

January 2011



BROADLANDS



Community News



STAY WARM, IT'S COLD OUTSIDE!

- Piranhas Swim Teams – Be ready for Registration in March, page 5
- Tennis Programs begin in March; join the fun, page 26
- Attend the Home Energy workshop and save, page 18
- Annual Great Backyard Bird Count – Can we count on you? page 18
- Duck rescue...Broadlands residents in action, page 8
- 2011 Summer Nature Camps, register to reserve a spot, page 21
- Nature Center and HOA office will be closed on January 3rd for the New Year and January 17 in observation of Martin Luther King, Jr. Day.

National Wildlife Federation Certified Community Wildlife Habitat

Photo Courtesy of Eileen Farnsworth

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2011-2012 Open Houses

January 23rd 12:00 – 3:00
February 2nd 9:00 – 11:00
February 13th 12:00 – 3:00
March 20th 12:00 – 3:00

Kindergarten Info Night

January 19th 6:00 – 7:30

Kindergarten Enrichment Info Night

January 20th 6:00 – 7:30

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HOA Office and Website

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

Armstrong Management Services

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

Mail Payments to:
Armstrong Management Services
P.O. Box 7778
Philadelphia, PA 19101-7778

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(Open Band Contract Administration Only)

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Thank You Bonefish!

Thanks so much to the Manager and Staff of Bonefish Grill for providing a wonderful Happy Hour for the Broadlands Board of Directors, Home Owners Association employees and committee volunteers. A great time was had by all!

December Cub Scout News and Thanks

Scouting for Food: A big thanks goes out from the Broadlands Cub Scout Packs 1483 and 1484 for your generous donations in our Scouting for Food Drive. We collected 11,254 pounds of food!

Pack 1483, once again, took the lead for the Goose Creek District, collecting 7,116 pounds of food for LINK. Our truckload of food left the site workers speechless, and tired. It took 61 grocery carts to move all the food into the basement of the church to be weighed and sorted. The food we collected and delivered to LINK will feed over 5000 people here in Loudoun County.

Thank you also for your support in our popcorn sales. We sold approximately \$21,000 in Trails End popcorn. Proceeds from the sales support scout programs and individual boys' activities throughout the year. Our next pack activity is the annual Pinewood Derby in January.

Great job packs 1483 and 1484!

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Enrolling with Carlile Swimming Dulles 28 Centre is easy:

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Dulles 28 Centre

Pictures with Santa Was a Huge Success!

We enjoyed seeing all of you and your families at this event! Thank you to all of our volunteers, and in particular Allan Bentkofsky. We couldn't have pulled off this event without you!

Thanks also to Steve Campot of SGC Real Estate (www.sgcrealestate.com) for providing our photographer, Sean Kelley (www.seankelleyart.com), the Eagle Ridge Middle School Choir for the wonderful Christmas music, the Ashburn Volunteer Fire Department, Safeway for providing all of our delicious treats and Simply Nut Free Chocolates (www.simplynutfreechocolates.com) for providing candy.

Thanks again! We look forward to seeing you all next year!

Please Help Claude Moore Rec Center Serve You

With winter weather upon us, it's time to rediscover the recreation and fitness opportunities of the great indoors. At Claude Moore Rec Center that includes all kinds of activities in two pools, a gymnasium, track, fitness room, and even a thirty foot climbing wall.

We're very proud of this beautiful county facility and want your help to make sure that it meets the public's needs and surpasses expectations. Please take a moment to complete the survey at the following link:

www.surveymoz.com/s3/426652/Claude-Moore-Rec-Center

We want to hear from everyone; those who have been coming regularly, infrequent or lapsed users, and people who just didn't know we're here. Claude Moore Rec Center is your place for indoor recreation. Your response will help us fill it with the services, programs and equipment that best meet your needs.

Thank you,
Dan Peters
Manager, Claude Moore Rec Center

Time to get out and dust off your masks and beads for the

Annual Broadlands Mardi Gras Celebration

Look for more information to come in the February newsletter.



PIRANHAS Swim Team Registration

Come join the Broadlands Piranhas for another fun-filled summer of swimming! The swim team is open to Broadlands residents ages 5-18. Our goal is to develop a love of swimming while teaching proper technique and good sportsmanship, as well as team and neighborhood spirit. We offer excellent coaching, daily practices, and fun family activities during the season. The Broadlands swim team program has enjoyed a very high level of participation over the years. Because of this success, the Piranhas compete in two summer swim leagues, the Old Dominion Swim League (ODSL) and the Colonial Swim League (CSL). Please note that registration will begin in March and not February, as in previous years.

Registration for returning families begins on MONDAY, MARCH 7. Registration for new families will open on MONDAY, MARCH 21. The Piranhas swim teams fill up quickly, so please sign up early.


For registration information and details on each team, please visit our website at www.broadlandsswimteam.org.



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STAY SAFE-

Don't Skate on the Community Ponds!

Please remember skating is prohibited on all community ponds. Even walking on any ice covered pond can be very dangerous.

The surface of the pond may appear to be frozen, but our winters are normally not cold enough to guarantee that the ice is thick enough to support anyone's weight, even a child's.

Parents, please tell your children that it is extremely dangerous, even deadly, to walk or skate on the ponds in the community.

Let's keep our neighborhood safe!

Help Make Snow Plowing Easier and Faster

When a snow storm has been predicted, especially overnight, the snow plows will be working during the early morning hours. The best way to ensure that the plowing crews can clear the streets better and faster is to park in driveways and parking spaces. In many of the townhouse and private streets sections, a vehicle parked in the street can severely restrict the ability of the plows to do their work.

Help your community by parking in garages, driveways and marked parking spaces.

Thank you for your assistance.

Winter is Here - Please be Prepared!

Both Virginia and Loudoun County Codes require that the occupant - whether an owner or a tenant - remove all snow and ice from any walkway adjoining any part of their property within 6 hours after the snowfall has ceased.

If the snow or ice fell during the night, it must be removed by Noon the following day. Should the storm occur on Sunday, the accumulation must be removed by Noon on Monday.

Failure to comply with the Code can result in a fine of \$250.00 imposed by the county. Complaints should be reported to the County Department of Building and Development, (703) 777-0635.

Please be a good neighbor and a good citizen. Clear your walkways and keep Broadlands a safe environment for all our residents. If you know someone physically unable to keep their walkway clear, please consider giving them a helping hand.



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Board Actions – Board of Directors Meeting November 09, 2010

- Motion was passed unanimously to accept the 2011 budget as proposed.
- Motion was passed unanimously to proceed with changes to the Broadlands Parking Policy to allow limited, regulated parking of recreational vehicles.
- Motion was passed unanimously to approve new Design Guidelines for Solar Collectors.
- Motion was passed unanimously to approve attorney's recommendations for write offs and to request additional information regarding a foreclosure request. Additionally, three late fee waiver requests were approved. A resident's request to have certain fees forgiven was denied.

Patriot Disposal Collection Schedule



Mondays:
Trash and Yard Waste
Thursday:
Trash and Recycling

Please have trash and recycling at the curb no later than 7:00a.m. **Trash pick up will be on a normal schedule on Monday, January 3rd and Monday, January 17th.**

Christmas trees will be picked up on Monday, January 3rd and Monday, January 10th. Patriot Disposal will be participating in the Loudoun County Landfill Christmas Tree Recycling Program this year which means that only clean, natural trees will be accepted by the county for recycling. **Patriot will not pick up trees that are bagged or have any lights, decorations, tree netting or tree stands on them for recycling.** Wreaths, artificial trees and trees still covered with lighting and decorations will be picked up with the regular trash collection.

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Quack in the Ice Rescue

It happened again. Last September, someone dropped off ducks at Bull Frog Pond; probably unaware that the ducks couldn't fly or survive our local winter weather. This time it was three large white Pekin ducks. With the recent low temperatures, the pond froze over. Without water or food, the ducks were doomed to starve or be killed by neighborhood cats or other wildlife, like the red fox that visits from time to time.

Fortunately, with Broadlands focus on Wildlife Habitat, we have many people that take a keen interest in our local wildlife, such as residents, Tom and Dawne Holz. The couple lives adjacent to Bull Frog Pond and noticed the ducks in jeopardy. They contacted Robin McClary and Kris Miller of the Citizens for the Preservation of Wildlife, Inc. (www.preservewildlife.com) and arranged a rescue. On Sunday, December 12, Tom set up a small net fencing enclosure to allow Kris, Tom, and Dawne to lure the ducks with cracked corn and bread. They closed the one side, gently put the "habeas grabus" on the ducks and put them in an animal carrier. Kris took the ducks to Rikki's Refuge (www.rikkisrefuge.org), a wildlife sanctuary in Orange, Virginia, with a no-kill policy where they'll be free to live out their lives.

We learned from Robin and Kris that frequently the sources of these non-flying, non-native ducks are people who buy them at Easter or through the school system, which uses the ducks as a teaching aid. In the later case, after the class is done, some students or faculty do not release the ducks appropriately. Whether you are a family that thought ducks would make a fun addition to your home or you are a student, parent of a student, or faculty member, think about the animal's future.

Please do not release non-native, non-flying wildlife where it can't survive.

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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.

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
January 19, 2011	January 14, 2011
February 16, 2011	February 11, 2011
March 2, 2011	February 25, 2011
March 16, 2011	March 11, 2011

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.org, to the Modifications Subcommittee, at the Association office in the Nature Center, 21907 Claiborne Parkway. There is a drop box available for after-hours submissions. A response to your application is generally mailed within one week of the meeting.

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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, January 11, 2011
at 6:00 p.m.**

*in the
Nature Center conference room*

Broadlands Association Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 6:00pm. Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to Management no later than 7 days prior to the meeting.

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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, see page 12 or online at <http://www.broadlandshoa.org>. Click on 'HOA Forms' in the directory and then on 'Auto Pay Application'.

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Welcome to the Harmonious Garden

The 'Green Revolution' of Native Plants

By Janet S. Davis
Hill House Farm & Nursery

We are experiencing a sort of Green Revolution these days, a truly **green** revolution. Whether it's the green we eat in "Buy fresh, buy local", or the green in grass-fed beef, or the green in 'Green Roofs' or the latest buzzword, "Green Infrastructure". *This* green is about what really sustains us and just about all of life—plants.

This is great news for gardeners! Not only does our effort matter to the health of our world, but also that we can make a difference in our world by how we garden and what we choose to plant. As gardeners, we have the opportunity to enhance and to protect our local ecosystems and to affect positively the biodiversity around us.

But the scientific evidence is mounting—and exciting for anyone who puts a plant in the ground—that not just any plant can offer these benefits; but rather, that **native plants** are unequaled in their ability to create pockets of more healthy and diverse habitat. And by adding native plants, we attract more species of desirable animals and birds, more species of insects (that the birds eat & feed to their young, for example), more species of butterflies, more complexity of life, and less extinction of many species with whom we share this earth.

So what exactly are native plants? They are plants that occur naturally in the region where they evolved over time. So for us, that means plants that existed here in North America before European settlers arrived and began introducing *alien* or *exotic* plants (for both agricultural and aesthetic purposes, or by accident) into our American landscape. Thus, native plants play host to a greater diversity of life because they offer a wider variety of habitat, all because these plants co-evolved here in North America with all the other creatures that also live here.

Here's an example: in February 2009, the journal of *Conservation Biology* reported the results of a study measuring the effects of using non-native ornamentals vs. using native ornamentals on avian (bird) and Lepidoptera (butterfly & moth) populations; they conducted the study on 6 pairs of suburban properties in Southeastern Pennsylvania. Overall, the properties had roughly the same amount of plant vegetation and variation, but one property in each pair was predominantly native vegetation and native ornamentals, while another property of each pair was mostly non-native vegetation and non-native ornamentals. After a summer of sampling, the properties offering **native** vegetation and plants had a significantly higher abundance of caterpillars and a wider array of Lepidoptera species, AND more birds, more breeding pairs of native bird species, as well as a more diverse mix of birds with a greater biomass. This study showed that *native plants* significantly increased a developed property's ability to support a wider number of native bird and Lepidoptera species—in sheer numbers, in the number of differing species, in the number of breeding pairs, and in general good health.

Wow! I'd say that's about the best reason I can offer for planting native plants, to have more and better habitat for the critters we like most, native bird and butterfly species.

In addition to creating more rich, garden habitat, native plants also offer the gardener a few more advantages:

- Native plants are well adapted to their specific niches, and will thrive quite readily in those specific environs - often more so than non-native plants;
- Native plants in our gardens offer us a "sense of place" reflecting the rich diversity and character of the natural world right where we live;
- Using native plants in our gardens can prevent the release of other invasive alien species (like Tree-of-Heaven, Multiflora rose, or Kudzu to name a few well-known invasives)
- By cultivating native plant species in our landscapes we can help prevent the future loss of native species to extinction;
- By choosing the proper native plants, a gardener can get superior drought tolerance or conversely, plants that thrive in "wet-feet" conditions; And there are a myriad of possibilities for every type of growing condition, from deep shade to steep hills, and everything in between!

For all the above reasons, I encourage all of you to transition away from using alien ornamentals as the mainstay of your gardens, and choose native plants as the foundation and backbone of your landscapes, we have so many great reasons to do so!

And that's the Green Revolution I'm talking about right here and now.

**PLEASE RETURN BY
THE 15th TO START
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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 FIRST WEEK of each billing cycle. **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.**

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. I (we) acknowledge that the origination of ACH transactions to my (our) account must comply with the provisions of U.S. Law.

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 ITS ENTIRETY & A VOIDED CHECK MUST BE ATTACHED!****

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.

****NOTE: FEDERAL CREDIT UNION MEMBERS SHOULD VERIFY THE ACH
ROUTING NUMBER WITH THEIR BANKING INSTITUTION****

2010-2011 Snow Removal Guidelines

Within this section, you will find a list of streets indicating which entity is responsible for snow removal. ***Please reference this list to determine who to call with snow removal concerns.*** Broadlands Association provides snow removal for the private streets that have been completed by the builder and are owned by the Association. As the public streets in the single family home sections are accepted into the state road system, they will be maintained by the Virginia Dept. of Transportation (VDOT). Any new construction areas in Broadlands would contact their builder, Van Metre, unless their section/street is included in the HOA or VDOT areas to plow. Major roadways such as Claiborne Parkway, Demott Drive, Vestals Gap Drive, Ellzey Drive, Chickacoan Trail Drive, Glebe View Drive, Truro Parish Drive and Route 625 (Waxpool Road) are considered priority snow removal routes. After these roadways are cleared, work will begin on the secondary residential streets.

Snow plowing is to begin after there has been an accumulation of 2 inches of snow. Sand and/or chemicals will be used at critical intersections and as needed on streets.

In addition, there is a Loudoun County ordinance (Chapter 1022) that requires the owner/occupant of a property which has a public sidewalk adjoining or touching the property in front, rear or either side, to clear or treat that sidewalk for snow and ice within 6 hours of a snowfall (by 12:00 noon for overnight snowfall). Property owners abutting common areas (i.e. along Ellzey Drive) are also responsible for clearing those sidewalks. This will provide a safe walkway for children going to school. The County Department of Building and Development, (703) 777-0635, is responsible for enforcement of this ordinance.

Numbers to Call with Snow Removal Questions or Problems

VDOT (Northern Virginia District Office)	703-383-8368
HOA (Broadlands Association)	Maureen Burns 703-729-9714 Main office: 703-729-9704
Van Metre Homes (New Construction)	Tom Marable 703-723-2800
Developer (Broadlands Associates, LLP)	Tom Marable 703-723-2800

STREET NAME	SECTION	OWNER	STREET NAME	SECTION	OWNER
Ainsley Court	70	VDOT	Buckley Terrace	30	HOA
Arbor Glen Court	24	VDOT	Burnt Hickory Court	21	Van Metre
Arbor Greene Way	54	HOA	Cattail Meadows Place	38	VDOT
Ardmore Street	26, 28, 30	HOA	Cedar Springs Court	36	VDOT
Arundell Court	6	VDOT	Center Point Circle	28	HOA
Atherton Street	28, 30	HOA	Center Post Terrace	7	HOA
Aurora Heights Drive	21	Van Metre	Champney Court	42	VDOT
Autumn Harvest Court	24	VDOT	Chickacoan Trail Drive	1,14,15,24,38,40,44	VDOT
Autumnwood Square	10	HOA	Claybrooke Circle	28	HOA
Avens Court	5	VDOT	Clover Meadow Court	40	VDOT
Avonworth Square	60	HOA	Cloverleaf Court	78	VDOT
Awbrey Place	15, 16	VDOT	Columbus Street	28	HOA
Ayr Hill Court	80	VDOT	Coulwood Terrace	60	HOA
Bankbarn Terrace	3	HOA	Crossbeam Square	7	HOA
Basil Court	20	VDOT	Crosswinds Terrace	58	HOA
Bayard Terrace	56	HOA	Darby Terrace	26	HOA
Becontree Terrace	56	HOA	Demott Drive	6 (Residential areas)	VDOT
Bexley Way	42	HOA	Dilworth Terrace	60	HOA
Bluestone Court	24	VDOT	Dobson Court	Private Drive	Owners
Bramblebush Terrace	56	HOA	Edgemere Terrace	56	HOA
Broadwell Court	82	VDOT	Ellzey Drive	1, 4, 5, 24	VDOT
Broxton Terrace	56	HOA	Engleside Place	72	VDOT
			Evening Breeze Court	13	VDOT

2010-2011 Snow Removal Guidelines – cont.

STREET NAME	SECTION	OWNER	STREET NAME	SECTION	OWNER
Fairweather Court	20	VDOT	Reynwood Place	44	VDOT
Falling Rock Terrace	34	HOA	Riders Square	11	HOA
Fernbrook Court	38	VDOT	Ridgeway Drive	70,72,74,80,82,90	VDOT
Field Station Terrace	8	HOA	Riverstone Court	38	VDOT
Fieldthorn Terrace	56	HOA	Royal Fern Terrace	54	HOA
Fling Court	6	VDOT	Sandhurst Court	72	VDOT
Foche Terrace	11	HOA	Scara Place	17, 19	VDOT
Forest Edge Square	34	HOA	Schenley Terrace	54	HOA
Frame Square	7	HOA	Schoolhouse Court	4	VDOT
Fullerton Street	26	HOA	Shady Wood Terrace	34	HOA
Gatehouse Way	14	VDOT	Silverthorne Court	20	VDOT
Gentle Heights Court	44	VDOT	Small Branch Place	36	VDOT
Glebe View Drive	17, 20, 42, 43, 44	VDOT	Songbird Court	40	VDOT
Glyndebourne Court	74	VDOT	Spring Morning Court	24	VDOT
Golden Autumn Place	24	VDOT	Springwell Drive	36	VDOT
Goodwin Court	5	VDOT	Stillbrook Farm Drive	13	VDOT
Halburton Terrace	56	HOA	Stone Hollow Drive	78	VDOT
Harvest Green Terrace	10	HOA	Stonestile Place	78	HOA
Hawksbury Terrace	54	HOA	Stonewheel Way	42	VDOT
Hearthstone Court	16	VDOT	Sturman Place	18	VDOT
Heritage Oak Court	80	VDOT	Summer House Place	42	VDOT
Hidden Pond Place	36	VDOT	Sundance Square	39	HOA
Highgrove Terrace	56	HOA	Sunderleigh Square	56	HOA
Highview Trail Place	82, 90	VDOT	Sundial Court	42	HOA
Hollowind Court	13	VDOT	Sunstone Court	76	HOA
Humbolt Square	30	HOA	Sweet Bay Terrace	54	HOA
Hunters Green Square	34	HOA	Tealbriar Place	62	Van Metre
Huntsman Square	10	HOA	Thornblade Circle	62	HOA
Inglewood Court	72	VDOT	Thornhill Place	24	VDOT
Inman Park Place	26	HOA	Tithables Circle	14, 15, 16	VDOT
Iredell Terrace	11	HOA	Topsfield Drive	82	VDOT
Ivy Wood Terrace	8	HOA	Tumbletree Terrace	56	HOA
Kennerly Terrace	60	HOA	Vestals Gap Drive	24,36,38,40,44	VDOT
Kisko Way	26	HOA	Vestry Court	4	VDOT
Kitchen Prim Court	17	VDOT	Welby Terrace	8	HOA
Larchmont Way	54	HOA	Wells Way	70	VDOT
Laurier Drive	74	VDOT	Westdale Court	52	HOA
Lefevre Inn Drive	5	VDOT	Whisperhill Court	82	VDOT
Mapleton Court	70	VDOT	White Post Way	15	VDOT
Marburg Terrace	60	HOA	Wild Timber Court	21	Van Metre
Markham Place	26, 28, 30	HOA	Windover Drive	52, 54	HOA
Marsh Creek Drive	38	VDOT	Windy Oaks Square	58	HOA
Meadow Field Court	40	VDOT	Windy Pine Court	90	VDOT
Meander Crossing Ct	40	VDOT	Wingfoot Court	52	HOA
Merion Street	26, 30	HOA	Withers Grove Court	90	VDOT
Middle Ridge Place	42	VDOT	Woodspice Court	44	VDOT
Midsummer Way	24	VDOT	Through Streets		
Milford Drive	52	HOA	Belmont Ridge Road	Rt. 659	VDOT
Moss Landing Court	36	VDOT	Broadlands Boulevard		VDOT
Mount Auburn Place	43	VDOT	Claiborne Parkway	Ashburn Farm - Wynridge	VDOT
Newbridge Square	11	HOA	Claiborne Parkway	Wynridge - Croson	VDOT
Oak Post Court	74	VDOT	Croson Road	Rt. 645	VDOT
Oatyer Court	15	VDOT	Hillside Park		HOA
Old Wood Way	36	VDOT	Ryan Road	Rt. 772	Developer
Overland Park Drive	26, 28, 30	HOA	Shelhorn Drive	Rt. 643	VDOT
Pallan Terrace	60	HOA	Truro Parish Drive		VDOT
Park Brooke Court	78	HOA	Village Drive		VDOT
Park Creek Drive	62	Van Metre	Waxpool Road	Rt. 625	VDOT
Park Glenn Drive	62	Van Metre	Wynridge Drive		Developer
Reamy Way	19	VDOT	Mooreview Parkway	to Old Ryan Road	Developer

Recycling Contest Winners Tell Their Tales

On November 20, 2010, the Broadlands Habitat Committee awarded prizes to the 1st, 2nd and 3rd place winners of the Broadlands America Recycles Day Contest. Their stories will appear in this and upcoming issues of the Broadlands newsletter.

The first place winning family, the Schnelzers, have lived in Northern Virginia since 1996 and in Broadlands since 2001. Liz Schnelzer grew up in New York and then moved to Los Angeles where she met her husband Doug.

The whole family enjoys traveling, camping, sailing, kayaking and geocaching. Liz and Doug are scuba divers and PADI certified as Underwater Naturalists. Daughter Pauline is a 6th grader at Eagle Ridge. She enjoys playing piano and violin, as well as softball and participating in community service. Son Travis is in 4th grade at Hillside; he plays electric guitar and is a green belt in Taekwondo. Son Logan is a 1st grader at Hillside and he plays soccer. Both boys are active in Cub Scout Pack 1483. The family attends Crossroads United Methodist Church and they enjoy participating in many service outreach opportunities.



The Schnelzer Family - 1st Place Recycling Contest Winners

Here is their story about how they got started on recycling....

Like most Broadlands Moms, I've always tried to set good, green habits in motion for our family. Cans and bottles went into the recycling. We'd even cancelled our newspaper and started reading on line versions in order to emphasize the "reduce" in "reduce, reuse, recycle". However, it was a visit with my husband's extended family in Melbourne, Australia that really set my green machine in motion. We had been out to a "milk bar", Australian for a deli style, convenience store, to grab sandwiches and drinks for lunch. We had returned to enjoy our meal in Gran's sunny kitchen. After the meal, I saw our cousin Simon drain his carton of café latte, rinse it out at the sink, and deftly separate it at the seams before folding it flat and recycling it. His daughter then followed suit with her milk carton. I watched them in fascination. "Really Simon, you recycle your cardboard milk cartons here?" He laughed and said "Of course!" like it was so weird that we didn't! Such a small moment in our three week vacation, and yet it made a big brain impact. It was also very clear that all of our family and extended family composted everything they possibly could. Avocado skins, egg shells, potato peels, every food item but meat scraps. With just those two simple steps, there was hardly ever any trash to bring to the curb in Gran's trash can each week, maybe a bag, more often half a bag, even with a houseful of people! It got me thinking, what more could I do here in Virginia to increase our family recycling impact and reduce our carbon footprint.

When I returned to Virginia, I gave myself a few days to get over the jet lag and get the kids settled back into everyday life. But then I called Patriot Disposal and started grilling the really nice woman who answered the phone. The first question out of my mouth? "Can I recycle cardboard milk cartons?" Her response? The same as Simon's, "Of course!" Really, how had I been so dense? Why had I never considered this before? What else was I blind to in this brand new world of green potential? "Um, how about other cardboard and paper?" "Absolutely, all mixed paper." "Any color? Even junk mail? How about aluminum foil?" "Yup." "How about other metal stuff, like the rake that just rotted off its handle?" "Yup, we'll take any scrap metal." "Whoa, ok, how about batteries?" "Well, car batteries yes, smaller batteries no. We're really sorry about that."

At this point I'm thinking; please don't be sorry, I'm just fascinated that I finally stumped you! And then as if to make up for the small battery thing she added "We also recycle small electronics like computers, monitors, TVs and so on, as well as motor oil and appliances." By this time I was seeing green. That next week I went to town. I became the household "Recyclogist". I scientifically analyzed everything that went into the trash to determine whether it could be recycled instead. You know what was left in my trash bag at the end of that week?

Meat scraps, chicken bones, batteries from my camera, plastic bags from grocery store purchased bread, the dust

Recycling Contest Winners continued on page 16

from my kitchen floor, and not much else. I put out one bag of trash that week. Woohoo! But my poor recycling bin. Obviously it didn't all fit. We had papers, bottles, aluminum foil; cardboard...it looked like a little mini landfill right there on my curb. But, I reminded myself, it wasn't a landfill, because it would all be recycled! It would be new bottles and cans and papers; maybe a park bench or somebody's sweater! I was ecstatic, my kids were enthusiastic and my husband was fully on board as they headed off to school and work. Mission accomplished!

Or so we thought.... Later that morning I was in my kitchen when I heard a huge "whap thud!" I ran to the front hall to see what had happened and looked out front to see that a huge windstorm had kicked up and my trash can, ridiculously light with my one little bag of trash in it, had been flipped open and dragged into the middle of the cul-de-sac, explaining the "whap thud". But not only had the trash can blown away, much more terrible was what the wind had done to my recycling triumph. Gone was the poorly secured mini landfill. Everywhere, multi colored papers, plastic and junk mail were flying like comic gigantic snowflakes. Cans were rolling, noisily racing one another down the street. Milk cartons and grocery store bags were already madly escaping into our back yard, and the neighbor's back yard...and the other neighbor's back yard. "Noooooooooooo!"

It took three days to *re-recycle* everything. I paid my kids by the bag to help me ferret out all the paper and plastic out of the woods. You know that little "reduce, reuse, recycle" emblem with the three arrows chasing one another around and around and around? Yeah, we lived it. Since that week several years ago, we have become much better at securing our recycling, and still take great pride in making sure that our recycling bins are fuller than our trash bin. When you make recycling a family game, everyone feels like a winner. I'm thinking of taking on composting next.... Who knows what adventures that could bring?

Look for stories from the 2nd and 3rd place winners in next month's newsletter.

Thank you to Patriot Disposal and The Home Depot for supporting this neighborhood contest.



Naturalist January Hours

Regular Hours:

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

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

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

Exceptions:

January 7th 9:00 - 11:30 a.m.,

January 18th 9:00a.m. - 1:30 p.m.

January 19th 9:00a.m. - 3:30p.m.

January 24th 11:00a.m. - 4:00p.m.

January 25th Off

January 26th 11:00a.m. - 5:00p.m.

Lost Cat:

Female, white with orange and black on head and tail. Her name is Cookie. She is not wearing a collar and was last seen on October 13 near Clyde's and Safeway. Please call 703-362-6672 if found.



Cookie

We are looking for Animal Lovers!

We are in need of volunteers to help with the care of the animals in the Nature Center. The animals will appreciate love and care from mothers with young children, middle and high school students (qualifies for volunteer hours) and just about anyone who would like to get to know the animals a bit better. It is a once a week commitment that takes about an hour of your time.

If interested, please email the Naturalist at Naturalist@BroadlandsHOA.com or come by and fill out a volunteer application.





Winter Fun!

By: Lisa Matthews, Broadlands Naturalist

When our kids were young, the challenge to get them outside to use up some of that built up energy was monumental! Luckily for us, Family Fun magazine was new and available to help us find outdoor fun in the cold. The nearby forests also provided an outlet for our three sons' energy. The activities we enjoyed take a little preparation but can give enough entertainment to outlast the ability to stay outside.

Making ice sculptures was one of our favorite activities and can be enjoyed day after day and even if there is no snow. Simply take your recyclable plastic containers out of the recycle bin for a short time and fill 2/3 high with water. It is fun to fill them with colored water as well. Set outside for the night and, Wah La!, you have building bricks for an outdoors ice castle or sculpture. Dip the containers in warm water to release. To make them stick together, spray them with a little water and put together. This activity can be built on day after day.

Keep a couple of spray bottles available for colored water. When it snows, stamp a circle down and make a bull's-eye with five different rings on the snow and have the kids try to hit it with snow balls. You can make poles with the points on them to stick in each ring using dowels or sticks with construction paper flags on them. Have the players step back 15 steps and give a bucket of snowballs. The first to earn 100 points wins!

Make a feast for the birds! Decorate a tree outdoors with popcorn garland with peanuts in the shell and slices of apple and orange. You can even push suet cake into cookie cutters to make shapes. Remember to push a string through when you mush it into the cutter. When it snows, you can mush down the snow and make a picture using different kinds of bird seed for the "paint". See who comes to feed! We always use our Christmas tree after the holidays. We set it outside in the back yard and decorate it with food for the birds until the last day of refuse pick up. The tree provides cover and protection from the winter storms for the birds and entertains us a little longer with the birds' antics.

Take a winter hike at Rust Nature Sanctuary in Leesburg! Rust Sanctuary's 68 acres is home to many birds and mammals that winter there. The property provides four important habitats including the rare upland (high elevation) wetland. The forest will provide you with protection from the wind and with the leaves gone; you may better spy the owls living there as well as the fox family and deer. Rust Sanctuary is free and open to the public every day from dawn to dusk and only a 15 minute drive from Broadlands. Rust also offers programs for children and adults. The sanctuary is located at 802 Childrens Center Road SW, Leesburg, VA 20175. Visit www.anshome.org/rust for detailed instructions and additional information on Rust Sanctuary.

Make winter fun a priority in your life, let no one be left inside!

**Get Out Your Binoculars and Help With
the Great Backyard Bird Count!
Friday, February 18th
through Monday, February 21st.**

This is an annual event for birders of all ages to count the birds to create a real-time snapshot of where the birds are in the USA! Anyone can do this and spend as little as 15 minutes a day or as much as you are able. This is a fun and easy activity to do as a family and it really helps the birds and the scientists that study them. Come to the ANS shop at the Nature Center to purchase a quick pocket bird identifier to help you with the project.

For more information go to: <http://www.birdsource.org/gbbc/howto.html>.



**Your Home Can Cost You Less!
*A Workshop You Don't Want to Miss***

Date: Thursday, January 6th

Time: 6:30pm

Location: Broadlands Community Center
43008 Waxpool Road
Broadlands, Virginia

Presented by:
Home Energy Detective Inc.

Refreshments will be Served
Door Prizes

For More Info: www.BroadlandsNaturally.org
Or Call: 703-725-8040

This event is organized by the Broadlands Wildlife
Habitats Committee

Please note: the auditor will give a discount coupon
of \$25 to everyone that attends the workshop and
\$95 discount to anyone that signs up to do an audit.

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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

A decorative border at the bottom of the advertisement features a series of paw prints and small floral motifs.

January Nature Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs.

All programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9704 or e-mail naturalist@broadlandshoa.com at least one day before the program. A minimum number of 3 participants are required or the program will be cancelled. For most programs, we do go outside. Please dress appropriately with good sturdy shoes. If you have any questions please call the number above.

The Wonder of Snowflakes

Date: January 14, 2011

Time: 9:30a.m. - 10:30 a.m.

Age: four and five years

Snowflakes! How are they made? Why do they look the way they do? We will learn about snowflakes and make a craft! We will go outside to see the snowflakes so dress warmly!

Baby, It's Cold Outside!

Date: January 14, 2011

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

Age: 18 months to 3 years

We will have a story about winter, followed by a tactile activity exploring what is cold and warm. Dress warmly, we will go outside.

Oh, Deer!

Family Day at the Nature Center

Date: Saturday, January 15, 2011

Time: 12:00p.m. - 1:00p.m.

All Ages

Come and visit the Nature Center and sit by the fire after enjoying this month's family activity learning about deer and deer signs. We will go on a hike (weather permitting) and enjoy a game or craft. Please dress for the out of doors.

School's Out Program

Date: January 24, 2011

Time: 12:00p.m. - 3:00p.m.

Ages: Grades Kindergarten through 6th grade

\$20.00, ½ price for additional siblings. Register early, space is limited!

Three hours of experiments and activities centered on winter themes. Dress for the weather and potentially messy activities. Bring a snack and a drink.

The Science of Crystals

Date: January 26, 2011

Time: 3:45p.m. - 4:45p.m.

Age: Grades 1st - 6th

We will explore the science of the snowflake by creating our own crystals. If the conditions are right, we will use the microscopes to look at snowflake crystals!

January Nature Programs are continued on page 20

January Nature Programs

Family Day-Preparing for Spring!

All Ages

February 12, 2011

11:00a.m. to Noonish

Come and make a bird feeder or a bird house to put out for our returning birds!

Bring a hammer and screwdrivers!

Kids Eight Week Nature Courses

Starting the week of February 23rd, we will be offering 8 week courses for Elementary school on Wednesday afternoons, Pre-K and 18mos-3 years of age, both on Friday mornings.

Signs of Spring

Grades 1-4, \$40 for eight one –hour sessions

Wednesdays, February 23rd thru April 13th

3:45p.m. - 4:45p.m.

Learn about the emergence of spring and its effect on animals and plants through nature walks, games, crafts and science explorations.

Week 1: Dirt, Rocks and Worms

Week 2: The Water Cycle

Week 3: Spring Flowers

Week 4: Birds, Singing, Nesting and Babies

Week 5: Pond Day

Week 6: Insect Defenses

Week 7: Differences between insects and spiders

Week 8: Butterflies

Spring into Spring

PreK and K, \$40 for eight one –hour sessions

Fridays, February 25th thru April 15th

9:30a.m. - 10:30a.m.

The snow is melting, the sun is out, lets get outside and explore! Join us at the nature center as we see what spring has to show us. Outdoor investigations and indoor activities will inspire our spring journey.

Week 1: Wiggly Worms

Week 2: Roly Polys

Week 3: Treerific Trees

Week 4: Groundhogs

Week 5: Romping Robins

Week 6: Animal Babies

Week 7: Butterflies

Week 8: Wild Bunnies

Wee Naturalists- Exploring Nature

18months - 3 years with an adult

\$20 for four one –hour sessions

Fridays, February 25th thru March 18th

Fridays, March 25th thru April 15th

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

Come enjoy a story and activities including nature hikes, songs, textures and shapes to introduce your little one to the wonders of nature.

Nature Center Saturday Hours:

January 8th, 15th, and 22nd

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

Audubon Naturalist at Broadlands

Summer Nature Camp

Kids Grow Better Outside!

CAMPS FOR 4-5 YEAR OLDS

Creature Feature: June 20-24 9:00a.m. - Noon

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

Nature's Storybooks: June 27-July 1 1:00p.m. - 4:00p.m.

See the forest through storybook eyes. We will visit the forest, pond and meadow to experience the "real life" world introduced in such stories as "The Mitten" and "The Lorax". Let your imagination soar as we read stories, then create our own versions in the natural world around us.

Cost: Broadlands Residents: \$120 Non-Resident: \$150



CAMPS FOR 6-7 YEAR OLDS

Animal Safari: June 20-24 1:00p.m. - 4:00p.m.

Put on your explorer hat, grab a pair of binoculars (or a magnifying glass) and prepare for adventure! We will go on the hunt...exploring the habitats in Broadlands. We will seek our treasures and trophies at the pond, the forest and the meadow and have fun tracking big, and little animals.

Nature By Design: June 27-July 1 9:00a.m. - Noon

Have you ever been inspired by a rainbow, snail shell, or leaf? Experience the beauty of the natural world in this camp. We will discover how nature uses symmetry, texture, and color. Using observation and tools such as magnifying glasses and binoculars, we'll uncover art in nature. We will also study artwork by natural and earth artists to help inspire our own creations!

Cost: Broadlands Residents: \$120 Non-Resident: \$150

To register:

- Go to www.anshome.org/camp
- Click on Register Online and follow the prompts
- Broadlands residents enter 55555 as your membership number

For questions about the registration process please call 301-652-9188 x16

We encourage people to use the online registration system, however if you prefer, we will mail or email you a registration form, or you may pick one up at the Nature Center.

For questions about our camps please contact Julie at julieg@audubonnaturalist.org or call 703-669-0000 x 1

Resolution Solutions

By: Shannon M. Pecora, M.A.

Stream Valley Veterinary Hospital

It's resolution season, so we at Stream Valley thought we might share with you some of the ways that you can resolve to make 2011 a great year for your pets. If you've already incorporated these suggestions into your pet care routine, then kudos to you! But if your routine does not include any or all of these ideas, you should know that these tips can help your pet live a longer, healthier, happier life.



Make sure your pet receives a health exam at least two times per year, and more if your veterinarian recommends it. Pets "age" faster than we do, so a semi-annual check up at the vet can be comparable to us visiting our doctors once every year or two. These exams can help confirm your pet's health, track any chronic conditions, or potentially catch any new problems early on.

Along with those semi-annual exams, your pet (dogs, cats, and ferrets in particular) should receive routine vaccinations. Talk to your vet about your pet's lifestyle so that you can be sure your pet is vaccinated appropriately. Especially with diseases such as rabies and distemper, prevention can truly be the best medicine.

Preventative products also exist for parasites like heartworms, fleas, and ticks. The safest and most effective products are available from your vet. They are generally given orally or applied topically once monthly—year-round—and it is vital to not miss a dose. Once you and your vet have discussed your pet's preventative needs, keep those doses current! Just as with vaccines, prevention of infection and infestation is key. As a bonus, some of these products can help protect your pet from hookworms, roundworms, mange, and other such infestations as well.

Virtually all cats and dogs can benefit from regular grooming, including basic baths, nail trims, and oral care. Obviously, a clean pet is not such a stinky pet, but proper bathing and brushing can help prevent fur matting and skin irritation (which can lead to infection). Overgrown nails can sometimes begin to curl backward, growing back into the foot itself. They also inhibit normal gait. Finally, regular teeth-brushing (and/or use of dental chews, rinses, etc.) has the same benefit for our pets as for us: protection against bad breath, gum disease, tooth decay, and potential subsequent internal organ disease.

We shouldn't eat pizza, potato chips, and cookies all day, and neither should our pets. Table scraps, too many treats, and low-quality pet food can be the equivalent of too much junk food. Our pets have certain calorie and nutrient requirements, which can be met through a wide variety of high-quality foods and treats. Your vet can help you figure out your pet's needs and suggest food brands and formulas that may work best. And, once you have found that right food, stick with it (unless a health issue arises that would necessitate a diet change). Frequent food changes can irritate a pet's stomach, leading to diarrhea, vomiting, pancreatitis, or other illnesses.

Pets also need regular and appropriate exercise, such as time in a run-about hamster ball, play sessions with a kitty laser light toy, or a jog through the neighborhood on a secure dog leash. Activity allowances and restrictions can be based on age, breed, weight, and health status, so, again, check with your vet to create a suitable fitness regimen. Help your pet maintain joint, muscle, and cardiovascular health and release some pent up energy, and you just might see some of those benefits for yourself, too!

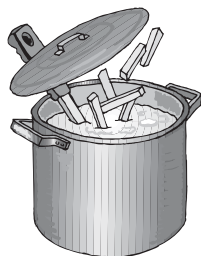
If in doubt about any aspect of your pet's well-being, always check with your vet. There may be other recommendations to follow specifically for your pet to stay as healthy as possible. In any case, let's all resolve to make 2011 a healthy year for every member of our families!

Soups On! Stay Warm and Enjoy

THE LADY AND SONS BEEF VEGETABLE SOUP

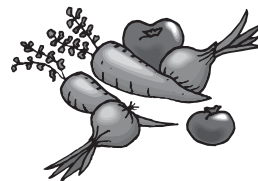
- 2 1/2 to 3 pounds beef short ribs
- 4 quarts cold water
- 1 (28-ounce) can diced tomatoes
- 1 1/2 cups chopped onion
- 3 Tbsp. dried parsley and chopped fresh parsley leaves
- 2 Tbsp. beef bouillon granules
- 1 Tbsp. each: dried Italian seasoning, House Seasoning (recipe below), seasoned salt, Worcestershire sauce
- 1 Tsp. each: celery salt and garlic powder
- 1/2 Tsp. freshly ground black pepper
- 2 bay leaves
- 1 cup fresh or frozen each: thinly sliced carrots, diced celery, sliced green beans, black-eyed peas, butter beans, okra, corn kernels, diced potatoes
- 1/2 cup uncooked elbow macaroni

Place short ribs in a large pot. Add water, tomatoes, onions, dried parsley, beef bouillon, dried Italian seasoning, House Seasoning, seasoned salt, Worcestershire sauce, celery salt, garlic powder, black pepper and bay leaves. Bring to a boil over high heat. Cover pot; reduce heat so that the liquid simmers, and cook for 2 hours, or until the meat is very tender. Remove short ribs from the pot and cut the meat from the bones, discard the bones and fat, and return the meat to the pot. Add remaining vegetables and macaroni and return the soup to a boil. Reduce the heat and simmer for 45 minutes. Just before serving, season with salt and pepper and add fresh chopped parsley. To remove excess fat from the surface of the soup, swirl a lettuce leaf around the surface. **HOUSE SEASONING:** 1 cup salt, 1/4 cup black pepper, 1/4 cup garlic powder and mix together. *Foodnetwork.com*



BUTTERNUT SQUASH SOUP

- 4 lbs. Butternut Squash
- 1 medium chopped Yellow Onion
- 1 Tbsp. olive oil
- 1 Tbsp. honey
- 6 Sage leaves
- Salt and ground black pepper
- 4 Cups chicken stock
- 1 Cup Crème Fraiche



Preheat oven 400 degree. Fork the squash and lay it on a pan sheet and roast for 45 minutes, until softened. Cool the squash, cut in half and remove the seeds. Peel skin, and cut it into 2" chunks. In a large saucepan over medium heat, melt the butter. When starting to brown, sauté in the onion, until brown, about 5 minutes. Add the honey until it bubbles, and then add the sage and squash. Season with salt and pepper. Add the chicken stock and water to cover the squash by an inch and let the soup come to a boil, then lower the heat to a simmer and cook for about 1 hour. You can add more water to keep the squash submerged if necessary. When done, remove the pan from the heat, and let it cool for 15 minutes. Puree the soup. Bring the soup back to a boil. To serve, add about 1 Tbsp. of Crème Fraiche to the bowls. *Best-soup-recipes-ever.com*

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

Answer the following Broadlands questions correctly and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than, noon, January 10, 2011. *Be sure to include your name and telephone number.* Good Luck!

1. Broadlands is the 25th community nationwide to achieve the Wildlife Habitat Community certification. *True or False*
2. You can drop off HOA monthly dues at the Nature Center office. *True or False*
3. Patriot Disposal has "split-body" trucks that pick up both recycling and trash. *True or False*
4. Proceeds from the Craft Kit sales go towards feeding the Nature Center animals. *True or False*
5. The Nature Center will adopt turtles if found in the neighborhood. *True or False*

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Take the Dulles Greenway to Exit 6 (RT 772) Ashburn/Broadlands Exit. Left at exit ramp, then left onto Wyndridge Drive to the Broadlands Marketplace.



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www.broadlandstennis.org

(Visit for details and registration forms for all programs)

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Enrollment starts January 3, 2011

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Commit to Get Fit in 2011

By: Katie Herbert, CPT

Fitness.innovations@gmail.com



With the holidays safely behind us it's that time of year again. You all know what I'm talking about. It's time to set our New Year's resolutions! You might be someone that actually sticks to your resolution or new goal and each year you add a new challenge. On the other hand, maybe you are someone who struggles with the same goal year after year. For my first group, congrats, you have realized the power of change. For the second group, there is still hope: maybe all you need is a food for thought.

Last year I wrote about SMART goals. I explained that we want our goals to be specific: this is the what, why, and how. Goals need to be measurable so you know when you reach the end. A goal is for attainable, the goal should stretch you but it shouldn't break you. A goal should be realistic: it should match where you are now in life, you can always add on as you progress. Goals should be time based. There must be a beginning and an end. Stop saying tomorrow you'll change: the time is right now.

For 2011, SMART goals just won't cut it. We are going to make our goal SMARTER. After setting your goal, decide how and when to evaluate "its progress". For example: I try to evaluate my clients once a month. This gives us a little snapshot of what is going on. If no changes are taking place or if we have slipped in the wrong direction, I know that we need to push a little harder or re-examine diet. Lastly, re-set. By re-set I mean continue changing and evolving as you hit your goals. If your goal was to run 30 minutes without stopping and you hit it, your next goal could be to run a 5k. Celebrate your success for sure but keep in mind that health and fitness is a way of life.

When setting goals, remember that your goal should have some significance to you. Do you need to increase cardiovascular stamina to be able to keep up with your kids or grandkids? Do you need to exercise to help reduce cholesterol levels to stay off of medication? Has your weight become an issue in daily life? After you have decided upon your goal/s, write it down. Writing something down makes it seem permanent and real.

Now that your goal is written down, I want you to take it a step further. Read your goal out loud and then answer these questions:

How would life be with no change?
How would that feel?
How would I feel if it changed?
How would life be different?
What challenges may arise while attaining this goal?
How can I handle setbacks?
Why do I need to make a change now?
Am I prepared to change?

I find that the last question is one of the most important. It seems obvious right? Of course you are ready to change if you are setting goals one might say. But does setting goals really mean that you are ready, ready to put yourself out there to possibly fail? At a conference I heard this quote "When the desire to change supercedes the fear of change, change will ensue". Let go of the fear and good things will happen.

Good Luck and Good Health in the New Year!

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"NX TREME QUALIFIES FOR WORLD FESTIVAL"



On the weekend of December 4th & 5th, 2010 Ashburn Robotics :: NX Treme competed at James Madison University in the State First Lego League Tournament. The event featured the top 100 robotics teams throughout Virginia and Washington D.C. This was our fifth year competing at the state level. This year Ashburn Robotics was awarded overall tournament champion in division II and had the highest table score for division II of 365 out of a possible 400 points. With this accomplishment we have been invited to represent the VA/DC region at the FLL World Fest Tournament to be held in St. Louis, MO. in April. World Fest is the culmination of the FLL Season, an international celebration of Lego Robotics and robotic competition. Ashburn Robotics is a neighborhood team based in the Broadlands, but drawing team members from many of the surrounding communities. Team members, left to right are: Kyle, Lindsey, Katherine, Nathan,

Jacob, Austin, Kaustubh, Alex, and Michael. NX Treme qualified for the state championship during the November 6th Regional Tournament held at Thomas Jefferson High School in McLean, VA. The team scored 290 points out of a possible 400 and was awarded the robot performance award, and the chance to compete at the state level. This year's regional tournaments featured more than 500 teams from across the state competing for a chance to attend the State Championship. Only the top 20% advanced on to compete at JMU for state titles. As part of this year's research project, the team investigated how to improve the body in the form of improved prosthetic arms. Their solution included the use of an optical sensor tied to image recognition software to improve the number of grips a prosthetic could use. They met with a prosthetitian from VA Prosthetics and also Dr. Armiger at the Johns-Hopkins Applied Physics Laboratory, who is working on the proto-2, a cutting-edge prosthetic arm.

- | | |
|--|---------------------------|
| ▪ Overall Tournament Champion (div. 2) | VA/DC State Tournament |
| ▪ 1 st Place Robot Performance (div. 2) | VA/DC State Tournament |
| ▪ 1 st Place Robot design (div. 2) | VA/DC Regional Tournament |
| ▪ 1 st Place Robot Performance (div. 2) | VA/DC Regional Tournament |



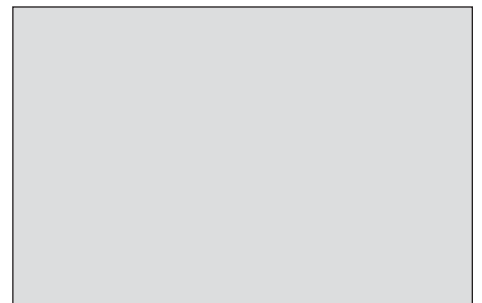
F.I.R.S.T. (For Inspiration and Recognition of Science and Technology) Lego League

First Lego League introduces children 9-14, around the world, to the fun and excitement of solving real-world problems through the application of math, science, and technology. It combines a hands-on, interactive robotics program with a sports-like atmosphere. Teams consist of up to 10 members with a focus on such things as team building, problem solving, creativity, and analytical thinking.

Ashburn Robotics, founded in 2005, has been the recipient of over fifteen state and local titles. To find out more about the team and to see this year's robots please check out their YouTube videos on the web by searching under "Ashburn Robotics" or by visiting the Ashburn Library during the month of March.

BROADLANDS HELPER LIST

The Broadlands Helper List is not available on the website version.



Broadlands Is Going to Build Their Own Well!

On Saturday, December, 4, about 30 Broadlands residents participated in a Walk for Water to raise money for clean water. The many children that participated



were able to experience what it feels like for children in many areas of the world as they walked a half a mile to Bullfrog pond and filled containers up with "dirty" water that they carried as they collected money door to door.

Thank you to the many residents that generously donated to the children that knocked on your doors! The kids were so encouraged and excited to count up their total. That day we collected over \$1,100! And, with other donations from Broadlands residents, we were able to fully fund a well to be built in our name! We would love this to have been the 1st annual Water Walk of many to come!

If you have any questions, contact Courtney Cassada (courtneycassada@gmail.com, 703-723-8572). To check out the organization the money went to please visit charitywater.org

Dance! Dance! Dance!

You are invited to attend a dance performance benefiting The **Malone Foundation**(www.malonefoundation.org) and Our **Military Kids**(www.ourmilitarykids.org) at Stone Bridge High School on Saturday, January 22, 2011 at 7:00p.m.

Sponsored by the Institute of Performing Arts for Youth, a non-profit organization, this dynamic dance concert includes Contemporary, Jazz, Hip Hop and Tap. It is produced by the Performing Troupe and jointly performed by three Creative Dance Center (CDC) groups of experienced dancers: The CDC Competition Team, The CDC Performing Troupe and The Ashburn All Stars. Many of whom are students in Loudoun County Public Schools.

If you have a child that likes to, or may like to dance... or if you like to dance, this event will be **HOT**, on a cold January night! We welcome your volunteer contributions of \$10 per person at the door and, if you want to know more, please visit www.cdcdance.com.



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CPR Class Info	(703) 444-1155
DMV (VA)	(800) 435-5137
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Dulles Airport Hotline	(703) 572-2700
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
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Dr. Wiger and his family are Ashburn Residents.

CLUBS AND GROUPS

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

ASHBURN AREA WOMEN'S CLUB

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

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

Our next meeting will be at the Mills Recreation Center starting at 10:15a.m. on January 8th. The business meeting will start promptly at 10:30a.m. Our guest speaker will be a representative from the Area Agency on Aging who will discuss MEDICARE and associated topics. If you are 50+ and live in the Ashburn area, please attend and learn more about MEDICARE and how it affects all of us. Delicious refreshments will be served. Please call 703-729-3531 for more information.

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 for the new study by Max Lucado. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

COMMUNITY BIBLE STUDY

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

CUB SCOUTS & BOY SCOUTS

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

GIRL SCOUTS

Adventure, educational activities, cookie sales, friends. If you can think it, you can do it! Join the Girl Scouts. Now forming troops at all age levels: K -12th grade. For more info, contact Tania Marceau at trooporg@gmail.com.

INVESTMENT CLUB

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

LA LECHE LEAGUE OF ASHBURN

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF BROADLANDS

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

MOMS IN TOUCH

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

PET LOSS SUPPORT GROUP

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

TECHNOLOGY COMMITTEE

We 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.

GRIEF SHARE SEMINAR/SUPPORT GROUP

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

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Bryce Hollandsworth, Resident of Broadlands Becomes an Eagle Scout

Troop 1154 is pleased to announce that Bryce Hollandsworth has achieved the rank of Eagle Scout in a ceremony on December 26, 2010 at Our Savior's Way Lutheran Church in the presence of his grandfather also an Eagle Scout. Bryce is the third generation Eagle Scout in the Hollandsworth family .

Bryce is now a senior at Carlisle High School, Carlisle, Pennsylvania. Prior to attending Carlisle, he attended Briar Woods High School in Brambleton.

The title of Bryce 's project was "Our Savior's Way Lutheran Church Nature Trail Project". Bryce planned, organized and led a group of volunteers from his scout troop and his Church to remove obstacles from a path through the woods behind his Church, edge the path with small trees, build and install identification signs in front of five different kinds of trees along the path, mulch the path, and apply weather protective coating to an existing bridge over a creek along the path. The nature trail will be used by the children of Our Savior's Way to cross between the Church and a sports field behind Eagle Ridge Middle School. Bryce's project will ensure that the kids can do so safely and learn about local tree types in the process.

From Our Savior's Way Lutheran Church, pastor Bill Mann commented, "It has been great working with Bryce. He did a fantastic job organizing the project and making sure all the materials were on site and ready to go. The result is fantastic! There is now a finished trail through the woods with learning stations at intervals along the way identifying native trees".

Thanks Bryce, for a job well done!

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ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3300 homes and businesses in the Broadlands community. The Newsletter Committee reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. Advertising orders cannot be cancelled after the posted deadline.

ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF, TIFF or JPEG's. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Advertising deadlines are the first day of the month prior to the issue. Insertion Order Forms are available at broadlandshoa.org on the newsletter page.

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

1/4 Page 3.625"w x 4.875"h
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1/8 Page 3.625"w x 2.25"h
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Payment is due in full when ad is submitted. Make checks payable to Broadlands Association. No cash payments, please. Copy changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:
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21907 Claiborne Parkway
Ashburn, VA 20148

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

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

EDITORIAL INFORMATION

The deadline for editorial submissions is **noon on the 15th of the month**, or noon on the last business day before the 15th should it fall on a weekend or holiday. Submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704 ext.101.

JANUARY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

PRESCHOOL CLASSES: 2-3 year old class Tues and Thurs from 9:00 to 11:30am. 3-4 year old class Wed from 12:45 to 2:15pm. Contact Debbie for more information at Harte@smartneighborhood.net or 703-405-5190.

LITTLE SPROUTS PRESCHOOL: Open House Tuesday, Feb 8th at 7pm. Next year we will be offering 3yr old Preschool on Tues/Thurs and Mom's Morning Out on Mon/Wed/Fridays. Children 18 months – 5yrs, potty training NOT required! Check out our website or call for a tour. Karlene 408-750-7349. Website <http://LittleSproutsPreschool.clubspaces.com>.

EVENTS

AMERICAN IDOL DREAM TICKET

COMPETITION: Searching for talented performers ages 15-28 to compete for the American Idol Dream Ticket. If you think you have what it takes to make the top 20 in American Idol Season 11, visit <http://lopezstudios.org/americanidol.html> to sign-up for this local competition! This may be the open door you are looking for!

FOR SALE/FUNDRAISER SALES

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CHILD CARE/NANNY NEEDED: Full Time/Part Time Experienced, mature, sincere, enthusiastic & loving, live-out nanny needed for a toddler in Broadlands/Ashburn, VA. Call 804-690-8130.

INSTRUCTION

TUTOR: Experienced, knowledgeable and caring tutor available offering comprehensive tutoring services in all elementary subjects including SOLs. I hold an M.Ed in Reading. I am licensed and worked in FCPS for 18 years. Please call Mrs. B at 571-480-0092 or wses06@yahoo.com.

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

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.

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

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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.

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

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

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

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MARKETPLACE

TASTEFULLY SIMPLE: is the answer to your entire Super Bowl party menu. Check out the website or call me for some super quick appetizer ideas. Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net

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PROFESSIONAL SERVICES

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

Broadlands Resident Rates:

\$ 7.00/Business Ad*;

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Non-Resident Rates:

\$14.00/Business Ad*;

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Send To: Broadlands Association

ATTN: Stassa Collins

21907 Claiborne Parkway

Ashburn, VA 20148

703-729-9704,

scollins@broadlandshoa.com

Broadlands Committees and Events



January Activities

Date Activity

6th	6:30p.m. Home Energy Workshop(CC)
8th	Nature Center Open 10:00a.m. - 2:00p.m.
11th	6:00p.m. Board of Directors Meeting(NC)
12th	7:30p.m. Tech Committee Meeting(NC)
13th	6:00p.m. Southern Walk Hearing Committee(NC)
14th	9:30a.m. The Wonder of Snowflakes(NC) 10:00a.m. Broadlands Mom's Club(CC) 10:30a.m. It's Cold Outside!(NC)
15th	Nature Center Open 10:00a.m. - 2:00p.m. 12:00p.m. Oh Deer! Saturday Family Day(NC)
19th	7:00p.m. Modifications Subcommittee Meeting(NC)
20th	8:00p.m. Investment Club(CC)
22nd	Nature Center Open 10:00a.m. - 2:00p.m.
24th	12:00p.m. School's Out Program(NC)
26th	3:45p.m. The Science of Crystals(NC) 7:30p.m. Book Club(NC)

Committees

Broadlands Live! Summer Concert Committee

Chair: Open.

Community Events Committee

Chair: Tammy Wells, tammy@jwells.us

Community Wildlife Habitat Committee

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

Neighborhood Watch Committee

Chair: Open

Recreation Committee

Chair: Open. 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



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