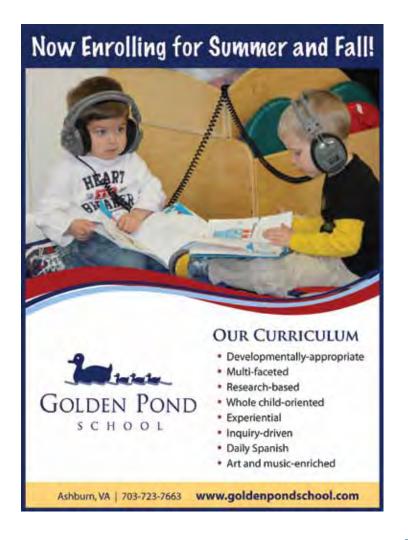






National Wildlife Federation Certified Community Wildlife Habitat Photo Courtesy of Jill Hughes









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

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

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

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

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

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

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

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

HOA Office and Website

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

Armstrong Management Services

Assessment Information Office: Direct Phone: (703) 679-1541 FAX: (703) 591-5785

Email: broadlands@armstrong.net

Mail Payments to: **Armstrong Management Services** P.O. Box 7778

Philadelphia, PA 19101-7778

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

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

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

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

HOA Management

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

Lisa Matthews - Audubon Naturalist, (703) 729-9726, naturalist@broadlandshoa.com. See page 14 for July hours

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

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

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

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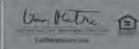
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Page 4 July 2011



Mark Your Calendars For:

Broadlands Carnival
Date: Saturday, August 6th
Time: 11:00a.m. - 1:30p.m.
Location: Nature Center
Look for more information in the
August newsletter.

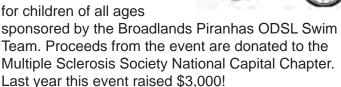
The Annual Teen Foam Pool Party!
Date: Saturday, August 27th
Time: 6:00p.m. - 9:00p.m.
Location: The Southern Walk Pool
Permission forms will be included in the
August newsletter

Back by Popular Demand, Broadlands Annual Casino Night Coming This September!

That's right, it's baaaaack! Be sure to keep an eye out for details in the August newsletter.

Broadlands Kids Triathlon Friday, July 8th at 9:00a.m.

This is the 3rd year for the Broadlands Kids Triathlon. It is an untimed triathlon for children of all ages



Kids will swim in the Southern Walk pool, bike along the paths & streets in Southern Walk and then run on the Mill Run track.



More information and registration forms are available on the swim team website www. broadlandsswimteam.org.

Hearts and Homes are Open to Exchange Students

Over three hundred families in Loudoun County will enjoy part of their summer with exchange students from China. In July and August, multiple groups of Chinese students will visit the United States, and study in Sterling, Virginia as part of their exchange experience. Local families are invited to consider hosting students and being part of this "homestay" program with A & I Exchange and Development Center.

"My parents hosted international students when I was a child, and I remember how much fun we had learning about each other's cultures. I would love to give my children a similar experience" said Helen Peterson, one of the hosts, who is a nurse and has three children.

"With the help of the host families, the international students can experience life first hand in this country, and that is the mission of this program" stated Olivia Li, who is making efforts to match the families and students. She said that host families are expected to provide a bed, meals, love and guidance. They will help the exchange students to improve their English speaking, make new friends, and learn about US culture. She also clarified that the students come with their own spending money and medical insurance. The students have studied English in their home country and have basic English communication abilities.

Opportunities are now available for more local residents to become host families. The students will arrive in eight groups with different schedules. Each group will stay five days with the local host families. All host families will receive a subsidy during the length of this program. They can also choose to receive free summer camp for their kids. Everyone benefits.

All the families or individuals are welcome to contact Olivia at A&I Exchange and Development Center, if interested in becoming a host family or if they want more information about the Homestay program. She can be contacted by phone at 703-989-6360, and by email: olivia@ai-education.com.



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BROADLANDS LIVE! Season Eight Continues! July 2011

Broadlands Live! kicked off their 8th season with a children's opener, Yosi, cranking up a family good time, followed by a crowd favorite, Full Mesh. Duffy Kane and Tom Principato will continue the fun at 5:30p.m. on July 8th. Come ready to party and enjoy dinner with your family and neighbors.



The Broadlands Live! music series continues on Friday evenings: August 12th and September 9th from 5:30pm to 9:30pm. The concerts are scheduled so residents and their families can come right after work, grab a bite to eat and enjoy music with neighbors and friends outdoors. The local bands selected to perform will appeal to all ages. Come ready to have a good time! Support local vendors Domino's Pizza, Foster's Grill, Hawaii's Best Shaved Ice Company and Robeks and pick-up your dinner at the show.

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. Smoking is prohibited in the beer garden.

The 2011 Broadlands Live! concert series is proudly presented by Van Metre Companies. Bronze sponors of this event are OpenBand, Stream Valley Veterinary Hospital, Broadlands Family Practice, 1757 Golf Club, Ashburn Rental, Wiger Orthodontics and Patriot Disposal.

Watch for information in our future newsletters, visit the Broadlands Live! website at Broadlandslive.com or call the Broadlands Live! hotline at 571-333-4FUN for more information or to volunteer. Broadlands rocks and so do you! A special thank you goes out to Parallel Wine Bistro for their hospitality to our committee. Thank you for your support!



Patriot Disposal Collection Schedule

Mondays:

Trash and Yard

Waste

Thursdays:

Trash and Recycling

Regular pick up on July 4, 2011. Please have trash and recycling at the curb no later than 7:00a.m. Thank you.

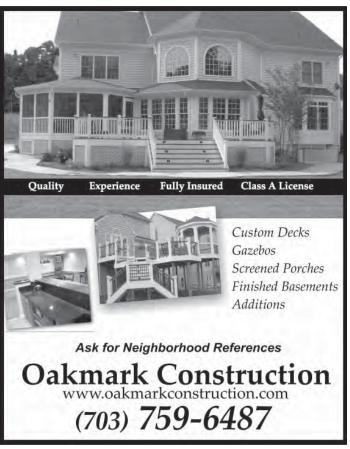


Worried About Bears?

Wear large sized jingle bells on your shoes. The bears will hear you coming and leave before you get to their location.







Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center on the first and third Wednesdays, March through October, and only the third Wednesday, November through February. Applications must be submitted by Noon on the Friday before the meeting. Please review the Design Guidelines manual or look online for information to be submitted with your application, as failure to include all information will delay review of your project.

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE SUBMISSION DATE

 July 06, 2011
 July 01, 2011

 July 20, 2011
 July 15, 2011

 August 03, 2011
 July 29, 2011

 August 17, 2011
 August 12, 2011

Updated Design Guidelines are on the Broadlands HOA website at www.broadlandshoa.org/node/49.

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

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To register, send an email requesting your registration code to mburns@broadlandshoa.com. Please include your name and address. Your code will be sent to you via return email. Then visit www.armstrongconnect.net/register and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at www.armstrongconnect.net/broadlandsassociationinc. Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.

Homeowners Association Board of Directors Meeting

Tuesday, July 12, 2011 at 6:00 p.m.

in the Nature Center conference room

Broadlands Association Board of Directors Meetings

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

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

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Page 10 July 2011

The Broadlands Wildlife Habitat Committee Proposes a Native Plants Sanctuary

The Broadlands HOA Board of Directors is asking the community for feed back regarding a proposal to install a Native Plants Sanctuary and Wildlife Habitats Display Garden. The proposed project is located on the south side of Ridgeway Drive across from Inglewood Court, near Mill Run Elementary School.

The goal of the garden is to enlighten homeowners about Virginia native plants and to inspire residents to incorporate them into their home gardens. The garden will also demonstrate how native plants can be used to attract birds, butterflies and beneficial insects and how native plant gardens require less maintenance, water, chemicals and money! The garden will showcase the types of plants that grow well here, good planting practices and overall garden care.

The project will transform a common area that is currently lawn into a professionally designed garden and provide an outdoor environment for school wildlife programs and for families to enjoy. Permanent signage will provide information and the garden will offer habitats for birds and butterflies.

For more information, please visit http://broadlandsnaturally.org/?p=5671. Comments should be sent to Oya Simpson at osimpson@broadlandsnaturally.org no later than July 8, 2011.



FOOD MATTERS!

Thursday, July 21st - 7:00pm - 9:00pm

Broadlands Community Center 43008 Waxpool Road, Broadlands

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For questions and registration, contact: Dee Cook @ 703.858.0545 dee.cook@vafb.com

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This kitchen was designed by Laura Gilbride, a Tart Lumber Design Consultant and Broadlands resident. To make an appointment to design your kitchen or bathroom, call (703) 450-5040 or e-mail Lgilbride@tartlumber.com.





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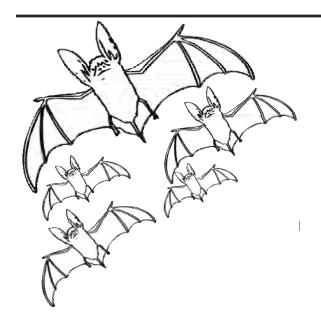


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Batty About Bats!

When: Wednesday, July 20th

7:00p.m. - 9:00p.m.

Where: Broadlands Community

Center

43008 Waxpool Road

Broadlands

Join us as we welcome Leslie Sturges of **Bat World NOVA** and learn about the fascinating world of nature's only flying mammals and their important role in our ecosystem. Loudoun is home to seven species of bats, some of which are common and some rare. After the lecture we will take a stroll around the trails by the community center and eavesdrop on bats' ultrasonic calls as they forage for some of Loudoun's bugs.

This free family program is co-sponsored by The Broadlands Wildlife Habitats Committee. **Questions:** Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org

Cool Facts About Bats

- Bats produce the largest babies in the animal kingdom.
- An 8 gram mother Pipistrelle bat may produce a 2 gram baby which is 25% of its body weight.

Broadlands Wildlife Habitats Committee Gardeners Search

Ready to grow your own veggies?

Do you want to garden with your kids?

Grow your own fresh and organic produce with us!

To find out more about this project send us an e-mail: **CommunityGarden@BroadlandsNaturally.org**

Kritters for Kids By: Lisa Matthews, Broadlands Naturalist

I am thinking of an animal. Some of them weigh less than a penny, some are very big. They are often seen in the summer time but only at dusk or early morning. They like to drink from swimming pools and ponds. They are found everywhere in the world except for the Polar Regions. They can fly up to 60 mph and up to 10,000 feet. Their favorite food is insects.

Have you guessed what this animal is?

It's a bat! Many people think of bats as Halloween creatures, I don't. This is because in October, if it's cold, many bats are beginning to hibernate or migrate to warmer areas and you just don't see them.

Bats are our summer-time nocturnal friends. Like the chimney swift, they eat lots of flying insects. Especially the insects that like to bite us! They can eat almost 5,000 insects in one evening which is half their body weight each night. They catch bugs in the air and sitting on plant leaves.

They have hairy or furry bodies, wings that are long fingers with the skin stretched out in-between, ears that can hear an insect walking across the ground from 50 feet away. Their noses can smell ripe fruit for miles. It uses it's *thumbs* to climb! Nectar feeding bats have long tongues half as long as their bodies. And even though they use echolocation, which is a kind of radar, to hear their prey, they also have excellent vision.

They live in dark hidden places mostly in colonies. A few species of bats live alone but most of them huddle together for warmth and protection all year round. They usually leave their roosts all together and if you are lucky enough to see them come out, it is quite the site, like a great big flock of birds!

During the summer, I especially like to watch bats get drinks of water from ponds and pools. They skim the surface of the water to get their drinks. They remind me of airplanes practicing take-offs and landings. Take a minute from your evening play time to watch their amazing acrobats and see if you can see one of them taking a sip!

Naturalist Hours for July 2011

July 6th12:00p.m. - 5:00p.m.July 7th:9:00a.m. - 5:00p.m.July 8th:9:00a.m. - 5:00p.m.July 25th - 29th:4:00p.m. - 5:00p.m.

I will be on vacation the following dates: July 11th through July 22nd

Saturdays that the Nature Center will be open are:
July 9th, 23rd, 30th
10:00a.m. until 2:00p.m.



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The Dangers of Over-the-Counter Herbs: What's Good for You May Be Harmful to Your Pet By Shannon M. Pecora, MA & Shannon Robinson, Lead Technician Stream Valley Veterinary Hospital

Poor memory, loss of focus, digestive imbalance, even "bedroom" troubles - you name a problem, and there's probably an herbal supplement marketed to solve it. Many people have used such products with great success, so they always have the supplements on hand at home. They may also be wondering if herbal supplements could be just as beneficial for their pets.

Whether your pet "steals" and ingests your herbal supplements while "counter-surfing," or you are interested in adding herbs to your pet's daily routine, you should bear in mind that, most often, their use is not governed by the FDA. That means, among other things, there is little quality control over them. It may not be clear how much of that marketed ingredient is truly included in each dose, and you might not know what other ingredients are also incorporated. The dosing calculations can vary widely, and what is appropriate for a 150-pound adult human is probably not right for a 9-pound cat or 30-pound dog. Without FDA regulation, herbal supplement companies might make unfounded claims, change formulas, or provide vague or false labeling in ways that prescription drug manufacturers cannot.

Additionally, the use of many herbs can prevent or intensify other medications' work (for you as well as your pet). They can heighten or hinder prescription medications such as insulin, digoxin, enalapril, and NSAID's, just to name a few. Those interested in giving OTC herbs to a pet should consult with their veterinarian first to determine if the supplement may be used safely. With that assessment, it is then important to purchase the product from a reputable manufacturer.

A few popular remedies and their potential animal side effects include:

- Ginko Biloba commonly used for memory and respiratory problems. Side effects in animals include bleeding disorders and hypoglycemia. Particularly dangerous for diabetics and pets on NSAID's
- St. John's Wort used for burns and OCD disorders. Side effects are bleeding disorders, blood pressure disorders, and sensitivity to light
- Ginseng used for stress relief and immune response.
 Side effects include bleeding disorders, seizures, hypoglycemia, and tachycardia (rapid heartbeat)
- Garlic used for cholesterol, hypertension, and colon cancer. Side effects include toxicity (poisoning), Heinz Body Anemia (also known as hemolytic anemia), and bleeding disorders

Again, please check with your veterinarian before offering herbal supplements to your pets or if your pet accidentally ingests your supplements. (In the case of accidental ingestion, it is also appropriate to contact the ASPCA Animal Poison Control Center at (888) 426-4435 or the Pet Poison Helpline at (800) 213-6680). Pets metabolize foods, supplements, and medications differently than we do, so herbal remedies may have other, potentially more dangerous effects than were intended. Unfortunately, sometimes what's good for you can be very harmful to your pet!



Our Beneficial Friends By Lisa Matthews, Broadlands Naturalist

Here we are, thick in our garden's growing season and also thick with insects! Many insects are our friends and need to be protected so that they can do their job in helping you keep harmful insects under control in your garden.

Pesticides kill not only the bad insects, but they also kill the good ones and harm birds that keep the insects under control. Pesticides also harm fish and wildlife when it runs off your yard into streams and lakes and also harms the water quality of the streams and ponds of Broadlands. Additionally, a study found traces of garden pesticides in the urine of toddlers, another good reason to avoid using pesticides.

Good insects will eat the pests in your garden that harm your plants, pollinate fruit trees and berries, including your tomatoes, eat plant waste and break it down into fertilizer. Good insects even provide food for birds and animals that also eat pests and they aerate and improve your lawn.

If you have a lot of garden pests, you should take a good look at the health of your garden soil. If the soil is in good health, the plants will be strong and healthy and will be able to withstand an assault from harmful insects. Have you planted your plants in the right places? Are you watering too much or too litte?

Accept some minor damage from insects. Most plants will outgrow the damage endured by the bad insects and the good insects will have a reason to stay, enough food will be there for the future generations of good bugs. Hand pick or wash off bad insects with a strong jet of water. Consider planting native plants. They have the added benefit of being drought and bad insect resistant. They are often stronger than non-native plants.

Praying Mantis', lady bugs, centipedes, soldier beetles, assassin bugs, rove and ground beetles are just a few of the beneficial insects for your garden. The web has lots of sites that can head you off in the right direction. First, learn which ones are the good ones!

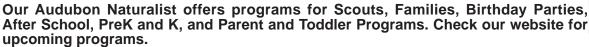
To find out more, visit www.BroadlandsNaturally.org for information on pesticide free gardening and for information on beneficial insects. Then visit your garden center to buy beneficial insects to put into your garden. Let the little guys do the heavy work for you and know that you are helping yourself and your family by having a poison free environment.



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Nature Center Programs

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





Saturday Family Days at the Nature Center

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

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

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

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

August 13th at 10:30 a.m. Our Nocturnal Night-Time Friends

Who are the critters who come out at night? Who snacks at our garbage, nibbles at our vegetables, and calls out in the dark? We will hunt for evidence in our surroundings and learn about the creatures that might go bump in the night!



Family Programs at the Nature Center
2nd Saturday of every Month
10:30a.m. - 11:30ish
June thru September
Welcome to All Ages
\$10/Family up to 5 members
\$2.50/ additional family members
\$5/1 Adult + 1 Child



Look for upcoming Fall programs in the August newsletter.

RUN FOR INDEPENDENCE 8K RACE

Saturday, July 02, 2011, 7:30 AM

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Inaugural Run for Independence 8K Race! The race runs through the streets of Leesburg, starting and finishing at the ARC of Loudoun, Paxton Campus in Leesburg. This race benefits The ARC of Loudoun's Paxton Campus which works with, and advocates for children and adults with disabilities. The race will feature post-race activities including music, food, and awards with activities for the entire family. The race will be electronically timed using the ipico tag system and full results will be posted following the race. Awards will be given to the top three overall male and female finishers. Also, awards will go to the top three male and female finishers in a range of age groups.

Location: The Arc of Loudoun, 601 Catoctin Circle, NE, Leesburg

Admission Fee/Ticket Price: \$25/person until June 10th; \$30/person from June 11--July 1;

\$35/person day of the race



LEESBURG'S INDEPENDENCE DAY **CELEBRATION**

Monday, July 04, 2011, 10am parade, 6pm park celebration begins, 9:30pm fireworks

Leesburg's 4th of July celebration begins with a hometown parade, beginning at Ida Lee Park and traveling down King Street through the historic district to Catoctin Circle. The event continues with a "Celebration in the Park" at Ida Lee with food vendors and live music. The grand finale will be a wonderful fireworks display over the park.

Admission Fee/Ticket Price: Free

Location: Ida Lee Park Rec Ctr, 60 Ida Lee Drive, Leesburg

Phone: 703-777-1368

Website: http://www.idalee.org

OL' TIME 4TH OF JULY CELEBRATION

Monday, July 04, 2011, 10:30am-3:00pm

Celebrate an old fashioned 4th of July set in the park's historic area. Activities include pony and wagon rides, a pie eating contest, crafts, an amazing reptile show, and nature exhibits. Tour the historic Lanesville Ordinary and see displays at the Loudoun Heritage Farm Museum. Enjoy live music and food vendors.

Admission Fee/Ticket Price: \$5/person donation suggested Location: Claude Moore Park/Lanesville Heritage Area,

21544 Old Vestal's Gap Rd., Sterling

Phone: 571-258-3700

Website: http://www.loudoun.gov/claudemoorepark

INDEPENDENCE DAY 4 ON THE 4TH **CELEBRATION AT BOGATI BODEGA**

Saturday, July 02, 2011, 12-5pm

Join us for an early celebration of Independence Day with bubbles and live music on the terrace. Enjoy a \$4 glass of sparkling wine in celebration of the 4th.

Admission Fee/Ticket Price: \$4/person

Location: Bogati Bodega & Vineyard, 35246 Harry Byrd Hwy,

Round Hill

Phone: 540-338-1144

Website: www.bogatibodega.com

LANSDOWNE RESORT FIREWORKS

Sunday, July 03, 9:30

Come join us on our outdoor terraces.

Fireworks start at approximately 9:30 ...it's open to all. Seating is first-come, first-serve and limited, so we recommend you bring a blanket or chair. A bar will be available for drinks and the grills open, so come thirsty, and hungry, but remember no outside food or beverage is permitted.

Admission Fee/Ticket Price: Free

Location: 44050 Woodridge Parkway, Leesburg

INDEPENDENCE DAY AT DODONA MANOR

Monday, July 04, 2011, 10:30am-1:00pm

After enjoying the 10am Town of Leesburg parade, visit Dodona Manor, the restored home and gardens of General George C. Marshall. Celebrate Independence Day with an old fashioned ice cream social. In addition to ice cream there will be live music and free house tours until 1pm. Dodona Manor will open its grounds to the public immediately following the Town of Leesburg parade. RSVP is not required. Parking available at the Shops at Dodona Manor located at 310-312 E. Market Street; parking garage on Loudoun Street, between Harrison & Church streets; or metered Leesburg parking spaces. No access from Edwards Ferry Road.

Admission Fee/Ticket Price: Free

Location: George C. Marshall International Center at Dodona

Manor, 217 Edwards Ferry Rd, Leesburg

Phone: 703-777-1301

Website: http://www.georgecmarshall.org



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Fourth of July Favorites

CAROLINA-STYLE BARBECUE CHICKEN

Ingredients

1/2 cup yellow mustard

1/4 cup apple cider vinegar

1/4 cup packed light brown sugar

1 1/2 tablespoons mustard powder

2 teaspoons hot sauce

1/2 teaspoon Worcestershire sauce

Kosher salt and freshly ground pepper

2 tablespoons unsalted butter, melted

8 skin-on, bone-in chicken thighs (2 to 2 1/4 pounds)

Vegetable oil, for brushing

1 large tomato, sliced

Prepared macaroni salad, for serving (optional)

Directions

Preheat a grill to medium. Whisk the yellow mustard, vinegar, brown sugar, mustard powder, hot sauce, Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste in a bowl. Whisk in the butter. Season the chicken with salt and pepper, then toss with about one-third of the mustard sauce in a large bowl until coated. Let sit at room temperature, 10 minutes. Brush the grill grates generously with vegetable oil. Put about 1/4 cup of the remaining mustard sauce in a small bowl for basting and reserve the rest for topping. Grill the chicken, covered, basting occasionally with the sauce, until well marked and a thermometer inserted into the thickest part registers 170 degrees F, 10 to 12 minutes per side. Foodnetwork.com

ROASTED GARLIC CAULIFLOWER

Ingredients

2 tablespoons minced garlic

3 tablespoons olive oil

1 large head cauliflower, separated into florets

1/3 cup grated Parmesan cheese

salt and black pepper to taste

1 tablespoon chopped fresh parsley

Directions

Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown. Allrecipes.com

SUMMERTIME PUNCH

Ingredients:

3 quarts water

8 tea bags

3/4 cup granulated sugar

1 can (12 ounces) frozen

lemonade concentrate, thawed

1 quart chilled ginger ale

Directions:

Bring water to a boil. Steep tea in water for 10 minutes. Remove tea bags and combine with lemonade concentrate. Chill. Gently stir in ginger ale just before serving. Makes 12 to 16 servings.



Win a \$25 Gift Certificate to ⊁ Bonefish Grill!

Solve the Independence Day Word Scramble, and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than July 10, 2011. Be sure to include your name and telephone number. Good Luck!

1.	wesrifokr
2.	glaf
3.	srarlepsk
4.	cirpoiat
5.	airecam
	CONTACT INFO:
NAME	: :

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July 2011



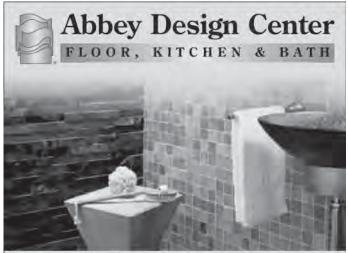
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(NEXT TO TILC VET. ACROSS FROM OUTLET MALL
703-779-8181

WWW.ABBEYFLOORING.COM

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Broadlands 2011 Pool Season

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

Pool Locations and Hours

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

SUMMERBROOKE POOL – 21580 Demott Drive – 703-724-9818 10:00 a.m. – 8:00 p.m. daily

SOUTHERN WALK POOL – 43081 Village Drive – 571-223-1331 11:00 a.m. – 8:00 p.m. daily.

COMMUNITY POOL – 43008 Waxpool Road – 703-724-7830 12:00 p.m. – 9:00 p.m. daily

ADULT LAP SWIM – Offered at the **Community Center Pool**. Tuesday, Wednesday and Thursday from 5:30 a.m. to 7:50 a.m.

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



SWIM LESSONS

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

General Information

The cost of a regular group session (composed of 8 classes) is **\$70 per child**. The cost of a regular private session (composed of 8 classes, one child) is **\$280 per child**. Semi-private sessions (2 children per session are required) are also available, for a cost of \$140 per child. The group must be pre-arranged by the parent(s). HSP unfortunately cannot arrange these groups. Each session is composed of eight lessons over **2 weeks**, taught **Monday through Thursday**, with Friday as a make-up day (make-up day is reserved only for classes that were canceled due to bad weather, instructor absence or mechanical failure of equipment). ***Exception:** During week Fourth of July week, classes will run Tuesday through Friday.

Please register your child at least one week prior to the start of each session. Payment is due upon registration. Minimum age for children is 3. We offer four swimming levels: Nemos, Sea Turtles, Dolphins, and Sharks (see Swim Level Descriptions below). Each level has completion requirements. At the end of each session, skills are demonstrated and if successfully completed, children can progress to the next level. Participants usually need to stay in one level for 2 to 3 sessions. Upon request, our swimming instructors will be available to evaluate your child and recommend appropriate level before the session starts. Swim instructors will also reevaluate participants and divide them into corresponding levels during the first class (only if needed).

Level Description

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

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

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

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

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Swim Lesson Schedule

Each session runs Monday – Thursday, offering 8 lessons over 2 weeks.

*Exception: Session 2 will run Tuesday – Friday the week of Fourth of July.

Summerbrooke Pool - Morning Swim Lessons for Children (Private / Semi-private)

Session	Date	Groups: Nemos/Sea Turtles	Groups: Nemos/Sea Turtles
1	June 20 th – June 30 th	8:30am – 9:00am	9:00am - 9:30am
2	*July 5 th – July 14 th	8:30am – 9:00am	9:00am – 9:30am
3	July 18 th – July 28 th	8:30am – 9:00am	9:00am – 9:30am
4	August 1 st – August 11 th	8:30am - 9:00am	9:00am – 9:30am

Southern Walk Pool - Morning Swim Lessons for Children (Private / Semi-private)

session	Date	Groups: Dolphins/Sharks	Groups: Dolphin/Sharks
1	June 20 th – June 30 th	9:40am - 10:10am	10:10am - 10:40am
2	*July 5 th – July 14 th	9:40am - 10:10am	10:10am - 10:40am
3	July 18 th – July 28 th	9:40am - 10:10am	10:10am - 10:40am
4	August 1 st – August 11 th	9:40am - 10:10am	10:10am - 10:40am

Summerbrooke Pool - Evening Swim Lessons for Children (Private / Semi-private)

Session	Date	Groups: Nemos/Sea Turtles/Dolphins	Groups: Sea turtles/Dolphins/Sharks
1	June 20 th – June 30 th	8:00pm – 8:30pm	8:30pm – 9:00pm
2	*July 5 th – July 14 th	8:00pm – 8:30pm	8:30pm – 9:00pm
3	July 18 th – July 28 th	8:00pm – 8:30pm	8:30pm – 9:00pm
4	August 1 st – August 11 th	8:00pm - 8:30pm	8:30pm – 9:00pm

Southern Walk Pool - Evening Swim Lessons for Adults (Group / Individual)

Session	Date	Group: Adults
1	June 20 th – June 30 th	9:00pm – 9:30pm
2	*July 5 ^h – July 14 th	9:00pm – 9:30pm
3	July 18 th – July 28 th	9:00pm – 9:30pm
4	August 1st – August 11th	9:00pm - 9:30pm





at neighborhood activities.

Join Scouting Night.

In September look for announcements about





For information about Pack 1483, email info@pack1483.org. For information about Pack 1484, email rickyhoybach@msn.com.

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Broadlands "Boys Night Out" Doubles Tennis Ladder

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

Participants: Men with NTRP ranking of 3.0 or higher.

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

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

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

When: Every Sunday night at 7:00p.m. rounds ongoing

through September 2011.

Where: Broadlands Nature Center Courts

Contact: To join the ladder or to get further information,

contact broadlandstennis@gmail.com

Broadlands Tennis Website: www.BroadlandsTennis.

org

Broadlands Tennis Ladies Night Out

Ladies with NTRP ranking of 3.0 and above only.



Come out and play doubles tennis at the Nature Center tennis courts every **Monday night** from 7:00p.m. until 9:00p.m. until the weather is too cold.

Fee: Free for residents

\$5.00 for non-residents

Please bring a can of balls

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

Broadlands Tennis Programs

Enrollment Now Open!

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

Junior Tennis & Sports Camp Registration is OPEN

JUNIOR CAMP (ages 5-16)

Mon - Thu, 9am-1pm (4 days)

Broadlands Residents/Non Residents

\$170 / \$185 per week

10 WEEKS: June 20-August 25

Clinics - 8 Week Sessions JUNIOR CLINIC (ages 4-5)

Tue – Fri, 4:30p.m. - 5:00p.m. (½ of the price stated below)

JUNIOR CLINIC (ages 6-16)

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

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

ADULT CLINIC – All levels

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

Tue – Th, 7:00p.m. - 8:00p.m.

Broadlands Residents/Non-Residents

(As low as \$13.00 per class)

\$120/\$135 per session (8 weeks)

1 class a week

\$224 / \$254 per session (8 weeks)

2 classes a week

\$312 / \$357 per session (8 weeks)

3 classes a week

Clinics Drop In Fee:

\$20 members; \$22 non-members

Weekday Morning Clinics

Mon, Wed, Fri, 9:00a.m. - 10:30a.m.

\$20 residents; \$22 non-residents / per class

Weekly Junior Tournaments

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

Private Lesson Prices Per Hour Lesson: Resident/Non-Resident

1 player:

\$60/\$65

2 players:

\$35/\$38 each

3 or 4 players:

\$25/\$27 each

5 or + players:

\$20/\$22 each



Broadlands Junior Tennis & Sports Summer Camp 2011 June 20 – August 25 (Weekly Sessions)



Tennis: whether your children are beginner, intermediate or advanced players, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

We break down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly.

Fitness: our staff will lead our campers in group fitness activities. Kids will learn the benefits of stretching and the many facets of strength building and conditioning.

| Motor Skills activities and Team Field

Games: relay races, soccer, Kick-Ball, and swimming ...just to name a few.

JUNIOR CAMP (ages 5-16)

Mon – Thu, 9:00am – 1:00pm (4 days) Broadlands Residents/Non Residents \$170 / \$185 per week Location: Nature Center Courts 21907 Claiborne Parkway

Registration: Ongoing

Space is limited to 30 campers per week Minimum enrollment is 10 campers per week If oversubscribed, preference will be given to Broadlands Residents

Week 1: June 20-23

Week 2: June 27-30 Week 3: July 5-8

Week 4: July 11-14 Week 5: July 18-21

Week 6: July 25-28 Week 7: August 1-4 Week 8: August 8-11

Week 9: August 15-18 Week 10: August 22-25

Note: Fridays will be used as make-up days for inclement weather cancellations

Refer to our website for weather cancellations:

www.luistennis.org

Contact Info:

Email: LuisTennisAcademy@gmail.com

Broadlands Junior Tennis & Sports Summer Camp 2011 June 20 – August 25

SCH00I:	Birth Date: / /	Phone #:	Broadlands Resident (Y/N)	_ City State ZIP	
camper's Name:	Level:Age:	Parent Name	Email	Address	

Name _______ Phone #

Emergency Contact in case Parent is not available:

Enter # of Weeks Desired

otal \$

Make Checks payable and mailed to:

Luis Rosado, 22616 Parkland Farms Terrace Ashburn VA 20148 Cancellation Policy: No refunds will be given for cancellations within 10 days from your camp week.

Broadlands Junior Tennis Camp Waiver

For and in consideration of Luis Rosado Tennis Academy permitting me and/or my child to enroll in and participate in the tennis instruction and related activities (collectively, the "Activity"), by signing below I hereby voluntarily indemnify, release from liability and hold harmless Luis Rosado Tennis Academy (Luis Rosado and staff) for any accident, injury, illness, death, loss, damage to person or property, or other consequences suffered by me or any other person arising or resulting directly or indirectly from my participation in the Activity.

If I or my child gets injured, I agree to assume any financial obligation, either through my personal health insurance or through some other means, for any medical costs I incur. Luis Rosado Tennis Academy (Luis Rosado and staff) assumes no responsibility for any medical expenses, injury, or damage suffered by Participant in connection with the use of any Ashburn Community Tennis facilities or services in connection with the Activity regardless of where such services take place.

Parent or Participant Signature: ___

Please attach this slip with your check

Baby Steps to Big Success By: Katie Herbert CPT, fitness.innovations@gmail.com

There are many different types of people in the world. In fact, that is one of the beautiful things in life, it is interesting because we are all different. We have different goals, we are good at different tasks, we find success through different avenues. It is also these differences that can make a trainer crazy. What motivates one client may turn another client off. A weight loss strategy that works wonders for one client may leave another at a plateau. While some clients are motivated to climb that mountain ahead, others search for the molehill feeling overwhelmed by such a large task.

I've had many a client set goals and fail miserably at accomplishing the goals. Why does this happen? There are many factors at play here but one of the biggest issues that I find is fear, or maybe it's more a feeling of being overwhelmed by the goal. The 'New Years Resolution' is a perfect example; many of us set lofty goals every January 1st only to abandon said goals within days. The problem is that most of us try to overhaul our lives instead of making gradual changes that we can stick with.

As in all areas of life, change in diet and activity level is much more sustainable when done gradually. The goal is after all to be able to sustain and maintain weight loss and health. Anyone that has ever tried a crazy crash diet (cabbage soup anyone?) will understand this. So often the new fad diet or fad exercise will promise amazing results, it may even deliver on initial promises, then the minute you end the program you regain all the weight and more. Are we getting it now? Baby steps=success. By no means am I trying to discourage anyone from going all out on their fitness goals this year and hitting full throttle. I'm just trying to let everyone know that it's alright to be overwhelmed, but not let those feelings hold you back from something great.

Diet and nutrition is a place where many people falter. As I tell my clients, you can ruin a killer 1 hour workout in 10 minutes if you are reckless. What I mean is be mindful of what you are putting into your body and consider the work that it will take to get rid of it. Are those M&M's worth another 30 minute run?

Here's a little basic math to help out:1lb of fat=3500kcal. This may seem like a large number. Break it down over a week if you can reduce 500kcal per day, you are down 1lb per week. Easy right? Not sure where to cut calories from? Keep a food journal for 3 days. After the three days, look at what you've eaten and determine what empty calories you can get rid of

The American Academy of Sports Medicine recommends 30 minutes of cardiovascular exercise 5 days per week. I can hear some of your groaning already but this is just what I mean. 5 days a week may seem like too much too handle to start. Start with something you can do, once you can comfortably fit 2 days in, add a third day, then a fourth, then a fifth. Other people may think that there is no way to fit 30 minutes in. No one said it has to be in a row. In fact, studies have shown that people that break up workouts burn more calories than people that do one bout of exercise per day due to the extra oxygen consumption that exercise requires.

Other quick tips:

Take the stairs vs. elevator.

Park further away from store entrances.

Find opportunities to be active...squats and brushing teeth go well together.

Do mini workouts on commercial breaks (i.e. 10 push-up, 10 squats, 10 crunches, 10 jumping jacks).

Play with kids when at the playground (instead of just talking/sitting).

Use your kids sports practices as a time for your exercise, walk the track during baseball practice.

Even if you aren't ready to commit to a hardcore exercise program, you can benefit from some of these simple changes and chances are, if you can make some little changes, that mountain may not look so big anymore.

Good luck!

Loudoun Wildlife Conservancy July 2011 Events

All events are free unless noted in the description. Registration is sometimes required due to space limitations.

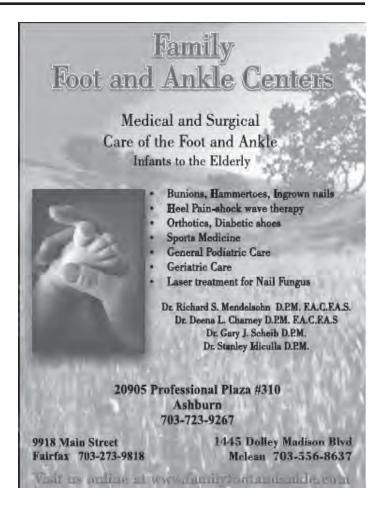
Birding Banshee - Saturday, July 9, 8:00 a.m. Join the Loudoun Wildlife Conservancy and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for the monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot spot. Please bring binoculars. Questions: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

Butterflies of Loudoun Identification Class and Field Session - Saturday, July 16,

10:00 a.m. - 2:00 p.m. Learn about tips and tricks for identifying many of our local butterflies. Nicole Hamilton will lead an indoor session, then everyone will head out to the gardens and wild, weedy areas at Ida Lee to see and identify butterflies. This is a great way to hone your skills and get ready for our 15th Annual Butterfly Count in August! All experience levels are welcome. Meet in the downstairs classroom at Ida Lee Park in Leesburg and please bring a lunch. *Registration required: Sign Up Online at* http://www.loudounwildlife.org/SignUp.htm *or contact Nicole Hamilton at nhamilton @loudounwildlife.org.*

Batty about Bats! Wednesday, July 20, at the Broadlands Community Center 7:00 - 9:00 p.m. Join us as we welcome Leslie Sturges of Bat World NOVA and learn about the fascinating world of nature's only flying mammals and their important role in our ecosystem. Loudoun County is home to seven species of bats, some of which are common and some rare. After the lecture we will walk around the community center and eavesdrop on bats' ultrasonic calls as they forage for bugs. This free, family program is co-sponsored by Loudoun Wildlife Conservancy and the Broadlands Wildlife Habitats Committee. The Broadlands Community Center is located at 43008 Waxpool Rd, Broadlands. Questions: contact Laura McGranaghan at Imcgranaghan @loudounwildlife.org.

Birding the Blue Ridge Center - Saturday, July 23, 8:00 a.m. On the fourth Saturday of each month (except December), Loudoun Wildlife Conservancy leads a free bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES), a beautiful 900-acre preserve in northwestern Loudoun County. The property includes meadows in the valley and heavily forested slopes. The Blue Ridge Center is located just north of Neersville at 11611 Harpers Ferry Road (Rte 671). Meet at the visitor center. Detailed directions can be found on the website, www.brces.org. Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.





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BROADLANDS HELPER LIST

The Broadlands Helper List is being updated - If you would like to be added to the list, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to scollins@broadlandshoa.com.

Not Available on Website Edition

Key:

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

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



Saturday, June 4th, members of Ashburn Toastmasters performed their semi-annual trash cleanup project behind townhomes on Iredell Court, as well as downstream from the nearby culvert on Demott Drive. They plan to do another cleanup in the fall.

Great job, thanks for helping to keep up the neighborhood!



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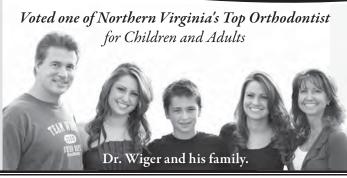
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POTOMAC FALLS 703-444-9373 46165 Westlake Drive, Suite 300

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	USEFUL N	NUMBERS	
Can als	so be found at http://	broadlandshoa.org/node/117	
NON-EMERGENCY		Social Services	(703) 777-0353
Ashburn Fire	(703) 729-0006	School Board	(571) 252-1000
Fire Marshall	(703) 777-0333	Street Signs/Storm Drains	(703) 771-5666
Loudoun County Sheriff	(703) 777-1021	VDOT	(703) 383-8368
Washington Gas	(703) 750-1000	Van Metre Homes	(703) 723-2800
Poison	(703) 625-3333	Verizon	(703) 954-6222
Loudoun Water - Customer Service	(571) 291-7880	Verizon Fios	(888) 553-1555
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878	Voter Registration	(703) 777-0380
State Police	(703) 771-2533	Weather	(703) 936-1212
Dominion Virginia Power	(888) 667-3000	LOUDOUN COUNTY PUBLIC SCHOOL	
PUBLIC INFORMATION		Briarwoods HS	(703) 957-4400
Abused Women's Shelter	(703) 777-6552	Eagle Ridge MS	(571) 252-2140
Animal Control/Shelter	(703) 777-0406	Hillside ES	(571) 252-2170
Building Permits & Dev.	(703) 777-0397	Mill Run ES	(571) 252-2160
Comcast	(703) 430-8200	PUBLIC OFFICIALS COUNTY SUPER.	
Child Protective Services	(703) 777-0353	Stevens Miller	(703) 777-0204
County Landfill	(703) 771-5500	SCHOOL BOARD REPRESENTATIVE	
CPR Class Info	(703) 444-1155	Robert Dupree	(571) 233-4610
DMV (VA)	(800) 435-5137	VIRGINIA HOUSE OF DELEGATES	
Drug Abuse	(703) 771-5100	Robert G. Marshall (13th)	(703) 361-5416
Dulles Airport Hotline	(703) 572-2700	Richmond Office	(804) 698-1013
Health Department	(703) 777-0236	Thomas A. Griesen (district 32)	(703) 421-6899
Library (Ashburn)	(703) 737-8100	Richmond Office	(804) 698-1032
Loudoun Ride On	(703) 777-2708	VIRGINIA SENATE	()
Loudoun Hospital	(703) 858-6000	Mark Herring (district 33)	(804) 698-7533
Main Street Mailboxes	1(703) 753-5521	District Office	(703) 729-3300
Miss Utility	(800) 552-7001	Constituent Hotline	(800) 889-0229
Metro	(202) 637-7000	U.S. HOUSE OF REP. 10 th DISTRICT	(700) 700 5000
OpenBand 24x7 Customer Service	(866) 673-6226	Frank Wolf	(703) 709-5800
OpenBand Trouble Tickets	(703) 961-1110	U.S. SENATE	(202) 224 4224
Parks and Recreation	(703) 777-0343	Jim Webb	(202) 224-4024
Patriot Disposal	1(703) 257-7100	Mark Warner	(202) 224-2023
Ridesharing	(703) 771-5665	VIRGINIA STATE GOVERNOR	(004) 706 3344
Road Conditions	(800) 367-7623	Bob McDonnell	(804) 786-2211

Wings: A Collaborative Public Arts Project

The Broadlands Nature Center is the very first venue for a life-sized ceramic sculpture created for the community by local artist, Rosalba Negrete. **Saturday, July 9, from 4:30 to 6:30 PM**, rain or shine, please attend the family friendly opening celebration at The Nature Center Pavillion! There will be music, refreshments, art, children's activities, and more.

The sculpture is a figure with wings because as humans, we all strive to soar. Applied to the wings and figure are descriptions of what art means to several local painters, writers, actors, musicians, potters, sculptors, weavers, photographers and dancers. What emotion does this art evoke in YOU? You will have from July 1 to November 1, 2011 to explore this question. Then, the art will move on to its second venue in our county.

Rosalba's native country is Chile, where public art is very prevalent. She observes "Public art promotes social history and culture. It fosters interactions between diverse groups of people. Dialog that builds the cultural identity for the community motivates others to produce unique collaborative art. This project is my gift to Loudoun County."

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(703) 830-6380

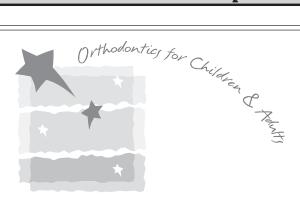
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CLUBS AND GROUPS

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.

ASHBURN AREA WOMEN'S CLUB

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

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

The next meeting will be at the Mills Recreation Center on July 9th. A short business meeting will start at 10:30a.m. Following the meeting, there will be a country fair. Anyone desiring to reserve a table to display their crafts should call 703-723-3724 or 703-723-7281. Please arrive by 10:15a.m. so the meeting can start promptly at 10:30a.m. For more information about Ashburn Classics please call 703-729-3531 or 703-729-6591.

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at info@ashburn.freetoasthost.ws or visit www.toastmasters.org to learn more.

BROADLANDS BICHON FRISE CLUB

Anyone interested that are Bichon owners currently please contact JoAnn Conroy at jfc27@smartneighborhood.net.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

Organizes wildlife habitiats, eco-friendly living and native plants related programs and events. The Committee works with The NWF, The Broadlands HOA and residents to achieve our annual goals. To learn more about the committee work, visit www.BroadlandsNaturally.org.

BROADLANDS NEIGHBORHOOD BIBLE STUDY

Come join us for the new study by Randy Alcorn, Heaven. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

CUB SCOUTS & BOY SCOUTS

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

FEDERAL GOVERNMENT EMPLOYEES - ACTIVE/WORKING AND RETIRED

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

GIRL SCOUTS

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

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF BROADLANDS

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

MOMS IN TOUCH

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

PET LOSS SUPPORT GROUP

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

TECHNOLOGY COMMITTEE

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

GRIEFSHARE SEMINAR/SUPPORT GROUP

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



Continued from page 28

Dragonflies and Damselflies of Loudoun Field Trip -Sunday, July 24, 9:30 a.m. - 4:00 p.m. Join Andy Rabin and Kevin Munroe on a free, fun, and informative day of "dragon-hunting" as we visit some of the best dragonfly and damselfly habitats in the county. Learn how to catch, handle, identify, and release these insects. Bring an insect net if you have one (some extra nets will be provided), a hat, sunscreen, lunch, snacks, water, and binoculars. We may be walking off-trail through some tall vegetation. To get the most out of this trip you will want to be an active participant, so be prepared for the possibility of getting your feet wet and muddy. Adults and interested children are welcome. Meet at Bles Park in Ashburn (directions are available at http://www.loudoun.gov/Default.aspx?tabid=924). Registration required – limit 12 participants. To register and for questions, please e-mail Andy Rabin at stylurus @ gmail.com (preferred) or call 703-723-6926.





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ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

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

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$72* 1/4 pg (3.625" W X 4.875" H) \$160 /\$135* 1/2 pg (7.5" W X 4.875" H) \$295 /\$266*

COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$220 /\$209* 1/2 pg (7.5" W X 4.875" H) \$425 /\$404* Full pg (8.5" W X 11" H) \$1050 /N/A

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1/4 pg (3.625" W X 4.875" H) \$250/\$239*
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For more information or questions regarding advertising, contact Ad Manager Stassa Collins at 703-729-9704 or ads4broadlands@yahoo.com.

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

EDITORIAL INFORMATION

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

JULY CLASSIFIED ADS

BEAUTY SERVICES

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

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

EARLY EDUCATION/DAY CARE/ SUMMER PROGRAMS

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

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

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

LITTLE BEAR PRESCHOOL/MOM'S MORNING OUT: Ages 2-5. Younger children introduced to letters, numbers, colors & shapes & learn to follow directions, take turns, share & interact with others. Weekly themes: apples, dinosaurs, transportation, snow, nursery rhymes, calendar, weather & Spanish words & songs. 4 & 5 year olds exposed to pre-reading, math, science, stories, crafts & Spanish. Loving & experienced teachers with 5+ teaching in Loudoun. Tues & Wed 9:00am-12:00pm. Call 7038580117 or email: nancyshep@hotmail.com. Ask about our mini summer camps. Limited space.

ENTERTAINMENT/PARTY RENTALS

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

FOR SALE/ FUNDRASIERS

MACBOOK PRO 13" 5,5 CTO MODEL LAPTOP: \$1,100 - Intel Core 2 Duo, Processor Speed: 2.26 GHZ, L2 Cache: 3 MB,

Memory: 4GB 1067 MHz DDR3, HD: 250.06 GB, Added SW: Snow Leopard 10.6.7 OS / iLife 2009 / MAC M/S Suite,

Apple Care Service and Warranty. In "Mint" condition. Interested parties (DC Metro), please call John @ (703) 389-1726.

MACBOOK PRO 17" 3,1 CTO MODEL LAPTOP: Intel Core 2 Duo, Processor Speed: 2.6 GHz, L2 Cache: 4MB, Memory: 4 GB 667 MHz DDR2 SDRAM, HD: 250.06 GB, Added SW: Snow Leopard 10.6.7 / iLife 2009 / MAC M/S Suite. Original price \$3,500- Asking price \$1,500, obo, will take fair price, no low ball offers, in mint condition, rarely used and ready to move. Serious parties (Local Pickup only, NO TRADES COD) please call John @ (703) 389-1726.

SOLID CHERRY DINING SET – Like-new condition, excellent quality, elegant, beautiful! Table extends from 66" to 78" or 90". All pads included. 2 arm chairs, 6 side chairs. Paid \$4,470 asking \$2,680 (or make an offer!) Pick up from Broadlands (703)723-3567.

INSTRUCTION

MATH TUTOR IN BROADLANDS! I am a Broadlands resident, and have 20 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections. Call Dan Harris at: 703-909-4438, or email me: aplustestprep@verizon.net.

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

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

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

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

VIOLA & VIOLIN LESSONS: Offered out of my private studio conveniently in Broadlands. All ages and levels welcome! Please call Catherine at (703)598-4708 or email me at CatherinePalusci@aol.com. References available. GUITAR LESSONS IN BROADLANDS! Private lessons for kids and adults available in your home. Excellent references from Broadlands residents. Instructor is friendly and professional with 20 years' experience, Music Degree, Master's Degree. Please call 703-777-4352 or email blueridgestudio@verizon.net.

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

THERAPEUTIC MASSAGE: Nationally certified and experienced Registered Nurse. Offering deep tissue, sports, medical and pain management. Therapeutic spa treatments. Certified in Pregnancy Massage with L & D and Doula experience. Gift certificates available. Claudette Plater, RN, CMT 703-724-4210, Ashburn. www.tranquilmoment.com.

HELP WANTED

PART-TIME ADMIN POSITION: Armstrong Management Services, Inc. seeks a part-time Administrative Assistant for Brambleton Community Association. The successful candidate must demonstrate excellent customer service, verbal and written communication skills. Experience in property management administrative background highly preferred. Qualified applicants may forward resumes to jobs@armstrong.net.

HOME SERVICES

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

PROFESSIONAL POWERWASH: Does your outside look old and grey? Make it look new again with Dominion Powerwash. We provide expert cleaning services for a wide variety of outdoor surfaces: Decks, Fences, Sidewalks, House Siding/Brick, Residential and Commercial Cleaning. Please visit www.dominionpowerwash. com for service specials. Dominion Powerwash is licensed and insured. For an estimate, contact 703-994-4445 or info@dominionpowerwash. com.

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

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

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MARIA'S STAR CLEANING LLC: Residential and commercial cleaning. Servicing the Washington metropolitan area for more than 20 years offering competitive rates and great references. Call for a free estimate 10:30am-4:30pm, Monday - Friday at 703-723-3850 or visit our website at www.mariasstarcleaning.

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TASTEFULLY SIMPLE: can help you earn some extra cash for your vacation! I've been building a team for 8 years, and LOVE my job, including the FREE TRIPS. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple. com/web/Lsvendsen, FoodFromLisa@comcast.

MARY KAY - TURN BACK TIME WITH SKIN CARE: Clear. Smooth. Radiant skin. The TimeWise® system. delivers anti-aging benefits you can see and feel. Call me today to try TimeWise® products for free! Contact: Deborah Leben, 703-217-4583, Shop Anytime. www.marykay.com/dleben.

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NON-RESIDENT

Month to Month \$18 6 months prepaid discount \$17 12+ months prepaid discount \$16

PAYMENTS and ADS:

Please email ads to: scollins@broadlandshoa. com. Checks only please, made payable to "Broadlands Association". No cancellations after the initial deadline. Payments can be mailed or dropped off at:

Broadlands Association 21907 Claiborne Parkway Broadlands, VA 20148

CONTACT:

Ad Manager: Stassa Collins, 703-729-9704

Broadlands Committees and Events



July Activities

1st Activity 9:00a.m. Nature By Camp(NC) 1:00p.m. Nature's S' Camp(NC)	torybooks Summer in observation of
Camp(NC) 1:00p.m. Nature's S Camp(NC)	torybooks Summer in observation of
Camp(NC)	in observation of
4th HOA Offices closed	ns Subcommittee
Independence Day	ns Subcommittee
6th 7:00p.m. Modificatio	
Meeting(NC)	
8th 9:00a.m. Kids Triath	lon - Starts at the
Southernwalk Pool	
10:00a.m. Broadland	
	Live! at Hillside Park
	10:00a.m 2:00p.m.
10:30a.m. Summer	
	lic Art Reception (Nature
Center Pavillion)	00.1 (10)
8:25p.m. Flicks in th	
	irectors Meeting(NC)
13th 7:30p.m. Tech Comr	
14th 6:00p.m. Southern V Committee(NC)	vaik nearing
20th 7:00p.m. Batty Abou	t Bats (CC)
7:00p.m. Modificatio	
Meeting(NC)	ns Subcommittee
21st 7:00p.m. Food Matte	ers Gardening Work
Shop(CC)	oro Gardoning Work
	10:00a.m 2:00p.m.
27th 7:30p.m. Book Club	
	10:00a.m 2:00p.m.
8:20p.m. Flicks in th	
Camp(NC)	, ,
Camp(NC)	

Committees

Broadlands Live! Summer Concert Committee

Chair: Open.

Community Events Committee

Chair: Tammy Wells, tammy@jwells.us

Community Wildlife Habitat Committee

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

Neighborhood Watch Committee

Chair: Open

Recreation Committee

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

Swim Team

Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)

Will meet the 2nd Wednesday of each month at 7:30 pm in the Nature Center. Open to all residents.

Chair: Dawne Holz, dawne@holzfamily.net

Webmaster: webmaster@broadlandshoa.org



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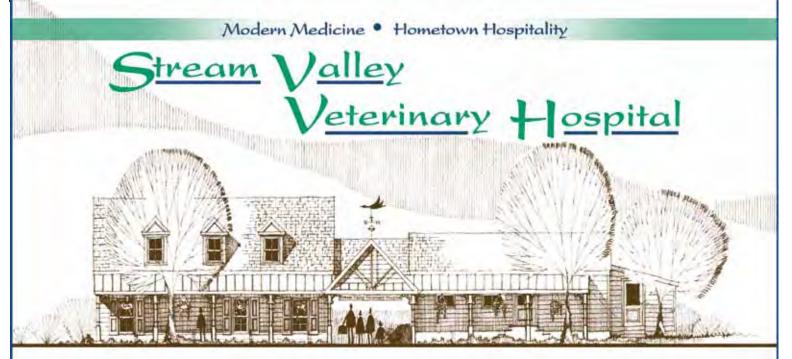
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