



BROADLANDS



Community News

June 2009

Step Into Summer With:

- Flicks in the Sticks is coming soon to a grassy area near you... the Nature Center, pg. 4
- Broadlands 13th Annual Barbecue - Get your tickets and join the fun, pg. 5
- Kid's Triathlon - It's their turn to show us what they've got, pg. 9
- Win Dinner on the HOA, pg. 10
- Broadlands Live! Kicks off the season on June 12, pg. 11
- Swim Lessons - sign up is now available, pg. 29

National Wildlife Federation Certified Community Wildlife Habitat



PRECIOUS FACES deserve OUCHLESS SPACES

Our Child Life program provides:

Procedural preparations

—

Distraction and support during
medical procedures

—

Medical and therapeutic play

—

Sibling support
and education

—

Bedside and
playroom activities

—

Community education

—

Bereavement support

Our New Child Life program helps kids feel safe, happy and secure.

If someone said your tonsils had to come out, you'd know exactly what they meant. But imagine the questions of a five-year-old: What are tonsils? What's a hospital? Will it hurt?

Answering in a child-appropriate way is just one of the many ways our Child Life program helps children and their families cope with the anxiety and stress of hospital visits. Along with doctors and nurses who know how to make kids feel comfortable, our Child Life program offers a specialist — a special friend to “help the medicine go down.” From ouch-free playrooms with crafts, books and toys, to large private rooms with TVs, DVDs and video games, we have a commitment to helping kids stay kids for as long as they stay with us.



**INOVA LOUDOUN
HOSPITAL**

inova.org/ilhpeds | 703.750.8800



BROADLANDS



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HOA Office and Website

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



Armstrong Management Services

Assessment Information Office:

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

Mail Payments to:

Armstrong Management Services
P.O. Box 7778
Philadelphia, PA 19101-7778



Southern Walk Board of Directors **(Open Band Contract Administration Only)**

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Susanne Ortmann - Audubon Naturalist
Hours: Tuesday 2:00p.m. - 4:00p.m., Thurs-
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Create Future Nature Stewards By Visiting the Nature Center!

What: Special Nature Center
Saturday Hours

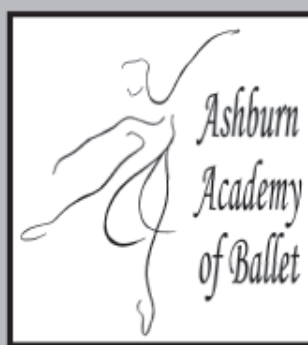
When: June 13

Hours: 12:00p.m. - 5:00p.m.

Why should I go?

- Visit the animals inside the Nature Center
- Look at the exhibits and hands-on displays
- Create future stewards of the environment by going on a family nature walk from 3:00p.m. - 4:00p.m.
- No sign up necessary

All ages invited.
Dress for the outdoors.



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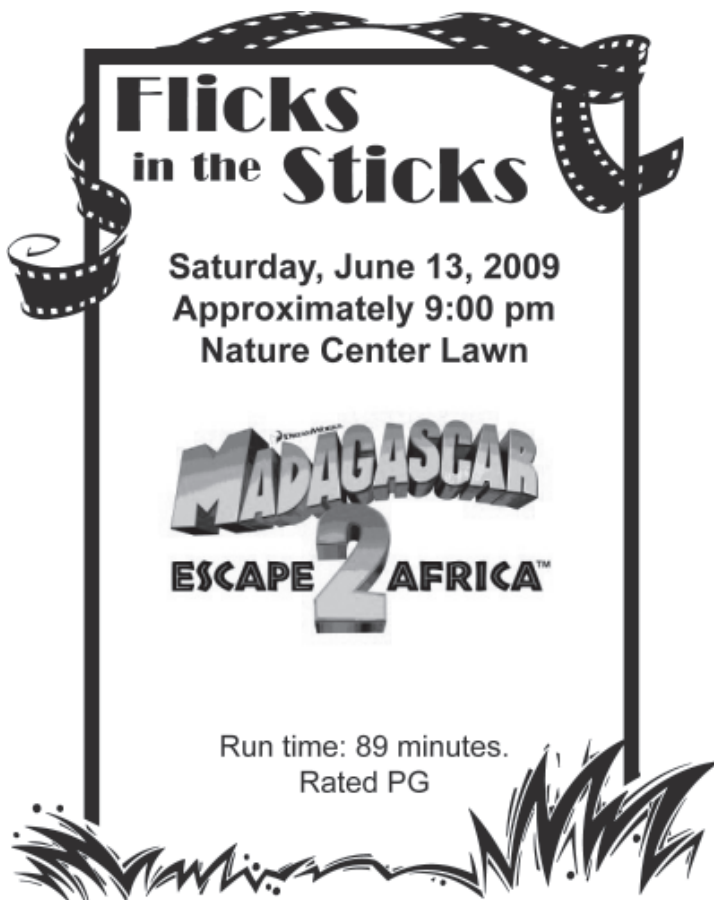
Bring your cooler, lawn chairs, picnic blankets — and the kids — for an evening of family entertainment under the stars!

And a chance to take home a DVD of the movie!*

Flicks in the Sticks kicks off its 4th season with this great family film. Grab a bag of popcorn and a drink (provided) and stake out your spot on the grass. Movies will begin shortly after sundown — as soon as it's dark. Time listed is approximate. Come early to get a good spot.

Reservations not required. In the event of inclement weather, this event is canceled.

*One lucky person will take home the DVD of the movie in a random drawing from all attendees. Must be present at time of drawing to win. Drawing will be held after the movie.



Kick off Your Summer!

Broadlands 13th Annual Neighborhood Barbecue and Good Ole Fashioned Picnic

Saturday, June 13th
4:00p.m. - 7:00p.m.
Hillside Park



Featuring:
Bluz Brothers Barbecue
DJ Music

Pie Eating Contest, Three Legged Race & More!
Prizes

****Limited to 350 Broadlands Residents****

Tickets available for pick up through June 10th at the Nature Center from
9:00a.m. to 5:00p.m. Tickets can also be picked up on June 9th from
5:00p.m. to 8:00p.m. at the Nature Center Reception Desk.

No ticket necessary for kids 4 and under.

Please bring:

- Families with last name beginning with A-F "hassle free" dessert to share
- Families with last name beginning with G-Z "heat friendly" side to share
- blankets and lawn chairs

Volunteers Needed, please contact Patti at StephenPatti@aol.com



Your Events Committee is hosting a Casino Night for residents and guests ages 21 and over. Details to follow in upcoming newsletters and online at www.broadlandshoa.org.

Casino Night!

Save the Date:
Saturday, October 3, 2009
7:00 pm—11:00 pm



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Expires 6/30/09

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Northern Virginia Summer BrewFest
Saturday, June 27, 2009
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.

To reserve a seat on the bus, send an email to:
brewfest09@inbox.com



Neighborhood Watch Home Security

By Staci Kapinos

Complacency is the biggest issue facing Broadlands residents in protecting themselves and their homes. Fortunately, most residents feel very safe living here, and consequently, do not take the time to do the simple things that will make this an even safer community to live in. When a criminal is deciding whether or not to break into your property, they have to look at the risk vs. the reward. Your goal should be to increase the risk thus decreasing their reward.



These are the 3 basic elements that are needed to commit a crime. Unfortunately, it's hard to alter a criminal's desire or ability, but there is a lot we can do to block their opportunity. First and most important, if something breaks, fix it immediately. Several years ago, a professor took a high end BMW to a well-known crime area of New Jersey and left the car there with the hood up for a week. He returned to find the car still sitting where he left it in perfect condition. He then decided to break the driver side window. Within 20 minutes of breaking the window, the entire car was taken apart. The same is true of your home. If you leave windows or doors broken or in disrepair, you increase its appeal to lurking criminals.

Secondly, do not advertise your personal belongings. Take purses, laptops and GPS systems out of the car. Make sure all big boxes are cut up and folded so that someone passing by does not know what you just purchased. Make sure as much of your trash as possible is shredded and contained inside a trash can. The less the criminal knows about you and your home, the less likely he will target you.

Thirdly, make your home visible. Bushes should be no more than 24 inches tall and lower branches of trees should be trimmed to be above 6 feet tall. This makes it harder for someone to hide on your property. It also allows your windows and doors to be seen by your neighbors who are able to call the police if they see someone roaming around. Make sure your address is prominently displayed. The easier it is to find your home, the quicker the police can respond and the greater the risk of the criminal being caught. Make sure your home and potential break-in areas are well lit, preferably by lighting that is not easily reached from the ground. Several years ago, when people were being attacked in Ashburn off the WO&D trail, the perpetrator was unscrewing light bulbs during the day to better hide himself at night. Motion lights work best in this situation.

Lastly, lock all of your doors and windows. This includes car doors and the door between your home and your garage. Currently in Loudoun County, a prevalent crime is stealing from unlocked vehicles or using a garage door opener retrieved from an unlocked car to enter into the house.

With the downturn in the economy, crime is on the rise and we need to do what we can to stop the complacency and help protect our neighbors and ourselves. If every resident follows these four easy steps, we can help increase the risk of a criminal being caught in our community. And please remember, it is very important for residents to report suspicious activity to the police. The recent murder that occurred in Lansdowne may have been prevented had someone called the first time they saw the suspicious looking van. The call later may just have been what brought the police early enough to save the wife's life. If you have to think twice about it, please call! In an emergency: 911; otherwise: 703 777-1021.

Going Green: Solar is Back and Better

By Steve Gotschi - DryHome Sun Solutions

When you think of solar panels, it takes you back to a time when solar panels looked like warts on a roof.

Fast forward to today. Due to growing consumer demand for green products, the building industry has revamped and reintroduced solar water heating systems, making them a viable energy alternative.

Gone are the unattractive, bulky solar panels jutting out from roofs. Today's panels are sleek and unobtrusive, resting up against the roof and looking like skylights. In addition, they have evolved significantly, providing effective and safe solutions to using the sun's heat to provide hot water for heating and consumption.

Another reason for their comeback is due to the benefits of the economic stimulus package. The tax credits now available make solar panels significantly more affordable. As energy prices rise and environmental concerns remain high on the nation's agenda, savvy homeowners are on the lookout for ways to reduce their carbon footprints, including considering alternative energy sources.

Solar hot water heating has many benefits that make it a great energy choice. According to the US Department of Energy, solar systems provide many financial benefits including:

- A 50-80 percent decrease with water heating bills on average
- Consumer protection from fuel shortages and price hikes
- Homeowner eligibility for Federal tax credits that cover up to 30% of the system's cost.

Solar water heating is environmentally friendly since solar energy is an unlimited source. Solar energy does not produce harmful emissions or require transportation or pipelines like electric energy does. Solar water heating systems help reduce household energy consumption and the nation's reliance on toxic fossil fuels. The good news is that solar water heating systems will work anywhere—not just sunny locations—and produce energy even at low temperatures.

Added benefits arise when solar is used in conjunction with high quality, energy efficient skylights, which are an important part of building today's "green" homes. Skylights, roof windows, and sun tunnels reduce lighting costs and energy consumption, and venting skylights minimize the need for air conditioning and fans for certain periods throughout the year.

In Broadlands, where the environment is the neighborhood motto and green issues rate high, homeowners are looking for innovative products that help them live a greener life while also providing some economic relief. Solar water heating systems could be right for you. ✨

To place a classified ad
contact Stassa Collins at
(703) 729-9704

or
scollins@broadlandshoa.com

THE ODSL BROADLANDS PIRANHAS KID'S TRIATHLON—

THURSDAY, JULY 2, 2009

The ODSL Piranhas Team will be hosting our first Kid's Triathlon to benefit the Multiple Sclerosis Society on the morning of Thursday, July 2nd. All children 5 and older are invited to participate, so come on out and give it a "TRI". Distances are listed on the registration form below, but the swim will take place at the SW Pool, then bike around the Nature Center area and finish with a run on the track.

It is a fun, fundraising event and will not be timed. A parent is required to be on site with each participant. The \$25 registration fee includes a medal for all participants and snack celebration at the finish. More info on the Piranhas website: www.broadlandsswimteam.org. Thank you and see you July 2nd!

ODSL Piranhas Kids Triathlon for Multiple Sclerosis Registration Form

July 2, 2009, check in from 8:00-8:45 am



All proceeds will benefit: National Multiple Sclerosis Society National Capital Chapter

Name of Participant _____ Age: _____ Gender: _____ (1 form per participant)

Parent Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

	Ages	Swim	Bike*	Run*
A.	6 & Under	25 meters	1 mile	.5 miles
B.	7-10	50 meters	2 miles	.9 miles
C.	11 and Up	200 meters	3 miles	1.3 miles

**course map to be finalized*

Age Group Selection (your choice based on child's ability): A B C Please circle one

Registration Fee: \$ 25.00

Additional Donation (Tax Deductible): \$ _____

Total: \$ _____ Please make checks payable to: Broadlands Swim Team

Please note: this event is intended to be a fun charity fundraiser and will not be timed.

Each participant is required to have an adult with them for the event. Also, each participant must wear a helmet and shoes while on a bike.

Parent Signature: _____ Date: _____

Please drop off at Broadlands Nature Center

NO MORE LATE FEES AND DINNER ON THE HOA!

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 bank account on the same day each month and automatically applied to your Homeowners account...no worrying if your check arrived on time and **NO MORE LATE FEES!**

To encourage more residents to sign up for this service, we are having a drawing for a \$45 Bonefish Grill gift certificate. Sign up between June 1st and August 1st and your name will be entered in the drawing. The winner will be announced in the September issue of the Broadlands Community News.

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.' Good Luck!

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.

Extra Recycling Bins Available

Due to requests for additional recycling bins by our residents, we now have a small supply available for pick-up at the Nature Center. One additional bin per residence can be obtained by calling the Nature Center at 703-729-9704 and making a request. Bins can be picked up Monday through Friday from 9 am to 5 pm. This is for *recycling* bins only.



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Vacation Bible School @Heritage Baptist

21700 Shellhorn Road Ashburn, VA 20147

June 22-26 8:45 AM - 12:00 Noon

***VBS Kick-off Carnival Sat., June 20 from 2-4**

Register at website www.heritagebaptistchurch.us

Call 571-333-3003

BROADLANDS LIVE! Kicks Off Season Six!

Broadlands Live! will kick off their sixth season this summer on Friday, June 12th with two great bands, High Octane and a special kids opener, Milkshake. Come prepared to shake a leg, too, because a dance instructor will be available during intermission to get you up and dancing.

The Broadlands Live! music series will continue on Friday evenings; July 10, August 14, and September 11 from 5:30 p.m. to 9:30 p.m. The concerts are scheduled so that residents and their families can come right after work, grab a bite to eat and enjoy some music outdoors with neighbors and friends. The local bands selected to perform will appeal to residents of all ages.

Domino's Pizza, Bluz Brothers BBQ, and Hawaii's Best Shaved Ice Co. will be offering items for sale. Please support these vendors by picking up dinner at the show. Support your local teams by purchasing novelty items for the kids at the shows.

All Broadlands Live! concerts are BYOB. If you choose to consume alcohol you must present your ID - **NO EXCEPTIONS** - and stay in the designated alcohol area due to ABC regulations. This year Broadlands Live! is very proud to be a part of the Habitat Committee's effort to recycle at each event. Please be sure to seek out the proper receptacles provided by this conscientious group when disposing of your recyclable trash.

The 2009 Broadlands Live! concert series is proudly presented by Inova Loudoun Hospital, OpenBand (Gold Sponsor), Heritage Landscape (Silver Sponsor) and the following Bronze Sponsors; Broadlands Family Practice, Wegmans, Stream Valley Veterinary Hospital, Harris Teeter, Ashburn Rentals and Broadlands Marketplace. Thanks also to our food vendors, Domino's Pizza, Hawaii's Best Shaved Ice Co. and Bluz Brothers BBQ. Special thanks to the Broadlands Homeowner's Association, too.

Watch for information in future newsletters, visit the Broadlands Live! website at Broadlandslive.com or call the Broadlands Live! hotline 571-333-4FUN for more information or to volunteer. Broadlands rocks and so do you!



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

For more information call
571-333-4FUN or visit
BroadlandsLive.com

BYOB - bring ID • No glass bottles
Food & non-alcoholic drinks sold at event

Food Vendors: Bluz Brothers, Domino's
Pizza, & Hawaii's Best Shave Ice Co.

2009 FREE SUMMER CONCERTS

June 12	•	High Octane & the Texas Chainsaw Horns The Milkshake Trio (as seen on Noggin)
July 10	•	Jah Works • TBA
August 14	•	The Groove • Bad Luck
Sept. 11	•	Tom Principato • Dixie Power Trio

PRESENTING SPONSOR	INOVA LOUDOUN HOSPITAL		GOLD SPONSOR	open band
BRONZE SPONSORS	Wegmans	BROADLANDS FAMILY PRACTICE	HLS	Harris Teeter
	Stream Valley Veterinary Hospital	BROADLANDS Marketplace	AR Ashburn Rental	

Special thanks to the Broadlands Homeowner's Association.

Pool Season is Here! Do You Know Where Your Pool Passes Are?

Look in the bottom of your pool bag or maybe in the drawer with the swimsuits for your Broadlands Photo ID pool passes. Everyone 5 and up who wishes to gain admission to the pools needs one.

If you are a new resident, you must fill out an application, return it to the Nature Center and have your photos taken. Applications are available at the Nature Center or online at www.broadlandshoa.org.

If you received a pass last year and have lost it, you can receive a replacement pass for \$5.00 each. If you want a new pass with a new photo, the charge is \$7.00. **CREDIT CARDS ARE NOT ACCEPTED!** Cash or check only. All passes are picked up at the Nature Center Monday through Friday from 9:00a.m. to 5:00p.m.

If any of your children have turned five since last summer or will be five by June 1, 2009, they must have a picture taken and a pass made. Please use the resident application available at the Nature Center or online at www.broadlandshoa.org and return it to the Nature Center to add them to your family data base.

Pictures will be taken at the Nature Center from 9:00a.m. to 5:00p.m. Monday through Friday on a first come first served basis.

Pool passes will be issued to each individual aged 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.

Renters must have the owner of the property sign the application transferring their pool privileges to the tenant. Please pick up a Tenant membership application from the Nature Center.

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
- Most Recent 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 care giver 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 2009 Pool Season is Underway!

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 AM – 8:00 PM daily, including weekdays while school is in session.

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

During school: Weekday hours are 4:00PM – 8:00 PM. Weekend and holiday hours are 11:00AM – 8:00 PM.

After school, beginning June 20: Standard pool hours will be 11:00 AM – 8:00 PM daily.

Beginning June 24: Adult Lap Swim - Weds 5:30AM to 7:45AM.

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

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

After school, beginning June 18: Standard pool hours will be 12:00 PM – 9:00 PM daily.

Beginning June 23: Adult Lap Swim – Tues & Thurs 5:30 AM to 7:45 AM.

Special Pool Hours

Southern Walk Pool:

June 13, Sat – Opens 11:30AM

June 20, Sat – Opens 11:30AM

June 24, Wed – Closes 4:30PM

July 11, Sat – Opens 11:30AM

July 18, Sat – Opens 12:00PM

July 22, Wed – Closes 4:30PM

July 25, Sat – Closes 5:30PM

July 26, Sun – Closes 5:30PM

Community Pool:

June 28, Sun – Closes 7:00PM

July 1, Wed – Closes 4:30PM

July 8, Wed – Closes 4:30PM



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>

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Broadlands Association Board of Directors Meeting

April 14, 2009

Board Actions

The meeting was called to order at 5:33p.m. with the following Board members in attendance:

Cliff Keirce
Brian Beahm
Denise Harrover
Staci Kapinos

Eric Bazerghi (via conference call)
Roy Barnett
Mark McIntosh
Tom Marable

Wes Schroeder, General Manager
Maureen Burns, Assistant Manager
Five Homeowners
Beth Levine and Greg Mattingly of Lara,
Shull & May Financial

Eric Bazerghi moved to approve the minutes from the March 10, 2009 Board Meeting as amended and was seconded by Brian Beahm. The motion was approved 7/0/1 with Staci Kapinos abstaining.

Staci Kapinos thanked the Board and others and reported her daughter was recovering nicely. Cliff Keirce spoke to the School Board twice (additional high schools proposed and elementary school boundaries). Mr. Keirce also proposed a business meeting of the Board on May 5, 2009. Roy Barnett reported that the proposed extension of Demott Drive to Moorefield Station is dead. Mr. Barnett also reported that the Hotel Special Exception for Section 204 should be held in May. Denise Harrover reported that over 60 vendors have committed to attend the Loudoun Earth Day Celebration here in Broadlands. Tom Marable reported that the traffic switch for Route 659 has been completed and should last for about six weeks.

The Board heard a presentation by the Technology Committee members who were evaluating the computer maintenance proposals. After listening to the presentation, Staci Kapinos moved to follow the recommendation of the Committee and select NT Connections to be the Association's computer maintenance provider after finalizing all terms and review by the Association's attorney. Brian Beahm seconded the motion. The motion passed 7/0/1 with Eric Bazerghi abstaining.

Beth Levine, former account manager with Smith Barney came to discuss her reasons for moving to Lara, Shull & May and to explain why the Association should move its money management to her new firm. Issues raised were the safety of working with RBC (Royal Canadian Bank) plus the larger inventory of CD's that would be available.

The Board and three members of the CSL Swim Team Board discussed issues with joining the team on the website. The CSL Board stated there were still a few spots available on the team and that there were currently 8 outside members. The meet schedule was also discussed. The Board requested that all slots still available be held for homeowners until April 30th and this was agreed to by the CSL members in attendance.

Maureen Burns and Denise Harrover were tasked with working on a resolution regarding Board liaisons to present to the Board.

There were six covenant hearings scheduled for the meeting. Five hearings were for inoperative light fixtures and one for non matching light fixtures. Two violations were corrected and the other four were to follow normal procedures for assessing charges.

Denise Harrover moved to approve Kris' Painting to paint the Southern Walk Pool House exterior and power wash/paint/repair common area trellises within the community. Staci Kapinos seconded the motion. The motion passed 8/0/0.

Denise Harrover moved to approve Commonwealth Digital Office Solutions to provide the Association's copier without FAX capability on a 48 month lease. The motion was seconded by Brian Beahm. The motion passed 8/0/0.

Staci Kapinos reported the research on replacing the tot lot between Harvest Green Terrace and Welby Terrace was underway. Also, the tot lot at the North Playground was being looked at for enhancement.

Cliff Keirce was to look at the draft and provide input to the Board about the document.

Patriot Disposal requested the Board consider moving newspaper recycling to Mondays. The Board agreed to asking homeowners to do their paper recycling on Mondays but requested it also be picked up on Thursdays, if put out. The Board authorized an insert with the Annual Meeting Notice.

The Board looked at the proposed turnover agreement and requested the document be reviewed by the Association's attorney.

The Annual Meeting has been confirmed and is set for Tuesday, May 12th at the Mill Run Elementary School from 7:00p.m. to 9:30p.m. Management is to review signatories for all accounts after the Annual Meeting.

Staci Kapinos moved to go into Executive Session at 7:25p.m. to discuss collections and the lawsuit regarding the hospital vote. The motion was seconded by Cliff Keirce. The motion passed 8/0/0.

Eric Bazerghi moved to exit Executive Session at 7:35p.m. and assert that no action was taken in Executive Session. Staci Kapinos seconded the motion. The motion passed 8/0/0.

Cliff Keirce moved to pursue with the attorneys provided by the insurance company to have the lawsuit dropped. Eric Bazerghi seconded the motion. The motion passed 8/0/0.

Cliff Keirce moved to have the Association's accounts managed by Lara, Shull & May. The motion was seconded by Eric Bazerghi. The motion was approved 8/0/0.

Denise Harrover moved to adjourn the meeting and was seconded by Brian Beahm. The motion was approved 8/0/0. The meeting adjourned at 7:40p.m. The next Board meeting is scheduled for May 5, 2009 at 5:30p.m. The Annual Meeting is scheduled for May 12, 2009 at 7:00p.m. at Mill Run Elementary School.



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Broadlands Association Board of Directors Meetings

*Meetings are held in the conference room of the
Nature Center usually on the*

2nd Tuesday of the month at 5:30pm.

*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.*

Help Your New Patriot Trash Can Stay at Home!

When you receive your new trash can from Patriot Disposal, you will notice a number imprinted on the side of the receptacle. This is a unique serial number. Please make note of it. In case your trash can is swept away by high winds, you will be able to identify it as yours. Additionally, residents may contact the association office with their name, address, telephone number and the serial number of their receptacle. The association office will keep a log, so if a trash can is found the owner can be identified and contacted. This is a voluntary program. Please send an email to mburns@broadlandshoa.com or call (703) 729 9704 to be included in this program.

Please encourage your neighbors who may not be newsletter readers to do the same.

Trash Collection Schedule

Mondays:

**Trash, Paper Recycling,
Yard and Kitchen
Waste**

Thursday:

**Trash and Recycling
(including paper
recycling)**

Home Owners Association Board of Directors Business Meeting

**Tuesday, June 09, 2009
5:30 p.m.**

In the Nature Center Conference Room

Modifications Subcommittee

*The Subcommittee meets at 7PM 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
--------------	-----------------

June 03, 2009	May 29, 2009
June 17, 2009	June 12, 2009
July 01, 2009	June 26, 2009
July 15, 2009	July 10, 2009

**Updated Design Guidelines are on
the Broadlands HOA website at
[http://www.broadlandshoa.org/info/designguides/
designguides.htm](http://www.broadlandshoa.org/info/designguides/designguides.htm).**

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



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First Annual Earth Day Event More than 2,000 Visitors to Loudoun County

The beautiful Broadlands area of Northern Virginia was host to Loudoun County's first annual Earth Day event on Saturday, April 26th. The temperature rose to nearly 92 degrees on the bright, gorgeous summer-like day, but it didn't detract visitors throughout the DC Metro area from attending. Event organizers said the three-hour festival attracted more than 2,000 attendees, surpassing expectations. Broadlands Wildlife Habitat Committee Member and Event Co-Chair Lori Seidmeyer said organizers were thrilled with the turnout, "By all accounts this event wildly exceeded our expectations in terms of exhibitor participation and overall attendance. Since it was our inaugural event, our goals were simple – to make sure this event offered something for everyone, people had fun and left Earth Day with something they can do at home to make a difference in the environment. I believe we have more than accomplished all of these goals." Earth Day @ Loudoun 2009 was located at Clyde's Willow Creek Farm on property owned by one of the sponsors, Van Metre Homes.

This event featured more than 70 exhibitors, interactive booths, a farmer's market, live music and various animal attractions. The Raptor Conservancy of Virginia, Leesburg Animal Park, Reptiles Alive!, The National Aquarium of Washington, D.C. and Animal Ambassadors served as the backdrop for the children's area of the event. Tucked inside the stunning Van Metre's nature preserve at Clyde's Restaurant's operating farm, animal attractions took center stage to inform and educate children and their families. "We really wanted to educate the public at an early age about ways they can make a difference in our communities. Gaining a better understanding of nature, animals, and products we use and consume each day, all make us better citizens and protectors of our environment," stated Joe Coleman, the President of the Loudoun Wildlife Conservancy, one of the largest Loudoun environmental organizations.

Loudoun County Board Supervisors Stevens Miller and Andrea McGimsey celebrated Earth Day by attending this event. They, along with Loudoun County School Board Chairman Robert DuPree, presented Co-Chairs Lori Seidmeyer and Oya Simpson with an Earth Day Resolution recently passed by the board. Hundreds of spectators crowded around the concert stage to enjoy music. Bands from The School of Rock and the local group, Traktion, literally rocked the meadow while Celtic Marc and the Jazz Combo softened the sound as the Earth Day festivities drew to a close. Organizers are already excited about plans in the works for next year. They are encouraging potential exhibitors and sponsors to reserve a space early by contacting them at info@earthdayatloudoun.org for 2010. For more information, contact: Oya Simpson at (703) 725-8040, email: OSimpson@gmail.com.

Special Thanks to Our Sponsors From Earth Day @ Loudoun 2009 Organized By Broadlands Wildlife Habitat Committee

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Animal Ambassadors, Audubon Naturalist Society, Blue Ridge Wildlife Center, Chesapeake Climate Change Action Network, Claude Moore Park, Corcoran Vineyards, Dulles Area Assoc. of Realtors, EcoStewards Alliance, Friends of Banshee Reeks Nature Preserve, Girl Scout Council, Girl Scouts, Goose Creek Assoc., Heritage Farm Museum, Keep Loudoun Beautiful, Loudoun County Coop. Extension, Loudoun County Dept. of Building & Development, Farm Bureau, Solid Waste Management, Office of Transportation Services, Loudoun Soil and Water Conservation District, Loudoun Water, Watershed Watch, Loudoun Wildlife Conservancy, NVCC Honors Club, National Wildlife Federation, New Leaf Vegan Society, Piedmont Environmental Council, Sustainable Loudoun, The National Aquarium, VA Master naturalist Banshee Reeks Chapter, Green Irene, Green Works Landscaping, Home Improvement Network, KoolEarth, Long and Foster, Milcreek Farms, New Asbury Farm, ONEgroup-Miessence, Poo Bare, LLC, Potomac Vegetable Farms, SandEnergy, The Body Organic, Winding Woods Farm, Blue Ridge Gardens, Crazy Horse Garden



On Saturday, June 27th, Sleep Outside the Box

Broadlands Joins National Wildlife Federation under the Stars!

Held each June, the Great American Backyard Campout is a national event that encourages friends and families to camp out together for one night. It's a time to turn off the electronics and spend a night sleeping under the stars while enjoying the sounds of nature. Pitch your tent and realize that sometimes by doing nothing at all, you're doing more than you can imagine...

Together!

I TOOK A TRIP

Players: 4 or more Equipment: None Preparation: None

Everyone sits in a circle. One player, the leader, goes around saying to each player, "I took a trip. What did I take along?" The players name any object they please. One may say, "a suitcase," another says, "a pickle." Other answers might be "a lunch box," "an alarm clock," a peanut butter sandwich," "my poodle."

After each player has named an object, the leader goes around and asks a different question, any kind of question that will be funny, because the players are not supposed to laugh. The leader asks the same question of each player and they each must give the same answer they gave before.

For example, the leader asks something like, "What did I travel on?" The answers would come out, "a suitcase," "a pickle," "a lunch box," and so on. Since anyone who laughs is out of the game, the leader purposely tries to think of questions that will make their answers seem funny and silly.

After everyone has a chance to answer the first question, the leader asks another, such as "What did I wear around my neck?" and then another, trying to get everyone to laugh. The player who laughs last wins the game.

★★★★★★★★★★

Plan Your Activities and Food

The simplest campouts usually contain three things: supper, a campfire sing-along and breakfast. Other fun ideas:

- How-to workshops (*building a campfire, cooking over an open fire, how to hike, how to orienteer, camp side first aid*)
- Games (*night-time flashlight tag, scavenger hunt, I-spy, sardines*)
- Crafts (*lashing a table, creating a god's eye, creating a nature journal*)
- Nature activities (*night watch, star gazing, field study, insect identification*)

★★★★★★★★★★

More activities and information about backyard camping can be found by visiting:
http://www.nwf.org/backyardcampout/Get_Ready_to_Camp.cfm





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Broadlands Summer Camp registration is now online!

Broadlands Summer Camp registration is now open

To register online:

- Go to www.audubonnaturalist.org.
- Click on Register Online and follow the prompts
- You will have the option to join ANS or renew your membership when you register online

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

We encourage people to use the online registration system, however, if you do not have access to the internet, we will mail or email you a registration form, or you may pick one up at the Nature Center.

Home Sweet Home (For children entering pre-K or K; child must be at least 4 years old by June 1, 2009)

June 22-26, 2009: 9:00a.m. - Noon

July 6-10, 2009: 1:00p.m. - 4:00p.m.

Where do owls sleep during the day? Who makes their home in a rotting log? Find out all this and more as we explore amazing animal homes right in our area, including crayfish chimneys, woodpecker cavities and squirrel dreys.

ANS Members: \$120, Non-Members: \$150

Connections in Nature (For children entering 1st and 2nd grade)

June 22-26, 2009: 1:00p.m. - 4:00p.m.

July 6-10, 2009: 9:00a.m. - Noon

Hawks need slugs, worms need foxes, and one action can affect the whole ecosystem. Engage all of your senses as we search out animals and plants and learn how all things in nature are connected.

ANS Members: \$120, Non-Members: \$150

Nature in Disguise (For children entering 3rd and 4th grade)

June 29 - July 2, 2009: 9:00a.m. to 3:00p.m. (no camp Friday, July 3rd)

Come to the Nature Center and become an eco-artist! See how creative you can be while learning about nature. Create usable art and reduce waste at the same time while incorporating concepts like camouflage, adaptation and habitats.

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LOUDOUN WILDLIFE CONSERVANCY SUMMER NATURAL HISTORY DAY CAMP 2009

Loudoun's Natural History Day Camp will be held again this summer. This is an opportunity for parents to provide some much needed environmental education for their children at one of Loudoun's most beautiful nature preserves, Banshee Reeks, south of Leesburg.

Dates and Hours: Two sessions: June 22-26 and July 6-10; 9:00a.m. - 3:00p.m., daily

Location: The 720-acre Banshee Reeks Nature Preserve, Woods Road, five miles south of Leesburg, off of Route 15.

Ages: Rising 3rd-7th graders

Cost: \$130. Registration is on a first come, first-served basis

Activities: Exploring local woods, streams, fields and ponds; observing creatures in their natural habitats; documenting observations; and enjoying games.

Sponsors: Camp is co-sponsored by Loudoun Wildlife Conservancy, Piedmont Environmental Council, Friends of Banshee Reeks, and Loudoun County Parks and Recreation.

Contact: For questions and registration information, contact Phil Daley at 540-338-6528, or send an e-mail to pedaley@verizon.net. Visit www.LoudounWildlife.org.





June Children's Programs and Events at the Nature Center

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

All programs are \$5.00 and will be held at The Broadlands Nature Center located at 21907 Claiborne Parkway, Broadlands, Virginia, unless otherwise noted. To register, please call the Nature Center at 703-729-9726 or 703-729-9704 at **least one day before** the program is held.

A **minimum number of 3 participants** is required or the program will be cancelled. Please dress for the outdoors.

Nature Games

Date: Thursday, June 4, 2009

Ages: 5 & 6

Time: 2:00p.m. - 3:00p.m.

Come to the Nature Center and learn about nature by playing interactive games. Please wear sneakers and dress for the weather. We will be outside if the weather cooperates.

Mommy, Me and Nature Makes 3 - Insect Session #3

Beautiful Butterflies

Date: Friday, June 12, 2009

Ages: 2 - 3 years old

Time: 10:00a.m. - 11:00p.m.

Take a look at our state butterfly and many others. Read stories, do finger plays and movements. Understand how the butterfly eats and why it's so important to our environment. Younger siblings are welcome, but the program will be geared towards the above ages.

Summer Vacations on a Budget By Shannon M. Pecora, MA. Stream Valley Veterinary Hospital

Dreaming of a week in Hawaii? Paris? Australia? For many of us, money is tight enough that we'll just have to keep dreaming! But we don't want to give up the tradition of the summer vacation. If you need to cut back on time off work, transportation and hotel costs, or kennel bills for the dog and cat, why not try out a "stay-cation"?

Within the distance of just a single tank of gas, there are many fun destinations for a day or overnight stay. Think of Ocean City, Virginia Beach, Luray Caverns, Deep Creek Lake...you may still be able to travel with your family without breaking the bank. And the arrangements for your family pet can be simplified as well.

For example, if you plan to spend a few hours in D.C., from breakfast until mid-afternoon, you don't have to keep your puppy in a crate all day. You can arrange for a stay in doggie daycare where your puppy will get plenty of opportunity to play and take potty breaks. You can often have daycare attendants feed him his breakfast, lunch, or dinner, too. As you relax and bond with your spouse and kids, your dog will get to enjoy a day of socialization and exercise!

Even an overnight stay in Williamsburg may be within your reach. Generally, a night's stay in a kennel is comparable to the cost of a day of daycare. Rather than spend a lonely night at home, your dog or cat can be fed, pampered, and played with, then even have a bath and nail trim before you pick him up the next day. It can give you a sense of security knowing that your pet will be happy and well cared for while you're away.

We all deserve a little time off, even if it is only a very little time. If you do get to plan a "stay-cation" this season, let your pet enjoy a mini vacation, too!



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HEALTHY CHILDREN-HEALTHY PLANET

An 8-Session Discovery Circle

The mission of these programs is to:

- Understand how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world.
- Discover ways to create meaningful family times and healthy environments for children.
- Explore ways to develop a child's connection to nature, and to foster creativity.

Discovery Circles are self-guided programs in which participants read articles by leaders in the field of study, discuss their responses to the points raised in the readings, and through personal reflection and group discussion develop informed actions (choices) that will help 'green' and enrich their lives.

An informational meeting will be held on Thursday, June 11th, 6:30 p.m. at the Broadlands Nature Center. This event will be hosted by The Broadlands Wildlife Habitat Committee. Refreshments will be served. Contact Lori Seidmeyer, Co-Chair Broadlands Wildlife Habitat Committee.
LSeidmeyer@gmail.com, 703-615-6113.

Attract Butterflies, Birds and Bees to Your Garden with Native VA Plants

Kims Strader, the curatorial assistant at the State Arboretum of Virginia in Boyce and a member of the VA Native Plant Society will be visiting the Nature Center on June 13th. She will lead a "walk and talk" entitled Virginia Native Plants for Butterflies, Birds and Bees. The program is from 1:00p.m. to 3:00p.m. at the Nature Center.

In her talk, she will reinforce how plants that are native to VA can be incorporated into the suburban landscape here in the Broadlands Community.

Some native plants which she will discuss include Service Berry, River Birch, Fringe Tree, Oaks, Flowering Dogwood and Sassafras. For more information and to pre-register for this program, call the Nature Center at 703-729-9704.

The Critter Corner **By Dr. Steve Velling** **Ashburn Village Animal Hospital** **"My pet has a drinking problem, Doc!"**

Dogs often drink out of a toilet, and cats often like to drink from a dripping faucet, but when they are showing these behaviors all the time, and when it leads to urinating in the house, that's when we usually get a call. Some of the statements we get are, "My cat's peeing in the house. It must be because she's mad at me" or "Bowzer is so thirsty all the time. What do you think it is?"

Excessive thirst, termed polydipsia in medical terms, is usually combined with excessive urination, or polyuria. What goes in must come out, right? Dogs and cats normally take in about 20-40 milliliters per pound of body weight per day, or 3 cups per day for a 20 pound dog, and 1.5-2 cups for a 10 pound cat. This includes any water they take in with their food, such as canned food. Anything more than that, under normal environmental conditions is considered polydipsia. These are early signs of several diseases including kidney failure or infection, diabetes, pyometra (a uterine infection), liver disease, and high blood calcium levels, among others.

Determining the cause of the increased thirst and urination requires further testing such as bloodwork, urinalysis, x-rays, specialized blood tests or even an MRI in really difficult cases. Treatment depends on the underlying cause, your individual pet, and your veterinarian. Treatment may include intravenous fluid therapy, insulin, or even surgery. Discuss treatment details with your veterinarian if your pet is diagnosed with any of these conditions.

In the meantime, watch for these symptoms:

1. Drinking large amounts of water
2. Frequent urination (and/or really large clumps in the litter box!)
3. Changes in appetite
4. Changes in behavior
5. Lethargy/weakness
6. Vomiting or diarrhea

So if you notice that Rex can't pull himself away from his water bowl, or that Shadow's litter box seems flooded with urine, give us a call right away!

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



Members of the Lepidoptera Order **Have Arrived!**

Lepidoptera is an order of insects that involve moths and butterflies. In mid May, we received one Eastern Tiger Swallowtail chrysalis, three Luna moth cocoons and several Painted Lady butterfly larva.

What do these insects have in common? They all go through a 4 stage life cycle; egg, larva/caterpillar, pupa/chrysalis and imago/adult. The adults have two sets of wings covered with tiny scales and a straw like mouth part called a proboscis.

There are other commonalities but let's look at some differences. Moths have wings that are attached while butterflies have wings that are hooked together in flight. Moths unlike butterflies as we know are active at night. Another major difference are the antennae appearance. The moth's antennae are feathery and the butterfly's are straight with a ball on the end. Butterflies have a thin abdomen while the moth's mid part is heftier.

Even though both members of this order are important pollinators and can appear very similar there are quite a number of differences. Next time you see one, take a closer look.

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Breaux Vineyards Cajun Festival June 20, 2009

Join Breaux Vineyards as we celebrate our 12th Annual Cajun Festival. Cajun cuisine will be for sale including Jambalaya, Muffaletta, Gumbo, Cajun spiced chicken, BBQ, & more! Live Zydeco & Cajun music. Children's activities including clowns, balloon art, face painting and vineyard hayrides will run every hour!



\$15.00 Admission includes:
Wine Tasting
Souvenir Glass
Hayrides & Entertainment.

Children 4 and under are free; over 4 and Designated Drivers are \$10.

For more information, call 800-492-9961 or on the web at www.breauxvineyards.com

All Broadlands Pre-School and Elementary Age Kiddies, Please Mark Your Calendars for the One and the Only...

The Great Zucchini will be performing at the Nature Center on Sunday July 26th at 11:00a.m. This is a free event open to all Broadlands residents with preschool and elementary age children.

More information to come in the July newsletter and HOA website.



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Serve These Savory Side Dishes with Dad's Favorite Entree on Father's Day



ROASTED POTATO KABOBS

1 ½ pound small potatoes such as purple, Dutch yellow, fingerlings, or new reds
2 tablespoons butter or margarine, melted
2 tablespoons olive oil
2 tablespoons snipped fresh thyme
½ teaspoon salt
¼ teaspoon freshly ground black pepper

Soak four 8-inch wooden skewers in water for 30 minutes. Scrub potatoes. Cut any large potatoes in half. In a large saucepan cook potatoes, uncovered, in boiling salted water to cover for 5 to 10 minutes or until almost tender. Drain. Or place potatoes in a microwave-safe bowl with 2 tablespoons water. Cook, covered, on 100 percent power (high) for 5 to 7 minutes or until almost tender. Preheat oven to 475 degree F. Thread potatoes on the 4 soaked wooden skewers. Place kabobs on a baking sheet. In a small bowl combine melted butter and olive oil. Brush potatoes with butter mixture. Sprinkle with thyme, salt, and pepper. Roast, uncovered, for 20 to 25 minutes or until golden brown. Makes 4 servings. bhg.com

HOLE-IN-ONE CAKE

1 pkg. (2-layer size) yellow or white cake mix
1 cup boiling water
1 pkg. (4-serving size) JELL-O Lime Flavor Gelatin
½ cup cold water
2 squares BAKER'S Semi-Sweet Chocolate, melted
2 cups thawed COOL WHIP Whipped Topping
1 red and 1 green chewy fruit snack roll
4 pretzel sticks
1 JET-PUFFED Miniature Marshmallow, cut into quarters

PREPARE and bake cake mix in 13x9-inch baking pan as directed on package. Cool completely. Invert cake onto large platter; remove pan. Using small sharp knife, cut and scoop out a shallow free form "golf course" from center of cake. Reserve removed cake for another use.

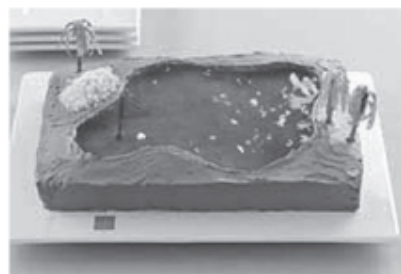
STIR boiling water into dry gelatin in medium bowl until completely dissolved. Stir in cold water. Refrigerate about 1 hour until slightly thickened (the consistency of unbeaten egg whites). Pour thickened gelatin into center of cake. Refrigerate 3 hours or until set.

STIR slightly cooled melted chocolate into whipped topping until well blended. Frost borders and side of cake with whipped topping mixture. Cut out small triangle from the red fruit roll. Attach to pretzel stick. Place in center to resemble flag. Using sharp small knife, cut green fruit roll into strips and attach to remaining pretzel sticks to form trees. Use some of the darker reserved crumbs to make sand traps. Roll marshmallow quarter into ball and place near flag for the golf ball. Store any leftover cake in refrigerator. Kraftfoods.com.

SKILLET TOASTED CORN SALAD

1/3 cup olive oil
1/3 cup lemon juice
1 tablespoon white wine Worcestershire sauce
3 cloves garlic, minced
½ teaspoon freshly ground black pepper
¼ teaspoon salt
Few dashes bottled hot pepper sauce
6 fresh ears of corn
1 tablespoon olive oil
4 medium red, yellow, and/or green sweet peppers
2 ounces Parmesan cheese, finely shredded (1/2 cup)
1 head romaine lettuce, cut crosswise into 1-inch pieces or torn into bite-size pieces

In a screw-top jar combine the 1/3 cup oil, lemon juice, Worcestershire sauce, garlic, black pepper, salt, and hot pepper sauce. Cover and shake well; set aside. Remove husks and silk from corn. Cut kernels from corn cobs. In a large skillet cook corn kernels in 1 tablespoon oil over medium-high heat about 5 minutes or until corn is tender and golden brown, stirring often. Turn down heat as necessary to prevent corn from popping out of the skillet. Remove from heat; keep warm. Remove membrane and seeds from sweet peppers. Cut sweet peppers into large pieces or coarsely chop medium sweet peppers. In a large bowl combine sweet peppers, corn, and cheese. Pour dressing over mixture; toss lightly to coat. Serve over romaine lettuce. Makes 6 to 8 servings. bhg.com



TENNIS ANYONE?

The Broadlands Tennis committee will be hosting **Adult Mixed Doubles Tennis Socials** from 7:30p.m. to 10:00p.m. at the Nature Center Courts on the third Saturday of the summer months:

June 27th
July 18th
August 22nd
September 12th



All skill levels are welcome - these tennis socials are designed for the Broadlands residents to get out on the courts, meet other players, and have a good time!

Participations will be limited to the first 24 who sign up. If you would like to attend, please contact us the week prior via e-mail at lindasearch@comcast.net so that we can organize a fun event for everyone, and keep each player posted on inclement weather updates.



See you on the courts!
The Broadlands Tennis Committee

Broadlands Will Provide Tennis Time to Special Olympics Athletes

The Broadlands Association will be providing court time for some very special athletes on Thursday evenings from 6:30p.m. to 7:30p.m. at the Hillside Park Tennis Courts.

Through an agreement with the local Special Olympics Chapter, Tennis Dan and the HOA, ten to twelve Special Olympics Athletes will have the opportunity to practice their tennis skills coached by Tennis Dan instructors and local high school volunteers.

If you plan to play tennis on Tuesday evenings, please remember that the courts will not be available during this hour. This special program continues through June 9th. The Special Olympics Athletes thank you for your support.

TD ALL-DAY SPORTS AND TENNIS CAMPS AT BROADLANDS



TD SPORTS ALL-DAY SPORTS CAMP

We are offering an all-day sports camps for kids ages 6-12. The camp will run from 9:00 AM - 4:00 PM with before and after care. We will have instruction for sports ranging from basketball, baseball/softball, tennis, soccer and many more. Team sports and activities are also included. The camp will be held around the Nature Center using the tennis courts, grassy areas, basketball courts and pool.

TD SPORTS TENNIS PROGRAM

TD Sports is excited for the upcoming 2009 Tennis season. We have a great line-up of events and lessons for this year.

SUMMER CLINICS

The spring and summer schedules are ready and available for sign-ups online. There are (2) four-week summer sessions for clinics, the first beginning June 22nd and the second starting July 27th.

SUMMER JUNIOR STARS TENNIS CAMPS

The Summer Junior Stars Tennis Camps will begin June 22nd in two-week sessions throughout the summer. The camps will be held on Monday, Tuesday and Wednesday for two weeks for 4 sessions. All campers will be given a camp T-shirt, so please specify size of shirt when you register.

TD ALL-STARS CAMPS

The TD All-Stars camp will be held Monday through Friday from 12:30-3:30p.m. during the summer. There will be 9 sessions beginning the week of June 22nd. You can sign-up by week or by day.

LITTLE STARS AND PEE WEE TENNIS CAMP

We are excited to also offer a Little Stars Tennis Camp for kids ages 5-6. The camp will be held the same dates as the regular tennis camp and the time will be 10:30a.m. - 11:30a.m. Also, the 3 and 4 year old Pee Wee camps will be held from 9:30a.m. - 10:30a.m. Look for the once-a-week clinics in the afternoon if these times do not fit your schedule.

All program information for Broadlands can be found at www.TDSports.org under the community section. Please visit the Nature Center to pick up/drop off the registration form.

Swim Lessons

Broadlands, in conjunction with High Sierra Pools, is offering swimming lessons this summer. If you are interested in having your child participate, forms can be downloaded from www.broadlandshoa.org or picked up at the Nature Center. Forms will also be available for pick up at all the pools.

Children Group Swim Lessons

There is a minimum of four children needed to run a lesson with a maximum of seven children in a group. The lessons are 30 minutes long. Each swimming lesson session is composed of eight lessons that are taught Monday through Thursday, with Friday as a make-up day. If none of the following sessions or times will work for you and your family, please email Andre Schlegel at aschlegel@highsierrapools.com to set up other arrangements. Please see complete information packet on the web site for class levels and descriptions.

Morning and Evening Swim Lessons Schedule for kids:

	Session 1 June 22 nd – July 2 nd	Session 2 July 6 th – July 16 th	Session 3 July 20 th – July 30 th
Morning	8:00 – 8:30 AM	8:30 – 9:00 AM	9:00 – 9:30 AM
Evening	8:00 – 8:30 PM	8:30 – 9:00 PM	

Adult Group and Private Swim Lessons are also available

Please download or pick up a form. Choose the date and time you prefer and return the registration form along with your check to aquatic director or pool manager at the pool. Applications will not be accepted at the Nature Center. Every attempt will be made to give you the session and time that you prefer, however, registration will occur on a first come first served basis. The cost of group sessions (composed of 8 classes) is **\$70**. The cost of individual sessions is **\$280**. If a session has to be cancelled due to lack of the required minimum, you can schedule your child for another session or have your money refunded. Swim instructors will evaluate each child and divide them into corresponding levels before swim classes start. The deadline for signing up will be one week before the start date; checks will be collected by the pool manager until the last Wednesday before beginning of the swim session. For questions please e-mail Andre Schlegel at aschlegel@highsierrapools.com. Please, make your check payable to: **High Sierra Pools, Inc**

Pro-Shop Tent Sale and Open House

Visit the Ashburn Ice House on June 13th for our Annual Pro-Shop Tent Sale* and Open House

Free Door Prizes - Free Public Skating**
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*Pro-shop sale begins on June 12, 2009 1:00 PM
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Broadlands Residents Can Take \$20 off a Week of the All-Day Sports Camp if You Sign up Before June 10th

Meet the Pro Day June 6th - Come out to the Nature Center courts to meet the Head Pro, Raj Basappa. In case of inclement weather, the rain date will be June 7th.

We will have registration forms to sign up for summer classes and camps and free lessons.

The registration schedule for lessons will be:

3:00p.m. - 3:15p.m. Pee Wee Stars (3-4 yrs old)
3:15p.m. - 3:30p.m. Little Stars (5-6 yrs old)
3:30p.m. - 3:50p.m. Future Stars (7-16 yr old beginners)
3:50p.m. - 4:10p.m. Advanced Juniors
4:10p.m. - 4:30p.m. Beginner Adults
4:30p.m. - 4:50p.m. Advanced Adults

Charity Tournament:

We will host the 4th Annual Yellow Ribbon of Northern Virginia Tournament on July 18th-19th. Information and registration forms will be on the TDSports.org website. All the money raised will go to the charity.

Hurdles, Plateaus, and Bumps in the Road: How to Make Your Workout Fail Proof

By, Katie Herbert CPT,
Perinatal Specialist

fitness.innovations@gmail.com



Life is full of ups and downs. One minute you may feel on top of the world, you are working out harder than you ever have, you are losing the weight, you are feeling great and all of the sudden, BAM! Roadblock. Something halts your progress and all that hard work seems lost. There is a natural ebb and flow to life and fitness is no different than any other aspect of life. In fitness goals, we can find great reward and success, but we can also find great failure. The key to success is to assess the damage and to move on.

Steps to Achieving Your Fitness Goals When You Encounter a Hurdle.

Step 1: Accept that fitness is a journey, not a destination. There may be small unexpected turns in the road (such as illness or an injury), but you have to find your way back to the course and keep going. After a small setback, be patient with yourself, work your way back to where you had been and then push to go farther. Remember that a week or even a month off is not a death sentence, it may be hard to get going, but once you do, it will all come back. *Kind of like riding a bike ☺*

Step 2: Be real with yourself. Set realistic goals and know your limitations. Before starting with a new client I always do goal setting. Goal setting isn't just for my client. It helps me to understand where the person is coming from. Most clients that come in have weight loss goals and that is fantastic. Just remember not to tie all of your success to a weight loss goal, not everyone is meant to wear a size 2 or participate in a triathlon. Find goals that have meaning to you and work for you and your life.

Step 3: Find someone to support your goals. Study after study has shown that support is one of the biggest keys to weight loss and performance goals; you have to have someone to help you back up onto the wagon if you fall. Support can come from a friend that has the same goals as you and you can depend on them giving you a hard time if you miss a day at the gym. Support can come from a spouse who wants to see you succeed. Support can even come from an instructor at the gym that encourages your attendance and praises your improvements.

Step 4: Understand that without failure, success would never be truly appreciated. I would bet that if you were to talk to most successful athletes he/she could tell you about a major failure that brought about change. Failure forces a person to take stock in what they are doing. Additionally, only after you have had your heart broken by defeat can you fully take in the joy of success.

Step 5: Success is defined by the individual. One goal does not motivate the world; we all search for success through different avenues. I have many friends that thrive on competing in triathlons. I, however, stoke my competitive fire a couple nights a week playing volleyball; I cannot even explain the enjoyment that I get from blocking someone that is bigger than me. And still, other people feel ultimate success lifting weights. The bottom line is to define success for you and plan your journey.

Keep your pitfalls in perspective, forgive yourself and move on. Success is there for everyone, you just have to be willing to step out and grab hold of it, no matter what has happened in the past.

Adopt or Foster a Rescued Bichon and Make a Friend for Life

Due to the current economic downturn, like many rescue organizations, Maryland Bichon Rescue has seen a sharp increase in the number of Bichons being given up for adoption by their owners. This breed is sweet, loving, very social and will take full advantage of any lap available. As a Bichon owner, I know that these dogs make wonderful family pets and thrive in an environment where someone is often at home. One feature many people love is that they have hair instead of fur so they do not shed and are great for people with allergies to other dog breeds with fur. They are also very smart and quite entertaining.

People interested in adopting a Bichon can contact marylandbichonrescue@yahoo.com. Subject line: Application Please

Right now, The Bichon Rescue Volunteers have an increased need for families willing to provide short-term foster homes for some of these dogs while they await adoption. Since there is some necessary training provided about fostering, foster parents must agree to foster several dogs before adopting one. Anyone interested in fostering or would otherwise like to help in rescue, contact Shirley Hendel at sdhendel@yahoo.com.

If they know of a Bichon in distress, contact Zandra Kern at 301-466-2492.

Every September the MD Bichon Rescue holds its Bichon Bash fundraiser, which this year will be held in Bull Run Regional Park in Centreville, VA on September 13th. There is a huge penned-in area where the dogs can run off-leash and socialize with other dogs and families. We bring a picnic lunch and some chairs and watch it all with great amusement. Here is the link to see pictures from past year's Bash: <http://www.bichonbash.com/photos2007.htm>. Check out this delightful event for yourself.



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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 hscott@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 hscott@broadlandshoa.com.



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Notes from Your Neighbors.....

Ashburn Volunteer Fire Rescue Department

Ashburn Volunteer Fire Rescue was recently declared the busiest company in Loudoun County, responding to 21% of the emergency calls in the County.

Did you know that injuries in the home are very common? The following causes account for 90% of all unintentional home injuries and deaths. Children under age 5 and adults over age 70 are the highest risk. **AVFRD answered almost 8,000 calls in 2008 and many corresponded to these national statistics:**

- Falls
- Poisoning
- Fire/burn
- Choking/suffocation
- Drowning

2nd Annual Pooch Parade & Dog Show – Sunday, June 14 from 11AM-3PM. Join us on this day dedicated to celebrating the special relationship between humans and their furry best friends – dogs. The event is sure to offer fun to anyone who loves dogs. There will be door prizes, ambulance and fire truck tours and food available for purchase. Registration forms will be available at the June 7th pancake breakfast. Go to www.ashburnfirerescue.org and learn more about the show registration process, rules for dog owners, and show schedule. Spectators' fee: **Free**

Pancake Breakfast –Ashburn Firehouse, 20688 Ashburn Rd – First Sunday of every month, next dates: June 7 and August 2 from 8AM-Noon. Adults \$6.00, ages 3-8 \$4.00, & seniors \$5.00, under 3 is free. Bring your camera; **Terry the Traumasaurus** will be making an appearance. (Please note – There is no Pancake Breakfast in JULY – the kitchen crew will be on vacation!)

Join us for "Kid's Corner" – Every month will feature a new surprise, a visit by a special guest, a craft project, etc. As always, there is an opportunity for child and adult to tour the fire engines and ambulances that protect you every day. If you have a youth group that requires community service hours, please contact dldevito@yahoo.com.



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USEFUL NUMBERS

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

NON-EMERGENCY

Ashburn Fire	(703) 729-0006
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 Dept.	(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	(703) 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
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623
School Board	(571) 252-1000

Social Services	(703) 777-0353
Patriot Disposal	1(703) 257-7100
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

LOUDOUN COUNTY PUBLIC SCHOOL

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

PUBLIC OFFICIALS COUNTY SUPER.

Stevens Miller	(703) 777-0204
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SCHOOL BOARD REPRESENTATIVE

Robert Dupree	(703) 729-3430
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VIRGINIA HOUSE OF DELEGATES

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

VIRGINIA SENATE

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

U.S. HOUSE OF REP. 10th DISTRICT

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

U.S. SENATE

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

VIRGINIA STATE GOVERNOR

Tim Kaine	(804) 786-2211
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Brownie Troop Number 6826 picked up trash at the end of March around Iredell Drive as one of their Community Service projects.

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- Psychological Evaluations
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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@broadlandshoa.com.

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

Next meeting is scheduled for June 13, 10:30a.m. at the Mills Recreation Center in Ashburn Village. The guest speaker is Mary Fishback of the Thomas Barch Library who will offer info regarding a genealogical search. She is an acknowledged expert in family ancestry searches.

ASHBURN TOASTMASTERS

Ashburn Toastmasters welcomes those interested in developing communication, leadership and presentation skills. For information, contact Catherine Stewart at castewar@cisco.com or visit www.toastmasters.org to learn more.

BROADLANDS NEIGHBORHOOD BIBLE STUDY

Please join us either Tuesday mornings or evenings at a neighborhood home for a study on the Heart of Christ by Max Lucado. For more information, contact Karen at 703-723-4341 or Tammie at 703-858-2771.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT COMMITTEE

Broadlands has to complete yearly goals to maintain certification. The Wildlife Habitat Committee works with The National Wildlife Federation, The Broadlands HOA and our residents to achieve these goals. For more information please contact BroadlandsWildlife@gmail.com.

GIRL SCOUTS

Join Girl Scouts today! A girl can expect to have a great time as she follows the fun and adventure, contributes to her community, learns new skills and makes new friends. Troops for all age levels - K -12th grade. To find out more, please contact Anne Moriak at anne@moriak.net or 703-729-6594.

MOMS IN TOUCH

Hillside Elementary Moms are invited to join us to pray for our children and the school they attend. We meet every Tuesday morning from 9:00a.m. - 10:00a.m. during the school year, Please contact Rebecca for more information at 703-858-7379.

CUB SCOUTS & BOY SCOUTS

A youth organization emphasizing fun with a purpose. We teach principles of good citizenship, character development, outdoor adventure, fitness and health and much more. The Cub Scout program is designed for boys in grades 1-5 and Boy Scouts for grades 6-12. Boy Scout Troop 2970, formed by leaders and families with over 20 years of Scouting experience, meets at Our Saviors Way Lutheran Church on Thursday nights. Cub Scout Pack 1483 meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For information, please call Ed Yarbrough at 703-724-1064.

LA LECHE LEAGUE OF ASHBURN PM

Need help or have questions about breastfeeding? Want to meet other nursing mothers? La Leche League International strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. Meets the 2nd Wednesday of the month from 7:00p.m. - 8:45p.m. at the Broadlands Community Center. To contact a Leader please call 703-729-1205.

MOM'S CLUB OF BROADLANDS

A national club whose members are Moms and kids from the Broadlands. Activities and outings happen weekly. We meet in the Community Center every third Friday at 10:00am. For information, contact Mimi Backhausen at 572-214-9086 or membership.momsclub_broadlands@yahoo.com.

INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00p.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 COUNTY AUTISM NETWORK

We are a network focused on autism awareness in our community and committed to the prevention and recovery of autistic children. Monthly meetings are held at 7:00p.m. on the second Thursday of the month in the Parent Resource Center in the KiDazzles facility on Red Rum Drive in Ashburn. For more info, go to www.locoautismnetwork.com.

PET LOSS SUPPORT GROUP

For anyone who has lost or anticipates losing a pet for any reason. We are a free support group that meets every third Tuesday from 7:00p.m. -8:00p.m. at Ashburn Psychological Services, 44110 Ashburn Shopping Plaza, Suite 251. We welcome all and are handicap accessible. For more info contact Robin Norris 571-278-9162 or robin@sashaheart.com.

TECHNOLOGY COMMITTEE

Meets at 7:30 p.m. on the 2nd Wednesday of each month at the Broadlands Nature Center. For info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

YOUNG MUSICIANS NETWORK

Minton Academy of Music host a Friday Night Jam Session for young musicians every 2nd Friday of the month at 8:00p.m. The jam session is for young musicians between the ages of 11 and 16. Young musicians must have at least 1 year of private lessons to attend. For more info call 703-723-1154.

(OPEN BAND CUSTOMER FORUM) SOUTHERN WALK TECHNOLOGY COMMITTEE

A forum for Southern Walk residents to discuss concerns and solutions regarding OpenBand. Meets the 1st Monday of each month at the Nature Center. For info, contact Erika Cotti at ecotti@smartneighborhood.net, 703 932-1385.

MOSBY RANGER DESCENDANTS REUNION

Descendants of Mosby's Rangers and those interested in the history of Mosby's Rangers are invited to gather at the Inn at Kelly's Ford in Fauquier County, Virginia on June 13th. The event is planned as part of Fauquier County's year-long celebration of its 250th Anniversary. The Mosby Heritage Area Association is sponsoring the event to recognize a significant piece of the Mosby Heritage Area's heritage.

The day will begin at 10:00a.m. with coffee and conversation followed by a program at 10:45a.m. Marc Leepson, President of MHAA, and Bob Sinclair, Chairman of the 250th Anniversary Committee will welcome visitors. This will be followed by talks on Mosby Ranger history and interpretations of events associated with the Rangers by the Grey Ghost Interpretive Group, the volunteer interpretive group of the Mosby Heritage Area Association. The descendants will be recognized and those attending will be given badges similar to those given to Rangers who attended the original reunions following the Civil War.

Following lunch, the Tuscarora Brass Band will give a one-hour concert. This unique band plays 1860s music on instruments of the Civil War period. At 7:30p.m. the MHAA will present its monthly *Cavaliers, Courage and Coffee Program* at Atoka. The program will feature classic Mosby stories.

As part of this event, MHAA is asking descendants to bring photos or other documents of their ancestors to be scanned. The scanned material will be donated to the Thomas Balch Library in Leesburg, the Fauquier County Public Library in Warrenton, and the Manassas Museum in Manassas. MHAA is helping to preserve this part of Fauquier County history for future generations.

A museum of artifacts from descendants will be set up for the day. The Clinton Hatcher Camp of the Sons of Confederates will be on hand to assist with our one-day Mosby Museum.

The event is open to all interested persons, especially descendants of Rangers, their servants, and the Mosby family. The cost is \$30 for the day and \$5 for the evening *Cavaliers, Courage, and Coffee* program. To become a participant in this historic event, a registration form can be downloaded from the Event Page of the MHAA website, www.mosbyheritagearea.org. For further information or to receive a registration brochure by mail, contact MHAA at 540-687-6681 or by email at info@mosbyheritagearea.org.

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ADVERTISING DIRECTORY

DENTAL/ORTHODONTIA

Ashburn Pediatric Dental Center	32
Broadlands Orthodontics	34
Dackowski, T Wesley, DDS	34
My Ashburn Dentist, Rusznak Zoltan, DDS.....	43
NOVA Pediatric Dentistry	36
Ronald Ray DDS & Associates	36
Wiger Orthodontics	36

FINANCE SERVICES

Apple Federal Credit Union.....	26
---------------------------------	----

FOOD

Asia Café	6
Clydes	43
Fusions Cuisine.....	26
Glory Days.....	6
Subway	43

HEALTH

Ashburn Eye Care Associates.....	32
Ashburn Psychological Services.....	36
The Eye Center	34
Family Foot and Ankle Center.....	32
INOVA Loudoun Hospital.....	2

HOME SERVICES

Climatic Heating and Cooling, Inc	18
Dominion Powerwash.....	16
Echeandia Lawns & Landscapes.....	33
EG and J Contracting.....	14
Elite Powerwashing	14
House Doctor.....	14
John Nugent and Sons.....	18
Kris's Painting Service, Inc.	16
Larry Miller Window Cleaning.....	18
Loudoun Water	44
Oakmark Construction.....	16
P&M General Contracting	14
Potomac Patio	18
Surrounds Landscape.....	38
Zampiello Paint Contractors, Inc.	10

PETS

Ashburn Farm Animal Hospital	22
Ashburn Village Animal Hospital.....	25
Stream Valley Veterinary Hospital	24

PROFESSIONAL SERVICES

Core Math Tutoring	6
Tammy Bane Allstate Insurance	44

REALTORS

Bonnie Selker, Keller Williams	44
Kyle Davis, RE/MAX.....	6

RECREATION

Ashburn Academy of Ballet.....	4
Ashburn Ice House	29
Capital Gymnastics West.....	30
Heritage Baptist Church.....	10

RETAIL

Broadlands Marketplace	43
The UPS Store	16

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

Limited Availability: 1/2 Page B/W
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Ashburn, VA 20148

For more information or questions regarding advertising, contact Staci Kapinos at 703-729-9704 ext.101 or ads4broadlands@yahoo.com.

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

EDITORIAL INFORMATION

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

JUNE CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LIL TOTS HOME CHILD DAY CARE SERVICES: (Broadlands, Brambleton, Ashburn) Caring, nurturing, safe, fun and responsible environment. Learning activities. Experience with "special needs". No smoking. No pets. New carpet. Affordable. Full-time/part-time. 7:30am-6:00pm (M-F). Accepting applications for ages 3-5. Please call Rachel at 703-726-8143.

READING SPECIALIST: Is your child having difficulty in reading? Certified teacher with Masters Degree in Reading Specialization. Focusing on beginning readers K-2nd grade. Call for references. Suzie 703-726-9836.

PROGRESSIVE SPEECH THERAPY, LLC: A unique pediatric speech-language & feeding therapy practice that provides therapy/diagnostic services for children 0-18 years of age. In home/school/daycare visits available to maximize your child's progress! Contact info@progressive-speech.com, call 571-246-6495, or visit www.progressive-speech.com.

SUMMER 2009 MOM'S MORNING OUT PROGRAM: Two experienced & certified teachers offering stimulating & fun summer play program. Open house in May. State license is pending, will be secured by mid-June. Ask for Jenny at 571-333-3395 for information.

HOME CHILD DAY CARE SERVICES: State Licensed. CPR & First Aid Certified. Insured. Breakfast, lunch & snacks provided. Attached single family home & fenced-in backyard. Smoke and pets free. Ages from 13 mths-12 yrs. Hours 7:30am – 6:00pm (M-F). Full/part time available. Please call Mrs. Tuladhar at 571-291-2311 for more information.

INSTRUCTION

MINTONS ACADEMY OF MUSIC IN ASHBURN: We are Broadlands residents that have been teaching music in the area since 2002! Our teachers are Emmy Award winners, Bachelors and Masters of Music, and some of the most award winning band directors in Loudoun County. With over 16 teachers at our school we teach all instruments to all ages. **Wanna' Play?** Visit us at www.mintonsmusic.com. Call us at **703-723-1154** or stop by 21690 Red Rum Dr Suite 137 Ashburn, VA 20147.

GOLF LESSONS: Individual or form your own group! Cathy Jones, Assistant Teaching Professional, USGTF Level III Instructor, Brambleton Golf Course in Ashburn. Website: www.Golfurheadoff.com. Girls School of Golf, Ages 10-15, July 13-17 and August 3-7. Call at 703-501-8739.

PRIVATE TUTOR: Licensed teacher available to tutor K-8 students in any subject area for remediation, retention, or enrichment. Please call Karen at 571.333.2930 or email ketrny@gmail.com

ALOHA MIND MATH: Discover the genius in your child! Abacus method, a fun way to learn math. Improves memory, visualization and focusing skills. Now enrolling for Junior/Senior program in Ashburn & South Riding. Visit www.aloha-usa.com or call 703-463-9680.

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PRIVATE MUSIC LESSONS: GUITAR, CLARINET AND SAXOPHONE. Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. In-home or studio instruction. References from Broadlands residents. Please call 703-777-4352 or email WoodwindStudio@verizon.net

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Broadlands Community Ctr, 7-8:30 p.m. Please RSVP: 703-568-5858.

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

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

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AROUND MIDNIGHT PET SERVICES, LLC: *Caring for your pet the way you would if you were at home.* We provide daily dog walks, vacation visits and overnight companionship. Licensed, Bonded, Insured. Contact us at 703-726-9218 or 877-726-9219, www.aroundmidnight.net.

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PROFESSIONAL SERVICES

TENNIS STRINGING SERVICES: Need to get your tennis racquet restrung? You've come to the right place. Overnight turnaround, great rates and satisfaction guaranteed!!! I carry a vast assortment of strings. Please call 571-437-9635.

AFLAC: Program that helps employers with their employee's medical benefits. Aflac's premiums are paid by employees, where business owners get the benefit of reducing (FICA) taxes. Want to know more about Aflac's programs, please contact Ram Siva at 571-723-6118.

COMPUTER REPAIRS: Do you need computer repairs that are friendly and priced reasonably? I can provide wireless networks, virus removal and PC Tune-ups that are competitively priced. Contact Brian at (703)648-0810. Check out www.weekendpctech.com to see our prices!

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

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

Broadlands Resident Rates:

\$ 7.00/Business Ad*;

\$ 0/Personal Ad or Lost & Found Ad

Non-Resident Rates:

\$14.00/Business Ad*;

\$ 7.00/Personal Ad

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*10% off for 6 months prepaid

Payment: Check to "Broadlands Association"

Send To: Broadlands Association

ATTN: Stassa Collins

21907 Claiborne Parkway

Ashburn, VA 20148, 703-729-9704,

scollins@broadlandshoa.com

Broadlands Committees and Events



June Activities

Date Activity

- 3rd 7:00p.m. Modifications Subcommittee Meeting(NC - Conference Room)
- 4th 2:00p.m. Nature Games(NC)
- 9th 5:30p.m. Board of Directors Business Meeting(NC)
- 10th 7:30p.m. Tech Committee Meeting(NC)
- 11th 6:30p.m. Habitat Committee Meeting(NC)
- 12th 10:00a.m. Mommy, Me and Nature Makes Three - Insect Session #3, Beautiful Butterflies(NC)
5:30p.m. Broadlands Live (Hillside Park)
- 13th 12:00p.m. - 5:00p.m. Nature Center Open With the Naturalist
1:00p.m. Talk and Walk with Kim Strater from Virginia Native Plants Society(NC)
4:00p.m. Annual Barbecue(Hillside Park)
9:00p.m. Flicks in the Sticks(NC)
- 17th 7:00p.m. Modifications Subcommittee Meeting(NC)
7:00p.m. Toastmasters Meeting(CC)
- 18th 8:00p.m. Investment Club(CC)
- 19th 10:00a.m. Broadlands Mom's Club(CC)
- 24th 7:30p.m. Book Club(NC)
- 27th Northern Virginia Summer Beerfest - Shuttle Bus Pick up throughout day(NC)

Committees

Community Events Committee

Committee Chair: Tammy Wells, tammy@jwells.us

Neighborhood Watch Committee

Chair: Staci Kapinos, ssdkapinos@yahoo.com

'Broadlands Live!' Summer Concert Committee

Chair: Sunny Trippel 571-333-0695, sunny@smartneighborhood.net

Recreation Committee

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

Open Spaces Committee - Volunteers Needed

Community Wildlife Habitat Committee

Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals such as to protect and improve the environment, including improving the awareness of global warming. **Chair:** Oya Simpson, (703) 725-8040, broadlandswildlife@gmail.com

Swim Team

Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)

Meets second Wednesday 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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