth Day Event be signed by PEC was approved.
- A Motion to change the current RV Parking Policy Change was defeated. The issue will be revisited at the October meeting pending resident input.
- A Motion proposing that notice be sent to all three outside swim groups currently renting the Southern Walk Pool proposing that for 2011 we would offer a rental of a minimum of eight lanes at \$60/hour was approved.
- A motion proposing the addition of a bike rack at the Nature Center was approved.
- A Motion to remove the Gazebo at the Village Drive Park and replace it with two benches was approved.
- A Motion to not replace two trail lights damaged by vandalism because of their close proximity to intersection street lights was approved.
- A motion to change the language of the Late Fee Waiver Policy to allow Management to waive a single late fee under certain circumstances was approved.
- A motion to hire Maureen Burns as General Manager was approved.



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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.

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ArmstrongConnect™ is a customized communication tool specifically designed for Broadlands. By registering, you will be able to access your assessment history, email management, and update your account information 24 hours a day. You will also be able to receive community wide emergency emails and phone notices.

To register, send an email requesting your registration code to mburns@broadlandshoa.com. Please include your name and address. Your code will be sent to you via return email.

Then visit www.armstrongconnect.net/register and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at www.armstrongconnect.net/broadlandsassociationinc. Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.

Homeowners Association Board of Directors Meeting

**Tuesday, October 12, 2010
at 6:00 p.m.**

***in the Nature Center
conference room***

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.

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MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
October 6, 2010	October 1, 2010
October 20, 2010	October 15, 2010
November 17, 2010	November 12, 2010
December 15, 2010	December 10, 2010

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 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.

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Attention High School Students....

Are you interested in biology? Would you like to learn techniques used in field biology? Contact Lisa Matthews at naturalist@BroadlandsHOA.com for more information!

PROJECT GRADUATION

Support the Briar Woods High School class of 2011's "All Night" Grad Party

Proceeds from the sale of the 2010 White House Christmas ornament help support the all-night party for graduating seniors, providing them a safe, drug- and alcohol-free environment for one last party as the BWHS class of 2011. The ornaments make great gifts for family, friends and business associates!

Name _____
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Naturalist Hours During the weeks of October 4th through October 15th

Monday, October 4th

9:00a.m. - 1:00p.m.

Tuesday, October 5th

10:00a.m. - 1:00p.m.

Wednesday, October 6th

9:00a.m. - 5:00p.m.

Wednesday, October 13th

9:00a.m. - 5:00p.m.

Thursday, October 14th

10:00a.m. - 1:00p.m.

Friday, October 15th

10:00a.m. - 2:00p.m.

December Newsletter Submissions

Please email your December newsletter submissions to Natalie Ihanainen, nihanainen@broadlandshoa.com, no later than Noon on November 10th.

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- H**ave a "period" photo taken
- L**earn about Civil War medicine

Plant a medicinal herb

Create a soldier's signaling flag or southern belle's fan

Play with old fashioned toys

Hear stories about *Johnny Reb* and *Billy Yank* by *Mason Tulespinner*



For further information call
 703-777-7427
 email education@loudounmuseum.org

Family Fun Day is sponsored by the Northern Virginia
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LOUDOUN MUSEUM SEEKS VOLUNTEERS FOR HAUNTINGS 2010

The Loudoun Museum is seeking a number of dedicated volunteers to make this year's 19th annual **Hauntings** event a success.

Each year, costumed guides lead visitors through downtown Leesburg's historic, and reportedly haunted, sites. This year's walking tours will be on **Friday, October 22** and **Saturday, October 23** from 6:00pm-10:00pm. The museum needs volunteers in all areas of the event. Examples of volunteer opportunities include tour guides, site interpreters/storytellers and museum visitor services help. All talents are welcome!

If you are interested in volunteering for Hauntings 2010, please call Beth Friedmann, Director of Administration, at **703-777-7427** or email hauntings@loudounmuseum.org.



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**Pack Your Bags & Walk Over to
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The Wildlife Habitat Committee invites you to join us and enjoy the **Columbus Day** weekend right here at home with a fun filled night of family camping!

**The event will occur from 6:00p.m. on Saturday,
October 9th until 10:00a.m. on Sunday, October 10th.**

Bring your picnic basket and we will bring the campfire!



BROADLANDS
Wildlife Habitats Committee

Guided Family Nature Walk
Sunday, October 3rd
1:00pm - 2:30pm

Fall is here and Mother Nature is changing her colors again. Now is a great time to be outdoors as much as possible before it becomes too cold. The committee would like to invite you to a casual Family Nature Walk led by local Master Naturalist, Bill Cour. Bill is a Virginia Master Naturalist and has been leading nature walks in this area for over 15 years. The walk will start at the Community Center.



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The Critter Corner By Dr. Steve Velling

“Take 2 pets and call me in the morning”

“I think dogs are the most amazing creatures; they give unconditional love. For me, they are the role model for being alive.” - Gilda Radner

With all the stress of the economy, a war overseas, a lousy housing and job market, bills to pay, and oil disasters, it's nice to know that a pet can help take your mind off of all that. In fact, research now seems to confirm what most of us pet owners have known for years – that pets make us feel good!

Recent studies have demonstrated the healthful benefits of having pets. One study showed that people watching movies with dogs in them had significantly lower levels of cortisol, the “stress” hormone, right after watching the show. One study by an animal behaviorist measured that oxytocin, a “feel-good” neurotransmitter in the brain, increased merely by petting a dog. Another amazing study involved Alzheimer's patients. They often lose interest in eating, yet in 2002, the placement of live fish in fishbowls on the dining room tables of nursing facilities seemed to correlate with an increase in appetite.

Furthermore, dogs not only make us feel good, but they also encourage us to move around and exercise (good for the heart of course), while a 2008 study concluded that cat owners are 40% less likely to suffer from a heart attack than those without one. And at the Mayo Clinic in Minnesota, oncologists have begun “prescribing” pets to people to aid in their treatment. So in these rough times, I hope you take solace from the fact that your four-legged friend is not only a companion, but in many ways a bit of a lifesaver.

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

p.s. Don't have an animal but wish you did? Try volunteering at the local humane society or shelter, visit the zoo, or go bird-watching!

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Ashburn Farm 703-726-8784 43330 Junction Plaza Blvd. Suite 172 Ashburn, VA 20147 (Next to Giant Food at the Claiborne & Ashburn Farm Parkway Intersection)	Brambleton 703-327-8471 42385 Ryan Road Suite 112 Ashburn, VA 20148 (Harris Teeter Shopping Center 'around back', behind Subway)
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www.LoudounVet.com
"We're Your Other Family Doctor"



October Nature Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs. Programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9704 at least one day before the program. A minimum number of 3 participants is required or the program will be cancelled. Please dress for the outdoors.

About the Woods - (Elementary School Kids)

Date: Wednesday, October 13th, 2010

Time: 3:30p.m. - 4:30pm

The woods are alive! Learn how to identify the trees, who lives in and uses them and how and why they change the way they do.

A World of Color - (2 identical programs-choose your date)

Date: Tuesday, October 19th, 2010

Date: Wednesday, October 20th, 2010

Time: 10:30a.m. - 11:30a.m.

Ages: 4 and 5 year olds

In the Fall, there is an explosion of color. Come and learn why. We will make a colorful picture!

Storytime for 2's and 3's

Date: Wednesday, October 27th, 2010

Time: 10:30a.m. - 11:15a.m.

A story about who uses trees and a simple craft.

Family Day - Owls!

Date: Saturday, October 30th, 2010

Time: 11a.m. - 12:00p.m.

Ages: 5 and up

Bring the family and learn about owls that we can see in our neighborhood and how to spot and attract them. Examine an owl pellet to learn what they eat!

Wildlife Mapping Course - High School and Adult Course

Date: Saturday, October 30th, 2010

Time: 9:30a.m. - 2:00p.m.

Cost is \$25 for course materials. Virginia State Wildlife Biologist Lou Verner will be conducting the course. Please call or email naturalist@broadlandshoa.com to sign up. Class will be cancelled if reservations are low. Please see September's Naturalist article for more details.

Naturalist Weekday Hours:

Tuesday: 10:00a.m. - 1:00p.m.

Wednesday: 10:00a.m. - 5:00p.m.

Friday: 10:00a.m. - 2:00p.m.

Nature Center Saturday Hours:

October 9th, 23rd, and 30th

10:00a.m. to 2:00p.m.

**Loudoun Ballet Presents "Deep in the Forest"
Columbus Day Weekend**

Join Loudoun Ballet for its 2010-11 season opener, "Deep in the Forest", an original story ballet by Maureen Miller. Perfect for families and a delightful introduction to the performing arts. Performances will be held on Saturday, October 9th at 1:00p.m. and 4:00p.m. and Sunday, October 10th at 4:00p.m. at Potomac Falls High School in Sterling, Virginia. Tickets are available at the door ~ Adults \$15, Children (12 & under) and Seniors, \$10. Please visit www.loudounballet.org for additional information.


October Cub Scout News

Cub Scouts will be around the neighborhood and at shopping centers in October selling delicious Trail's End popcorn. Please look out for them as they visit friends and neighbors selling popcorn door-to door.

This is the Cub Scouts only fundraiser. Proceeds from the sales support scout programs and individual boys' activities throughout the year. In October, the scouts will camp and attend Halloween events at Camp Snyder.

Please support our Scouts and enjoy some popcorn!

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2010 Broadlands Family Recycling Contest

Celebrate **America Recycles Day** by participating in the **Broadlands America Recycles Day Contest** sponsored by the Broadlands Wildlife Habitat Committee.

To enter the contest, submit a one page written entry describing your personal experiences with recycling. The entry may include photos or drawings.

Entries will be judged on the following criteria:

Originality: We are looking for innovative ideas, not generic tips. If you have found useful tips from the internet or other sources, tell us how you implemented them. We also want you to share any tips that didn't work. We would like to hear about ideas that other families can easily implement in their households.

Humor and Human Interest: No one is perfect and mistakes happen. If you have any experiences that others would enjoy reading about, please include them.

Entries will be judged on the creativity and uniqueness of your story; how your family recycles and what it means to you. Judges will include members of the Broadlands Wildlife Habitat Committee and a Recycling Specialist from the Loudoun County Department of Construction and Waste Management. *BWH Committee Members may not participate in this contest.*

Prizes will be awarded to 1st, 2nd and 3rd place winners. Each winner will receive a 64-gallon recycling toter* and a gift basket worth \$100 for 1st place, \$75 for 2nd place and \$50 for 3rd place, provided by Patriot Disposal.

The application must be received at the HOA office no later than November 1, 2010. Please mark the envelope "Recycling Contest". Winners will be contacted on November 15, 2010.

America Recycles Day, now in its 12th year, is celebrated on November 15 and is the only nationally recognized day dedicated to encouraging Americans to recycle and to buy recycled products. For additional information, visit www.BroadlandsNaturally.org or contact Oya Simpson at 703-725-8040, osimpson@broadlandsnaturally.com.

* *Toters remain the property of Patriot Disposal and are provided on loan to the contest winners.*

“Bumps” in the Road

By Shannon M. Pecora, M.A.
Stream Valley Veterinary Hospital

Recently, while giving one of my dogs his daily tummy rub, I noticed a small lump on his chest. As he is almost twelve years old, I wasn't entirely surprised, but I will admit to a small surge of panic. This is one of my furry babies, after all, and I just discovered something that could be a simple “old dog” fatty mass or scary cancerous tumor.



Many pet owners can relate to this scenario, and it's not just older pets who develop lumps. Masses are pretty non-discriminatory, and they can crop up for a myriad of reasons. Allergies, hair follicle inflammation, insect bites, bacterial infection, viruses and cancers can all create lumps and bumps. Some masses may simply “go away” and resolve on their own, some can be drained, some can be treated with medications or creams and some will require surgical intervention. The problem is that you can never be quite sure which of these will be the case without a full work-up by your veterinarian.

So what should you do if you find a lump on your pet? First, make sound note of its location, size, feel and appearance. With long- or thick-coated pets, it can be helpful to trim or shave the area. This information and marking will aid you when you make an appointment with the vet. You'll be able to find the mass more easily to show the doctor, and, especially if a few days pass before your appointment, you can track any growth or changes. However, we do recommend an exam as soon as possible when you first notice a lump. And if you see that the lump is bleeding, ulcerated, oozing, painful or rapidly growing, it may be considered an emergency.

The vet will likely want to sample the mass, for example via needle aspirate or biopsy, or even schedule surgery to remove the mass altogether. The goal is to obtain a sample of cells or tissue to help identify the type of mass. Under the majority of circumstances, it is virtually impossible to identify a mass with 100 percent certainty using only sight or feel. Sometimes technicians and doctors can view the sampled cells under a microscope and tell what they are dealing with. They may also choose to send the cells or tissue to a pathologist at an outside lab to help them make a diagnosis. Though surgical removal can offer a sense of relief that the lump is “gone,” we still recommend that removed masses be sent out to these pathologists. Particularly if the mass turns out to be cancerous, there is the chance that it could return, and with a firm diagnosis, we can develop a treatment plan as needed.

When I had my dog's mass aspirated, thankfully it turned out to be a lipoma, or a benign fatty mass. Though it wasn't necessarily dangerous or bothersome, I opted to have it removed during a dental cleaning that same month. There is a chance that non-cancerous masses can continue to grow until they inhibit day-to-day life; depending on where the mass develops, a pet can experience trouble moving around or even just sitting or laying down comfortably. I decided it would be best to remove my dog's mass before it got to that point. He recovered wonderfully, and, though I could have safely waited a while for diagnosis and treatment, taking care of it right away gives me peace of mind in regard to my fuzzy buddy's health.

Where Does Our Water Go?

By Lisa Matthews, Broadlands Naturalist

Water seems to be everywhere and abundant, but is it? Due to rapid urban development, our water is running off at an alarming rate. The result of the run off is higher sediment in our drinking water and stream erosion often contaminated by contributing run off from our gardens. Protecting natural areas is critical to our future drinking water quality.

Wherever development occurs, there is loss of permeable ground. Instead of water seeping into the ground and filling the underground aquifers (which are underground beds or layers of permeable rock, sediment or soils that yield water), the water runs rapidly off. The amount of water moving through the streams is more than the capacity of the stream bed. Often developers remove the natural streamside filters (or buffers), which are the mature trees, shrubs and grasses, resulting in high flow rates during storms. Sediment, herbicides, pesticides and fertilizers, in addition to any other debris that is caught up with the flowing water, fill up the streams and ultimately cause high rates of erosion in the streams.

This polluted water moves through our watershed. A watershed is the area of land where all of the water that is under it or drains off of it goes into the same place (EPA definition). This water is often stored in reservoirs or goes to the rivers. Broadlands run off goes to the Potomac and then onto the Chesapeake Bay. The more sediment and pollutants in the water, the more it has to be processed and the higher the cost of our water.

You might wonder what you can do to help. Fortunately for you, you live in Broadlands, a community that is aware of its part in preserving the natural areas. Each homeowner, though, can consider using only environmentally safe products on their lawn and garden, and water only when absolutely necessary and not so much that water is running down the road. Consider putting in a rain garden for the more swampy areas of your gardens and rain barrels to hold water in your garden for use in times of drought, washing your car or watering your house plants.

Awareness, concern and action are needed by everyone to ensure that we will have clean and safe drinking water in our future. Please check out the following links to see what you can do to be part of the solution.

For information on rain gardens, visit these sites: www.raingardennetwork.com/ and http://www.lowimpactdevelopment.org/raingarden_design/whatisaraingarden.htm.

Go to <http://www.broadlandshoa.org/node/49> and scroll down to Rain Barrels for your Broadlands HOA "how to".

And, visit www.loudounstreams.org and the Piedmont Environmental Council <http://www.pecva.org/anx/index.cfm/1,194,3269,-1,html> for more information on the state of Loudoun County Streams.

Be the change you wish to see in the world!
Gandhi

Wildlife Mapping Course for High School Students and Adults

Saturday, October 30th, 2010
9:30a.m. to 2:00p.m. at the
Nature Center

Virginia State Wildlife Biologist Lou Verner will be conducting the course. This course counts for Master Naturalist Advanced Credits and for Community Service Credits for High School students.

Please call or email naturalist@broadlandshoa.com to sign up. The cost is \$25 for course materials. Class will be cancelled if reservations are low.

Please see September's Naturalist article on the community website, www.broadlandshoa.org for more details.

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Directory of Local Farmers Markets



The following markets feature the finest and freshest locally grown produce and products.

Agro-Depot Indoor Farmers Market

35246 Harry Byrd Hwy
Round Hill, VA 20141
540-338-7173

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Ashburn Farmers Market

43480 Yukon Dr
Ashburn, VA 20148
540-454-8089

Brambleton Farmers Market

The LVHMA has relocated the market to the parking lot east of the Sport & Health Building - the "Olympia" side parking lot of Sport and Health. Buy fresh local fruit, vegetables, beef, pork, eggs and more direct from the farmer who raised them!

Cascades Farmers Market

21060 Whitfield Pl.
Sterling, VA 20164
540-454-8089



Crooked Run Orchard

37883 East Main Street
Purcellville, VA 20132
540-338-6642

Pick-your-own fruit farm. Please call ahead for availability and picking conditions.

Farmer Dodson's Stand on Belmont Ridge Road

Local Produce

Local farmer that sets up a stand on Belmont Ridge at the parking lot of the Auction House. Hours: Sun 12pm-7pm, Wed 10am-7pm and Sat 9am-7pm. Farmer Lloyd Dodson is from Madison, Va. His produce is pesticide free.

Farmer John's Wayside Market

15520 James Monroe Highway
Leesburg, VA 20176
703-771-8982

Farmers market selling everything from hot peppers to white eggplant.

Gardens of Delight

40602 Charles Town Pike
Paeonian Springs, VA 20129
540-882-9113

Growers of delightful plants, herbs, light-scented and fragrant plants, and more.

Great Country Farms Country Store

Bluemont, VA 20135
540-554-2073
Fresh produce, honey, jams, pottery, gifts, candles, soaps, and gift baskets.

Heider Farm Market & Country Store

14917 James Monroe Hwy
Lucketts, VA 20176
703-779-7715

Layng's Flower Farm

23520 Evergreen Mill Road
Aldie, VA 20105
703-327-0872

Leesburg Summer Market

11 Fairfax St
Leesburg, VA 20175
540-454-8089

Leesburg Winter Market

11 Fairfax St
Leesburg, VA 20175
540-454-8089

Lovettsville Farmers Market

16 S Berlin Tpk
Lovettsville, VA 20180
540-454-8089

Middleburg Community Farmers Market

W Marshall St
Middleburg, VA 20117
540-687-5152

Purcellville Farmers Market

N 21st St Parking Lot
Purcellville, VA 20132
540-454-8089



Your Guide to Local Fall Festivals and Halloween Events.



Temple Hall Corn Maize and Fall Festival

Fri, Sep 24, 2010 – Sun, Oct 31, 2010: It's back and bigger and better than ever! Pony rides, corn cannons, and cow train. Want to launch a pumpkin 100 yards through the air? Then we've got the perfect toy for you - Pumpkin Blasters! Jumping pillows and pig races. This year's Maize is 24 acres. **Event Time:** Tue-Thu 9:00am-4:30pm; Fri-Sat 9am-10pm. **Admission:** \$12/adult, \$10/child ages 3-11 and senior citizens, free/child age 2 and under. 15789 Temple Hall Lane, Leesburg, VA 20176, 703-779-9372 http://www.nvrpa.org/park/the_maize

Annual Fall Pumpkin Harvest—Great Country Farms

Sat, Sep 25, 2010 – Sun, Oct 31, 2010: Largest pumpkin patch in Northern Virginia. 2800 sq ft. Pumpkin Jumpin' Pillow, Double Barrel 60' Slide and Rubber Ridge- our tractor tire mountain. Solve 5 Mazes. Zip down the 60' Saddle horn Slide and swing on the rope swings. Farm animals and catch-and-release fishing with your own pole. **Event Time:** 10am-5pm, **Admission:** \$8/person on weekdays (excludes holidays); \$10/person weekends and holidays; free/child under 2 years of age, CSA members, and Fans of Farm members. 18780 Foggy Bottom Road, Bluemont, VA 20135, 540-554-2073, <http://www.greatcountryfarms.com>

Pumpkinville—Leesburg Animal Park

Sat, Sep 25, 2010 – Sun, Nov 07, 2010: Family fun includes a hay maze, giant hill slides, straw tunnels, rope swings, moon bounces, Fort Pumpkin, Haunted Maze, and Spooky Pirate Ship. All you can eat apples, fresh cider, and pick your own pumpkins. Take unlimited hayrides and visit the Leesburg Animal Park to pet & feed friendly, exotic, and domestic animals. **Event Time:** 9am-6pm. **Admission:** \$8.50/person weekday admission, \$12.50/person weekends and holidays, Free/child under 2 years of age. Discounts available on multi-day passes. 19270 James Monroe Hwy, Leesburg, VA 20175, 703-433-0002, <http://www.LeesburgAnimalPark.com/pumpkinville.htm>

Aldie Harvest Festival

Sat, Oct 16, 2010: This two-hundred year old village presents a harvest festival featuring food, entertainment, vendors, crafts, bake sales, grinding and blacksmithing demonstrations, and more. Families will enjoy the fun fest and a historical tour of the Aldie Mill. **Event Time:** 9am-5pm, **Admission:** Free; optional \$5 parking donation. John Mosby Hwy, Aldie, VA 20105, 703-327-4060, <http://www.villageofaldie.com/harvestfest.htm>

6th Annual Air and Scare—Smithsonian National Air & Space Museum, Steven F. Udvar-Hazy Center

Sat, Oct 23, 2010: Discover the spooky side of air and space. Come in costume for indoor trick-or-treating. Participate in creepy crafts, spooky science experiments, face painting & the Tot Zone. Pose with your favorite Star Wars character! See SR-71 Blackbird that plays in the Transformers movie and ride in a Simulator. 14390 Air and Space Museum Pkwy, Chantilly, VA 20151. **Event Time:** 2-8pm; museum hours 10 am-8pm. **Admission:** Free admission, \$15/car parking, 202-633-1000, <http://www.nasm.si.edu/events/dateRange.cfm?date=10/23/2010>



Paxton Haunted Manor presented by Virginia Scaregrounds

Thu, Oct 21, 2010 – Sun, Oct 24, 2010 and Thu, Oct 28, 2010 – Sun, Oct 31, 2010: Virginia Scaregrounds is your premiere haunting destination in Loudoun County. Leesburg's Paxton Manor has been transformed into a paranormal experience. Any and all who dare to visit are forewarned - strange and scary events you will behold! Dare to be scared! This is a PG-13 event. **Event Time:** 6-11pm, **Admission:** \$15/person in advance, \$20/person on Halloween, 601 Catoctin Cir. NE, Leesburg, VA 20176, 888-419-0001, <http://virginiascaregrounds.com>.

19th Annual Hauntings Tour—Leesburg Town Hall

Fri, Oct 22, 2010 – Sat, Oct 23, 2010: 19th year! The walking tour allows visitors to tour the haunted homes and businesses of Leesburg. Hear about the widow who fought to keep her house and has never left- she even helps with the housework; the Civil War Colonel who watches over the office staff during the day; and many more spirits. **Event Time:** 1.5 hour tour leaves from Leesburg Town Hall every 15 minutes from 6-10pm **Admission:** \$15/person with advance purchase; \$20/person at the door. Advance ticket purchase is highly recommended (advance sales end 10/21/10), 25 West Market St, Leesburg, VA 20175, 703-777-7427, <http://www.loudounmuseum.org>.

6th Annual Autumn Apple Festival—Loudoun Heritage Farm Museum

Sat, Oct 23, 2010: Visit our exhibit "Virginia Apples for Flavor: The Story of Hill High Orchards." See historic orchard tools at work. Learn how to make cider and apple butter. Visit with local orchardists and browse locally made apple products. Meet local farmers and learn about how to buy fresh and shop local for your family. **Event Time:** 10am-4pm. **Admission:** \$5/adult, \$4/senior, \$3/child, 21668 Heritage Farm Lane, Sterling, VA 20164, 571-258-3800, <http://www.heritagefarmmuseum.org>.

Pumpkin Glow Night—Great Country Farms

Fri, Oct 29, 2010 – Sat, Oct 30, 2010: Spectacular display of over 1500 carved and lighted jack-o-lanterns. Bring your carved Jack-o-lantern to enter in contest. Jack-o-lanterns are judged for Best in Glow, Scariest, and Funniest in 3 classes: grades K-5, grades 6-8, and adult carving. Roast some marshmallows by the bonfire. Email us if your school would like to have a carving day. **Event Time:** 6-9pm, **Admission:** 10/person; free/child under 2 years and CSA/Fan of the Farm members, 18780 Foggy Bottom Rd, Bluemont, VA 20135, 540-554-2073. <http://www.greatcountryfarms.com>.

8th Annual Pumpkin Chunkin' Weekend—Great Country Farms

Mon, Nov 01, 2010 – Mon, Nov 08, 2010: Bring your leftover jack-o-lantern to our smashin' session and let it fly! The Silo Drop and Zip Wire Sploosh let you do the smashin' yourself or bring your pumpkin to the Pumpkin Drop Zone and add it to our upside down "fireworks display" as the pumpkins are dropped from a lift over our parking lot. Enjoy cow train rides, swings, slides and mazes. **Event Time:** 9am-5pm, **Admission:** \$10/person, free/child under 2, includes a pumpkin to smash, 18780 Foggy Bottom Rd, Bluemont, VA 20135, 540-544-2073, <http://www.greatcountryfarms.com>



Sinful Selections for a Unique Halloween Meal

Ear Wax Wieners - Appetizer

- Serving Size: 6 Waxed Figures
- 8 tbsp Butter or margarine -- melted
- 24 Cocktail franks
- 1/2 c Mustard
- 1/2 c Mayonnaise
- Toothpicks
- Cotton balls

Melt butter in small pan over low heat. Place franks on broiling pan and carefully brush with melted butter. Broil franks until evenly browned, turning 2 or 3 times. While franks are cooking, combine mustard and mayonnaise in small bowl and set aside. This will be your ear wax. Arrange cooked franks on serving platter. Pierce each frank with toothpick, then stick wet cotton ball on end of each pick. Place small bowl of ear wax in the middle of the platter, surrounded by franks.

Hairball Salad With Saliva Dressing

- Serving Size: 4 cat fanciers
- 1 large ripe avocado
- 2 cups Alfalfa sprouts
- 5 or 6 large carrots - washed, peeled and grated
- Italian dressing

Cut avocado in half. Use a spoon to scope out pit. Scoop avocado out of shell and put in the bowl. Add sprouts to avocado meat. Mash with a fork. It is ok to leave some lumps. Set mixture aside. Divide grated carrots among four salad bowls. Using your fingers and a spoon, make walnut size hairballs from avocado mixture and arrange them on top of grated carrots. Pour Italian "saliva" dressing over hairballs and serve.



Guts and Eyeballs - Entree

- Serving Size: 4-6 Mad Scientists
- 1 1/2 Lb. ground beef
- 1 Cup Italian Seasoned bread crumbs
- 1 Egg
- 1/4 Tsp. Pepper
- 1/2 Tsp. Italian Seasonings
- 1 Jar Olives (with Pimentos)
- 1 Jar Spaghetti Sauce
- Pasta
- Parmesan cheese

Preheat your oven to 350 degrees. Mix ground beef, bread crumbs, egg, pepper, Italian seasonings in a large bowl. Roll into 30 eyeball sized balls. Push an olive into each "eyeball" with the pimento facing out. Place the balls into a baking dish, cover and bake for 45 minutes. While cooking, prepare your pasta. When finished, drain pasta and place in a large serving bowl. Carefully place eyeballs onto the spaghetti and spoon the spaghetti sauce, heated, over the pasta and drizzle over the eyeballs. Sprinkle parmesan cheese for a moldy look.



Frozen Jack-O-Lanterns - Dessert



- Serving Size: 12 frozen Jacks
- 12 Navel oranges
- 12 Cinnamon sticks
- 1/2 Gallon Dark chocolate ice cream

Cut off tops of oranges. Gently hollow out pulp (reserve for another use), leaving a thick shell; hollow out pulp off tops also. Cut Jack-O-Lantern faces into each orange. Pack chocolate ice cream into shells, avoid letting ice cream come out of holes. Cut a hole into top of orange top. Set tops back on, over ice cream, and inset cinnamon stick stem through the hole. Place in freezer for at least 3 hours, or until serving time.

**Congratulations to September's
contest winner:
Sarah Thomas**

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

Find the following *Halloween pictures* anywhere (any size) in the newsletter 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 Noon, October 12, 2010. **Be sure to include your name and telephone number. Good Luck!**

Found on Page Number:

Frankenstein: _____

Witch's Hat: _____

Contact Info:

Name: _____

Phone: _____

Broadlands Tennis Programs

www.broadlandstennis.org

(Visit for details and registration forms for all programs)

4 Week Sessions (Morning Clinics Available)

JUNIOR CLINIC (ages 3-5)

Mon – Fri, 4:30p.m. - 5:00p.m.

(½ of the price stated below)

JUNIOR CLINIC (ages 6-16)

Mon – Fri, 5:00p.m. - 6:00p.m. & 6:00p.m. - 7:00p.m.

Sat & Sun, 10:00a.m. - 11:00a.m. & 11:00a.m. - 12:00p.m.

ADULT CLINIC – All levels

Mon – Fri, 9:00a.m. - 10:00a.m. & 10:00a.m. - 11:00a.m.

Mon – Fri, 7:00p.m. - 8:00p.m.

Sat & Sun, 9:00a.m. - 10:00a.m.

Broadlands Member/Non Members (As low as \$13.00 per class)

\$60/\$70 per session (4 weeks)

1 class a week

\$112 / \$122 per session (4 weeks)

2 classes a week

\$156 / \$166 per session (4 weeks)

3 classes a week



Clinics Drop In Fee:

\$20 members; \$22 non-members

Current Tennis Events Weekly Junior Tournaments

11 years and over – every Sunday 10a.m.-12p.m.

10 years and under – every Saturday 10a.m.-12p.m.

8 years and under – every Saturday 10a.m.-12p.m.

Fee: \$15.00 per tournament

4 Week Weekday Morning Clinics

8:30 – 10:00a.m. & 10-11:30a.m.

Private Lessons

Lessons/hr:

Resident/Non-Resident

1 player:

\$60/\$65

2 players:

\$35/\$38 each

3 or 4 players:

\$25/\$27 each

5 or + players:

\$20/\$22 each

Contact Luis Rosado if you have any questions:

Phone (301) 221-7917, email: broadlandstennis@yahoo.com

Fall Back Into Skating at the Ashburn Ice House

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Women on Weights: Separating Fact from Fiction

By: Katie Herbert, Certified Personal Trainer

fitness.innovations@gmail.com



As a Personal Trainer I hear many concerns from prospective clients about starting an exercise program. With 90% of women that I meet, I will hear the following, "I want to workout, but I don't want to get huge".

Fitness Myth: Basic weight training will turn you into Arnold Schwarzenegger.

There are a couple of components to look at when considering this concept. First, basic anatomy, men and women respond differently to similar stimulus due to a difference in testosterone. While all women have slightly different ratios of testosterone to estrogen, women in general do not have enough testosterone to create muscles of the gods through basic weight training.

I can hear some of you correcting me already as you may have muscular calves or shoulders or quads. This takes me to the second consideration, DNA. We are all designed by our specific genetic make-up. DNA tells our body where to distribute different types of muscle fibers and how much of each type. Wrapped up in DNA is body type. There are three basic body types: mesomorphs are muscular and tend to have large bones, endomorphs are round and may be described as curvy, ectomorphs are long and lean. Some people don't fit neatly into one type, but are a combination. Body type and DNA can predispose a person to certain muscular traits, i.e. mesomorphs tend to build muscle easily; ectomorphs have a hard time gaining muscle.

Based on this knowledge, a trained professional can develop a program that is right for your body type and meets your goals. No two people are exactly alike, so that means that we cannot expect a cookie cutter workout to fulfill every woman's needs. So, our mesomorph girlfriend would want to focus on moderate weight and higher repetition to counteract her predisposition to gain muscle too quickly, while our ectomorph sister will want to lift heavier weights with lower repetition.

Due to a fear of "bulking up" or maybe just a fear of the weight room, many women forgo weights and trek it on cardio equipment alone. Cardiovascular training is wonderful and very necessary, but consider this...

Weight Training

- strengthens bones and reduces risk of osteoporosis
- reduces risk of low back injury
- improves balance and coordination
- boosts mood and reduces depression
- increases metabolism=burning more calories/day
- decreases cholesterol and lowers blood pressure

Before beginning a weight training routine, meet with a personal trainer or exercise professional. It is worth it to get set up on the equipment properly and most trainers will design a program for your specific needs in mind. Many gyms offer one free session, so ask your club and take advantage of the opportunity. Remember to start slowly and progress. Your body needs time to adapt to the changes that you are making. Last but not least, don't forget to let your body recover. After strength training, give the worked muscles at least 24 hours to rest before you re-work them.

Have fun Ladies! I hope to see you all in the weight room!

An advertisement for Dulles Gymnastics Academy. The top part features the word "Gymnastics" in a large, stylized font, followed by "After-School Care and Classes" in a smaller, cursive font. Below this, it lists "School Aged Children • Quiet Time for Homework Games/Projects/Outdoor & Gymnastics Time". There are two photos: one of a young boy sitting at a desk reading, and one of a young girl performing a gymnastic move on a mat. A starburst graphic says "\$20 OFF Coupon *". At the bottom, it says "Extended Day, Transportation, Low Child/Coach Ratio Fun Classes for Toddlers thru Teens". On the left, a list of services includes "WE ALSO OFFER: Birthday Parties, Competitive Team, Trampoline & Tumbling Classes, Cheer Tumbling, Mini-GYMN (12 mos +)". On the right, it says "*Call for details" and provides the phone number "703-444-GYMN" and website "info@dullesgymnasticsacademy.com". The address is "45449 Severn Way #101 Sterling, VA 20166". The Dulles Gymnastics Academy logo is in the center, and the website "www.DullesGymnasticsAcademy.com" is at the bottom.

**LOUDOUN WILDLIFE CONSERVANCY
OCTOBER 2010 EVENTS**

Birding Banshee — Saturday, October 9, 8:00 a.m. Join LWC and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for the monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot spot. Please bring binoculars. *Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.*

Mid-week Bird Walk at Bles Park in Eastern Loudoun — Wednesday, October 13 8:00 a.m. – 10:30 a.m. Join LWC on a mid-week bird walk at Bles Park. A mostly level gravel path makes it easy to explore Bles Park, which not only contains wetlands but also is bordered by the Potomac River and Broad Run. Please bring binoculars. We will meet in the parking lot on Riverside Parkway. Directions can be found at <http://www.loudoun.gov/Default.aspx?tabid=924>. Admission to the park is free, there is ample parking, and comfort stations are available. *Questions: contact Bill Brown at 703-437-6277 or billbr50@msn.com.*

Exploring Wetlands — Saturday, October 16, 9:00 a.m. – Noon (location TBD) Registration Required. Join Jeff Wolinski, a Consulting Ecologist and wetlands expert, on a visit to one of our local wetlands. As we explore the wetlands, Jeff will describe the plants, soils, and other characteristics that blend together to create one of nature's most fascinating and important natural habitats. **Register online** at www.loudounwildlife.org or contact Joe Coleman at jcoleman@loudounwildlife.org or 540-554-2542.

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Fall Open House & Family Day (Celebrating Fire Prevention Week)

Sunday, October 3 from Noon until 4:00p.m. at Station 6, 20688 Ashburn Road and it's Free!

Parking at Cedar Lane Elementary School on Tolamac Road – FREE Shuttle Bus Service.

Get your child a ticket on our "Safety Express" to learn fire safety and prevention. Our featured safety stops are: Call 911 * Smoke Detectors * Meet a Firefighter * Stop, Drop and Roll.

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Volunteer Opportunities

The Ashburn Volunteer Fire & Rescue Department is always looking for dedicated and hardworking members. We not only have opportunities for firefighters and EMTs, but for administrative members who support our firefighters and EMTs. **Come join our team and discover the volunteer in you!** Visit our website for more details or contact us at recruitment@ashburnfirerescue.org.

Upcoming Events – For full details, please visit <http://www.ashburnfirerescue.org/events/>

Pancake Breakfast–Ashburn Firehouse, 20688 Ashburn Rd. 8 a.m. until noon. No breakfast in October * November 7 * December 5

Southern States to Match Your Donations for Diesel Fuel

Help us fill our fuel tanks on three fire engines and three ambulances. Southern States (our fuel supplier) will match all donations, up to 312 gallons per month. You can buy a gallon (or more) at our Pancake Breakfast. We thank you, and Southern States, for the support.

Our annual Santa Parade will be December 11. Watch for the route and schedule to be published soon.

Morven Park to Host Two Exciting Equestrian Events in October

Morven Park will host two weekends of top equestrian competitions this October. The **Morven Park Horse Trials**, featuring Novice to Advanced divisions performing dressage and various jumping techniques, will be held **October 2 and 3** beginning at 8:00 a.m. each day. Admission is **FREE**. The 31st Running of the **Morven Park Steeplechase Races** on **October 9** marks the highlight of the fall racing season. Gates open at 11:00 a.m. Advance admission is \$30 per car. General admission is \$10 per person on the day of the race.

During the **Morven Park Horse Trials**, the riders will compete in the horse world's equivalent of a "triathlon," demonstrating skill, courage, and stamina in a competition that includes Dressage, Show Jumping and Cross-Country Jumping. Dressage is a French word meaning "training," and is a series of complicated movements performed in an enclosed arena. When executed correctly, the **horse appears to be performing graceful, ballet-like movements** on its own, without visible cues from its rider. Show Jumping demonstrates the agility and precision with horse and rider facing jumps up to 4'3" in height. The thrilling and challenging Cross-Country Jumping features up to 28 obstacles of varying difficulty.

The Morven Park **Steeplechase Race** is a full day, **family friendly** event that takes place on the scenic Morven Park racecourse. The festival atmosphere includes six races over fences on the flat, a Family Course Walk with Jockey Gregg Ryan, as well as concessions and vendors.

For more information regarding tickets and directions, please call the MPIEC at 703-777-2414 or visit the Morven Park website at www.morvenpark.org.

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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.

Not Available on Website Edition

Key:

- (B) Babysitter's Course
- (C) CPR
- (R) Rescue Breathing
- (F) First Aid

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



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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	1(703) 753-5521
Miss Utility	(800) 552-7001
Metro	(202) 637-7000
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OpenBand Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Patriot Disposal	1(703) 257-7100
Ridesharing	(703) 771-5665
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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
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David Poisson (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

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

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- **June 22, 10 a.m.**, New Mom Support Group
- **July 12, 6 p.m.**, Baby Care Basics
- **July 27, 10 a.m.**, New Mom Support Group
- **August 10 and 12, 10 a.m.-noon**, Avoiding the Freshman 15

*To register for these, or any of Reston Hospital Center's classes, call 1-877-689-DOCS.
 Learn more at restonhospital.com*



Ashburn Education Center
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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

The next meeting will be held on October 9th, at the Mills Recreation Center starting at 10:30am. There will be a business meeting followed by refreshments and a book exchange. All members are requested to bring books they would like to exchange.

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 that are Bichon owners currently 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 NEIGHBORHOOD BIBLE STUDY

We are kicking off Fall with a Beth Moore bible study, Deeper Still. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

COMMUNITY BIBLE STUDY

Does your study of the Bible leave you feeling confused and uninspired? Take heart! We'll introduce a practical, proven method for how to study Scripture that will help the reader glean life giving truths. Join us at the Comm Ctr at 5:30p.m. every Sun. For info, contact Pastor Anthony, 703-729-6443, ant.hendricks@lcbc.org.

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.

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.

LA LECHE LEAGUE OF ASHBURN

Have questions about breastfeeding? Want to meet other nursing mothers? We meet the 2nd Wed of the month from 7:00p.m. - 8:45p.m. at the Broadlands Community Center. To contact a Leader please call 703-729-1205.

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.Loudoun WNG.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 3rd Friday at 10:00am. For info, contact Katina Wilberger at kp_wilberger@yahoo.com.

MOMS IN TOUCH

Hillside Elementary Moms are invited to join us to pray for our children and the school they attend. We meet Tues mornings 9 - 10a.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.

TECHNOLOGY COMMITTEE

We will meet at 7:30 p.m. on October 19th in the Broadlands Nature Center. For info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

GRIEFSHARE SEMINAR/SUPPORT GROUP

GriefShare is a special seminar/support group for people grieving the death of someone close. The next 13 week series begins Monday, September 13, 7:00-9:00pm at Our Savior's Way Lutheran Church. Call Beth Anton at 703-470-8821 with any questions or visit www.griefshare.org.

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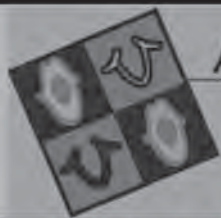
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ADVERTISING and EDITORIAL INFORMATION

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 posted 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. Advertising deadlines are the first day of the month prior to the issue. Insertion Order Forms are available at broadlandshoa.org on the newsletter page.

Limited Availability: 1/2 Page B/W
7.25" W x 4.875" H \$295/issue (6 months prepaid \$265.50/issue). Color ads also available.

1/4 Page 3.625"w x 4.875"h
\$160.00/issue (6 months prepaid \$135.00/issue)

1/8 Page 3.625"w x 2.25"h
\$90.00/issue (6 months prepaid \$72.00/issue)

Payment is due in full when ad is submitted. Make checks payable to Broadlands Association. No cash payments, please. Copy changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:
Broadlands Association
ATTN: Newsletter Ads
21907 Claiborne Parkway
Ashburn, VA 20148

For more information or questions regarding advertising, contact 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 should it fall on a weekend or holiday. Submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704 ext.101.

OCTOBER CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

BABYSITTER: Red Cross

Certified enthusiastic and experienced teenage babysitter, good with small kids. I can do arts & crafts, music; I'm a good student & have a great sense of humor. Broadlands resident. Call Caroline at 571-223-0007.

MOM'S MORNING OUT: I offer a structured program for children ages 18 months to 4 years of age. Tuesday morning, 9:00am-11:30am. Our typical morning includes: circle time, lesson time, letter/number of the week, colors, shapes. Children will participate in outdoor and indoor activities, music and Spanish time. Fully licensed by the state. More than 5 years of teaching a MMO/preschool program. Please call 703-858-0117 or nancyshep@hotmail.com.

BROADLANDS KID ZONE: Now registering F/T or P/T for ages 13 months and up. We offer preschool curriculum, learn knitting, Crochet and sewing. Snacks and meals provided. CPR/First Aid and Virtus Certified Contact Victoria at 703-405-3768. Email: info@broadlandskidzone.com Website: www.broadlandskidzone.com.

ENTERTAINMENT/PARTY RENTALS

MAGIC! Looking to add a little something special to your next party or gathering? Have a strolling magician entertain your guests. It's fun and exciting. Come see me in action at The All American Steakhouse. Lessons are also available. 703-402-2718 or slyhand@hotmail.com.

MOONBOUNCE RENTAL IN

BROADLANDS! Fully insured. Stress free entertainment for your child's birthday party, etc. \$125 for the day (10am-7pm). We do not deliver. Payment required at time of pick up. Call early, we book quickly! Linda, ALL ABOUT PARTIES, 703-298-1370.

FOR SALE/FUNDRAISER SALES

MOPS KID'S CONSIGNMENT SALE:

Sanders Corner Elementary School in Ashburn. Saturday, October 2nd from 8am - 1pm. Dollar Dash from 3:00-3:45 pm! Clothes, toys, cribs and more! For complete info and directions, www.cfc-mops.com.

BAND CITRUS SALE: Straight from Indian River Groves in Florida delivered directly to you. Delicious oranges, grapefruit, and tangelos are available to order from the Briar Woods HS Band members. Sale ends 10/22/10. If you have not been contacted, email Briarwoodsfundraiser@yahoo.com.

BRIAR WOODS FALCONS GARDEN

FLAGS: Add a splash of color to your garden with a Briar Woods Falcons garden flag. The 13" x 18" white nylon is printed in vibrant orange with navy outline. Get yours by calling 703-655-8614.

GOLF CLUB DISCOUNT CARDS: From the 1757 Golf Club this card has discounts off: greens fees after 2pm, private lessons, meeting or banquet events and a complimentary large bucket of balls; all for only \$10.00. Contact Briarwoodsfundraiser@yahoo.com.

HELP WANTED

EXPERIENCED NANNY/CHILD CARE

PROVIDER: Needed for Wednesdays to care for toddler and infant (2.75 yr and 6 mo. in October) while Mom works her part-time job at home. Hours: 7:30/8:00 AM - 4:30/5 PM (9 hours). Please email references to holland0923@verizon.net and call 703-725-5565 for more information. Thank you! Cathi Holland.

PART TIME ASSISTANT/SUBSTITUTE

TEACHER FOR IN HOME DAYCARE:

Mondays, Wednesdays & Thursdays from 9am-1pm. May have more days/hours depending on substitution needs. We follow Loudoun & Fairfax County Teacher Calendars for closings. Call Michelle at (phone) 703-957-5619 or (cell) 703-346-1134.

INSTRUCTION

DRUM LESSONS: Quality instruction for the best rates in the area! Located conveniently here in Broadlands. Call Casey Hart at 703-554-0180 or email at cjhart92@fastmail.fm.

MUSIC LESSONS: 703-723-1154. HERE IS WHY WE HAVE BECOME THE AREA'S LARGEST MUSIC ACADEMY: 1. We offer the greatest selection of Convenient Times 2. We provide optional, fun, low pressure Recitals for Students 3. We have fun! Visit us at www.mintonmusic.com.

VIOLIN LESSONS-SUZUKI METHOD:

Motivated teenager offers violin lessons for young children. Seven years of studying the violin. Lessons are held Saturday afternoons. \$10.00 for a 30-minute lesson. Please call 703-858-0117.

VIOLA & VIOLIN LESSONS: Offered out of my private studio conveniently in Broadlands.

All ages and levels welcome! Please call Catherine at (703)598-4708 or email me at CatherinePalusci@aol.com. References available.

KINDERMUSIK CLASSES: Will be offered at the Broadlands Community Center this Fall! Music and Movement classes for children age newborn through 3 years are designed to nurture the creative spirit in every child. For more information, visit www.WrightFootForward.com or contact Brenda Wright at WrightFF@gmail.com or 703/344-4135.

SIMPLY MASTERY TUTORING: Experienced social studies teacher tutoring in content, exam prep, and academic skills. Work in your home or a library and enjoy affordable rates for solo or group sessions. Contact Jessica Mouw at (703)980-6406 or jemouw@gmail.com to schedule a free initial consultation.

GUITAR LESSONS: Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. Instruction in your home or at our Leesburg studio; references from Broadlands residents. Please call 703-777-4352 or email: BlueRidgeStudio@verizon.net.

HOBBY CLASSES: Hindi Classes- once a week, one hour classes. Drawing and water painting - 8 week session, once a week, one hour classes, \$100 plus \$25 material fee. Indian Cookery Classes offered. Before and After School Care also available. Call 571-333-0199, neeru803@gmail.com.

HEALTH & WELLNESS

PERSONAL TRAINER: Looking to get fit?

I am a certified personal trainer with both a bachelors and masters degree in the health field. I can come to your home or train you at any Fitness First gym. I specialize in functional training and hold certifications in nutrition and pre and post natal training. Whether you are 8 or 80, fit or unfit, I can help! Please call 703-307-9403 or email ckdovel00@verizon.net.

SHAKEOLOGY, THE HEALTHIEST

MEAL OF THE DAY! Doctors are using Shakeology and recommending it to their patients, see what the buzz is all about. www.shakeloudoun.com. 100% Money Back Guarantee. Contact Michael at 571-233-7996 or mobriend@gmail.com. Broadlands resident.

ARE YOU INTERESTED IN LOSING

WEIGHT AND GETTING IN SHAPE: I can show you how with proven fitness programs you can use in your home. These programs changed my life and can change yours! Contact Michael at 571-233-7996 or www.fitnessintensity.com. Broadlands resident.

ASHBURN PILATES: Private Pilates Studio located at the corner of Farmwell Road and Ashburn Village Blvd. (Behind IHOP) Improve posture, flexibility and core strength through Classical Pilates. Private, Duet and Mat Class options. Call 703-729-1669 or visit www.ashburnpilates.com.

HOME SERVICES

WROUGHT IRON STAIR RAILINGS:

Increase the WOW factor in your home by replacing wooden hand rails with wrought iron ones. Home builders charge \$7,000-10,000; you can have the model home look for 75% less! Free design consultation. 703-919-3479.

ACKERMAN SECURITY SYSTEMS: We monitor all systems. No charge to switch or equipment to buy. Monthly rate \$18.95! Free \$500 insurance deductible program. Allowance for contractual obligation. One call...we do it all. You own the system, Wireless Monitoring, Virtual Keypad, Remote Video Access, Fire/Access/Video. Receive 3 month free basic monitoring with this ad. Joe Moinipanah, 571-437-6445. Ackermansecurity.com.

BELMONT DECK & PATIO,

CONSTRUCTION: Building all types of decks and patios. Pressure treated and composite maintenance free products. Maintaining old decks/patios by power washing and painting. Also, all types of Handyman Projects, Landscaping, Painting, Interior Repairs, Exterior Repairs. Call 571-209-0332.

BROADLANDS HOME IMPROVEMENTS:

All types of home repairs and improvements. Kitchen, bath, basement, windows, doors, roofing and more. Contact Craig Hart for a consultation and estimate at 571-220-7449.

ALL AROUND GLASS INC: Herndon, VA Patio Door Glass, Broken Windows, Insulated Glass, Mirrors, Tub & Shower enclosures, Tabletops, Re-screening, Auto Glass, Commercial and Residential, 30 years experience, mobile service 703-481-8557, fax 703-481-1883. Licensed and Insured.

GRASS MOWING "CHEAP": Excellent service for town homes, single family, absentee landlords and real estate agents handling vacant home sales. Mow, edge, trim and blow, plus Scott's seasonal applications available. A great gift idea! FENCE sales, power wash and restain, Retired Professionals: jackthedecker@aol.com and 703-858-0103.

BANE ELECTRICAL SERVICE LLC: Residential & Commercial service work specializing in trouble shooting and any other service related to upgrades or repairs. Licensed and Insured Electrical Contractor VA/MD. Ask about our monthly specials!!! Contact Chris 703-723-6501 (Broadlands Resident).

WISE GUYS ROOFING & SIDING IMPROVEMENT LLC: FREE ESTIMATES – Roofing & Siding Installation & Repair – Gutters Installation & Cleaning – Windows – Insulation – Trim – Painting – Attic Ventilation & more...Call us for your free Solar Panel Vent or free Gutters! Lowest Price & Satisfaction Guarantee! www.WiseGuysRoofingSiding.com. Contact us: 571-722-5543 or info@WiseGuysRoofingSiding.com.

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.

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

FULL CIRCLE HOME IMPROVEMENT: Kitchen and Bath Remodeling. Finished Basements-Flooring-Tile-Hardwood-Laminate-Lighting-Finished Trim-Moldings-Painting-Decks and more. Licensed and insured. Call Rich at 703-723-4268 email full_circlehome@yahoo.com

HANDYMAN SPECIALIST: Lives in the Broadlands 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. MichaelARosario@aol.com.

HOME IMPROVEMENT CONTRACTOR:

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

SHANTZ HOME SERVICES: 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 shantz@glassmile.net. Licensed and Insured. Free estimates. Broadlands resident.

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. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

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.

MARKETPLACE

SILPADA DESIGNS: Beautiful Sterling Silver jewelry. Host a home party and earn free jewelry while spending time with your friends. Great fundraiser opportunities. Gift certificates also available. Or are you interested in starting a business of your own? Contact Mary Hart at 703-729-6550. www.mysilpada.com/mary.hart. Get paid to party!

PINK PIGGY SWEETS: Specializing in cakes, cupcakes, cookies & classes! We also feature Doggie cakes & treats. For party classes, we come to you. We would love to be a part of making your next celebration a sweet success! Visit www.pinkpiggyweets.com or call 571-333-7477.

MARY KAY: EXTRA, EXTRA MOISTURE. Rich, radiant moisture. It's the thing that's in for skin. Get up to 10 hours of intense, luxurious hydration with two great moisturizers. Try Intense Moisturizing Cream for dry skin. Or Oil-Free Hydrating Gel for normal to oily skin. For one beautiful complexion. Call me today to try one of these great moisturizers. Deborah Leben Independent Beauty Consultant 703-217-4583 Shop Anytime, www.marykay.com/dleben.

TASTEFULLY SIMPLE: October is the PERFECT month to host a TASTEFULLY SIMPLE party. We sit around and eat, and you earn free products. Individual items are \$9.99 or less! Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

PETS**KIT & KABOODLE PET CARE SERVICE, LLC:**

Is your pet part of the family? Kit & Kaboodle Pet Care – because your family member deserves the best! Providing Loudoun County with quality pet care since 2000. For more information call 571-223-2977 or visit our website at: www.kitandkaboodlepets.com.

PROFESSIONAL SERVICES**COLLEGE APPLICATIONS/ESSAYS:**

Professional help crafting a winning admissions essay; creating an effective application; selecting the right college. I can help you navigate the admissions process with a minimum of stress and tears. First consultation free. Contact Ann Waigand, 703-471-4439, edtrav1@verizon.net.

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.

DERMATOLOGY ASSOCIATES OF

NORTHERN VIRGINIA: No time for a Dermatologist visit? DANV offers Walk-In Derm Clinic every Thursday 3-5pm in Sterling with Jennifer Rice PA-C & Dr. Mattay "2009 Top Doc". **Broadlands** residents receive 20% off cosmetic services through June. Mention this ad. 705-450-5959 www.dermdocs.com.

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.

Broadlands Resident Rates:
\$ 7.00/Business Ad*;
\$ 0/Personal Ad or Lost & Found Ad

Non-Resident Rates:
\$14.00/Business Ad*;
\$ 7.00/Personal Ad
*10% off for 6 or more months prepaid

Payment: Check to "Broadlands Association"

Send To: Broadlands Association
ATTN: Stassa Collins
21907 Claiborne Parkway
Ashburn, VA 20148
703-729-9704,
scollins@broadlandshoa.com

Broadlands Committees and Events



October Activities

<u>Date</u>	<u>Activity</u>
3rd	1:00p.m. Guided Family Nature Walk(Will start at the Community Center)
6th	7:00p.m. Modifications Subcommittee Meeting(NC)
9th	Nature Center Open: 10:00a.m. - 2:00p.m. 6:00p.m. Columbus Day Camp Out 2010(NC)
12th	6:00p.m. Board of Directors Meeting(NC)
13th	3:30p.m. About the Woods(NC)
14th	6:00p.m. Southern Walk Hearing Committee(NC)
15th	10:00a.m. Broadlands Mom's Club(CC)
19th	10:30a.m. A World of Color(NC) 7:30p.m. Tech Committee Meeting(NC)
20th	10:30a.m. A World of Color(NC) 7:00p.m. Modifications Subcommittee Meeting(NC)
21st	8:00p.m. Investment Club(CC)
23rd	Nature Center Open: 10:00a.m. - 2:00p.m.
27th	10:30a.m. Storytime for 2's and 3's(NC) 7:30p.m. Book Club(NC)
29th	6:00p.m. 3rd - 5th Grader Halloween Party(CC)
30th	9:30a.m. Wildlife Mapping Course(NC) Nature Center Open: 10:00a.m. - 2:00p.m. 11:00a.m. Family Day - Owls(NC) 8:00p.m. Adult Halloween Party(CC)
31st	2:00p.m. Halloween Parade (Starts at the Community Center Parking Lot)

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. Co-Chairs: Lori Seidmeyer, lseidmeyer@broadlandsnaturally and Oya Simpson, (703) 725-8040, osimpson@broadlandsnaturally.org.

Neighborhood Watch Committee
Chair: Staci Kapinos, broadlandsHOAwatch@gmail.com

Recreation Committee
Chair: Open. Contact Staci Kapinos, ssdkapinos@yahoo.com, (703) 728-5849 for more information.

Swim Team
Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)
Will meet October 19th 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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(703) 729-0216

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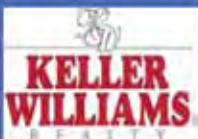


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with
us...**