Enjoy Your Thanksgiving Holiday!

The HOA offices and Nature Center will be closed on Thursday, November 24 and Friday, November 25 for Thankgsgiving. Trash will no be collected on Thursday, Thanksgiving day. **Broadlands Association 2012** Budget has been approved, pages 9-13 Broadlands Wildlife Habitat Committee is in need of volunteers, page 15 Congratulations to this year's recycling contest winner, page 17 Sign up now for 2011-2012 kids Naturalist Programs, pages 23-25

> National Wildlife Federation Certified Community Wildlife Habitat Photo Courtesy of Craig Ross

Community News

November 2011



Services: Medical, Surgical, Dental, Behavioral Classes, Boarding, Daycare, Grooming & Exotics Dr. Mary Corey • Dr. Susan Kirk • Dr. Katherine LaHaise-Kerr

> We're just a few feet away 42902 Waxpool Rd. • Ashburn, VA 20148 • 703-723-1017

> > *****



BROADLANDS



Contact Information

Board of Directors

David Baroody - President & Resident Member. (703) 729-6785, david.baroody@mobile-audit. net

Brian Beahm Vice President & Resident Member, (703) 726-6360, brian.beahm@gmail.com

Eric Bazerghi - Secretary & Treasurer, Resident Member (703) 723-1046, eric@thehouse.net

Cliff Keirce - Resident Member, (703) 729-7320, shevcoo@yahoo.com

Dawne Holz - Resident Member, (703) 349-1095, dawne@holzfamily.net

Michael D. Simpson - Resident Member. (571) 333-3365, michael.d.simpson@gmail. com

Joseph T. Wagner - Resident Member, (571) 333-0831, JTWagner@ smartneighborhood.net

Roy Barnett - Member at Large, Van Metre, (703) 425-2600, rbarnett@ vanmetrecompanies.com

Denise Harrover - Member at Large, Van Metre, (703) 425-2600, dharrover@vanmetrecompanies.com

HOA Office and Website

21907 Claiborne Parkway Broadlands, VA. 20148 (703) 729-9704 Fax: (703) 729-9733 Òpeń 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)

Erika Cotti - President (703) 554-9269, erika_cotti_sw@yahoo.com

Vacant - Vice President

Douglas Granzow - Treasurer (240) 499-4323, gunzour@gmail.com

Shawn Williams - Secretary (703) 968-5295, smarcuswilliams@aol.com

Charles Salas - Resident Member (703) 967-8150, charlessalas@yahoo.com

Jason Chautin - Resident Member (571) 333-4472, jason@chautin.com

Jim Ward - Resident Member (703) 407-4196, jimward.b12@gmail.com

Sangram Deshmukh - Resident Member (571) 333-0670, sangramd@vahoo.com

HOA Management

Maureen Burns - General Manager, (703) 729-9714, mburns@broadlandshoa.com

Lisa Matthews - Audubon Naturalist, (703) 729-9726, naturalist@broadlandshoa.com.

Natalie Ihanainen - Newsletter Editor (703) 729-9704, nihanainen@ broadlandshoa.com

Stassa Collins - Newsletter Classified & Display Ads Manager, (703) 729-9704, scollins@broadlandshoa.com

Robin Crews - Secretary to the Modifications Subcommittee, (703)729-9704. rcrews@broadlandshoa. com

November 2011

Ashby Ponds Third Annual Holiday Bazaar

Don't miss out on this opportunity to get your holiday gifts and treats at the Ashby Ponds third annual holiday bazaar on **Saturday, November 12th, 2011, 9:00a.m. - 3:00p.m.** in the community Club House.

Quilt raffle - \$1.00 per ticket Baked Goods Cards and Notes Holiday Gifts and Decorations Handmade Knit Items Plants Stitchery Woodwork All items sold at the bazaar are handmade.

Ashby Ponds is located on the corner of Marblehead, Loudoun County and Glouchester Parkways. The entrance to the development is located on Glouchester Parkway. Visitors are required to go through a guard gate. There will be a shuttle bus to ferry shoppers from the parking lot to the bazaar entrance.

Briar Woods High School's Falcon Regiment Battles it Out at Battlefield High School

The Falcon Regiment was AMAZING Saturday, at the Battlefield HS "Battle Royale" despite the cold and rainy conditions. The band director, Duane Minnick said, "I have never been more proud of our band as they worked through the evening to prepare, warm-up and perform in "less than acceptable" conditions."

Due to the rainy conditions at the venue, the competition performances were moved from the football field to the Battlefield High School parking lot. The Briar Woods Falcon Regiment handled it all like champions. The band readied their selves to play in the pouring rain with 47 degree temperatures and in the dark with only the parking lot lights for illumination – they took it up a level in their maturity and performance. By the end of their performance, all in attendance, (including the judges), were clapping enthusiastically for the Falcon Regiment performance. All the parents, staff, and most of all Mr. Minnick, could not have been more proud of them.

As well stated by Duane Minnick, "We became a GREAT BAND tonight."

In the end the band's brave performance at the Battlefield HS "Battle Royale" was rewarded. Briar Woods HS Falcon Regiment received third place in their class. They received a solid 2nd place score in the visual caption and 3rd in the music caption.

- The drum majors placed 3rd
- The drumline placed 2nd
- The Falconaires were awarded 1st place in colorguard.

This is an extremely strong start to the competition season. Somewhere, there are some "soggy" trophies ready to be displayed in the band room. Congratulations to The Falcon Regiment on these placements from the contest!



Loudoun Symphony Performs

The Loudoun Symphony has announced its 21st season. Sixty accomplished musicians from around the Metropolitan Area offer concerts October 8, November 20, December 10, February 18, 2012, March 24, and April 29, with most performances at the Virginia Academy on Route 7 east of Leesburg.

Tickets are reasonably priced and there is no charge for children 12 and under. For more information or to order tickets, see our website at www.loudounsymphony.org or call 703-771-8287.

Nutcracker in a Shell – All Jazzed Up

The Institute of Performing Arts for Youth (IPAY), a nonprofit organization in residence at Creative Dance Center, proudly presents its annual production of **Nutcracker in a Shell – All Jazzed Up.** This years' performance will be at Broad Run High School in Ashburn on Saturday, November 19th at 10:00a.m., and 3:00p.m. and Sunday, November 20th, 2011 at 3:00p.m.

For more information please call the Ashburn studio at 703-724-4900, the Chantilly Studio at 703-378-1800 or visit www.ipayouth.org



Eagle Ridge Middle School Updates Anti-Bullying Contract

Great job to the principal and staff who simplified the pledge from:

"We believe that everybody has a right to feel safe, secure, and accepted regardless of color, race, gender, popularity, ability, religion and nationality."

to the more inclusive:

"We believe that everybody has a right to feel safe, secure, and accepted."

The updated contract can be downloaded from the Eagle Ridge Middle School homepage, http://www.lcps.org/ erms, see the lower right-hand corner. You and your child may sign it and return it to the house office or guidance counselor. Please take this wonderful opportunity to continue family discussions of the importance of valuing student differences and treating others with respect.

Thank you Eagle Ridge for your commitment to fostering a climate for all students to be successful!

Thank You From Girl Scout Troop 6823

Girl Scout Troop 6823 and the Broadlands Wildlife Habitat Committee would like to thank you for supporting the First Annual Broadlands Green Halloween Costume Swap!

We will continue to accept donations only of any gentlyused, clean costumes until November 15th.There is a marked bin in the Broadlands Nature Center entrance. If you'd like to swap your costumes at next year's event, look for details in the newsletter next August!

Scouting for Food – Food Drive!

Broadlands' Cub Scout Packs 1483 and 1484 are *Scouting for Food* on behalf of local charity programs focused on feeding families and school children living in eastern Loudoun County.

Scouts will be around the neighborhood distributing grocery bags November 5th. They will return Saturday, November 12th, between 9:00a.m. and 11:30a.m. to pick up your food donations, which may be left outside your front door.

The Scouting for Food Drive helps collect a large stock of nonperishable food to help meet the growing food requirements of needy families. The only food some children in our area receive is breakfast and lunch at school on weekdays. Programs like LINK, Loudoun Interfaith, Backpack Buddies, and others are trying to help. Please consider donating nonperishable food items to help feed the hungry.

Scouting for Food is one of Scouting's annual "Good Turn" Scouting service project. Thank you for your support!



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

November 16, 2011 December 21, 2011 January 18, 2012 February 15, 2012 November 11, 2011 December 16, 2011 January 13, 2012 February 10, 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.

Get Connected @ ArmstrongConnect

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, November 8, 2011 at 6:00 p.m.

in the Nature Center conference room

Please Note: The Board of Directors will hold a question and answer session regarding the approved 2012 budget at the December Board of Directors Meeting on December 13, 2011 at 6:30 pm in the Nature center Conference Room.

For more information, call the HOA office at 703-729-9704.

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.

NO MORE LATE FEES!

Did you forget to mail your HOA assessment? Couldn't find a stamp? Ran out of checks? With so much to do it's easy to forget to get that check in the mail in time, and you never know how long it will take the post office to get it delivered. Who needs the worries and no one needs late fees. Armstrong Management offers automatic electronic funds transfer to pay your monthly assessment. Your payment is taken out of your personal account on the same day each month and automatically applied to your HOA account...no worrying if your check arrived on time and NO MORE LATE FEES!

You can pick up an application at the HOA office at the Nature Center or online at http://www.broadlandshoa.org. Click on 'HOA Forms' in the directory and then on 'Auto Pay Application' or find it on page 14 of this newletter.

Southern Walk HOA Board of Directors Meeting Thursday, November 10, 2011 at 6:00 p.m.

in the Nature Center Conference Room



October 7th, 2011

TO: All Southern Walk Homeowners RE: Letter to the Editor

Dear Homeowner,

Recently, the Southern Walk at Broadlands HOA board sent a letter to the editor of several news organizations regarding recent campaign donations by officers of M.C. Dean and OpenBand. The text of this letter has been provided below.

OpenBand & M.C. Dean Fundraising:

During the June 13, 2011 Public Hearing on OpenBand, The Loudoun County Board of Supervisors made it abundantly clear that The Board expected OpenBand and their representatives would meet with their customer communities to resolve the current service issues and contract differences through compromise. In the weeks following the June 13th Public Hearing, the Southern Walk at Broadlands Homeowners Association waited to hear from OpenBand in the hopes that a mutually beneficial compromise could be achieved. As expected, neither OpenBand nor their attorneys made any attempt to contact our homeowner's association, or the association's attorneys.

What OpenBand and their executive leadership did instead was dole out thousands of dollars in campaign donations to four candidates vying for seats on the next Board of Supervisors. As reported in VPAP, Ralph Buona, Janet Clarke, Suzanne Volpe and Matt Letourneau accepted the following donations on June 21, 2011:

\$500 each from McDean Building Intelligence as an "In-Kind" donation
\$2,500 each from Bill Dean, President of OpenBand
\$500 each from James "Jim" Brabham COO of OpenBand
\$250 each from Doug Cumins-Vice President of OpenBand.

For a total of \$15,000.00 in campaign contributions.

Based on the most recent campaign finance reports, OpenBand's President, Bill Dean, handed out another hefty round of cash to most of these same candidates. On August 29, 2011, Mr. Dean donated \$2,500 in cash to candidates Buona, Volpe and Clarke. Bringing the grand total in campaign cash/in-kind contributions to \$22,500.00.

Why is this important to the citizens of Loudoun County? OpenBand is likely to have business before the 2012 Board of Supervisors, such as an application for their now defunct Video Franchise. Clearly these cash donations could be viewed as OpenBand's attempt to curry favor with these potentially elected officials even though by all sense of ethics they should recuse themselves from any future vote related to OpenBand's franchise agreement.

Coincidentally, around August 18th OpenBand hired a new spokesperson, Mr. Ben Young. Prior to his new position at OpenBand, Mr. Young served nearly 7 years as D.C. Council Member David Catania's Chief of Staff. Your readers might ask who is David Catania and why is he relevant? The answer is rather simple: Since 2006 Mr. Catania has earned a dual-living as OpenBand's in-house council while concurrently serving as a D.C. Council member.

Next week the Southern Walk at Broadlands Homeowners Associationwill address the recent comments made by Mr. Young. Until then, ask yourself: Why is OpenBand spending so much money on candidates who are running for the 2012 Board of Supervisors?

Respectfully,

Southern Walk at Broadlands Homeowner's Association, Board of Directors:

Erika M. Cotti, President Doug Granzow, Treasurer Charles Salas, Director Sangram Dushmich, Director James Ward, Director



November 1, 2011

Broadlands Homeowners Association

Dear Homeowners,

The approved budget for the 2012 fiscal year is on the following pages of the newsletter. Overall, reductions in some operating costs resulted in forecasted expenses which increased slightly over the 2011 budget. Projected income also increased slightly. These factors allowed the Board to approve a budget with no increases to assessments for 2012.

The Assessment Fees for 2012 remain the same:

| Single Family Homes | \$68.00 per month |
|--|--------------------|
| Single Family Homes on Private Street | \$82.25 per month |
| Town Homes | \$83.00 per month |
| Courtyard Homes | \$119.25 per month |

You will have an opportunity to ask the Board of Directors questions about the budget at the December Board Meeting on December 13, 2011 at 6:30pm.

Assessment coupons will be delivered to all owners at the address on file with Armstrong Management. Please contact the Broadlands Assessment Office at Armstrong Management at 703-679-1541 or Broadlands@armstrong.net if you have not received your coupons by December 23, 2011. If you have signed up for the Direct Debit Program with Armstrong Management you will not receive any coupons.

All Owners are encouraged to sign up for the Direct Debit Program through Armstrong Management. Your monthly assessment will be automatically deducted from your bank account during the first week of every month eliminating the possibility of late fees due to missed or misdirected payments.

A copy of the Automated Payment Service Authorization Form follows the budget in this newsletter. Copies are also available at the HOA office or online at http://www.broadlandshoa.org/fileshare/files/108/Armstrong_Auto_Pay_Application.pdf

Payments can also be made by Pay Lease. Register at this website: https://www.paylease.com/index_out.php?pm_id=865476

Staff and Management look forward to providing continued great service to our residents in 2012. Best wishes for a wonderful holiday season and a prosperous New Year!

Maureen Burns General Manager Broadlands Homeowners Association, Inc.

| Category Name | 20 | 11 Budget | 2 | 012 Budget | V | ariance |
|--|----------|-----------|---------|------------|---------|---------|
| Income | | | | | | |
| Common Expense Assessments | \$ | 1,740,494 | \$ | 1,749,000 | \$ | 8,506 |
| Fownhouse Assessments | \$ | 404,294 | \$ | 406,692 | \$ | 2,398 |
| Single Family Detached Assessments | \$ | 405,511 | \$ | 407,808 | | 2,297 |
| Single Family Detached on Private Street Assessments | \$ | 63,717 | \$ | 64,296 | S | 579 |
| Courtyard Home Assessments | \$ | 134,044 | \$ | 133,644 | S | (400 |
| Class E (Multi-Family Rental) Assessments | \$ | 123,869 | \$ | 136,235 | s | 12,366 |
| nterest | \$ | 68,449 | \$ | 61,792 | s | (6,657 |
| Aiscellaneous | \$ | 500 | \$ | 500 | S | 10,001 |
| NSF Fees | \$ | 1,600 | \$ | 900 | S | (700 |
| Newsletter Advertising | \$ | 93,600 | \$ | 90,000 | ŝ | (3,600 |
| Swimming Pools | \$ | 50,000 | \$ | 50,000 | s | 10.000 |
| Community Center Rental | \$ | 13,000 | \$ | 13,000 | s | |
| /iolation Fees | \$ | 2,000 | \$ | 2,000 | s | |
| ate Fees | 3 \$ | 29,000 | \$ | 450 | 9 5 | (28,550 |
| Collection Costs Reimbursement | | 9,000 | \$ | 29,000 | 5 | 20,000 |
| Legal Fee Reimbursement | \$ | 21,000 | э \$ | 10,000 | s S | (11,000 |
| Legal Fee Reimbursement Nebsite Advertising | ъ \$ | 1 000 | 9 99 | 13,230 | P (9) | |
| | 5 | | | 13,230 | | 12,230 |
| Resale Packet Fees | | 5,400 | \$ | 10.000 | \$ ¢ | (5,400 |
| Nature Center Activity Fees | \$ | 1,500 | \$ | 12,000 | S | 10,500 |
| Nature Camp Fees | \$ | 10.000 | \$ | 3,500 | S | 3,500 |
| Commercial Association Reimbursement for Security Services | \$ | 12,000 | \$ | 12,000 | \$ | |
| GRAND TOTAL INCOME | \$ | 3,179,977 | \$ | 3,196,046 | \$ | 16,069 |
| Common Expenses | | | | | | |
| Administrative | | | | | | |
| Financial Management Contract | \$ | 90,554 | \$ | 92,829 | \$ | 2,274 |
| Collection Costs | \$ | 15,000 | \$ | 20,000 | \$ | 5,000 |
| nsurance Policy | \$ | 24,730 | \$ | 25,199 | \$ | 469 |
| Audit/Tax Return Preparation | \$ | 7,600 | \$ | 7,900 | S | 300 |
| Federal Income Taxes | \$ | 18,541 | \$ | 23,216 | \$ | 4,674 |
| State Income Taxes | \$ | 5,402 | \$ | 6,029 | \$ | 627 |
| .egal Fees General | \$ | 7,500 | \$ | 6,500 | \$ | (1,000 |
| egal Fees Collection Activity | \$ | 42,500 | \$ | 49,000 | \$ | 6,500 |
| Reserve Study/Bond Release | \$ | 15,000 | \$ | | S | (15,000 |
| Printing & Copying | \$ | 13,500 | \$ | 13,500 | \$ | (Veles |
| Armstrong Connect | \$ | 1,200 | \$ | 1,200 | s | 1.1 |
| Postage & Delivery | \$ | 9,300 | \$ | 9,000 | s | (300 |
| Office Supplies | \$ | 3,500 | ŝ | 4,500 | s | 1,000 |
| Office Furniture/Equipment & Maintenance | \$ | 3,000 | \$ | 1,500 | S | (1,500 |
| Computer Maintenance | \$ | 15,980 | \$ | 15,900 | \$ | (1,500 |
| Copier & Postage Machine Leases | \$ | 7,468 | \$ | 6,268 | ŝ | (1,200 |
| Envelopes/Labels | \$ | 1,100 | \$ | 700 | S | (400 |
| | | | | | | |
| Storage | \$ \$ | 800 | \$ 0 | 600 | \$ | (200 |
| Fax Line Reimbursement | | 150 | \$ 6 | 150 | Se | 4 605 |
| Coupons Red Data | 5 6 | 15,145 | \$ 6 | 16,650 | Ş | 1,505 |
| Bad Debt | 5 | 15,000 | \$ | 15,000 | \$ | 1400 |
| Bank Charges | 5 | 650 | \$ | 500 | S | (150 |
| Dues & Seminars | 5 | 725 | \$ | 825 | \$ | 100 |
| Miscellaneous Administrative | \$ | 250 | \$ | 3,150 | S | 2,900 |
| Sub-total | \$ | 314,596 | \$ | 320,116 | \$ | 5,520 |

| | Category Name | 201 | 11 Budget | 20 | 012 Budget | V | /ariance |
|---|---|----------|---------------------|----------|--------------|---------|-------------------------------------|
| committees & Commi | unity Programs | | | | | | |
| vents Committee | | \$ | 25,000 | \$ | 25,000 | | |
| roadlands Live Conce | rt Series | \$ | 14,000 | \$ | 14,000 | | |
| ewsletter Preparation | it bolies | \$ | 42,167 | \$ | 42,384 | | 217 |
| lewsletter Printing & M | ailing | s | 82,800 | \$ | 82,800 | | - 11 |
| loard Expenses | annig | \$ | 2,500 | \$ | 2,500 | | |
| | | | 500 | \$ | 500 | | |
| leighborhood Watch | | \$ | | 12111 | | | |
| Security Service | | \$ | 35,000 | \$ | 35,000 | | |
| Recreation Committee | | \$ | 1,200 | \$ | 798 | | (402 |
| echnology Committee | | \$ | 6,300 | \$ | 5,800 | | (500 |
| labitat Committee | | 5 | 2,800 | \$ | 1,200 | | (1,600 |
| Animal Care | | \$ | 2,400 | \$ | 1,500 | | (900 |
| Audubon Naturalist | | \$ | 17,248 | \$ | 3,000 | | (14,248 |
| Vature Center Activities | | \$ | 1,500 | \$ | 14,544 | | 13,044 |
| iub-total | | \$ | 233,415 | \$ | 229,026 | \$ | (4,389 |
| ersonnel | | | | | | | |
| Salaries | | \$ | 190,259 | \$ | 195,616 | \$ | 5,357 |
| Payroll Taxes | | \$ | 15,163 | \$ | 15,536 | \$ | 373 |
| lealth Insurance | | \$ | 12,408 | \$ | 5,469 | \$ | (6,939 |
| ife Insurance/AD&D | | \$ | 988 | \$ | 979 | S | (0,000 |
| Disability Insurance | | \$ | 2,022 | \$ | 3,728 | \$ | 1,706 |
| Retirement Program | | \$ | 4,237 | \$ | 2,456 | s | (1,78 |
| Vorkers Compensation | Insurance | S | 6,143 | \$ | 3,912 | s | (2,23 |
| | | \$ | | | | s | 650 |
| and the second | , Education & Training | | 3,585 | \$ | 4,235 | 1.1 | |
| lileage Reimbursemer | | \$ | 3,800 | \$ | 3,000 | S | (800 |
| ayroll Processing Fee | | \$ | 1,800 | \$ | 1,800 | \$ | |
| sub-total | | \$ | 240,405 | \$ | 236,731 | \$ | (3,674 |
| OTAL ADMIN, PROG | RAMS & PERSONNEL | \$ | 788,416 | \$ | 785,873 | \$ | (2,543 |
| | Operating Expenses | | | | | | |
| community & Nature | Center | | | | | | |
| Community Center Gas | | \$ | 2,500 | \$ | 2,500 | s | |
| community Center Elec | | \$ | 2,600 | \$ | 2,600 | \$ | |
| community Center Wat | | \$ | 250 | \$ | 250 | \$ | |
| Community Center Cab | | \$ | 1,020 | \$ | 1,500 | \$ | 480 |
| community Center Clea | | S | 6,760 | ŝ | 7,210 | s | 450 |
| | ting Repair & Maintenance | s | 350 | \$ | 1,210 | S | (350 |
| | | | | | | | (55) |
| | ting & A/C Maintenance | \$ | 1,280 | \$ | 1,280 | \$ ¢ | VOE |
| The second se | nbing Repair & Maintenance | \$ | 250 | \$ | 2 500 | S | (250 |
| Community Center Mai | | \$ | 1,000 | \$ | 2,500 | \$ | 1,500 |
| community Center Pes | | \$ | 561 | \$ | | \$ | (561 |
| | w Plowing & Sidewalk Clearing | \$ | 1,000 | \$ | 1,500 | \$ | 500 |
| lature Center Phones | | \$ | 6,400 | \$ | 6,560 | \$ | 160 |
| lature Center Internet | Service | \$ | 1,600 | \$ | | \$ | (0 |
| lature Center Repairs | & Maintenance | \$ | 2,500 | \$ | 2,980 | S | 480 |
| | & Fire Alarm System Monitoring | \$ | 311 | \$ | 311 | \$ | |
| ature Center Cleaning | | \$ | 8,485 | \$ | 8,610 | S | 125 |
| | & Fire Alarm Maintenance & Repair | \$ | 1,540 | \$ | 2,200 | s | 660 |
| ature Center Gas | and a state of states and an end of the state of a state state. | S | 3,800 | \$ | 3,800 | s | |
| | Y. | \$ | 12,000 | \$ | 12,000 | s | |
| ature Center Electricit | E construction of the second se | \$ | 600 | | 600 | - C. 1 | |
| | | Þ | 2,000 | \$ | | \$ c | 1.00 |
| ature Center Water & | | | | \$ | 3,200 | \$ | 1,200 |
| ature Center Water & ature Center Lighting | Repair & Maintenance | \$ | | | | 0 | 3.00 |
| lature Center Water & lature Center Lighting lature Center HVAC M | Repair & Maintenance aintenance | \$ | 2,000 | \$ | 2,400 | \$ | 400 |
| lature Center Water & lature Center Lighting lature Center HVAC M lature Center Plumbing | Repair & Maintenance aintenance g Repair & Maintenance | \$ \$ | 2,000 500 | \$ \$ | | \$ | |
| Nature Center HVAC M Nature Center Plumbin Nature Center Pest Cor | Repair & Maintenance aintenance g Repair & Maintenance htrol | \$ \$ | 2,000 500 465 | \$ \$ \$ | 2,400 500 | \$ 5 | (46 |
| Nature Center Water & Nature Center Lighting Nature Center HVAC M Nature Center Plumbing Nature Center Pest Con | Repair & Maintenance aintenance g Repair & Maintenance | \$ \$ | 2,000 500 | \$ \$ | 2,400 | \$ | 400 (465 500 4,82 9 |

| Category Name | 20 | 011 Budget | 20 | 12 Budget | V | ariance |
|--|----------|------------|-----|---|----|------------|
| Common Area | | 1000 | | and the second | | |
| Grounds Maintenance Common Area Contract | \$ | 347,256 | \$ | 347,256 | \$ | 1.1.1 |
| Brounds Maintenance Common Area Non Contract | S | 55,000 | \$ | 75,000 | S | 20,000 |
| idewalk/Trail Snow Clearing | s | 7,500 | \$ | 7,500 | \$ | |
| Common Area Electricity | s | 31,379 | \$ | 30,619 | S | (760 |
| ommon Area Water | S | 600 | ŝ | 600 | \$ | 1100 |
| rigation Maintenance | \$ | 1,837 | \$ | 1,500 | S | (337 |
| | 9 \$ | 80,000 | | 85,000 | s | |
| Common Area Lighting Maintenance | | | \$ | | | 5,000 |
| ree Pruning & Removal | 5 | 80,000 | \$ | 80,000 | \$ | 1000 |
| ock & Key Maintenance | \$ | 300 | \$ | | \$ | (300 |
| igns | S | 500 | \$ | | \$ | (500 |
| lutt Mitt Supplies & Installation | \$ | 18,000 | \$ | 18,000 | \$ | 51.54 |
| ond Maintenance | \$ | 6,111 | \$ | 5,000 | \$ | (1,11) |
| ainting | \$ | 5,000 | \$ | 5,000 | \$ | 10.33 |
| ridge Maintenance/Repair | \$ | 6,500 | \$ | 5,500 | \$ | (1,000 |
| ieneral Maintenance/Casual Labor | \$ | 14,000 | \$ | 17,000 | S | 3,000 |
| consulting Services | S | 65,000 | \$ | 60,000 | \$ | (5,000 |
| common Area Reserves | \$ | 274,277 | \$ | 307,255 | S | 32,978 |
| ub-total | \$ | 993,260 | \$ | 1,045,230 | \$ | 51,970 |
| ecreation | | | | | | |
| ool Management | \$ | 211,245 | \$ | 211,248 | \$ | 3 |
| ool Electricity | \$ | 25,000 | \$ | 25,000 | \$ | |
| ool Water & Sewer | S | 19,500 | \$ | 19,500 | S | |
| ool Phones | S | 2,400 | \$ | 2,400 | \$ | |
| | ş | 10,000 | \$ | and the second se | s | (5,000 |
| ool Supplies | | | | 5,000 | | |
| ool Fire Alarm System Maintenance, Repair & Monitoring | S | 882 | \$ | 890 | 5 | 1 |
| ool Cards/Passes | \$ | 1,500 | \$ | 1,800 | \$ | 30 |
| pol Repair | S | 30,000 | \$ | 36,000 | \$ | 6,00 |
| ot Lot Repair & Maintenance | \$ | 15,000 | \$ | 15,000 | \$ | |
| ennis Court Repair & Maintenance | \$ | 3,000 | \$ | 4,880 | \$ | 1,88 |
| ulti-Purpose Court Repair & Maintenance | \$ | 400 | \$ | 100 M | \$ | (40 |
| ub-Total | \$ | 318,927 | \$ | 321,718 | \$ | 2,79 |
| | | | | | \$ | 1.1.1 |
| OTAL OPERATING EXPENSES | \$ | 1,373,459 | \$ | 1,433,050 | \$ | 59,59 |
| ENERAL OPERATING RESERVE | \$ | 10,537 | \$ | 34,403 | \$ | 23,866 |
| RAND TOTAL COMMON EXPENSES | \$ | 2,172,411 | \$ | 2,253,325 | \$ | 80,91 |
| XPENSES: LIMITED COMMON AREA | | | | | | |
| mited Common Area - Townhouse Expense | | | | | | |
| ownhouse Trash Removal | S | 152,028 | \$ | 147,888 | \$ | (4,14) |
| ownhouse Grounds Maintenance | S | 82,812 | \$ | 82,812 | | A.G. A. |
| winhouse Snow Plowing | ŝ | 36,000 | | 36,000 | | |
| ownhouse Reserves | s | 133,454 | | 94,117 | | (39,33 |
| ub-Total | \$ | 404,294 | | 360,817 | | (43,47 |
| mited Common Area - Single Family Detached Expens∈ | | | | | | |
| ngle Family Trash Removal | 5 | 405,511 | \$ | 396,492 | è | 10.04 |
| | | | - T | | | (9,01 |
| ib-Total | \$ | 405,511 | \$ | 396,492 | \$ | (9,01 |
| mited Common Area - Single Family Private Street Expense | | 120300 | | 52622 | | |
| ngle Family Private Streets Snow Plowing | \$ \$ | 20,000 | \$ | 20,000 | | Control of |
| ngle Family Private Street Reserves | \$ | | \$ | 31,372 | | (12,34 |
| ub-Total | \$ | 63,717 | \$ | 51,372 | \$ | (12,34 |
| mited Common Area - Courtyard Home Expense | | | | | | |
| ourtyard Homes Grounds Maintenance | \$ | 134,044 | \$ | 134,040 | \$ | (|
| ub-Total | s | 134,044 | | 134,040 | | è |

| Category Name | 20 | 011 Budget | 20 | 12 Budget | V | ariance |
|--|----|------------|----|-----------|----|----------|
| GRAND TOTAL LIMITED COMMON AREA EXPENSES | \$ | 1,007,566 | \$ | 942,721 | \$ | (64,845) |
| GRAND TOTAL ALL EXPENSES | \$ | 3,179,977 | \$ | 3,196,046 | \$ | 16,069 |
| GRAND TOTAL INCOME | \$ | 3,179,977 | \$ | 3,196,046 | \$ | 16,069 |
| NET INCOME (LOSS) | \$ | | \$ | - | \$ | |





November 2011

EDERAL CREDIT UNION

A Better Grade of Banking.

Membership eligibility requirements apply. Federally

insured by NCUA.

<u>PLEASE RETURN BY</u> <u>THE 15th TO START</u> <u>NEXT BILLING CYCLE</u>

ARMSTRONG MANAGEMENT SERVICES, INC. 3949 Pender Drive, Suite 205 Fairfax, Virginia 22030 703.385.1133 or 540.288.4634/fax 703.591.5785

| *For Office Use Only* |
|-----------------------|
| Acct# |
| Assmt Freq |
| Balance |
| Coll. Status |
| |

AUTOMATED PAYMENT SERVICE AUTHORIZATION FORM

Armstrong Management Services, Inc. is pleased to offer you the option of using the electronic transfer of funds method to make your assessment payments. This allows automatic payment of your assessments from virtually any banking institution that you choose to be credited directly to the Association's account. This way you will not have to remember when to make a payment, you will not have to take the time to write and mail a check, you can save money on postage, and all your payments will be made in a timely fashion, thus avoiding any late charges to your account.

To initiate participation, please complete this *Authorization Form*, attach a voided check from your designated bank account, and mail them to the letterhead address. The assessment amount will be taken out of your account during the <u>FIRST WEEK</u> of each billing cycle. <u>You are responsible for all assessments on your account up until such time as you are notified in writing that your first assessment payment will be taken out of your account.</u>

If you have any questions, please call the Accounting Department at 703-385-1133 or 540-288-4634. Thank you.

I (we) hereby authorize Armstrong Management Services, Inc., hereinafter called "Company," to initiate debit entries to my (our) account indicated below and the financial institution named below, hereinafter called "Financial Institution," to debit the same to such account for association dues. <u>I (we) acknowledge that the origination of ACH transactions to my (our) account must comply with the provisions of U.S. Law.</u>

| APPLICATION TYPE (Please Circle One) | NEW APPLICATION | BANK CHANGE ONLY |
|--------------------------------------|-----------------|------------------|
| | | |

| NAME (S) | | |
|------------------|---------|----------|
| ASSOCIATION NAME | | |
| ADDRESS OF UNIT | | |
| PHONE NUMBER/ | (HOME)/ | (OFFICE) |
| EMAIL ADDRESS | | |

This authority is to remain in full force and effect until "Company" has received written notification from me (or either of us) of its termination in such time and manner as to afford "Company" and "Financial Institution" a reasonable opportunity to act on it.

| SIGNATURE | DATE | |
|-----------|------|--|
| SIGNATURE | DATE | |

| **THIS BOX MUST BE COMPLETED IN IT | <u>IS ENTIRETY & A</u> | VOIDED CHECK MUST BE ATT | ACHED!** | | | | |
|--|----------------------------|--------------------------|----------|--|--|--|--|
| FINANCIAL INSTITUTION | | | | | | | |
| TRANSIT ROUTING NUMBER (on bottom left of check) | | | | | | | |
| BANK ACCOUNT NUMBER | | | | | | | |
| ACCOUNT TYPE (Please Circle One) | SAVINGS | CHECKING | | | | | |

Please note there is a service charge per payment returned for insufficient funds or closed accounts. If two payments are returned within one year, the service will be stopped and you will be responsible for making all future payments. All written debit authorizations must provide that the Receiver may revoke the authorization only by notifying the Originator in the manner specified in the authorization. Single entry reversals do not require authorization by the Receiver. The underlined language in the authorization above represents the disclosure requirement associated with the clarification of OFAC economic sanction policies upon ACH Network Participants. Armstrong Management Services, Inc. reserves the right to reject and/or revoke participation in the Direct Debit Program at any time.

<u>NOTE: FEDERAL CREDIT UNION MEMBERS SHOULD VERIFY THE ACH</u> <u>ROUTING NUMBER WITH THEIR BANKING INSTITUTION</u>

Form AMS009

Broadlands Wildlife Habitats Committee

Creating Naturally Healthier Surroundings

We Are Seeking Coordinators and Organizers



Annual Projects EarthDay@Loudoun 2012, Sunday, April 22, 2012

Wildlife Habitats Com

4th Year Anniversary Celebration of becoming a Community Certified Wildlife Habitats by National Wildlife Federation. Family Nature Programs

Talks, Walks, Presentations and More. Working together with local environmental organizations like the Loudoun Wildlife Conservancy we bring programs to you!

Sustainable Living

Rain barrels, composting, gardening, recycling and saving energy! Our committee website provides information with local resources. We plan workshops to learn and find practical "greener" ways to implement in your family life.

Fall Virginia Native Plant Sale

Nurseries and tree growers who bring hard to find native plants for your garden at the best time to plant. This fall plant sale happens annually at the Broadlands Nature Center.

Our Committee with recognized and awarded accomplishments needs your help. Can you do organizing, purchasing, writing, editing, coordinating and project development?

We are at a critical shortage of volunteers.

We welcome as much available time you are ready to offer. Please Call:

Oya Simpson, Chair @ 703-725-8040 to find out more!





At Mill Run Elementary School, Small Kids Can Make a BIG Difference!



On Saturday, November 12th from 3:00pm - 5:00pm in the school gym, hundreds of students and their families will participate in a meal packaging event to benefit Stop Hunger Now, an international hunger-relief agency. There is a "World of Learning" in helping others, and even the smallest child will feel incredibly empowered using their own two hands to help others that need this food so much. If the school is able to reach their \$12,500 fundraising goal, they plan to package over 50,000 meals (visualize enough to feed every person in a giant football stadium)!

To see their progress or make a donation, please visit www. firstgiving.com/stophungernow/millrun. Attendees may also bring non-perishable food items to the event which will be donated to our local food bank. Thank you for spreading the word and for your tremendous support of this project! We hope this event will provide an even greater sense of community in our neighborhood and warmly welcome alumni, community & friends to participate. For planning purposes, your advance rsvp is greatly appreciated: Diane Greene at: d-greene@ comcast.net.

To see how your school, church or organization can also host a meal packaging event, visit: www.stophungernow.org or contact Dominic Alexander, Ashburn program director: 928-499-7222. Because of the overwhelming support in the greater Washington area, SHN is opening a new Distribution Warehouse right here in Ashburn, starting this month!



Lost 5 Years, a Colorado Cat Finds Her Way to Manhattan

By THE ASSOCIATED PRESS, Published: September 14, 2011

A calico cat named Willow, who disappeared from a home near the Rocky Mountains five years ago, was found on Wednesday on a Manhattan street and will soon be returned to her family, where two of the three children and one of the two dogs may remember her.

How she got to New York, more than 1,800 miles away, and the kind of life she lived in the city are mysteries. But thanks to a microchip that was implanted when she was a kitten, Willow will be reunited in Boulder, Colo., with her owners, the Squireses, who had long ago given up hope. "There are tons of coyotes around here, and owls," Jamie Squires said. "We put out the 'lost cat' posters and the Craigslist thing, but we actually thought she'd been eaten by coyotes."

Ms. Squires said she and her husband, Chris, were shocked when they received a call about Willow on Wednesday from Animal Care and Control, which runs New York City's animal rescue and shelter system. Ms. Squires said that when they saw a picture of the cat, they knew it was Willow.

Willow was found on East 20th Street by a man who took her to a shelter, and Julie Bank, executive director of Animal Care, said the microchip led to the Squires family. "All our pets are microchipped," Ms. Squires said. "If I could microchip my kids, I would." The Squires children are 17, 10 and 3, and they have a yellow Labrador named Roscoe, who knew Willow, and an English mastiff named Zoe.

Ms. Squires said Willow escaped in late 2006 or early 2007 when contractors left a door open during a home renovation.

Ms. Bank said Willow was healthy and well-mannered, and probably had not spent her life on the

streets of Manhattan. Animal Care and the Squireses were trying to arrange for transportation back to Colorado. In the interim, Willow may stay with a foster family in New York.

"The kids can't wait to see her," Ms. Squires said. "And we still have her little Christmas stocking."



And Our Recycling Contest Winner is...Diane Greene!

Size Matters By Diane Greene

I've got a BIG can! In fact, I've got two. It's not something you typically are willing to admit let alone shout from the rafters, but in this case, size does matter! I am talking about my kitchen cans, of course. I went large when I got sick of stacking all my recyclables on the counter, and making countless, multiple trips to the garage; feeling like a desperate juggling act gone bad. The eyesore of two big, neat cans couldn't be worse after all, than all the mess that was on my counters. So I hunted around & found the answer at the Container Store: 12 gallon rectangular step cans that can easily be placed side by side. Add a recycle magnet on one, so everyone knows the drill. Going BIG made all the difference! The unexpected benefit was that I actually recycled more...waaayyyy more! You know how you give up patience when there is no more room in the bin, and it is easier to just "toss it" in the trash? Those days are mostly gone now. In fact, I'd definitely recycling is a pain...you aren't going to do it. And what's worse than carrying out those tiny stuffed bins to the curb where everything blows away & all your neighbors can see the contents of your living? Trust me, GO BIG. You can turn any bin into a recycling bin by simply putting recycling stickers on it, which you can find free online at: http://1800recycling.com/

Don't get me wrong, there are many frustrations that recycling stills brings...like those annoying, sticky peanut butter jars that you waste more water rinsing them out than the resources of recycling might save(BTW, I put them in the dishwasher now). Or when you get Take-Out food because you're just too tired to cook, and then cleaning up the plastic containers seems like no time saver at all. But we have to ALL make the decision to not trash our future, or the planet that our kids will inherit. Scolding others that what they just tossed should have hit the recycle bin instead is a waste too, and just gets everyone uptight. Modeling the effort to recycle yourself, generally motivates others to step up. So stop the nagging & just add a Earth magnet or Sticker right on the top of the bin, so when people go to throw...they'll get a "gentle reminder" from Mother Earth herself!



Container Store, 12 gallon Rectangle Step Can

Pledge to Recycle

America Recycles Day, November 15, is the only nationally recognized day dedicated to encouraging Americans to recycle and to buy recycled products. Through America Recycles Day, Keep America Beautiful, Inc. (KAB) supports local communities and raises awareness by educating citizens about the benefits of recycling. Celebrating 14 years of community involvement, America Recycles Day has grown to include millions of Americans pledging to increase their recycling habits at home and work and to buy products made with recycled materials.

Pledge to recycle at http://americarecyclesday.org/pledge/. Each pledge will be entered into a regional contest for the following prizes:

K-12

One entrant (K-12 student) will win a \$300 gift certificate at a bicycle shop AND a \$500 grant to the K-12 school environmental club or project of the winner's choice. Prizes provided by Metropolitan Washington Council of Governments.

Bicycle

One entrant (any age) will win a \$300 gift certificate at a bicycle shop provided by Metropolitan Washington Council of Governments

Visit: http://www.mwcog.org/environment/recycling/recyclesday/prizes.asp for contest rules.

Broadlands Recycling Information

Updated 1/18/2011

64-gallon toters for recycling can be ordered for one time \$25 charge must be paid before delivery on a Wednesday. Call 703-257-7100 to place an order.

Paper / Fiber - Clean, dry paper that can be torn

- Office paper (including typing, fax, copy and letterhead), colored paper and envelopes
- Cardboard and paperboard boxes (including all cereal boxes, frozen food packaging, etc.). Cardboard boxes must be flattened and no larger than 4' x 4' in order to be recycled. Otherwise, they will be collected with trash.
- Books (including paperbacks, textbooks, hardbacks, telephone books)

Plastic. Glass and Metal (Non-Fiber)

- #1-#7 Rigid plastic containers including bottles, jugs, wide-mouth tubs, and trays (clean)
- Aluminum food/beverage containers, aluminum foil, aluminum pie pans
- Steel/tin cans, such as soup and vegetable cans

The following plastic items:

- milk/soda crates
- buckets with metal handles
- laundry baskets
- lawn furniture .

Unacceptable Recycling Materials Non-Fiber:

- Styrofoam (cups, plates, bowls, take-out containers, foam packing material of any kind)
- Colored plastic film (candy/food wrappers or bags, colored plastic bags)
- Non-container glass (cookware, plate glass, window glass)

Unacceptable Recycling Materials (Paper / Fiber):

- Used paper towels, tissues
- Used paper plates, cups, etc.
- Metallic wrapping paper
- Wax paper, laminated paper

- Newspapers (with inserts), magazines and catalogs, junk mail
- Shredded paper contained in a sealed or tied bag
- Aseptic / Gable-top milk and juice cartons
- Corrugated cardboard, cardstock
- Non-metallic wrapping paper
- Brown paper bags (Kraft)
- Aerosol cans (empty) .
- Glass jars and bottles
- Clear, bagged plastic film (grocery bags contained within 1 bag-please make sure this is in the recycle bin)
 - 5-gallon water bottles
 - pallets, plastic toys
 - empty
 - garbage/recycling bins
- Materials contaminated with food waste and/or grease
- Loose plastic bags-must be contained in one bag
- Plastic cutlery (forks, knives, spoons)
- Motor oil containers
- Ceramics
- Any paper contaminated with food waste
- Loose, shredded Paper (must be contained in one tied or sealed bag)

coolers

drums

totes

- flower pots
 - drinking cups/glasses

Special Wednesday Service at No Cost

Patriot Disposal will collect special items (within reason) from all residential units weekly on Wednesday.

Special items include: White goods (appliances) Furniture Mattresses Other large items Special items that will be collected and recycled include: Scrap metal (grills, bicycles, swings, chairs, etc.) Small electronics (computers, monitors, small TVs, small printers, VCRs, etc.) Used motor oil (in a sealed, plastic container, clearly labeled) Car batteries

Note: Additional items, or items that are extremely large or heavy, will be collected for a minimum fee of \$25.00. TVs or monitors larger than 19" will be picked up for a minimum fee of \$25.00; tires will be picked up for a minimum fee of \$20.00 each. Carpeting will be priced for pickup on a case-by-case basis, depending on the quantity. Special items scheduled for pickup that are not out on the scheduled pickup day will be rescheduled for pickup at the request of the homeowner for a \$25.00 fee. All fees for special pickups must be prepaid by the homeowner prior to removal.

With the exception of small furniture and mattresses, advance notice is required for the collection of all special items.

Yard Waste Each Monday, Patriot Disposal will remove yard waste that has been placed at the curb for collection.

Please note the following requirements concerning the collection of yard waste:

- Yard debris (leaves, grass clippings, brush) may be mixed with trash only during the months of January, February and March.
- 2. Brush must be cut into four-foot lengths, with limbs no larger than six inches in diameter.
- 3. Brush must be tied in bundles no larger than two feet in diameter.
- Yard debris must be placed in separate containers, marked "yard waste" or in biodegradable bags.
- 5. Yard waste that is put out at the curb in plastic bags will not be picked up.
- 6. Yard waste must be placed at the curbside and/or designated area by 7 a.m. for collection.
- 7. Food waste mixed in with yard waste will be accepted, as it can be composted.
- 8. The weight limit for yard waste is 35 pounds per bag or container.

What is Single Stream Recycling?

Single stream recycling refers to a system in which all recyclable materials (newspaper, cardboard, plastic, glass, etc.) are mixed together instead of being sorted separately by the homeowner and handled separately throughout the collection process. In single stream, both the collection and processing systems are designed to handle a fully commingled mixture of recyclables. Therefore, it is not necessary for the homeowner to separate the materials as they are collected; it is not necessary for the hauler to keep the materials separate as they are transported to the sorting facility and it is not necessary for the processing facility to keep the materials separated. Instead, the materials are collected altogether by one collection vehicle and taken to a materials recovery facility where the recyclables are loaded into one stream, and transferred to the sorting chamber. The items are then identified and sorted by various instruments, screens, magnets, air jets and other mechanical means as they are transported along a conveyor belt.

Naturalist Hours for November: Normal Hours:

Tuesdays 12:00p.m. – 3:00p.m.; Wednesdays 10:00a.m. – 5:00p.m.; Fridays 9:00a.m. – 1:00p.m.

Week of November 7th:

Wednesday, November 9th 10:00a.m. – 5:00p.m.; Thursday, November 10th 12:00p.m. – 3:00p.m.; and Friday November 11th 9:00a.m. – 1:00p.m.

Thanksgiving Week, November 21st – 25th Tuesday 9:00a.m. – 5:00p.m.; Wednesday 9:00a.m. – 4:00p.m.

Kritters for Kids.... By Broadlands Naturalist, Lisa Matthews

Why do animals hibernate? They hibernate because they can't go to the grocery store! Food is scarce in the winter and it costs them lots of energy (like us) to stay warm. If you can let your body temperature drop, slow down your heart and breathing, then you will use less energy (calories) to stay alive!

This is the time of year when mammals that hibernate eat lots and lots of fattening berries, acorns and tree nuts to make fat so that their bodies can use the fat to keep them alive when they have their long sleep. Some mammals go into true hibernation and sleep a long time. Others go into a twilight sleep. It isn't as deep as true hibernation, it is like when you fall asleep in the car but you can still hear people talking, but you aren't completely asleep. This helps keep them safe from predators.

Many mammals prepare a storage room and a "toilet" room for when they wake up briefly during hibernation. They will eat and use their toilet room and then go back to sleep. Bears do not wake to eat or go to the bathroom but they do sleep lighter. You never want to wake up a sleeping bear...they are very grumpy and hungry.

In our area, bats skunks, bears, some ground squirrels, groundhogs and chipmunks all hibernate. Did you know that lots of other animals hibernate too? Cold-blooded animals have to hibernate otherwise they would freeze to death. Land turtles and toads burrow underground or hide in leaf and wood piles. Snakes might find mouse tunnels or warm decaying logs for their sleepy time. Water turtles, fish, insect larvae and frogs go to deeper water or actually burrow into the mud at the bottom of the pond. Some adult insects like butterflies, will creep into log piles or crevasses in bark on trees, and other insects will hide in rotting logs to keep warm.

Do humans hibernate? No...but we do try to store food for every winter. It is the hardest time of the year to go on a diet....

Patriot Disposal Collection Schedule

Mondays: Trash and Yard Waste Thursdays: Trash and Recycling



Trash and recycling will not be picked up on Thanksgiving Day, Thursday, November 24th. For all other collection days, please have trash and recycling at the curb no later than 7:00a.m. Thank you.









A Spa Day For Tom and Tabby By Shannon M. Pecora, MA Stream Valley Veterinary Hospital

After an unbelievably hot summer, we can finally be thankful for the fall season's cooler weather. And many folks



could use a break from constantly running the vacuum as their pets shed tons of fur due to the heat. Instead, dogs and cats are building up thick winter coats, so they often need some extra attention to keep that fur clean and manageable. Visit a grooming salon, and you're likely to see the kennels, tubs, and tables full of dogs receiving baths, brush-outs, and/or haircuts, while many cat owners feel their only option is to make time for regular at-home brushings.

However, many groomers have the training and experience to give your kitty the salon treatment, too. As much as cats notoriously hate water, they benefit from a good bath on occasion (and some actually enjoy it!), supplementing their own self-grooming practices. Particularly for those with thick or long coats, gentle blow-drying, brushing, and trimming help prevent tangles, matts, and associated skin irritation.

You may be worried about how your cat will behave at the groomer or how fearful she will be of the experience, but asking some questions and even touring a facility ahead of time may ease your concerns. Don't forget to ask your veterinary staff if your cat is properly vaccinated and protected as well. Then, go ahead and ask a prospective groomer how much experience he or she has with felines. Can the salon offer you examples or even references for previous work? You may feel better if cats can be kenneled on the other side of the salon from dogs. Can the fronts of the kennels be covered to muffle noises and block out potentially frightening views of rambunctious puppies?

If you feel comfortable with the prospect of a professional grooming for your cat, make an appointment today! You could be surprised at how even the most fastidious selfgrooming kitty can look and feel so much better after a great "spa day!"

Deer in the Headlights From the Naturalist,Lisa Matthews

Ever wonder why accidents involving deer increase during the months of October, November and December? It's mostly our fault because of urban sprawl. According to State Farm, deer collisions have increased 20% throughout the U.S. in the last five years and the average cost of car damage is \$3100. Your chances of hitting a deer in Virginia: 1 in 102.

Deer behavior really hasn't changed through the ages. How we have altered their habitat has. The deer populations are out of control due to the food we so generously provide for them. Tasty fattening plants, grasses and flowers from our landscaped gardens and shelter in our many small forests give them a rich source of sustenance. The deer have benefitted because humans don't care to have predators on the loose in our backyards.

In the months of October, November and December, deer wander looking for mates. Often accidents occur when a doe is being pursued by bucks. They will suddenly burst from the forest into oncoming traffic with little warning. It is very difficult to anticipate this kind of interaction but you can increase your attentiveness between the hours of 6-9pm and 5am to dawn when deer are the most active.

To avoid accidents and when safe, use your bright lights to look for the sparkling of their eyes on the edge of roads and be alert and slow down on country roads during their most active times. Many fatalities are caused by drivers swerving into oncoming traffic or losing control of their vehicle during a swerve to avoid the deer. Mentally rehearse what you might do if a deer suddenly appears. If you see a "deer crossing" sign, be extra vigilant especially during the prime hours.

Once while traveling cross country, we were crossing the Great Divide in Colorado. The deer crossing sign showed the head of a 7 point buck. We started laughing and saying to one another that there was no way that we would see such a large buck. Within a few 100 yards, there he was, right next to the road...in the middle of the day! Take those signs seriously!

Do you want to help safely reduce the deer population in your area? Adding plants and shrubs that deer do not like to eat in your gardens will make your garden one that the deer will avoid. Hopefully, this will encourage them to head for the more natural areas to feed.

In all of the articles that I reviewed, driver attentiveness was the best safeguard against accidents. Be vigilant! Be safe!

November Gardening Tips

- To protect an upright evergreen from snow damage, drive a strong stake into the ground near the trunk of the tree. Tie a rope to the bottom of the stake and, using the rope, wind up the branches in a circular pattern around the tree. This is a two-person job on large trees. At the top, secure the rope to the stake.
- Pinecones, sweet gum balls, and seedpods of many plants, such as redbud and milkweed, add a beautiful touch to holiday ornaments. You can still collect many of these, if you take a walk along a hedgerow or through a park or a weedy field.
- Twig arrangements are different and easy to make. Collect twigs with unusual features; for example, winged elm, corkscrew willow, redosier dogwood, and crepe myrtle.
- Leaf fall makes renovation of overgrown deciduous shrubs easier. Begin this year by removing all diseased or broken stems. Next, remove 1/3 of all remaining shoots, eliminating the oldest and tallest. If the bush is still too tall, cut the remaining stems to a side bud or branch. Repeat the process a second or third year to complete renovation.
- Trim hollies and other evergreens, such as magnolia, aucuba, boxwood, and pyracantha, to furnish material for Thanksgiving decorations.
- If you are planning on having a live, balled and burlapped Christmas tree, dig a planting hole now before the ground freezes. Fill the hole with straw or hay to keep it from freezing. Store the soil in a garage or shed so you will have workable soil when you need it for planting the tree.



Proudly treating Ashburn pets for over 12 years!

CADIAND Nature Center 21907 Claiborne Parkway, Broadlands, VA 20148 • 703-729-9704 • Naturalist@BroadlandsHOA.com **2nd Saturday Family Programs** Family Programs November 12th At Broadlands at Noon \$10.00/Family up to 5 members Talkin' Turkey! \$2.50/additional family Member \$5.00/1 Adult + 1 Child

Benjamin Franklin wanted the turkey to be the national bird. Come and find out why this majestic bird was once considered to be glorious enough to be recognized as a symbol of our country. Stories and crafts will round out our explorations.

AUDUBON

SOCIET OF THE CENTRAL ATLANTIC STATES INC

NATURALIS



Programs are one hour Non-residents are welcome!

December 10th Parent's Day Out! 9:30a.m.- 3:30p.m. Grades K - 4th

Need to get some shopping done for the holidays? Send your child(ren) to a mini camp!

They will have fun feeding the animals, watching the snake eat, attend a nature program, make crafts and play games. A snack will be provided. Register early....space is limited! \$25.00 per child, \$20.00 for each additional sibling. Please bring their lunch! E-mail naturalist@broadlandshoa.com



January 14th At Noon Fabulous Foxes

Fascinating canines of our local forests. Learn how to find a fox den, what their tracks look like and why they like living amongst us. Stories, a craft and (weather permitting) exploration into our forest and meadow to see if we have a fox in our midst!

AUDUBON SOCIETY WITH SOCIETY WI

November 29: Using Resources Wisely Tiger Cub Program November 17: Let's Go Outdoors Achievement

Brownie Try-Its:

1st Thursdays and 4th Tuesdays November 3: Earth and Sky November 22: Watching Wildlife December 1: Plants

ANS is aware that there are upcoming changes to the Girl Scout program. Check www.BroadlandsHOA.com under "Nature Center" for program updates Wolf Cub Programs: 2nd Thursdays November 10: Your Living World December 8: Birds Elective

Bear Cub Programs: 3rd Tuesdays November 15: Take Care of Your Planet

Webelos Programs: 1st Tuesdays November 1: Naturalist December 6: Geology

To Register or for more information:

Contact: Lisa Matthews, 703 729 9726 or email naturalist@broadlandshoa.com

Nature Center Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide Nature programs for the community. To register, call the Broadlands HOA office at 703-729-9704 or email naturalist@ broadlandshoa.com to reserve your place in the program. We go outside for most programs so please dress appropriately and wear sturdy shoes.

Our Audubon Naturalist offers programs for Scouts, Families, Birthday Parties, After School, PreK and K, and Parent and Toddler Programs. Check our website for upcoming programs.

Wee Hikers.... Fall! Age: 18 months - 3 years old Day and Time: Fridays 10:45-11:45 a.m. Date: ongoing until December 2nd Price: \$6.00 per Program Drop In

Your little hiker and you will enjoy walking through the woods exploring the colors of Autumn and experience the textures, sounds and smells of nature. We will explore several child friendly trails in and around Broadlands and the Nature Center. Call the naturalist at (703) 729-9726 or email naturalist@broadlandshoa.com for location information.

Winter Program Schedule 2012 Classes offered the following days and times starting the week of January 1st:

Winter Explorers

Age: 4 and 5 years old(PreK and K) Days and Times: Wednesdays 1:00p.m. - 2:00p.m. and Fridays 9:30-10:30a.m. Price: \$30.00

Activities, games, crafts and experiments will be highlighted in this program on Winter animals and what makes Winter, Winter....

Week 1: Why do we have Winter?Week 4: Keeping Warm in WinterWeek 2: Winter ShadowsWeek 5: Snow and IceWeek 3: Who's Outside? Who's Sleeping?Week6: Camouflage

Wee Sense! Age: 18 months - 3 years old Day and Time: Fridays 10:45-11:45 Price: \$30 for 6 weeks

Through stories, songs, and tactile games and "experiments" you and your toddler will explore the sensory world.

Ooey Gooey Science

Grades: 1st - 4th grade Day and Time: Wednesdays 3:30p.m. - 4:30p.m.

Price: \$30.00

Stinky, slimy, shiny can also be used to describe this program! Experiments, games and various activities will be used to explore the world around us.

Week 1: Reflections Week 2: Light in Darkness Week 3: Yuck, its Slimy! Week 4: Still Slimy! Week 5: Shocking! Week 6: What's that Smell?



Briar Woods's Gilligan, Recipient of 2011-12 Wolf Trap Foundation Award

Marilyn Gilligan, an English teacher and drama director at Briar Woods High School, was recently honored as the 2011-12 recipient of the Wolf Trap Foundation Award for Outstanding Performing Arts Teachers.

The \$2,500 Wolf Trap Foundation grant supports the exceptional instruction and performance achievements of public high school teachers of music, dance and theater in the Washington, D.C., metropolitan area.

The awards program supports arts education that reflects Wolf Trap's performance and educational priorities, including artists' residencies, commissions, master classes and technology in the arts.

Projects culminate with a final performance.

Gilligan's award performance will be "Elizabeth the Musical," scheduled to debut November 17th **with performances through November 19**th. All performances are scheduled for 7:00p.m., with an added matinee on Saturday November 19th at 2:30p.m.

Gregory Mooradian, a senior at Briar Woods High School, is the playwright and composer of "Elizabeth the Musical." This will be the first student-written original production produced by Briar Woods and underwritten by the Wolf Trap Foundation.

The musical is an empowering story set in Elizabethan England, inspired by the tales of Elizabeth I and her sister, Mary I of England.

Ticket prices:

\$5.00 for students and \$7.00 for adults.

For more information, please visit "Elizabeth the Musical" on Facebook, on Briar Woods' website at www.lcps.or// Domain/644 or telephone Marilyn Gilligan at 703-957-4400.





TOP OFF YOUR THANKGIVING DINNER WITH THESE DILICIOUS GRAVY RECIPIE

CARAMELIZED ONION GRAVY FOR THANKSGIVING

1 Stick Butter 1 1/2 cup onion, chopped 1/2 cup flour (maybe a bit more) I teaspoon salt at least 1/2 teaspoon black pepper, ground About 3 cups vegetable stock

Directions

In a sauté pan over medium-high heat, add butter and onions. Cook for about 15 minutes, until onions are deep brown and caramelized. Add flour and cook together with onions for about 2 minutes over low-heat. Meanwhile, in a saucepan over medium heat, heat vegetable stock and wine. Add the onion/flour mixture, salt, pepper, garlic, and herbs. Whisk and cook over medium heat until thick. Gravy will thicken with heat, but if not thickening, add a bit more flour. For vegetarians, split the recipe and only add turkey drippings to half. www.offthewall.com

TURKEY GRAVY FOR THANKSGIVING OR ANYTIME

To make 8 cups of Gravy Base

1 tablespoon butter 1 tablespoon olive oil 1 carrot 1 rib celery 1/2 yellow onion 2 cloves of garlic 1/2 cup apple juice

8 cups homemade chicken or turkey stock 1 teaspoon black peppercorns, whole 4 sprigs fresh parsley 4 sprigs fresh thyme 2 bay leaves

3 cloves garlic, crushed I teaspoon poultry seasoning (or a dash of fresh rosemary sage, and/or thyme) 3/4 cup white wine Turkey drippings

To make the Gravy



Think this is big, wait 'til you see the gravy boat!

1/2 cup dry white wine Gravy Base just made 1/2 cup reserved turkey fat 1/2 cup all purpose flour Begin by getting your Gravy Base ingredients prepped. Peel and chop the carrot, celery, onion and garlic. Either make or get ready the chicken stock.

Making the Gravy Base

Heat butter and oil in a saucepan over medium heat. Add chopped vegetables, garlic, turkey neck and sauté until vegetables are caramelized. (approx.15 minutes). Stir occasionally to prevent sticking and burning. Deglaze pan with apple juice and stir, scraping up brown bits on the bottom of the pan. Reduce until juice evaporates to an essence. (Approx. 5 minutes) Add chicken stock, peppercorns, and herbs. Reduce heat to low and simmer, uncovered for one hour. Strain gravy base and set aside.

Making the Gravy

Remove turkey from roasting pan. Pour off pan drippings and reserve. Place pan over high heat and deglaze with white wine. Skim fat from the reserved pan drippings and reserve. Add Gravy Base and defatted pan drippings back to the pan and bring liquid to a boil over medium heat. Make a roux by heating reserved turkey fat and enough butter to make 1/2 cup in a small sauté pan. When fat is hot, add flour and whisk to combine. To thicken the gravy, whisk in small amounts of roux until gravy is at desired consistency. Season with salt and pepper to taste. www.reluctantgourmet.com

| Find nine, 5-letter words in THANKSGI correct entries. Entries must be received Be sure to include your name and teleph | at the Nature Center HOA | | |
|---|--------------------------|---|-------------------------------|
| | | | a |
| | THANKSGIVING | | |
| | | | |
| | 10110 | | Congratulation |
| | | | to October's Contest Winne |
| | | | Mark |
| | المرتب ليرتب ليد | | Vachher |
| | | (| y vacimer |
| NAME: | | | |
| PHONE: | | | 8 1 |









- The best new location in Ashburn! Belmont Ridge Rd. at the Greenway (Exit 4)
- · Charming new single-family homes in Ashburn
- Get to know your neighbors while enjoying all the amenities of a master-planned community
- Community center with swimming pools, exercise studio, meeting/social rooms and more
- Townhomes, condominiums and duplexes coming soon

LENNAR

877-78-LENNAR



Prices and availability subject to change without notice. Planned community features and amenities subject to change in conjunction with developer's continuing plan enhancements. Copyright © 2011

Brookfield

703-595-8898

Homes



Piranha Profiles What Do Our Teammates Do in the Off-Season?

Coach Ross Svenson: During this past summer, Ross was the Assistant Head Coach for the CSL Piranhas, but where is he now? Currently, he is a freshman at Harvard University studying Government and Spanish. He has taken his leadership skills that he learned from mentoring our young Pygocentrus Nattereri this summer (and while travelling abroad in Spain and interning in the US Senate) to Cambridge, MA, where he is thriving in this very demanding environment.

Even with the demanding curriculum at this top Ivy League institution, Ross still finds time for extra-curricular activities. He writes for the Harvard Political Review and volunteers at the Kennedy Institute of Politics organizing panels for the Forum Committee. But Ross still makes time to Skype with his sister Berit as often as possible.



Ross in Cordoba, Spain

Ross is also on the varsity light weight rowing team. He enjoys the camaraderie of a team sport. Crew has now supplanted swimming as his favorite athletic activity, but only until summer comes and he is reunited with all his Piranha friends and team mates!

We don't know what the distant future holds for Ross, but we do know his accomplishments will be great! We also know Assistant Head Coach Ross will be back next summer to lead our team once again, making it ten years as a Piranha! We can't wait to have him back in the Broadlands this summer, where he will continue to be an outstanding role model for all the swimmers, coaches, and parents.

Calling all other Piranhas from both teams, ODSL and CSL, tell us what you have been up to. We have over 400 swimmers and 260 families combined, and all of you are doing exciting things in the off-season. Your teammates and future teammates want to hear about it, as well as our team sponsors! Feel free to post on the CSL Facebook page,

http://www.facebook.com/BroadlandsPiranhas, or email nihanainen@broadlandshoa.com by Noon on the 15th of each month with your photos and status and we will do our best to add it to the HOA newsletter.

Registration is right around the corner! Look for more details on the team website, http://www.broadlandsswimteam.org, in the near future!

Notes from Your Neighbors.... Ashburn Volunteer Fire & Rescue Department www.ashburnfirerescue.org

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*! Come to our Prospective Members meeting on Tuesday, October 25 at 7 p.m. You can also 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/

Santa Claus is coming to Ashburn! Saturday, December 10th.

We're still working out all the details with Santa, but we do know that he'll be riding the yellow truck through the streets of Ashburn and will probably start at the Lansdowne Community Center around 5:00 p.m. and finish his visit at the Ashburn Village Sports Pavilion around 7:00p.m. Please see our next issue for more details.

Pancake Breakfast at the Ashburn Firehouse: 20688 Ashburn Road, 8:00a.m. - Noon. November 6, December 4, and January 8, 2012.

Are you interested in becoming a sponsor at one of our pancake breakfasts? We routinely serve more than 500 of your neighbors – a great way to promote your business and support AVFRD. Contact us at *sponsor*@ashburnfirerescue.org for more information.

Brambleton Town Center Announces New Tenants

Brambleton is happy to announce four new retail tenants at Brambleton Town Center. Bella Ballerina, Sweet Frog and La Cucina will all opened in October and Johnny Rockets has expanded into an additional storefront.

Bella Ballerina is a specialty dance school offering Mommy and Me classes and ballet, jazz and tap classes through age eight.http://www.bellaballerina.com/

Sweet Frog is a natural self-serve yogurt chain that offers unique flavors such as Cake Batter, NY Cheesecake, Red Velvet, or Georgia Peach as well as a toppings bar that lets you do-it-yourself.http://sweetfrogyogurt.com/

Johnny Rockets is an international restaurant chain that provides food, fun and friendliness reminiscent of feel-good Americana. Every original Johnny Rockets boasts a menu of favorites including juicy hamburgers, classic sandwiches and hand-dipped shakes and malts. http://www.johnnyrockets.com/

La Cucinaltalianois an elegant yet casual Italian eatery with brick oven pizza and traditional Italian fare. For information call: (703) 869-9544

"As we begin our 10th year as a community we are thrilled to welcome these new tenants to Brambleton Town Center," said Kim Adams, Director of Marketing for Brambleton. "We are proud to offer new options to our residents and the community as we continue to grow."

Brambleton will be celebrating their 10-Year Anniversary with family-friendly events at Brambleton Town Center on Saturday, November 5th. For details visit Brambleton on Facebook.

Loudoun Extension Seeking Volunteers Interested in Joining the Extension Master Gardener Volunteer Training Program

The Extension Master Gardener Volunteer training program is offered through the Extension Office to train Volunteers to assist the Urban Horticulturist in providing service and educational programs for Loudoun residents. Persons who are interested in becoming an Extension Master Gardener Volunteer do not have to be experienced gardeners. The one characteristic all Extension Master Gardener Volunteers (EMGV) have in common is a desire to give back to or contribute to their community.

EMGVs are involved in various educational activities throughout the year. They include: Help Desk Office, Demonstration Garden, Garden to Table programs, Gardening Clinics at local Farmer's Markets, Children's Gardening programs, speakers to club and group meetings, and many others.

In order to join the program you must complete and return an application form to the Extension Office. Training space limits the number of students accepted to 30. Applicants are asked to attend an orientation meeting and are personally interviewed by EMGV and Extension personnel before being accepted into the training program.

The training program in basic horticulture is held Tuesday and Thursday mornings and begins February 1, 2012. Topics covered include botany, soils, entomology, propagation, water quality, fruits & vegetables, ornamental plants, pathology, diagnosis skills, and landscape design. Once the classroom portion of the training is complete, Extension Master Gardener Trainees become Interns and continue learning by contributing 75 hours of hands-on volunteer internship by the end of the calendar year in order to become a certified Extension Master Gardener.

Application packets can be downloaded from the Loudoun County Master Gardener website at www.loudouncountymastergardeners. org. Early bird registration is due by November 1. Applicants are asked to attend an orientation session/open house on November 21 at 7:00pm and interviews will begin November 28.

Debbie Dillion is the coordinator for the Extension Master Gardener Volunteer program in the Loudoun Extension Office...



Webelos from Den 7 Pack 1484 picked up 5 bags of trash along Truro Parish Drive on Sunday, September 18th. Well done Webelos, thanks for helping to keep Broadlands beautiful!

Page 30

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 clientele about starting an exercise program. In 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 b

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. *mesmorphs* 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 just use 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

The ACSM, American College of Sports Medicine, recommends that you train each major muscle group 2-3 times per week using varying exercises and equipment. 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!

FALL HOME MAKEOVER SALE! DON'T MISS OUT

WE ARE YOUR COMPLETE REMODELING RESOURCE

《망수석》권유한《망수석》전유한《망수석》전유한《망수학》전유한《망수석》전유한《망수석》전유한《망수석》



BATHROOM, BASEMENT & Kitchen Remodeling

- GLASS SHOWER ENCLOSURES
- VANITIES & CABINETS
- CUSTOM SHOWERS & BATH TUBS
- Sinks, Faucets & Lighting
- FREE ON-SITE MEASURING & INSPECTION SERVICES



GREAT SELECTION OF CARPET - HARDWOOD - TILE & STONE - CUSTOM AREA RUGS & RUNNERS





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.

Not Available on Website Edition

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.

Joy Maloney Announces Write-in Campaign for School Board

Joy Maloney announced a write-in campaign for the Broad Run seat on the Loudoun County School Board.

"I feel that voters need a choice. I am passionate about our public school system and proud of the outstanding education it provides. I want to ensure that excellence continues in the face of the challenges of the economy and our county's growth," Maloney said.

Maloney, 40, was a high school mathematics teacher for five years prior to entering the information technology field, where she continues today as a software developer for a government contractor. She holds a Masters of Science in Educational Leadership from Hood College, and a Bachelors of Science in Secondary Education from University of Maryland, College Park.

"I know it's an uphill battle to win a write-in campaign, but it just didn't feel right to sit on the sidelines and allow my opponent to run unopposed," Maloney said.

Maloney's daughter began the sixth grade at Eagle Ridge Middle this fall after five years at Mill Run Elementary. Maloney's husband of 19 years, Joe, works at a CPA firm in Chantilly. Maloney has lived in the Broadlands for the past ten years, and the DC metro area for the past 35 years. She has volunteered for her daughter's Girl Scout troop, Big Brothers/Big Sisters, the Sterling Playmakers, and the Loudoun Summer Music Fest.





703-273-0555 www.fshhc.com



USEFUL NUMBERS

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

| NON-EMERGENCY | | Social Services | (703) 777-0353 |
|------------------------------------|-----------------|--|----------------|
| Ashburn Fire | (703) 729-0006 | School Board | (571) 252-1000 |
| Fire Marshall | (703) 777-0333 | Street Signs/Storm Drains | (703) 771-5666 |
| Loudoun County Sheriff | (703) 777-1021 | VDOT | (703) 383-8368 |
| Washington Gas | (703) 750-1000 | Van Metre Homes | (703) 723-2800 |
| Poison | (703) 625-3333 | Verizon | (703) 954-6222 |
| Loudoun Water - Customer Service | (571) 291-7880 | Verizon Fios | (888) 553-1555 |
| Loudoun Water - After Hrs./Wk.ends | (571) 291-7878 | Voter Registration | (703) 777-0380 |
| State Police | (703) 771-2533 | Weather | (703) 936-1212 |
| Dominion Virginia Power | (888) 667-3000 | LOUDOUN COUNTY PUBLIC SCHOOL | |
| PUBLIC INFORMATION | | Briarwoods HS | (703) 957-4400 |
| Abused Women's Shelter | (703) 777-6552 | Eagle Ridge MS | (571) 252-2140 |
| Animal Control/Shelter | (703) 777-0406 | Hillside ES | (571) 252-2170 |
| Building Permits & Dev. | (703) 777-0397 | Mill Run ES | (571) 252-2160 |
| Comcast | (703) 430-8200 | PUBLIC OFFICIALS COUNTY SUPER. | |
| Child Protective Services | (703) 777-0353 | Stevens Miller | (703) 777-0204 |
| County Landfill | (703) 771-5500 | SCHOOL BOARD REPRESENTATIVE | |
| CPR Class Info | (703) 444-1155 | Robert Dupree | (571) 233-4610 |
| DMV (VA) | (800) 435-5137 | VIRGINIA HOUSE OF DELEGATES | |
| Drug Abuse | (703) 771-5100 | Robert G. Marshall (13th) | (703) 361-5416 |
| Dulles Airport Hotline | (703) 572-2700 | Richmond Office | (804) 698-1013 |
| Health Department | (703) 777-0236 | Thomas A. Griesen (district 32) | (703) 421-6899 |
| Library (Ashburn) | (703) 737-8100 | Richmond Office | (804) 698-1032 |
| Loudoun Ride On | (703) 777-2708 | VIRGINIA SENATE | |
| Loudoun Hospital | (703) 858-6000 | Mark Herring (district 33) | (804) 698-7533 |
| Main Street Mailboxes | 1(703) 753-5521 | District Office | (703) 729-3300 |
| Miss Utility | (800) 552-7001 | Constituent Hotline | (800) 889-0229 |
| Metro | (202) 637-7000 | U.S. HOUSE OF REP. 10 th DISTRICT | |
| OpenBand 24x7 Customer Service | (866) 673-6226 | Frank Wolf | (703) 709-5800 |
| OpenBand Trouble Tickets | (703) 961-1110 | U.S. SENATE | |
| Parks and Recreation | (703) 777-0343 | Jim Webb | (202) 224-4024 |
| Patriot Disposal | 1(703) 257-7100 | Mark Warner | (202) 224-2023 |
| Ridesharing | (703) 771-5665 | VIRGINIA STATE GOVERNOR | |
| Road Conditions | (800) 367-7623 | Bob McDonnell | (804) 786-2211 |

Calling All Crafters and Home Businesses! The Hillside Holiday Event will take place on December 3rd and we want you to participate as a vendor at the One-Stop Holiday Shop!

Tables for the one-stop shop are reserved on a first-come first-serve basis. Scan the Quick Response Code below for more info or visit us online at http://www.lcps.org/Page/72965 to read more about the event and complete a vendor application.

Date: Saturday, December 3rd Time: 8:00a.m. – 12:00p.m. Location: Hillside's multi-purpose room Cost: \$50.00



Your participation at the Holiday Event will be promoted in several ways:

- New this year! We're going to incorporate a Quick Response Code in our pre-event promotions. Using a smart phone, users can scan the code and be directly linked to our one-stop shop vendor list, and in turn, your website!
- Vendors will be promoted via the PTO newsletter, Hillside website and other school communications, on Facebook, and in local newspapers.
- Don't forget to announce your participation on your own website, in customer newsletters, etc. This is a fantastic event for both vendors and our community, and we look forward to another great turn out this year! For registration information and questions, contact gail@gsrmem.com.





Wiger Orthodontics

John C. Wiger, DDS, MS

- **Clear Braces Available**
- No Charge for Initial Consultation
- Invisalign Certified
- **Financing Available**
- State of the Art Office

Because You Never Outgrow A Beautiful Smile!

Two Convenient Locations

ASHBURN 703-724-1199 43170 Southern Walk Plaza (near Glory Days)

POTOMAC FALLS 703-444-9373 46165 Westlake Drive, Suite 300

WigerOrthodontics.com

Member, American Association of Orthodontists

Voted one of Northern Virginia's Top Orthodontist



CLUBS AND GROUPS

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

ASHBURN AREA WOMEN'S CLUB

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

ASHBURN CLASSICS

Our next meeting will be at the Mills Rec. Center on November 12th at 10:30a.m. There will be a short business meeting to include an election of officers for 2012. Please arrive by 10:15a.m. so the meeting can start promptly at 10:30a.m. Toys for Tots and food for Loudoun Interfaith will be collected at this meeting. Please bring a donation of non-perishable food and unwrapped toys. Plan now to attend the Christmas luncheon at 11:30a.m. on December 10th at the Holiday Inn on Route 28. For more info call 703 729-3531 or 703-729-6591.

AMERICAN HERITAGE GIRLS

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

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. 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

Come join us in the fall for a study on Revelation by Beth Moore. We meet Tuesday mornings in neighborhood homes. Contact Janet at 703-726-6904 or Chris at 703-729-2095 for more info.

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 forming now.

GRIEFSHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Luthern 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.

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.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 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 CFCMOMSnext@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 - 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 meet the second Wednesday each month at 7:30 p.m. in the Nature Center. For info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.



- Treatment of Eye Disease
- Laser Vision Correction Consultations

• Vision Training

Pediatric/Developmental Optometry

Most Insurance Plans Accepted — Convenient Evening and Weekend Hours

ADVERTISING DIRECTORY

DENTAL / ORTHODONTIA

| Apt Orthodontics | 2 |
|---------------------------------|----|
| Ashburn Pediatric Dental Center | |
| Daczkowski, T. Wesley, DDS | 36 |
| greenway smiles | 38 |
| Ronald Ray DDS & Associates | |
| White Tree Dental | 34 |
| Wiger Orthodontics | 36 |

EDUCATION / INSTRUCTION

| 3 |
|---|
| 6 |
| |

FINANCIAL

| Apple Federal Credit Union | 13 |
|----------------------------|----|
| Edward Jones | 34 |

FOOD

| Asia Café | 14 |
|-----------|----|
| Clyde's | 13 |

HEALTH

| Ashburn Eye Care Associates | 38 |
|-----------------------------|----|
| Five Star Home Health Care | 34 |

HOME SERVICES

| Abbey Design Center | |
|-----------------------------------|----|
| Ackerman Security | |
| Climatic Heating and Cooling, Inc | |
| Dynamic Plumbing, Heating & AC | 20 |
| Hilldrup Moving Specialist | 6 |
| Kris's Painting Service, Inc. | 6 |
| Modern Mechanical | |
| Mr. Windows | |
| P&M General Contracting | |
| Sunrise Landscape & Design | 6 |
| Value Blind & Heirloom Draperies | |
| Zampiello Paint Contractors, Inc | |

PETS

| Ashburn Farm Animal Hospital | 43 |
|-----------------------------------|----|
| Ashburn Village Animal Hospital | |
| Stream Valley Veterinary Hospital | 2 |
| Whole Pet | 2 |

REAL ESTATE

| Bonnie Selker, Keller Williams | 44 |
|--------------------------------|----|
| Joe Kurnos, RE/MAX | 44 |
| Lennar | 28 |

RECREATION

| Ashburn Ice House | 28 |
|-----------------------------|----|
| Ashburn Presbyterian Church | 5 |
| Phoenix Taekwondo | 28 |

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. <u>Advertising orders cannot be cancelled</u> <u>after the initial deadline.</u>

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 <u>are</u> <u>not</u> 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. Editorial submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704 ext.101.

NOVEMBER CLASSIFIED ADS

BEAUTY SERVICES

MH MICHAEL HELENE SALON GALLERY. Full Service Modern hair salon! Unparalleled customer service. Highly Educated staff. We offer Private Room, Education, Consultation, Personalization, and Beautification. For more information, go to www.michaelhelenesalon. com. Please visit us at 23520 Overland Drive, Suite 126, Dulles, VA 20166, 703-661-6898.

MASTER HAIRSTYLIST/COLORIST: Love going to high-end salons, but hate the hassle and prices? Will come to you. Experienced/ licensed. Great for stay at home moms, families or groups of friends. Contact Luz at 703-431-4437 or email inurhairbyluz@yahoo.com.

EARLY EDUCATION/DAY CARE/ FALL PROGRAMS

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands has limited openings in its 2 ½ year old class. The class meets on Tuesdays and Thursdays from 8:30 – 11:00a.m. For more information or to schedule a tour, please contact Judi Ratcliffe at (703)858-7966 or gminds@ verizon.net.

LITTLE SPROUTS PRESCHOOL: Sign up now for Fall Fun! Next year we will be offering 3 year old preschool on Tues/Thurs and Mom's Morning Out on Mon/Wed/Fridays. Children 24 months – 5 years, potty training NOT required! Check out our website or call for a tour, Karlene 408-750-7349. Website http://LittleSproutsPreschool.clubspaces.com.

ENTERTAINMENT/PARTY RENTALS MOONBOUNCE RENTAL IN

BROADLANDS! Fully insured, stress free entertainment for your child's birthday party, etc. \$125 per 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 EAGLE RIDGE MIDDLE SCHOOL BAND

SHIRT: GTM Sportswear white shirt with hunter green sides and embroidered eagle and "Eagle Ridge Music" on front. Size Large, Like New \$10.00 Call 703-655-8614.

EAGLE RIDGE MIDDLE SCHOOL

SWEATSHIRT/HODDIE: Heather grey with green and yellow "Eagles" over a screaming eagle and "Eagle Ridge" in green outline type on front. Size Medium-Great condition - \$12.00. Call 703-655-8614.

INSTRUCTION ACADEMICS/ ARTS/SWIM

P(ART) TIME: New Kids Art Program designed to skip the mess in your home & bring it to mine! Take a break knowing your child is in a safe environment. *Possess Art Degree, Current

First Aid & CPR Certificates & experience with children*. Now filling spaces starting November: <u>Little Picasso's</u> 2 1/2-4yrs Tues 9-11:30am, <u>Playground Picasso's</u> 3-5yrs Weds 1-3:30pm & <u>Backpack Picasso's</u> 5-11yrs Tues & Thurs 3-5:30pm (Mill Run District-can ride bus to my home) email ParttimePicassos@yahoo.com or call 571-438-1777 for more info.

SWIM LESSONS: Olympic Gold Medalist Tom Dolan has opened Carlile Swimming, a state-of-the-art swim school at the Dulles 28 Centre in Loudoun County. Learn-to-swim and stroke technique classes available for all ages, from 3-month old babies to teenagers. Book Now! 703-433-2020.

HINDI CLASSES: Experienced Teacher. \$20 per 45 minute class. Call 571-333-0199 or email neeru803@gmail.com.

DRAWING AND PAINTING: \$150 for 8 classes. Classes are 1 ½ hours. \$25 material fee. Call 571-333-0199 or email neeru803@ gmail.com.

ART & CRAFT CAMP: Winter Break. 9:00 am to 12:00 pm, 12:30 pm to 3:30 pm. \$35 per day plus \$50 material fee. Call 571-333-0199 or email neeru803@gmail.com.

MATH TUTORING: Two experienced HS teachers help with temporary struggles or long term support for all learning levels in MS and HS. Algebra I, II. Geometry. Support with subject curriculum, homework and SOL review. Contact Rick Romito, 703-728-8881 or romitofigs@aol. com.

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.

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.

HIGH SCHOOL MATH TEACHER: Specializing in Geometry, able to do K-Algebra II, SAT, and ACT. Tutor at Ashburn Library. Flexible Hours. Call Tally at 703-727-6270 or email dimplenwink@hotmail.com.

ST. MICHAEL SHOTOKAN KARATE— Ashburn's leading and acclaimed Japanese Style Martial Arts School for <u>CHILDREN and ADULTS</u>. 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.

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. GUITAR LESSONS IN BROADLANDS! Private lessons for kids and adults available in your home. Excellent 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 blueridgestudio@verizon.net.

HEALTH/FITNESS/WELLNESS

GIVE YOURSELF THE GIFT OF HEALTH! Get in shape with an ACE certified personal trainer. In home, individual and small group sessions are available. Make this holiday a healthy one with the gift of fitness! Call Susan at Custom Fitness, 571-228-3545.

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME: Get fit now with my 19+ yrs experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/ nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/ effective. Equip provided. Free phone consult, special intro offer! Stephanie Gotfried 703-542-2595; stephaniegotfried@verizon.net; fitnesstogova.com.

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.

NOT YOUR AVERAGE BOOT CAMP! Go from ordinary to extraordinary! You be the judge. Try a week for free with Fitness Image Results' Boot Camp instructed by Jeff Strahan. Register online or just show up for any of our three 1-hour classes @ 5:45AM (M,W,F); 9:30AM (starting 8/29) (M,W,F); or 7:30PM (M,T,TH). Classes held outdoors at Brambleton Community Pool parking lot. For directions or more details, go to www.firesults.com or email Jeff@firesults.com. THERAPEUTIC MASSAGE: Nationally certified and experienced Registered Nurse. Offering deep tissue, sports, medical and pain management. Therapeutic spa treatments. Certified in Pregnancy Massage with L & D and Doula experience. Gift certificates available. Claudette Plater, RN, CMT 703-724-4210, Ashburn. www.tranguilmoment.com.

HOME SERVICES

COMPLETE HOME REMODELERS: Call Ryan for a free estimate, 703-505-8140. Plumbing, Electrical, Tile, Carpentry, Flooring & bathroom specialist. Email: Balderstonr@gmail.com.

HANDYMAN SERVICES: Helping you take care of your home. Painting. Drywall, and Repairs, Electrical, Plumbing, Carpentry, and those little things that always seem to come up. Flexible schedule. No job is too small. Free Estimates. Over 25 years experience in the construction industry. Please call Dan at 703-403-2243. Email: handyman.dan@hotmail.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.

PROFESSIONAL POWERWASH: Does your outside look old and grey? Make it look new again with Dominion Powerwash. We provide expert cleaning services for a wide variety of outdoor surfaces: Decks, Fences, Sidewalks, House Siding/Brick, Residential and Commercial Cleaning. Please visit www.dominionpowerwash. com for service specials. Dominion Powerwash

703-994-4445 or info@dominionpowerwash. com.

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.

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.

LOONEY'S TILE AND GROUT RESTORATION: Patented Technology that surgically extracts dirt & odors from floors. Surfaces: Tile & Grout, Concrete, Brick, Travertine & many other natural, hard surfaces. Other services: Restore Patios & Walk-ways, Deck power-washing and clear sealing, Molded Caulk Removal/Re-caulking, Shower refurbishing & minor grout repair. Locally owned. Ashburn resident. Licensed, Bonded & Insured. www.Lcleantileandgrout. com 703-999-1933.

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

BANE ELECTRICAL SERVICE LLC: Residential & Commercial Electrical work. Specializing in Home Generator Systems- Certified (Briggs & Stratton Dealer). We can handle any of your Residential or Small Commercial Electrical needs. Trouble Shooting Experts!!!! Licensed and Insured Electrical Contractor in VA/MD. Call 703-723-6501 (Ashburn Resident) **PROFESSIONAL PAINTING: Residential** interior & exterior. Licensed & insured. Quality workmanship. Reasonable. Free estimates. 25 vrs 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

– Trim – Painting – Attic Ventilation & more...Call us for your free Solar Panel Vent or free Gutters! LARRY MILLER INC. WINDOW CLEANING Lowest Price & Satisfaction Guarantee! www. WiseGuysRoofingSiding.com. Contact us: 571-722-5543 or info@WiseGuysRoofingSiding.com.

HOUSE CLEANING

GLAMOROUS CLEANING, LLC: We offer residential cleaning services. Free In-Home Estimates. Licensed, Bonded & Insured. References available, excellent prices & flexible schedule. SAVE \$20 OFF IN SECOND CLEANING! Call at 571-426-2484.

MAID IN VIRGINIA- RESIDENTIAL CLEANING: We clean the best so you have time to rest! We are known for having Great People! Friendly- Hard Working- Honest-Consistent. Great Communication Skills, offering an opportunity to customize your cleaning. You can expect the same team cleaning your home routinely. Locally owned and operated-Ashburn Resident. Licensed, bonded and insured including Workers Comp. www.maidinvirginia. com, 703-338-4606

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

AVON: Shop at home or in your office. Discover highly advanced skin care, holiday gifts, fragrances, hair care for the entire family and much more. Contact Terri McCaa (Avon Ind. SIs. Rep.) 301-655-1901 or shop 24/7 www. youravon.com/terrimccaa.

H INTERIORS, LLC: Bored with your surroundings? Looking to add some style to your home? Home Interior Stylist, specializing in accessorizing, shopping, color consulting and room layout. For a free consultation, call Heather at 703-728-5665.

MARY KAY: Beauty on a Budget! Wrapped, Tagged and ready to go! Skin care packed with multiple benefits! Special offers you don't want to miss. Free samples so you can try before you buy. Shop at you convenience with my personal delivery. No crowds, No parking hassles. No drain on your gas tank. What better way to get all your skin care and makeup! Please contact me today! Deborah Leben, dleben@ marykay.com, 703-217-4583 www.marykay. com/dleben

TASTEFULLY SIMPLE: Makes the PERFECT gift and the quickest meals and appetizers for your holiday entertaining. I ship Nationwide! Everyone eats. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple. com/web/Lsvendsen, FoodFromLisa@comcast. net.

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

is licensed and insured. For an estimate, contact Installation & Cleaning - Windows - Insulation making your next celebration a sweet success! Visit www.pinkpiggysweets.com or call 571-333-7477.

PETS

AROUND MIDNIGHT PET SERVICES, LLC: Provides midday walks, vacation visits and overnight companionship in your home for your pets. We also provide house sitting services and plant care. Call us today at 703-726-9218, www. aroundmidnight.net, Pet Lovers Providing Care.

PROFESSIONAL SERVICES

JORDAN DAVID PHOTOGRAPHY: JordanDavidPhoto@gmail.com. (703) 473-9260. Recent college graduate with a Bachelor of Fine Arts degree in Photography offering competitive prices for Senior Portraits, Pet Portraits, Family Photos, Headshots, Engagement Photos, and more. Private instruction also available.

GGGGGRRRRR!!!!! 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:

Ad Manager: Stassa Collins, 703-729-9704

Broadlands Committees and Events

November Activities

Date Activity

2nd 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) 1:00p.m. Marvelous Mammals(NC) 3:45p.m. Mammal Mania(NC) 4th 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) Nature Center Open 10:00a.m. - 2:00p.m. 5th 6:00p.m. Board of Directors Meeting(NC) 8th 9th 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) 1:00p.m. Marvelous Mammals(NC) 3:45p.m. Mammal Mania(NC) 7:30p.m. Tech Committee Meeting(NC) 10th 6:00p.m. Southern Walk Hearing Committee Meeting(NC) 11th 9:30a.m. Marvelous Mammals(NC) 10:00a.m. Broadlands Mom's Club(CC) 10:45a.m. Wee Hikers(NC) 12th Nature Center Open 10:00a.m. - 2:00p.m. Noon Family Program - Talkin' Turkey(NC) 16th 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) 1:00p.m. Marvelous Mammals(NC) 3:45p.m. Mammal Mania(NC) 7:00p.m. Modifications Subcommittee Meeting(NC) 17th 8:00p.m. Investment Club(CC) 18th 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) 19th Nature Center Open 10:00a.m. - 2:00p.m. 23rd 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC) 1:00p.m. Marvelous Mammals(NC) 3:45p.m. Mammal Mania(NC) 7:30p.m. Book Club(NC) 25th 9:30a.m. Marvelous Mammals(NC) 10:45a.m. Wee Hikers(NC)



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. Contact Staci Kapinos, ssdkapinos@ yahoo.com, (703) 728-5849 for more information.

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







Worried About the Cost of Pet Care?

We make it EASY to AFFORD QUALITY veterinary services!

To help ease the financial burden, we offer: Customized Payment Plans Interest Free No Credit Check Required

Whether an emergency, illness or just a check-up, many people are struggling to find affordable veterinary care. Pet owners are often surprised by the cost and worry about payment. Through our customized payment plans, coupons and loyalty programs, we are able to provide multiple cost savings options to our clients. Our client service agent will confidentially work with you on an individual basis to manage cases within limited budgets. As your pets' advocate, we promise to offer the highest quality of care and work with you to make it affordable.

2 Convenient Locations: Ashburn Farm 703.726.8784 Brambleton 703.327.8471

www.LoudounVet.com

Broadlands Association, Inc. 21907 Claiborne Parkway Broadlands, VA 20148





SINCE 1991