



BROADLANDS



Community News

May 2011

Hooray, It's May! Warmer Weather, Blooming Flowers

- Broadlands Annual Meeting, your attendance is important, May 10, 2011, details page 5
- Please join us at the Neighborhood Watch meeting, May 19, details page 8
- Pool Season starts Memorial Day Weekend. Don't forget your Pool Pass, pages 25-28
- Summer Swim Lessons offered by High Sierra Pools, pages 29-32
- The HOA office will be closed, Monday May 30 in observance of Memorial Day

National Wildlife Federation Certified Community Wildlife Habitat

Photo Courtesy of Maureen Burns



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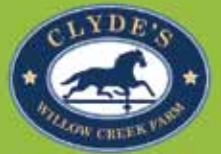
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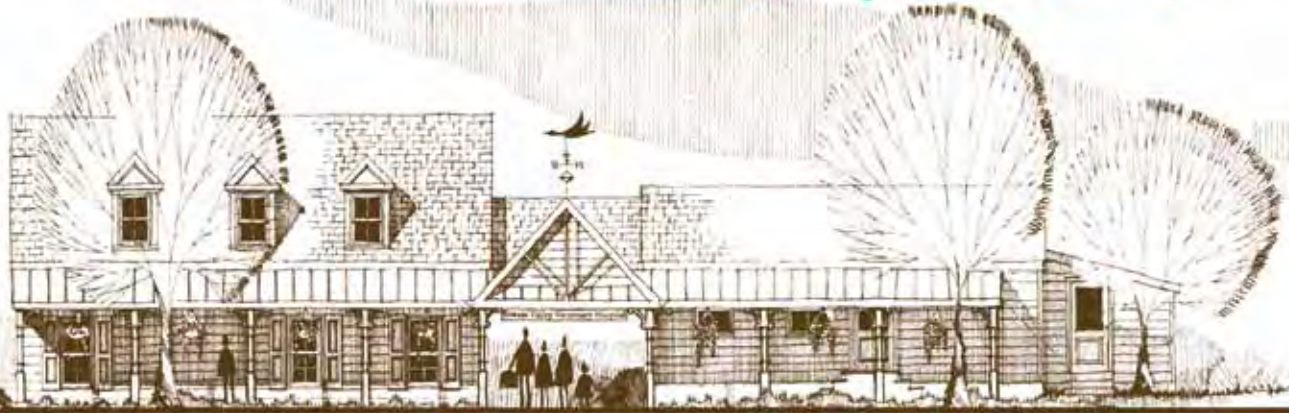
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BROADLANDS



Contact Information

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David Baroody - President
& Resident Member,
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Denise Harrover - Member
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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



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

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

HOA Management

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

Lisa Matthews - Audubon Naturalist, (703)
729-9726, naturalist@broadlandshoa.com.
Regular hours: Tuesday 10:00a.m. -
1:00p.m., Wednesday 10:00a.m. - 5:00p.m.,
Friday 9:00a.m. - 1:00p.m.

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



**Northern Virginia Summer BrewFest
Saturday, June 25, 2011
Morven Park in Leesburg**



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

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

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

The cost for the bus ride is a recession proof \$0.

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

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ANNUAL MEETING TO BE HELD AT MILL RUN ELEMENTARY ON MAY 10, 2011 AT 6:30 PM

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

This meeting will be held on Tuesday, May 10, 2011, in the Gymnasium at Mill Run Elementary School, located at 42940 Ridgeway Drive. The doors open at 6:30 PM for the purpose of registering a quorum. The agenda begins at 7:00 PM. As part of the meeting, an election will be held to select two (2) members to three-year terms ending in May 2014. Please see candidates profiles on pages 13 and 15.

Whether or not you are able to attend, you are strongly encouraged to complete the Proxy Form which you will receive in the mail so that a quorum may be established. Proxy forms are also available at the HOA office. You can change your proxy at any time before the meeting, or you can rescind it and vote at the meeting. You should sign your Proxy as directed, naming another owner, or, in the case of a non-resident Owner, the Lessee of such Owner's home, or the General Manager (instructed proxies only). We will have a drawing for those who turn in their proxies and a drawing for those in attendance at the meeting, both for a \$25 gift certificate for Bonefish Grill. If you do not have a person in mind to designate as your proxy, you may assign it to the Secretary of the Broadlands Board of Directors. This will allow a quorum to be established so the meeting can run on time. A return envelope will be enclosed for your convenience, and it is essential that we receive your proxy vote no later than 5:00 PM on **May 10, 2011**.

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



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EQE

One Person's Junk is Another One's Treasures

The Spring Community Yard
Sale will be held on
Saturday, May 14th, 2011
around the Broadlands from **8:00a.m. to 2:00p.m.**



Please go "green" and bring a reusable shopping bag.
Check out the list of participants on the community map
and see what's for sale at [http://broadlandsnaturally.org/
yardsale/](http://broadlandsnaturally.org/yardsale/).

Residents do not have to be on the list to participate. If you
are a Broadlands resident, and would like to be included
in the list of participants, please visit the Yard Sale
Submission Form on the website.

It is the resident's responsibility to check the list of
participants for inclusion and accuracy.


**DULLES GREENWAY'S SIXTH ANNUAL
DRIVE FOR CHARITY -
MAY 19TH, 2011**

You can **DRIVE FOR CHARITY** on Thursday, May 19th and see your tolls returned to our community.

All tolls collected on the Dulles Greenway that day will be donated to the local charities listed below.


\$226,246.67 was donated in 2010 and a total of \$1,030, 455.88 was raised over the last 5 years!

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March of Dimes
Fresh Air/Full Care
Loudoun Wildlife Conservancy
Dulles Greenway Scholarship



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Patriot Disposal Collection Schedule

Mondays:
Trash and Yard Waste
Thursdays:
Trash and Recycling



Please have trash and recycling at the curb no later than 7:00a.m.



YARD WASTE PICKUP SPECIFICATIONS

Yard debris is defined as grass clippings, leaves and brush/hedge trimmings that result from the regular maintenance of your yard.

Yard debris does not include stumps, whole trees, or clean-up from storm damage. Collection of these items may be provided for an additional charge.

The specifics regarding yard waste collection are as follows:

1. Brush/hedge trimmings must be cut into four-foot lengths, with limbs no larger than four inches in diameter, tied in small bundles or bagged.
2. Bundles of brush/hedge trimmings can be no larger than two feet in diameter.
3. Leaves and grass clippings must be placed in a separate container clearly marked "yard waste" or in biodegradable paper bags, in accordance with County regulations.
4. Yard waste that is put out at the curb in plastic bags will not be picked up.
5. Patriot Disposal plans to compost the yard waste that it collects. Therefore, food waste can be mixed in with the yard waste that is placed out for collection.
6. The weight limit for yard waste is 35 pounds per bag or container.
7. Yard debris may be mixed with trash only during the months of January, February and March.



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Whether your home is 5, 15, or 50 years old, a small or large remodeling can transform your entire space while adding tremendous value to your home. To achieve the space of your dreams, experienced design experts can provide you with the support you need.

At Abbey, we can make planning and executing your dream project a breeze and transform your space into a masterpiece that you will enjoy for years to come. You should not be burdened by door to door shopping to find the best products to fit your budget.

Remodeling your kitchen... no more of what's behind that door, no more ugly trash cans taking up floor space, say good-bye to the counter top clutter of sponges, dish towels and dish soaps. Wouldn't it be nice to have drawers deep enough for your oversized pots. The options are endless.

Remodeling your bathroom... no more cramped and unimaginative no more cold floor when you run radiant heat under the beautiful tile in your bathroom floor. today's bathroom are functional and attractive. They are often equipped with luxurious health club amenities

Remodeling or finishing your basement...think of it as a sunken treasure. This very moment you may be sitting directly above an untapped gold mine of square footage. If your home features an unfinished, unappreciated, or outdated basement, then you already own the extra space you're searching for. At the same time, you will be increasing the value of your home.

House remodeling ideas may come as an inspiration from an event, or it may come as a need because the homeowner's family structure has changed. As long as those house remodeling ideas will benefit and satisfy the homeowner, then that's a spark of brilliance.



Before

Basement Finish & Remodeling



After

I would like to take this opportunity to express my appreciation for the work done in my home. The men were very pleasant and took the time to answer many questions."
Kathleen, C. - Reston



Before

Kitchen Cabinets & Remodeling



After

"Outstanding job on my new kitchen. My wife and I could not be happier with how it turned out."
Nina & Bob, S. - Leesburg



Before

Bathroom Remodeling



After

"I observed your work in my neighborhood and was impressed. Your work crew was exceptional. They were hard-working craftsmen and very real gentlemen."
Christine, W. - Ashburn

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Neighborhood Watch

May 19th Neighborhood Watch Information Meeting

Please plan to join the Neighborhood Watch Committee on May 19th at 7:00 pm at the Nature Center for an informational meeting presented by the Loudoun County Sheriff's Department. Deputy Nathaniel Payne will make a presentation with helpful suggestions on how to make our neighborhood a safer environment. Light refreshments will be served.

Additionally, should you need to update, replace or secure a Photo ID Pool pass; you will be able to do so from 6pm to 9pm on the same evening. Please see page 25 in this newsletter for complete pool information.

Safe Running and Jogging

Loudoun County Sheriff's Office Crime Prevention Unit has been getting questions about how to keep safe when outside running, jogging and walking.

- Pay attention to your surroundings and don't get complacent. At the first indication of trouble, turn the other way.
- Stay in groups or in areas where others are also running, jogging, or walking.
- Tell people where you are going and when to expect you back.
- Carry a cell phone and an ID with you. (Is your cell phone charged?)
- Have 911 and the Sheriff's Office Non-Emergency number on speed dial (703-771-1021)
- Try to only go out in the daylight hours. **NOTE: the W&OD Trail is closed after sunset.** If you must run after sunset, stay on well lit and well traveled public pathways.
- Vary your walking/running routine.
- Do not wear headphones or ear buds. These items block out one of your most important senses.
- Know something about where you are running. i.e., Closest public place (gas station, convenience store, etc.), somewhere you can run to get help.
- If you observe anything unusual call immediately. That suspicious person in the woods may be waiting for someone else.



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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 |
|---------------|-----------------|
| May 04, 2011 | April 29, 2011 |
| May 18, 2011 | May 13, 2011 |
| June 01, 2011 | May 27, 2011 |
| June 15, 2011 | June 10, 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.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, May 03, 2011
at 6:00 p.m.**

*in the
Nature Center conference room*

Broadlands Annual Meeting

**Tuesday, May 10, 2011
at 6:30p.m.**

*at Mill Run Elementary School
Multipurpose 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.

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'.

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Flicks in the Sticks

Back for its 6th season, Flicks brings you another great line up of family films - but this year we're moving up to HD! That's right, FREE movies outdoors under the stars in bright, vivid high definition! Again this year, we're presenting five movies - with the feature film, Tron: Legacy, showing in August. Mark your calendar with the dates and times below!

Bring a picnic dinner - or pick up something from one of the great local restaurants - and stake out your spot on the Nature Center lawn. Coolers, lawn chairs, and picnic blankets are welcome. Free popcorn and drinks available. This is a popular event - come early for a good seat!

Movies begin shortly after sundown - so the time listed below is approximate. In the event of inclement weather, check the website to see if the event is cancelled or rescheduled.

June 18th - 8:30p.m. - Despicable Me

July 9th - 8:35p.m. - MegaMind

July 30th - 8:20p.m. - Shrek Forever

August 20th - 8:10p.m. - Tron: Legacy

September 10th - 7:30p.m. - Tangled

Parents: You'll find links to the Parental Guidance from IMDB on the HOA website.

One lucky person will take home a DVD of that night's movie in a random drawing from all attendees. Other prizes may be awarded. Must be present at time of drawing to win. Drawing is held immediately after the movie.

Flicks in the Sticks is a FREE event, brought to you by the HOA Technology Committee.

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BROADLANDS ASSOCIATION

NOMINATING PETITION/CANDIDATE PROFILE SHEET

I am willing to serve on the Broadlands Association Board of Directors. Please include my name on the BALLOT for this election.

NAME: MICHAEL D. SIMPSON
ADDRESS: 42927 CLOVERLEAF COURT, BROADLANDS
TELEPHONE: HOME: 571-333-3365 MOBILE: 703-725-1268

QUALIFICATIONS: (Pertinent Biographical Information)

Prior to living in Broadlands, I served as President and before that as Treasurer of Ballston Park HOA in Arlington. I oversaw the execution of the first Reserve Study after the transition from the builder to the residents. I adjusted the reserve savings plan and restructured investments to more realistic levels. In Broadlands, I have been participating as a member of the Wildlife Habitats Committee, including work on the annual EarthDay@Loudoun event. I have also been a contributing member of the Technology Committee including recreating this year's interactive yard sale web page.

I have a Masters degree in Business Administration and a Masters in Software Engineering. I serve in a senior technical and business development role at a company that develops software for computational chemistry and early-stage pharmaceutical research.


I have lived in Broadlands since 2004 along with my wife and three kids.

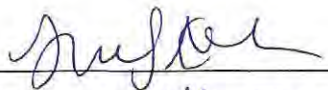
AREAS OF INTEREST: (Why would you like to contribute your time to the Community as a member of the Board?)

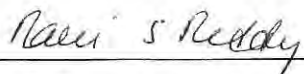
Some of the goals I would like to achieve on the board are;

- to better engage residents via outreach,
- to increase transparency by making information on BOD meetings and committee reports readily accessible to residents at any time, and
- to review operating expenses and reserve expenses/investments.

SIGNATURES: (Three other homeowners needed with their Broadlands address.)

Name: MIKE SOMERS **Signature:** 
Address: 42900 RIVERSTONE CT

Name: HULYA AKSU **Signature:** 
Address: 42939 Park Brooke Ashburn VA 20148

Name: RAVI REDDY **Signature:** 
Address: 42995 PARK CREEK DR, BROADLANDS, VA 20148

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National Credit Union Administration

BROADLANDS ASSOCIATION

NOMINATING PETITION/CANDIDATE PROFILE SHEET

I am willing to serve on the Broadlands Association Board of Directors.

Please include my name on the BALLOT for this election.

NOMINEE

PLEASE PRINT OR TYPE ALL INFORMATION

NAME: JOSEPH T. WAGNER

ADDRESS: 22067 STONE HOLLOW DRIVE, BROADLANDS, VA 20148

TELEPHONE: HOME: 571 333-0821 WORK: 703 938-5090

QUALIFICATIONS: (Pertinent Biographical Information)

My wife Debra and I moved to Broadlands Southern Walk in the fall of 2004. Originally from Louisville, Kentucky, with degrees in Industrial Psychology and Business Administration, I have had several careers, as an Air Force officer, a Department of Defense civilian employee at the Pentagon, and as a defense consultant. My outside interests include travel, military history, recreational shooting, and service as a Sergeant of Infantry with the First Virginia Regiment of the Continental Line, a Revolutionary War reenactment unit. My professional expertise is in cost estimating and analysis, which I believe would be a very useful background in the oversight of HOA activities. I have been a home owner within two HOA communities, Broadlands and in Burke, VA, for 20 years, experiencing both the positives and negatives of such communities. I have been a dedicated observer of HOA activities, issues, decisions, and opinions through the *Broadlands Forum* online site for many years.

AREAS OF INTEREST: (Why would you like to contribute your time to the Community as a member of the Board?)

I have a particular set of skills, obtained both by education and decades of experience, in financial management and analysis. I believe I could put that knowledge and those skills to work in contributing to the financial aspects of HOA Board activity. I am very interested in applying a cost and budget analysis mindset to the financial health of our community, and gaining the understanding of our financial circumstances to intelligently plan the HOA's future plans and accompanying budgets. I believe the set of skills and work experience I bring to the Board, along with my desire to serve and enhance the community through efficient use of the resources they provide, will be of benefit to everyone in the community. I have both a flexible schedule and the time to effectively contribute to the Board, the HOA, and the community at large.

SIGNATURES: (Three other homeowners needed with their Broadlands address.)

| | |
|--------------------------|-------------------------------|
| <u>Brian M. Anderson</u> | <u>22063 Stone Hollow Dr</u> |
| <u>Megan Bulter</u> | <u>22054 Stone Hollow Dr.</u> |
| <u>Pamela L. Loh</u> | <u>22066 Stone Hollow Dr</u> |



Hillside Elementary PTO to Hold Silent Auction

The Hillside Elementary PTO invites you and your family to the **Dancing with Stars Silent Auction and Family Dance** on **Friday, May 13th from 6:30p.m. - 8:30p.m.** at Hillside Elementary.

Be ready to **GROOVE** with **FETCH** from the **Loudoun Hounds** while **Fun Bus D.J. Rhondie Simpson** entertains you.

Bid on some **GREAT** items such as:

A Fire Truck Ride to School, PEV's Paintball Gift Certificate, Nationals' Tickets, Southwest Airlines Tickets, Camp Gift Certificates, Birthday Parties and **lots and lots more!**

See the Hillside Elementary Website for a complete listing of donors.

Ticket order forms can be found at www.cmsweb2.loudoun.k12.va.us, click on Hillside Elementary.

Pre-Ordered Tickets: \$4.00 per adult/ \$2.00 per child
 Tickets Sold at the Door: \$5.00 per adult/\$3.00 per child
 Children 4 and under are free.

For more information, please email Karen Nixon at kfnixon2003@yahoo.com.

SHOP HERE SHOP SMART SHOP HERE

| | | | | |
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|  <p>\$5 OFF All orders \$30 or more <small>Cannot be used with any other offer. Cannot be used with gift certificate from www.Restaurant.com. Dine-in and Take-out orders only.</small> (571)223-0053 Exp. 5/31/11</p> | <p>Great Clips \$9.99 Haircut <small>Must present coupon. Not valid with any other offers, discounts or promotions.</small> (703)723-9390 Exp. 5/31/11</p> |  <p>\$120 Gift Card <small>toward any Martial Arts Program. Valid Broadlands location only. New Students Only. See web for restrictions.</small> (703)723-5425 Exp. 5/31/11</p> |  <p>FREE Buy 1 Custom Spray Tan and Get 1 Free. <small>New customers only.</small> (703)858-0399 Exp. 5/31/11</p> | <p>BROADLANDS Marketplace</p>  <p><small>Developed and Managed by:</small> — VAN METRE COMMERCIAL —</p> <p>One Block South Off EXIT 6 on the Dulles Greenway</p> <p>Broadlands-Marketplace.com</p> <p>VISIT ALL OF OUR STORES! Glory Days Grill Harris Teeter Walgreens Domino's Pizza Joy Salon & Spa Bank of America Hunan Cafe McDonalds Taco Bell American Flatbread UPS Store Wiger Orthodontics Great Clips Top Kick Anothai Restaurant Caring Hands Animal Hospital ImageSun</p> |
|  <p>6 Free Wings <small>w/ purchase of 2 sandwiches or 2 entrees. Not valid with other offers, 1 coupon per table. See web for restrictions.</small> (703)327-8811 Exp. 5/31/11</p> | <p>Only \$10 One large pizza with up to 3 toppings! <small>Broadlands and Brambleton: (703)726-0330 Ashburn Farms and Village: (703)729-8100 Online Coupon Code: 5060</small> Exp. 5/31/11</p> | <p>Wiger Orthodontics FREE Complimentary Initial Exam Diagnostics Records and Digital Scan (\$450 value) (703)724-1199 Exp. 5/31/11</p> |  <p>FREE Small McCafe Shake <small>With purchase of any Extra Value Meal.</small> (703)729-7906 Exp. 5/31/11</p> | |
|  <p>Free 9" Cheese Pizza with purchase of 1 regular 16" Pizza (703)723-7003 Exp. 5/31/11</p> |  <p>\$10 OFF Your Next Visit <small>Open 7 days a week! Redeemable for services only. Limit one per household.</small> (703)726-0446 Exp. 5/31/11</p> |  <p>15% OFF Facial, Massage or Hair Service 10% OFF <small>Any Nail Service. Must present coupon.</small> (703)723-3308 Exp. 5/31/11</p> | | |

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Scan the barcode with your smartphone to download coupons!




Audubon Naturalist at Broadlands

Summer Nature Camp

Kids Grow Better Outside!

CAMPS FOR 4-5 YEAR OLDS

Creature Feature: June 20-24 9am-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 1pm-4pm

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 1pm-4pm

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 9am-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



The Critter Corner
By Dr. Steve Velling
Ashburn Village Animal Hospital
“Play time”

April is Prevention of Cruelty to Animals Month and the first week of May is “Be Kind to Animals Week”, so in honor of that I wanted to offer some ideas for playing with your canine and feline companion’s:

- 1) **Obstacle Course** – In your backyard, set up bricks and a broom for hurdles, small cones to weave in and out of, and hula hoops as jumps. Add anything else you think would be fun for your dog to maneuver through or over. Lead her through the course the first time with a treat, and then have her try it on her own!
- 2) **Hide and Seek** – Two people stand in front of the dog and tell him to sit and stay. Now one person hides (in an obvious place). The other tells him “Go find –name of person- !”. Once he finds the other person, offer lots of praise and maybe a treat, too. He’ll get better the more you play, so make it harder by hiding in more challenging places.
- 3) **Feline Frenzy** – Cats love to chase things, so use things like laser pointers (or even shoe laces) for your furry friend to go after. Just make sure to not point it at her (or anyone else’s) eyes! Catnip will get them moving and acting silly and most cats love something as simple as a box or paper bag to crawl into.

Remember that as you keep your pets active and playful, not only are you helping avoid behavioral problems (a bored pet is a neurotic and potentially destructive pet), but you are keeping yourself active and healthy as well!

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

p.s. If you are interested in getting a **bird**, 4 really good “starter birds” are cockatiels, lovebirds, conures, and zebra finches. Try to get one that has been “hand raised”.

10% off exams
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ANIMAL HOSPITAL**
www.ashburnanimals.com



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Pansy Lee, DVM
Bev Hollis, DVM
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Kritters for Kids - Animal Babies By Lisa Matthews, Broadlands Naturalist

Spring has sprung and the trees and flowers have come out and are sharing their glory. Animal babies will soon be everywhere! Do you know what they are called? You might be surprised by their names.

Did you know that fox, rabbits, raccoons and beaver babies are kits? Kittens are the babies of cats, squirrels and porcupines. Pups are babies of prairie dogs, wolves, seals, rats and bats. Baby sharks are also called pups (surprised?). Hatchlings are baby snakes, turtles, alligators and crocodiles. Opossum have young, mice have pinkies, monkeys and apes have infants (just like us).

In the pond and streams you will find baby frogs which are tadpoles; the baby fish are fry, and baby trout are fingerlings. You might find nearby ducklings, baby geese are goslings, baby birds are chicks, baby owls are owlets and baby pigeons are squab. Baby eagles are eaglets and baby hawks are eyas.

A calf can be the baby of a cow, a whale, a yak, a rhinoceros, a hippopotamus, a porpoise, a moose, a giraffe, an elephant, a dolphin or a buffalo. A foal is a baby horse or a baby zebra and fawns are baby deer or elk.

It doesn't matter what they are called, a baby is precious no matter the name.

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I Have Been Named!



My name is Sunny
Thanks to Everyone Who Voted!



**Dot Com or Doctor?
By: Shannon M. Pecora, M.A.
Stream Valley Veterinary
Hospital**

Where is the closest Thai restaurant? Which stores carry your favorite brand of face wash? When is that new action movie playing? All of these questions are easily answered with a quick internet search. But what about if a pet develops a limp, a cough, or a rash? Isn't it just as easy to search the web for a diagnosis and treatment options?

It's true; we use the internet to help us interpret our own symptoms. However, a bit of common sense can help us distinguish the bunk from the good advice. Say you have a stomach ache. You use your favorite search engine and find one website that recommends ginger ale, crackers, and a phone call to your doctor's office if you aren't feeling better by morning. Another site declares that you have stomach cancer and that you immediately need to panic and head to the emergency room. What are you more likely to do? You know how you feel, and you can articulate your symptoms to your physician if your discomfort merits an appointment.

The truth is that many of us are not trained medical professionals, so we need to be aware of the point at which we defer our care to our doctors. And because the ridiculous and the practical are both so prevalent online, we have to be careful about what we take seriously. Doesn't this make just as much sense for our pets? A blogger simply cannot take the place of a veterinarian.

Maybe John Q. Weblogger's suggestion to use Neosporin on your cat's red and bumpy stomach will turn out to be helpful, but how do you know for sure? And, what if that just makes the situation worse? Your cat does not share your ability to articulate her discomfort and concerns - at least not in your language. She can't tell you if she was bitten by a spider last night while you were sleeping, if your new laundry detergent is irritating her, or if the new cat who just joined your family gave her scabies. It will take a medical exam and diagnostics to really sort that out. With your input and observations, veterinary school and experience trump high-speed internet and web design software. For the safety and well-being of your pet, it is best to trust your veterinary staff with your pet's health care.

The internet can be fast, convenient, and informative - if used with caution. We need to remember that anyone can say anything, even offering dangerous suggestions in the guise of expert advice. When in doubt about your pet's health, consult with a veterinarian who can meet with you and your pet face to face. It may take more time out of your busy day, but your pet and your peace of mind are worth it!

**From the Naturalist....
Keeping the Cat In!**

Okay, cat lovers, it is the time to consider keeping your sweet and soon to be complaining family member inside for the next 3-4 weeks or more. The number one reason for the decline of native birds remains habitat loss, but we can do our part by paying attention to when the baby birds (fledglings) leave their nests and help by limiting our pets' ability to catch them. Our native bird babies are no match for your loving pet. In fact, 47 percent of bird deaths are at the paws of pet and feral cats. This backs the view of many biologists that cats are an invasive and destructive species aided by humans.

Fledglings are easy to identify. They have wider mouths than adult birds and often their coloring is dull. They are also still fed by their parents. So if you watch, you will see them feeding their young. Fledglings have very little control on their flight so that makes them especially vulnerable. As soon as you notice the fledglings or even better, a nest, it is time to keep the cat in.

Don't forget, there are also baby rabbits, squirrels and chipmunks that will soon be leaving their nests. Fox will have had their kits and will be hungry. Keeping your cat(s) in will also protect them from predators that are looking to feed themselves and their babies.

If you feel that you just can't keep the cat in, you can "bell" your cat and, even better, buy your cat a CatBib (<http://www.catgoods.com>). Invented by a bird and cat lover, this neoprene bib interferes with the cat's ability to pounce properly while the bell has limited success.

A few weeks of confinement can go a long way to helping our feathered friends have a fighting chance. I, personally, will be risking my kitty's wrath. It's going to be tough. Time to buy some really good cat toys!

**High School Volunteers Needed For
Summer Nature Camp**

Do you need community service hours? Do you want to have FUN? Spend your day outside helping children learn about nature at the Audubon Naturalist Society's Rust Nature Sanctuary and the Broadlands Nature Center! Our summer camp volunteers are a vital part of the success of our camps. Volunteers help prepare activities, work one-on-one with the children, and share each child's discoveries. Qualifications: Must be 14 years old and be enthusiastic about working with children and enjoy the outdoors. Volunteers may schedule to work mornings, afternoons, or full day for a camp session. Morning classes run from 9:00a.m. - Noon. Afternoon classes run from 1:00p.m. - 4:00p.m. Full day classes run from 9:00a.m. - 3:00p.m. Sessions begin June 20th and run until August 19th.

If interested please call Julie at 703-669-0000 x1 or email julieg@audubonnaturalist.org.

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.



Nature Aquatic Grades 1-4 \$40.00 For Eight One Hour Sessions Wednesdays, April 27th thru June 15th 3:45p.m. - 4:45p.m.

While exploring the Nature Center's own pond, local streams and marsh, we will find out what it takes to keep them healthy and filled with life. We will use different methods of observation, experimentation and investigation to learn about life underwater.

Week 1: Who's living in our pond? (NC)

Week 2: Frog's vs. Toads (NC)

Week 3: Water Plant science (NC)

Week 4: Is our stream, pond and marsh healthy? (NC)

Week 5: Marsh Life at Natural Area on Demott
(Boardwalk across from Harris Teeter)

Week 6: Salamanders and Newts (NC)

Week 7: Life in a stream (NC)

Week 8: Pond Dipping at the Bullfrog Pond



Saturday Family Days at the Nature Center

May 14th at Noon - Go Buggy!

We will visit the meadow and our forest and learn about our insect friends... and our enemies!



June 11th at 10:30a.m. - Reptiles

How closely related are the reptiles of today to the dinosaurs? We will explore this question and many others in this program.

July 9th at 10:30a.m. - Summer Pond Life

There is a hidden world right under the surface of our ponds! Come explore with nets and see the strange creatures that lurk underwater and be amazed by what some of them will become. We will also enjoy the baby turtles and tadpoles living in our pond.

August 13th at 10:30a.m. - Butterflies

Our meadow is home to many native butterflies of Virginia. Come with us and learn about their favorite plants and what you can do to bring them to your home.

Family Programs at the Nature Center Are Held on the 2nd Saturday of Every Month

Noon - 1ish till May
10:30-11:30ish June through September
All Ages Are Welcome
\$10/Family up to 5 members
\$2.50/ additional family members
\$5/1 Adult + 1 Child



Help Your Friends with Lyme's Disease at the Loudoun Lyme 5K

It's hard to find a block in Broadlands where residents haven't been touched by Lyme disease. Home to the third largest number of Lyme's cases in the nation, Loudoun County is facing a Lyme disease epidemic, with 22 percent of the Virginia's reported cases occurring in the county. Now a new race promises to take on this disease in hopes of finding a cure.

After watching his wife and many friends battle the disease, Steve Gotschi, the owner of Sterling-based **DryHome Roofing and Siding** and Loudoun County resident, decided to do something. He started the **Loudoun Lyme 5K**, which will take place Sunday, May 15th from 8:00a.m. - Noon at the National Conference Center in Leesburg.

"We are proud to organize and sponsor this important community event. Too many Loudoun families are being impacted by Lyme disease and other tick-related ailments. We need to help educate our community about this disease so more people get the proper diagnosis, treatment, and care as well as learn to prevent it," explained Steve Gotschi, event founder.

The first annual event expects to draw more than 500 runners and walker of all ages and will drive awareness and raise money to help find a cure for Lyme disease, the number one tick-borne illness in the U.S. The Loudoun Lyme 5K will also feature a 1K family walk and informational fair to educate the public about the disease, its causes, and treatments. On hand for the fair will be community leaders, health department officials, Lyme's disease experts, medical and veterinary doctors and specialists, vendors, and sponsors. The fair will also have children's activities and refreshments.

According to the CDC, the US has 24,000 new cases of Lyme disease. However, the disease is difficult to diagnose and that figure may be 10 times as great. Unfortunately, fewer than half of patients with Lyme disease recall a tick bite or a rash, making it harder to diagnose. Lyme disease is a spirochetal infection of multiple organ systems, causing a wide range of symptoms that mimic other diseases. An uncomplicated case of chronic Lyme disease requires an average of 6-12 months of high-dose antibiotic therapy, while other patients may require treatment for 1-4 years.

Tips for Avoiding Lyme Disease

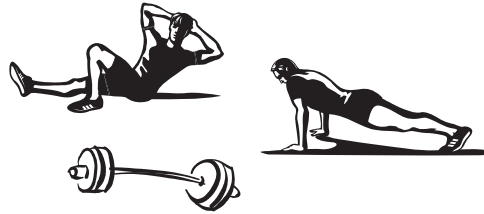
- Try to avoid tall grass and dense vegetation.
- Walk in the middle of mowed trails, if possible.
- Keep your lawn cut and your underbrush thinned.
- Get rid of areas where rodents may like to live.
- Wear light-colored clothing so that ticks are easier to see.
- Tuck your pants into socks; tuck shirt into pants. Pull hair back.
- Wear long-sleeved shirts buttoned at the wrists.
- Check every 4 to 6 hours for ticks. Don't forget children and pets.
- Use a tick repellent that contains 30 percent DEET to exposed skin.
- Pre-treat clothes with .5 percent permethrin, an insecticide that both kills and repels ticks.
- Investigate tick control methods for your pets.

The race costs \$30 to enter (prior to event) and \$35 (day of event). Children 12 and under are free with paying registrant, and the fair is free. All pre-registered participants will receive a t-shirt and goodie bag. The top three male and female finishers and the top finisher under age 15 will be recognized. Proceeds benefit **National Capital Lyme Disease Association**, a nonprofit offering education and support.

Major sponsors include: DryHome Roofing & Siding, Loudoun Times-Mirror, Synavista, Illuminating Ideas, FastSigns, and Matt Elliott with Town and Country Group.

To learn more about the race or to register visit www.LoudounLyme.org.

FUEL YOUR BODY RECIPES FOR THE ULTIMATE WORKOUT



Pre Workout Apple Cinnamon Energy Bars

- 1 small apple, cored
- 1 cup fresh or soaked dried dates
- 1/2 cup soaked or cooked quinoa
- 1/4 cup almonds
- 1/4 cup ground flaxseed
- 1/4 cup hemp protein
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- Sea salt to taste



Lunch Time Tuna on Whole Wheat...Skip the Mayo

- 4 ounces water-packed tuna
- 1 slice whole wheat bread
- Lemon juice and olive oil

Build muscle while you eat. Tuna drizzled with a little lemon juice and olive oil spread over a slice of whole wheat bread is an ideal protein/carb mini-meal. fitnessmagazine.com

In a food processor, process all ingredients until desired texture is reached, for a smoother bar, process longer. Remove mixture from processor and put on a clean surface. Roll into several balls or shape it into a bar. These bars have a more traditional flavor than the others, yet the same health benefits as a nutrient-dense raw bar. Gliving.com
Brendan Brazier

Dinner Time Fajita Turkey Burgers

- 1/4 cup bottled tomatillo salsa
- 2 tablespoons chopped avocado
- 1 tablespoon chopped fresh cilantro
- 2 (1-ounce) slices white bread
- Cooking spray
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped red bell pepper
- 1/2 cup finely chopped green bell pepper
- 2 teaspoons fajita seasoning, divided
- 1/4 teaspoon salt, divided
- 1 tablespoon tomato paste
- 1 pound ground turkey
- 1 egg white
- 4 (1 1/2-ounce) whole wheat hamburger buns, toasted



Combine tomatillo salsa, chopped avocado, and cilantro; set aside. Place bread in a food processor; pulse 10 times or until crumbs measure 1 cup. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and bell peppers; sauté 5 minutes or until tender. Stir in 1/2 teaspoon fajita seasoning and 1/8 teaspoon salt. Cool. Combine breadcrumbs, onion mixture, remaining 1 1/2 teaspoons fajita seasoning, remaining 1/8 teaspoon salt, tomato paste, turkey, and egg white in a large bowl. Using damp hands, divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty. Heat pan over medium heat. Recoat pan with cooking spray. Add patties; cook 4 minutes on each side or until done. Place 1 patty on bottom half of each bun. Top each serving with 1 1/2 tablespoons salsa mixture; top with remaining halves of buns. myrecipes.com

Post Workout Protein Shake with Banana

- 2 scoops of whey protein powder combined with water
- 1/2 banana

A protein shake made from whey protein, water, and half a banana is a great choice, since your body quickly turns it into energy. fitnessmagazine.com

Win a \$25 Gift Certificate to Bonefish Grill!

Solve the following **Fitness Word Scramble Contest** 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 **May 10, 2011**. *Be sure to include your name and telephone number.* Good Luck!

1. ewthgsi_____
2. alnwkig_____
3. nrtoaahm_____
4. gyoa_____
5. iroetpn_____

CONTACT INFO:

NAME: _____

PHONE: _____





Campaign News

SAVE THE DATE! FRIDAY MAY 6, 2011

Dear Friends and Supporters,

Thank you so much for your support as we begin our campaign for the Broad Run seat of the Loudoun Board of Supervisors!

Meet & Greet Kickoff - May 6, 2011 7:00p.m. - 9:00p.m.

On May 6, I will have a meet and greet kickoff at the home of our good friends, Broad Run neighbors and supporters, Brian and Gwen Reynolds, 21544 Glebe View Dr, Broadlands, Va., 20148.

Several prominent supporters are scheduled to be in attendance and speak, so **Save The Date** and please **RSVP** my campaign manager, Caleb Weitz at caleb@williamsforsupervisor.com. Feel free to volunteer for our host committee and/or food, drinks and related supplies by contacting Caleb - email or by phone (703) 408-5043. We anticipate this being a great event.

Visit Our New Website and Facebook Page

We have launched a wonderful campaign website at www.williamsforsupervisor.com. Our Facebook page is www.facebook.com/williamsforsupervisor.

Thank you again for your continued support and I look forward to seeing you Friday, May 6.

Sincerely,
Shawn Williams
Williams for Supervisor

Our Savior's Way Invites Loudoun County Communities to "Learn About Lyme Disease!" on May 5th

Our Savior's Way Lutheran Church welcomes the Loudoun community to a Lyme Disease Awareness program on Thursday, May 5, 2011 from 7:00 - 9:30pm. The program features local expert Samuel Shor, MD, FACP, plus a special screening of the award-winning documentary *Under Our Skin*. Dr. Shor is a member of Virginia Governor Bob McDonnell's Lyme Disease Task Force.

"We live in tick country and everyone should know about this disease and the symptoms which can be disguised as other illnesses," says Marie Pfancuff, RN, BSN, of the sponsoring Parish Nurse Program at Our Savior's Way. Rev. Ralph Wiechmann, a pastor at the church who has undergone treatment for Lyme, noted: "I was fortunate since I had the rash and found a specialist who understood Lyme disease and the treatment."

Kathy Meyer, another Virginia Lyme Task Force member said, "It's critical to learn what Lyme Disease can look like in later stages. Many people, too often children, never see the tick or notice a rash. Later on, when they become ill, doctors may not think of Lyme, or tests may be misleading. The CDC intends the tests be used for tracking of the disease, not for diagnosis. Further, many doctors don't realize that the tests alone can't be relied on to determine Lyme Disease." Meyer will join Dr. Shor, the Parish Nurse Ministry, and representatives of the National Capital Lyme Disease Association to answer questions and provide reference information.

Loudoun County has the highest rate of Lyme disease in Virginia and third highest in the United States. According to the Centers for Disease Control, more than 200,000 people may be infected with Lyme disease annually. Given the descriptive nature of the movie we ask that only adults attend. Details are available at: <http://oswlc.org/events/lyme>.

May is Lyme Awareness Month and Loudoun County residents are encouraged to attend this and other Lyme awareness events including the 5k/1M/Family Day Lyme event at the National Conference Center in Leesburg on Sunday, May 15th from 8:00a.m. – Noon.

Our Savior's Way, along with the Open Arms Christian Child Development Center, has provided a caring atmosphere for children and families in the Ashburn area for over 10 years. They are located at the intersection of Waxpool Road and Claiborne Parkway. For Church and Open Arms Information: <http://www.oswlc.org> Contact: Marie Pfancuff (Parishnursing@oswlc.org) Phone: 703-858-9254.

Pool Season is Coming Up... Do You Know Where Your Pool Passes Are?

It's time to start looking in the bottom of your pool bag or maybe in the drawer with the swimsuits for your Broadlands Photo ID pool passes. Everyone aged 5 and up who wishes to gain admission to the pools will need one. If you are an owner and have the pool passes you used last year, you do not need to reapply. We will electronically reactivate them. If you cannot find your passes, new ones can be issued free of charge prior to the opening of the pool on May 28, 2011. After the pool opens, replacement cards are \$5.00 each. If you want a new picture for your replacement pass there is a charge of \$7.00 regardless of when the pass is issued.

New Residents, you must fill out an application, return it to the Nature Center and have your photos taken. Applications are available at the Nature Center, in this newsletter, on page 27 or online at www.broadlandshoa.org. Click on Pool Information in the Directory on the left hand side of the home page. Pool passes are issued to each individual age 5 and up living in the household. A household consists of all persons permanently living in the dwelling, including live-in caretakers and any unmarried children who are students and/or from a previous marriage and who will be residing with the owner for the summer.

Tenants must also apply for pool membership. **The owner and tenant must complete a Tenant Membership application for the 2011 season even if the tenants were members in 2010.** Tenants may use the passes they have, but they will not be activated until an application is received at the HOA office. Applications are available at the Nature Center, in this newsletter on page 28, and online at www.broadlandshoa.org.

Residents If any of your children have turned five since last summer or will be five by June 1, 2011, they must have a picture taken and a pass made. Please use the resident application form on page 27 and return it to the Nature Center to add them to your family data base. Any individual who has turned 18 will need a new adult card made as well.

Pictures can be taken at the Nature Center from 9 am to 5 pm Monday through Friday on a first come first served basis. Additionally, the Nature Center will be open for photographs on May 1st, 14th and 22nd from 10 am to 2 pm and on May 19th from 6pm to 8 pm.

Prior to having the photo taken, all adults 18 and up must show a photo ID and proof of address.

Photos will not be taken if acceptable proof of identity and address are not available.

Acceptable photo IDs include:

- Driver's License
- School, Military or Work Photo ID
- State Issued Non-Driver Photo ID
- Current Passport
- Current Resident Alien Photo ID

Acceptable Proof of Address include:

- Payroll Stub issued within the last 60 days
- 2010 W-2 or 1099
- Original Bank Statement issued within the last 60 days
- Utility bill issued within the last 60 days
- Current Virginia Voter Registration Card
- Settlement Papers or Deed
- Current Homeowners Insurance Policy

Non-resident caregivers are able to obtain a pass for \$40 for the season. They should be noted as non-resident caregivers on the resident's application. The fee must be paid at the time their photo is taken and the pass issued. The resident must accompany the caregiver to the photo session and show proof of identity and address.

Up to 5 long term house guests may obtain pool passes for \$40 per person for the season or \$15 per person for a month (30 consecutive days) or \$5 per person for seven consecutive days. They must be noted as non-resident house guests on the resident's application. The fees must be paid at the time their photo is taken and the pass issued. The resident must accompany the guests to the photo session and show proof of identity and address.

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

Please direct questions to the Nature Center at 703-729-9704.

Broadlands 2011 Pool Season

Please check below for everything you need to know about the pools. Don't forget to bring your photo ID pass. No one will be admitted to the pool without their Photo ID Pass...No Exceptions!

Pool Locations and Hours

Hours are subject to change by the Board of Directors for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Check posting at pool for any changes to hours of operation.

SUMMERBROOKE POOL – 21580 Demott Drive – 703-724-9818

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

SOUTHERN WALK POOL – 43081 Village Drive – 571-223-1331

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

After school, beginning June 17: Standard pool hours will be 11:00 a.m. – 8:00 p.m. daily.

COMMUNITY POOL – 43008 Waxpool Road – 703-724-7830

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

After school, beginning June 17: Standard pool hours will be 12:00 p.m. – 9:00 p.m. daily.

Broadlands Pool Rules

MEMBERS MUST COMPLY WITH ALL LIFEGUARD INSTRUCTIONS

GENERAL RULES:

- **NO** glass containers or breakable objects
- **NO** food or drink except in designated areas
- **NO** profane language
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **NO** pets
- **NO** alcohol or drugs
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** diving in shallow area
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones
- **NO** flotation devices except water wings, U.S.C.G approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS**, children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit
- **Children 10 years or younger MUST BE** accompanied and supervised by an adult or care provider at least 14 years old
- **Parents are responsible** for the safety and conduct of all children in their care
- **Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules**



Members using the pools do so at their own risk. No Lifeguards are on duty at the wading pools. The complete text of the Broadlands Pool Rules is available at the Association Office or on the website at <http://broadlandshoa.org/node/6>

BROADLANDS 2011 POOL MEMBERSHIP APPLICATION

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

OWNER NAME: _____

ADDRESS: _____

TELEPHONE: _____

EMERGENCY CONTACT NUMBER: _____ EMAIL _____

Please **PRINT** the names of ALL members who will receive a pass **and the date of birth of all persons over the age of 5 under the age of 18** (as of June 1, 2011). Children under 5 do not require passes. **Residents 18 years and older must present a valid photo ID showing their current address prior to having their picture taken.**

| Name | Relationship to Owner | D.O.B. if under 18 |
|------|-----------------------|--------------------|
| | Owner | |
| | | |
| | | |
| | | |
| | | |
| | | |

(Use back if necessary)

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

Signature of Owner Date

Office Use Only

Rec'd: _____ Entered: _____ Pictures Taken: _____ Contacted: _____ Complete: _____

BROADLANDS 2011 POOL MEMBERSHIP APPLICATION FOR TENANTS

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

OWNER'S NAME: _____

OWNER'S ADDRESS: _____

TENANT INFORMATION (If privileges are transferred to tenant)

TENANT NAME: _____

BROADLANDS ADDRESS: _____

TELEPHONE: _____

EMERGENCY CONTACT #: _____ Email Address _____

Please **PRINT** the names of ALL members who will receive a pass **and the date of birth of all persons over the age of 5 under the age of 18** (as of June 1, 2011). Children under 5 do not require passes. **Residents 18 years and older must present a valid photo ID showing their current address prior to having their picture taken.**

| Name | Relationship to Renter | D.O.B. if under 18 |
|------|------------------------|--------------------|
| | Tenant | |
| | | |
| | | |
| | | |
| | | |
| | | |

(Use back if necessary)

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

Signature Tenants(s) Date

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

Signature of Owner(s) Date

Office Use Only

Rec'd: _____ Entered: _____ Pictures Taken: _____ Contacted: _____ Complete: _____

Swim Lessons - Level Description

Broadlands in conjunction with High Sierra Pools is offering swimming lessons this summer. If you are interested in having your child participate, please visit our website <http://swim.highsierrapools.com/> for more information about swimming lessons and online registration or email lessons@highsierrapools.com or call our office at 703-920-1750 ext. 124.

Nemos: This beginning level for children teaches them to be comfortable and safe in the water. Instructors will focus on introducing children to the water and improving their safety and comfort in the swimming pool. The class will feature activities such as: face in the water, wet the hair, submerging, opening eyes, front glide, back glide, breath control, moving around comfortably, blowing bubbles and having fun in the class with aquatic recreation, gaining confidence and interest in swimming. We highly recommend this level for children who have never taken lessons, preferably children between 3 and 5 years old.

Sea Turtles: This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for strokes. This class will introduce exercises in the water such as: arm movement, body position, leg movement, floating and blowing bubbles; all connected with free style and backstroke. This level is recommended for children that are confident in the water but never had lessons, or children that have taken and passed Nemos level.

Dolphins: Students who successfully complete this level will be comfortable swimming in deep water, be proficient in front crawl, back crawl, breast stroke. They will be able to swim 50 yards with each of the strokes. This group is for children that are confident in the water and know the basic swimming skills of free style and backstroke. At this level, the arm position, leg exercises, breathing, turns, treading water and diving will be practiced. Butterfly will be introduced in this class. The focus of this group is for children that already know basic skills of freestyle and backstroke or for children that passed the Sea Turtles level.

Sharks: The goal for sharks is to make the students comfortable swimming and practicing in deep water, make major improvements to rotary breathing with front crawl, demonstrate some proficiency in the other strokes being introduced and begin to develop endurance by increasing distances they can swim. At this class the swimmers will improve the quality of their movement in the backstroke, freestyle, breaststroke and butterfly. The correct diving position will also be an important skill learned in the class. This class is recommended for children that successfully finished Dolphins level or children with previous swimming experience.

General Information

- The cost of a regular group session (composed of 8 classes) is **\$70 per child**. The cost of a regular private session (composed of 8 classes, one child) is **\$280 per child**. Semi-private sessions (2 children per session are required) are also available, for a cost of \$140 per child. The group must be pre-arranged by the parent(s). HSP unfortunately cannot arrange these groups.
- Each session is composed of eight lessons over **2 weeks**, taught **Monday through Thursday**, with Friday as a make-up day (make-up day is reserved only for classes that were canceled due to bad weather, instructor absence or mechanical failure of equipment).
- Please register your child **at least one week** prior to the start of each session.
- Payment is due upon registration.
- **Minimum age for children is 3.**
- We offer four swimming levels: Nemos, Sea Turtles, Dolphins, and Sharks (see Swim Level Descriptions).
- Each level has **completion requirements**. At the end of each session, skills are **demonstrated and if successfully completed, children can progress to the next level**. Participants usually need to stay in one level for 2 to 3 sessions.
- Upon request, our swimming instructors will be available to evaluate your child and recommend appropriate level before the session starts.
- Swim instructors will also reevaluate participants and divide them into corresponding levels during the first class (only if needed).

Swim Lesson Schedule

| <i>Summerbrooke Pool - Morning Swim Lessons Schedule for Children</i> | | |
|---|---|---|
| Session 1 (Mon, Tue, Wed, Thu) June 20 th - June 30 th | Group: Nemos / Sea Turtles/ Private / Semi-private 8:30am - 9:00am | Group: Nemos / Sea Turtles/ Private / Semi-private 9:00am - 9:30am |
| Session 2 (Mon, Tue, Wed, Thu) July 4 th - July 14 th | Group: Nemos / Sea Turtles/ Private / Semi-private 8:30am - 9:00am | Group: Nemos / Sea Turtles/ Private / Semi-private 9:00am - 9:30am |
| Session 3 (Mon, Tue, Wed, Thu) July 18 th - July 28 th | Group: Nemos / Sea Turtles/ Private / Semi-private 8:30am - 9:00am | Group: Nemos / Sea Turtles/ Private / Semi-private 9:00am - 9:30am |
| Session 4 (Mon, Tue, Wed, Thu) August 1 st - August 11 th | Group: Nemos / Sea Turtles/ Private / Semi-private 8:30am - 9:00am | Group: Nemos / Sea Turtles/ Private / Semi-private 9:00am - 9:30am |

Southern Walk Pool - Morning Swim Lessons Schedule for Children

| | | |
|---|--|---|
| Session 1 (Mon, Tue, Wed, Thu) June 20 th – June 30 th | Group: Dolphins / Sharks / Private / Semi-private 9:40am - 10:10am | Group: Dolphins / Sharks / Private / Semi-private 10:10am – 10:40am |
| Session 2 (Mon, Tue, Wed, Thu) July 4 th - July 14 th | Group: Dolphins / Sharks / Private / Semi-private 9:40am - 10:10am | Group: Dolphins / Sharks / Private / Semi-private 10:10am – 10:40am |
| Session 3 (Mon, Tue, Wed, Thu) July 18 th - July 28 th | Group: Dolphins / Sharks / Private / Semi-private 9:40am - 10:10am | Group: Dolphins / Sharks / Private / Semi-private 10:10am – 10:40am |
| Session 4 (Mon, Tue, Wed, Thu) August 1 st – August 11 th | Group: Dolphins / Sharks / Private / Semi-private 9:40am - 10:10am | Group: Dolphins / Sharks / Private / Semi-private 10:10am – 10:40am |

Summerbrook Pool - Evening Swim Lessons Schedule for Children

| | | |
|---|---|--|
| Session 1 (Mon, Tue, Wed, Thu) June 20 th – June 30 th | Group: Nemos / Sea Turtles/ Dolphins / Private / Semi-private 8:00pm - 8:30pm | Group: Sea Turtles / Dolphins/Sharks/ Private/Semi-private 8:30pm – 9:00pm |
| Session 2 (Mon, Tue, Wed, Thu) July 4 th - July 14 th | Group: Nemos / Sea Turtles/ Dolphins / Private / Semi-private 8:00pm - 8:30pm | Group: Sea Turtles / Dolphins/Sharks/ Private/Semi-private 8:30pm – 9:00pm |
| Session 3 (Mon, Tue, Wed, Thu) July 18 th - July 28 th | Group: Nemos / Sea Turtles/ Dolphins / Private / Semi-private 8:00pm - 8:30pm | Group: Sea Turtles / Dolphins/Sharks/ Private/Semi-private 8:30pm – 9:00pm |
| Session 4 (Mon, Tue, Wed, Thu) August 1 st – August 11 th | Group: Nemos / Sea Turtles/ Dolphins / Private / Semi-private 8:00pm - 8:30pm | Group: Sea Turtles / Dolphins/Sharks/ Private/Semi-private 8:30pm – 9:00pm |

Southern Walk Pool - Evening Swim Lessons Schedule for Adults

| | |
|---|--|
| Session 1 (Mon, Tue, Wed, Thu) June 20 th – June 30 th | Group / Individual 9:00pm - 9:30pm |
| Session 2 (Mon, Tue, Wed, Thu) July 4 th - July 14 th | Group / Individual 9:00pm - 9:30pm |
| Session 3 (Mon, Tue, Wed, Thu) July 18 th - July 28 th | Group / Individual 9:00pm - 9:30pm |
| Session 4 (Mon, Tue, Wed, Thu) August 1 st – August 11 th | Group / Individual 9:00pm - 9:30pm |

We Have a Great Local High School Marching Band, Well Done BWHS Falcons Regiment!

As Seen On TV

The Briar Woods Falcon Regiment 2010/2011 season ended with a live television broadcast of their London New Year's Day Parade performance. You may have missed it as the parade broadcast aired starting at 6:30am on New Year's Day via BBC / FOX Television. If you were up bright and early, you would have seen the culmination of five months hard work by the Briar Woods High School band students. The band members had to learn special music and drill for the parade and additional music for an evening concert that they performed at St. Johns Church Smith Square. The band marched and played the entire 2 plus mile parade route, ending with a music and drill performance in front of the Houses of Parliament for local dignitaries.

The London New Year's Day Parade performance was the grand finale of an outstanding regular marching season, in which the Falcon Regiment Marching Band earned a second place award in their class at the James Madison University Parade of Champions - the highest placement ever for the band. In addition, there was an extended football season that lasted 6 weeks longer than normal in which the band supported the Falcon Football team through the regional playoffs, the district playoffs, and finally the state championship games.

The enthusiasm shown by the band at all of the football games and the band's outstanding musical performances at all of their events are a credit to their Director, Mr. Duane Minnick. It took two years of hard work by Mr. Minnick and the many Music Booster Association parents who coordinated the event with the London Parade to pull off this amazing marching season.

The first half of the 2010-2011 school year will go down in Briar Woods High School history as one of the most exhilarating times of all, as the Falcon Regiment shared their achievements with the State Champion Cheerleading Squad, and the State Champion Football Team. **GO FALCONS!**

For more information about the Briar Woods HS Band Program, contact:
 Duane Minnick, Music Dept. Chair, BWHS, Duane.
Minnick@LCPS.org



Broadlands Tennis Ladies Night Out

Ladies with NTRP ranking of 3.0 and above only.

Come out and play doubles tennis at the Nature Center tennis courts.

7:00p.m. until 9:00p.m. every Monday night until the weather is too cold

Fee: Free for residents
\$5.00 for non-residents

Please bring a can of balls

Email: uncrdh95@gmail.com to reserve your space or to be a substitute player.



Broadlands "Boys Night Out" Doubles Tennis Ladder

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

Participants: Men with NTRP ranking of 3.0 or higher.

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

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

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

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

Where: Broadlands Nature Center Courts

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

Broadlands Tennis Website: www.BroadlandsTennis.org



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BROADLANDS TENNIS PROGRAMS

Enrollment Open NOW!

Visit www.broadlandstennis.org for details and registration forms for all programs. Contact **Luis Rosado** if you have any questions at (301) 221-7917 or email broadlandstennis@yahoo.com.

Junior Tennis & Sports Camp Registration is OPEN

JUNIOR CAMP (ages 5-16)
 Mon - Thu, 9am-1pm (4 days)
 Broadlands Residents/Non Residents
 \$170 / \$185 per week
 10 WEEKS: June 20-August 25

Clinics - 8 Week Sessions

JUNIOR CLINIC (ages 4-5)

Tue - Fri, 4:30p.m. - 5:00p.m.

(½ of the price stated below)

JUNIOR CLINIC (ages 6-16)

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

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

ADULT CLINIC - All levels

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

Tue - Th, 7:00p.m. - 8:00p.m.

Broadlands Residents/Non-Residents

(As low as \$13.00 per class)
 \$120/\$135 per session (8 weeks)
 1 class a week
 \$224 / \$254 per session (8 weeks)
 2 classes a week
 \$312 / \$357 per session (8 weeks)
 3 classes a week

Clinics Drop In Fee:

\$20 members; \$22 non-members

Weekday Morning Clinics

Mon, Wed, Fri, 9:00a.m. - 10:30a.m.
 \$20 residents; \$22 non-residents / per class

Weekly Junior Tournaments

11 years and over - every Sunday 11a.m.-1p.m.
 \$15.00 per tournament

Private Lessons

Lessons/hr:

Resident/Non-Resident

1 player:

\$60/\$65

2 players:

\$35/\$38 each

3 or 4 players:

\$25/\$27 each

5 or + players:

\$20/\$22 each



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By, Katie Herbert Certified Personal Trainer
Fitness.innovations@gmail.com



A few years back, I was getting changed in the gym locker room when an older woman started up a conversation. While I was shoving extra shoes and clothes into my bag, the woman said to me, "You know, I wish I never sat down to put on my pants." She caught me off guard. I thought about her statement for a split second and then asked her what she meant. She went on to explain that at some point in her life her balance started to deteriorate, so to protect herself she began to sit to put on her clothes. As she watched me get ready, she noticed that I did everything standing, even socks and shoes.

I continued to think about our conversation and have found myself becoming more aware of how people around me move, and compensate for lack of movement or lack of flexibility or strength. It really is amazing how this all starts.

As humans we are hard-wired to avoid pain. If you have ever had an injury, particularly in the lower body, think back to what you changed to avoid pain in the injured part. Most people end up limping along to protect the injured limb, most of us do it without even realizing it because the body just wants to take care of itself. While limping takes pain away from the site of injury, if we continue to compensate for too long, we can end up with a string of other injuries.

How does an injury relate to the older woman and her balance issues? They both involve compensation. Both scenarios change how the body is intended to work instead of getting to the root of the problem and trying to create stability and/or mobility. While an injury may cause one to use a different movement pattern to compensate, the older woman used a fixed surface to get around her balance issues.

Recovering from an injury can be a complex problem and everyone responds differently to exercises and treatment plans so there is no way that I would attempt to solve that type of issue in a column. However, I do believe that there are some small steps that we can all take to improve our balance and ability to move about our world in a confident manner. In reality, some people may have too many compounding issues to ever be able to 'stand up to put on their pants' but it's never too late to increase balance just to get around better.

To get started think about how you move in daily life. For example, when you go up or down stairs, do you always use the railing for support? Do you really need to? If you aren't carrying a child or already have poor balance, how about trying to let go? It sounds minor, but little things like that make a difference. Once you let go, all of the sudden your abdominals kick on, those long tiny supporting muscles that run along your spine fire on and your glutes get to work a little harder. Whoa, right? Who knew that such a small change could make a difference! As you move about, begin to think about what little changes you could make.

After you do your movement inventory, let's add in a few exercises for balance. If you have 5 minutes a day, you could impact your balance. That's two commercial breaks to change how your body moves, not too bad.

Quick ideas to improve balance:

Stand with feet about hip width apart (try this with and without shoes for a different feel), lift the left leg and try to balance for 30 seconds. Try the other foot. If that felt easy try to move the left leg around this time. While keeping it off of the ground reach it forward, out to the side and backwards. Do both legs. If that felt easy go back to the beginning but try it with eyes closed. Did you feel the difference? Once you get comfortable with those exercises go back to the beginning, lift one leg and this time try to do a little squat. Can you reach down with the opposite hand to touch the floor? As your balance and confidence improves, continue to play and challenge yourself, add in a bosu or balance disc. You should notice an improvement rather quickly as your body builds those new neuromuscular pathways.

If you are one who finishes this article and thinks it was a little silly, go back and think about how it all started. This started with a woman who recognized her limitations and felt constrained by them. On the other hand, she saw my freedom of movement. To me, the most powerful part of exercise, beyond weight loss, is creating a confident body, a body that when called upon can complete the task at hand. A body that is confident and free leads to a confident mind free of limitations, which in turn I believe, leads to a happy soul.

An advertisement for summer camps at The Ashburn Ice House. The top half features the text "Summer Camps At The Ashburn Ice House" in a large, bold, white font against a dark background. Below this is a photograph of a person's feet in ice skates on an ice rink. The bottom half of the ad contains a list of camp types: "Summer Fun Skate Camps", "Tiny Tots 1/2 Day Camps", "Freestyle Development Camps", "Power Ice Camps", and "Power Play Hockey Camps". It also includes the website "www.ashburnice.com" and a small logo for "Ashburn Ice House". At the bottom, it says "Stay Cool All Year Round at The Ashburn Ice House" followed by the address "21595 Smiths Switch Rd. Ashburn, VA 20147", the website "www.ashburnice.com", and the phone number "703-858-0300".

**Summer Camps
At The
Ashburn Ice House**

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

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

**Stay Cool All Year Round at
The Ashburn Ice House**

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Ashburn, VA 20147
www.ashburnice.com
703-858-0300

Be a Part of the North Face Endurance Challenge, a Series of World Class Events To Be Held In Our Own Backyard!

This course keeps runners on their toes with ever-changing terrain. Challenge yourself this year! Endurance comes in all distances, find yours: GORE-TEX 50 mile, 50K, marathon, half marathon, marathon relay (2-4 participants), 10K, 5K and children's run. This race will take place in Algonkian Park, Great Falls Park and The Potomac Heritage Trail on June 4th and 5th. Learn more by going to www2.thenorthface.com/endurancechallenge/.

Volunteers are needed to make this exciting event a success. Positions include registration, packet pick up, race course marshals, parking lot volunteers, shuttle drivers, festival operations crew and many more. Have a teen in need of community service time? This would be a perfect opportunity. Volunteer benefits include a The North Face crew shirt, a GORE-TEX water bottle, lunch on race day, the huge satisfaction of helping athletes achieve their goals and a really fun time! For more information, please contact Angela Rabena, Volunteer Coordinator at arabena@comcast.net or call (703) 861-2559.

Discounts on race entry are available until May 8th.



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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**

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



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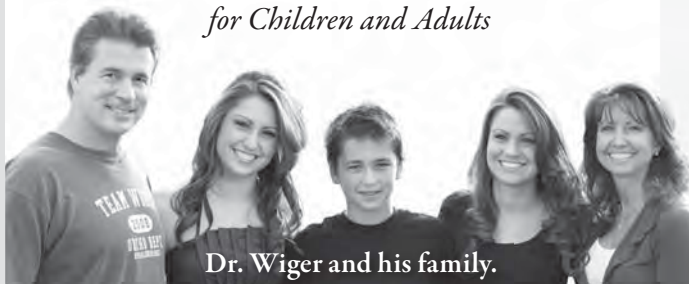
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USEFUL NUMBERS

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

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| Fire Marshall | (703) 777-0333 |
| Loudoun County Sheriff | (703) 777-1021 |
| Washington Gas | (703) 750-1000 |
| Poison | (703) 625-3333 |
| Loudoun Water - Customer Service | (571) 291-7880 |
| Loudoun Water - After Hrs./Wk.ends | (571) 291-7878 |
| State Police | (703) 771-2533 |
| Dominion Virginia Power | (888) 667-3000 |

PUBLIC INFORMATION

| | |
|--------------------------------|-----------------|
| Abused Women's Shelter | (703) 777-6552 |
| Animal Control/Shelter | (703) 777-0406 |
| Building Permits & Dev. | (703) 777-0397 |
| Comcast | (703) 430-8200 |
| Child Protective Services | (703) 777-0353 |
| County Landfill | (703) 771-5500 |
| CPR Class Info | (703) 444-1155 |
| DMV (VA) | (800) 435-5137 |
| Drug Abuse | (703) 771-5100 |
| Dulles Airport Hotline | (703) 572-2700 |
| Health Department | (703) 777-0236 |
| Library (Ashburn) | (703) 737-8100 |
| Loudoun Ride On | (703) 777-2708 |
| Loudoun Hospital | (703) 858-6000 |
| Main Street Mailboxes | 1(703) 753-5521 |
| Miss Utility | (800) 552-7001 |
| Metro | (202) 637-7000 |
| OpenBand 24x7 Customer Service | (866) 673-6226 |
| OpenBand Trouble Tickets | (703) 961-1110 |
| Parks and Recreation | (703) 777-0343 |
| Patriot Disposal | 1(703) 257-7100 |
| Ridesharing | (703) 771-5665 |
| Road Conditions | (800) 367-7623 |

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

LOUDOUN COUNTY PUBLIC SCHOOL

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

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| Stevens Miller | (703) 777-0204 |
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SCHOOL BOARD REPRESENTATIVE

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| Robert Dupree | (571) 233-4610 |
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| | |
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| Robert G. Marshall (13th) | (703) 361-5416 |
| Richmond Office | (804) 698-1013 |
| Thomas A. Griesen (district 32) | (703) 421-6899 |
| Richmond Office | (804) 698-1032 |

VIRGINIA SENATE

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

U.S. HOUSE OF REP. 10th DISTRICT

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|------------|----------------|
| Frank Wolf | (703) 709-5800 |
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U.S. SENATE

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

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CLUBS AND GROUPS

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

ASHBURN AREA WOMEN'S CLUB

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

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

The next meeting will be at the Mills Recreation Center on May 14. A short business meeting will start at 10:30a.m. Following the meeting, there will be a high tea in honor of Mother's Day. Please arrive by 10:15a.m. so the meeting can start promptly at 10:30a.m. For more information please call 703-729-3531 or 703-729-6591.

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 Randy Alcorn, Heaven. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 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.

FEDERAL GOVERNMENT EMPLOYEES - ACTIVE/WORKING AND RETIRED

National Active & Retired Federal Employees Association(NARFE) will host day & evening seminars at Loudoun libraries in the months ahead for active/working government employees and retirees. Did you know changes are in the wind which could affect your benefits? Email: vicky.narfemembership@verizon.net for dates and to learn more.

GIRL SCOUTS

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

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF BROADLANDS

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

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.

GRIEFSHARE 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 Luthern Church. Call Beth Anton at 703-470-8821 with any questions or visit www.griefshare.org.

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ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

DEADLINE: Ad and payment submissions are due the first day of the month prior to the issue.

MONTHLY PRICING

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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

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

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

EDITORIAL INFORMATION

The deadline for editorial submissions is **noon on the 15th of the month**, or noon on the last business day before the 15th 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.

MAY CLASSIFIED ADS

BEAUTY SERVICES

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.

ROYAL BARBER SHOP: Come in for our Customer Appreciation Promotion. Monday – Friday between 9:30am and 3:00pm and receive a \$12 Men's haircut. Includes hot towel service. 42882 Truro Parish Dr, Broadlands (703) 858-9008. Monday – Friday 9:30am–7:00pm, Sat. 9:00am–6:00pm, Sun. 10:00am–5:00pm.

EARLY EDUCATION/DAY CARE/ SUMMER PROGRAMS

LITTLE BEAR PRESCHOOL: is now accepting applications for Fall 2011. We offer a program for children 18 mo to 4 years old. Tuesdays and Wednesdays 9 am to 11:30 am. Children will be introduced to the alphabet, numbers, colors and shapes, Circle time, music time and a daily lesson. Outdoor play. For more information, please email: Nancy Shepley at nancyshep@hotmail.com.

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.

SUMMER READING ENRICHMENT: Two certified teachers, one holds Masters in Education offering a 1-day a week literacy program held: Wed for ages 3-4 from 9-12pm & for ages, 5-6 from 12:30-3:30pm. Curriculum focuses letter & sight word recognition, reading comprehension & enhances critical thinking skills to establish a basic reading foundation. Lessons are specific to age level & individual student needs. (VA State license) Contact Jenny: 571-333-3395 or jenny_vanhorn@yahoo.com.

2011-2012 MOMS MORNING OUT PROGRAM: Two certified teachers; one holds Masters Degree in Education. Classes held Mon & Wed from 9:15-12:15. Ages 2 & 3. Offering a fun, safe & stimulating environment with theme related activities & crafts. Each child will create their own scrapbook including, ABC's counting & art work. (Holds VA State License to facilitate program) Please contact Jenny at 571-333-3395 or jenny_vanhorn@yahoo.com.

LITTLE SPROUTS PRESCHOOL: Sign up now for Summer Fun! Next year we will be offering 3 year old preschool on Tues/Thurs and Mom's Morning Out on Mon/Wed/Fridays. Children 18 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

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MACBOOK PRO 13" 5,5 CTO MODEL LAPTOP: \$1300 - Intel Core 2 Duo, Processor Speed: 2.26 GHz, L2 Cache: 3 MB, Memory: 4GB 1067 MHz DDR3, HD: 250.06 GB, Added SW: Snow Leopard 10.6.7 OS / iLife 2009 / MAC M/S Suite, Apple Care Service and Warranty. In "Mint" condition. Interested parties (DC Metro), please call John @ (703) 389-1726.

MACBOOK PRO 17" 3,1 CTO MODEL LAPTOP: \$1600 - Intel Core 2 Duo, Processor Speed: 2.6 GHz, L2 Cache: 4MB, Memory: 4 GB 667 MHz DDR2 SDRAM, HD: 250.06 GB, Added SW: Snow Leopard 10.6.7 / iLife 2009 / MAC M/S Suite. In "Mint" Condition. Interested parties (DC Metro), please call John @ (703) 389-1726.

BEAUTIFUL SOLID CHERRY DINING SET: from Colonial Furniture Company. Table extends from 66" to 90" and 102". 8 chairs. Paid \$4,470, **selling for \$2,680.** Matching corner china cabinet available (paid \$1,815 selling for \$1,090 with dining set). EXCELLENT CONDITION! (703)723-3567.

THE BEST DISCOUNT CARD EVER: 23 Local merchants are offering great discounts to support the Briar Woods HS Band Program. Each card is only \$5, which you will earn back in just one use. Good until July 2011. Call 703-655-8614.

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

FABRIC & YARN SALE: Cut remnants of Cotton, Wool, Polyester, Special Occasion, Sheers, Faux Fur and much more. \$1-\$3/yard. Skeins and Cones of various yarn types and colors. Call 703-655-8614.

USED BOOK SALE: Friday, May 13th, mostly children's books with some teen and adult selections. Gently used, in very good shape. Gentle Heights Court /Questions, call: 703-655-8614.

INSTRUCTION

LOUDOUN COUNTY MATH TEACHER: Pre-algebra, Algebra (I & II), Geometry and Trigonometry. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email VChu_911@yahoo.com.

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

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.

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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.

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MAINSTREET MAILBOXES. Your mailbox is the hood ornament of your home. You wouldn't drive a rusty car, why have a rusty mailbox. Improve the curb appeal of your home and community with a new mailbox post. www.mainstreet-mailboxes.com 703-753-5521.

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 is licensed and insured. For an estimate, contact 703-994-4445 or info@dominionpowerwash.com.

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

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.

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O'NEILL TILE: Ceramic, Porcelain, Mosaic, Stone. Water Proof Showers and Tubs. Floors, Back Splashes, Fireplace Profiles and more! Visit us at <http://www.oneilltile.com/>, email terry@oneilltile.com, or call 703-909-1802 Licensed (VA DPOR #2705072578) and Insured.

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NILDA'S CLEANING SERVICE: Residential homes, move out-in, weekly, biweekly, monthly or special one-time service. Good references Licensed, insured. Free estimates. 50% off second cleaning. (Cell) 571-332-0467; (Home) 703-272-3731.

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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



May Activities

| <u>Date</u> | <u>Activity</u> |
|-------------|---|
| 1st | 10:00a.m. - 2:00p.m. Pool Passes Photos Taken(NC) |
| 3rd | 6:00p.m. Board of Directors Meeting(NC) |
| 4th | 3:45p.m. Nature Aquatic Program(NC) 7:00p.m. Modifications Subcommittee Meeting(NC) |
| 7th | Nature Center Open 10:00a.m. - 2:00p.m. |
| 10th | 6:30p.m. Broadlands Annual Meeting at Mill Run Elementary School |
| 11th | 3:45p.m. Nature Aquatic Program(NC) 7:30p.m. Tech Committee Meeting(NC) |
| 12th | 6:00p.m. Southern Walk Hearing Committee(NC) |
| 13th | 10:00a.m. Broadlands Mom's Club(CC) |
| 14th | Nature Center Open 10:00a.m. - 2:00p.m. 10:00a.m. - 2:00p.m. Pool Passes Photos Taken(NC) 12:00p.m. Go Buggy!(NC) |
| 18th | 3:45p.m. Nature Aquatic Program(NC) 7:00p.m. Modifications Subcommittee Meeting(NC) |
| 19th | 6:00p.m. - 8:00p.m. Pool Passes Photos Taken(NC) 8:00p.m. Investment Club(CC) |
| 22nd | 10:00a.m. - 2:00p.m. Pool Passes Photos Taken(NC) |
| 25th | 3:45p.m. Nature Aquatic Program(NC) 7:30p.m. Book Club(NC) |
| 28th | Nature Center Open 10:00a.m. - 2:00p.m. Pools Open! |
| 30th | HOA Offices Closed in Observation of Memorial Day |

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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