



BROADLANDS



Community News

September 2010

LISTENING, LEARNING AND LIVING...ENJOY YOUR SCHOOL YEAR!

- Board of Directors need input, Broadlands Resolution up for review, page 5
- It's back by popular demand, Casino Night! Fun, Food and Friends, don't miss out! page 7
- Save the page, school contact information for your convenience, page 18
- The HOA offices will be closed on Monday, September 6 in observance of Labor Day. Trash will be picked up as usual. Please have your trash out no later than 7:00 a.m.
- Pools close after Labor Day, but hold on to your pool passes for next year.

National Wildlife Federation Certified Community Wildlife Habitat

Photo Courtesy of Maureen Burns

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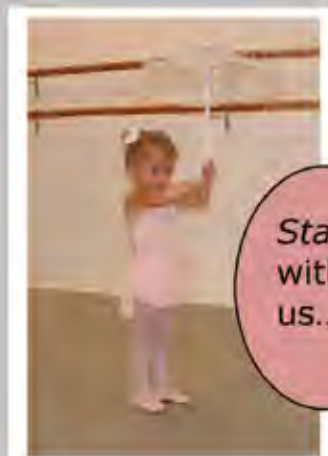
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BROADLANDS



Contact Information

Board of Directors

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& Resident Member,
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Denise Harrover - Member
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dharrover@vanmetrecompanies.com

HOA Office and Website

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

Armstrong Management Services

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

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

Southern Walk Board of Directors

(Open Band Contract Administration Only)

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

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Sangram Deshmukh - Resident Member
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Modifications Subcommittee,
(703) 729-9704, rcrews@broadlandshoa.com



Flicks in the Sticks

The World Needs Bigger Heros!

G-Force - 8:30 pm - September 11

Wrap up your summer entertainment with the last movie of the season. Grab the kids, your picnic blanket and stake out your spot on the **Nature Center lawn**. Lawn chairs and coolers are welcome. Come early to get a good spot. Free popcorn and drinks provided. (Rated: PG; 88 Minutes)

Movies begin around sundown - time listed is approximate.
In the event of inclement weather, check the HOA website to see if the movie is cancelled or rescheduled.

Flicks in the Sticks is a FREE event, brought to you by the HOA Technology Committee.
Volunteers are always welcome and needed.

HILLSIDE ELEMENTARY'S 4th Annual Welcome Back Picnic

Friday, September 3rd, 11:00a.m.- 12:45p.m.
Back of School (Rain-Cafeteria)

Order Hillside Spirit Wear!*, Join H.O.P.E. *, See where you can volunteer!

Meet the Teachers 1:00p.m. – 2:00p.m.

\$6.00 per person* (Hot Dogs, Chips & a Beverage served from 11:00 a.m. to 12:30 p.m.)

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Volunteers are needed-please contact Shawn O'Malley at shawn@omalley.net or Robin Vander Voort at vandys04@verizon.net.

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One Person's Junk is Another One's Treasures

The Fall Community Yard Sale will be held on **Saturday, September 18th, 2010** around the Broadlands from **8:00a.m. to 2:00p.m.**



Please think about going "green" and bring along a reusable shopping bag. Check out the list of participants to see what's for sale and see the community map to find each street at www.broadlandshoa.org/yardsale.

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

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

Broadlands BOD Announces New General Manager

The Broadlands HOA Board of Directors is pleased to announce the promotion of Maureen Burns to General Manager for the Broadlands Association. In addition, we want to thank Maureen for stepping into the role of acting General Manager for the last 8 weeks. While this could have been a time of upheaval for the HOA, her leadership abilities became very apparent and our transition has been seamless.

Thank you to Maureen and her staff for their hard work and professionalism.

Board of Directors Request Resident Input

The Board of Directors is considering a change to the Broadlands Parking Resolution and is soliciting comments from resident members of the Association.

Currently the Resolution states that no recreational vehicle may be parked or stored in open view of residential property, residential streets or open space or other Common Area. The Board is considering adding the following language to the Parking Resolution in Section 1. *Restrictions on the Parking and Storage of Vehicles*; Paragraph A. *General*:

- As a convenience to Broadlands Homeowners, recreational vehicles may be parked at the Owner's residence or with Board or Management's permission at a specified Common Area parking lot for no more than two days to facilitate preparation or unloading of the recreational vehicle. Vehicles must be legally parked and conform to all other conditions of the Broadlands Parking Resolution. Permission to park the vehicle must be requested from Management in advance. The total number of days any Homeowner may utilize this waiver may not exceed 24 days in a calendar year or 4 days in a single calendar month.

If you wish to make comments to the Board regarding this proposed change, please email Maureen Burns, General Manager at mburns@broadlandshoa.com. All comments will be forwarded to the entire Board for review. Additionally, you may wish to attend the next Board of Directors meeting on September 14, 2010 at 6 pm in the Nature Center Conference Room. You will have an opportunity to speak directly to the Board during the *Owners Comments* section of the meeting.

Please call the HOA office at 703-729-9704 if you have any questions.



Save the Date Find a Sitter, Create a Costume

Adult Halloween Party
Saturday, October 30,
8:00p.m. to Midnight
at the Community Center

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Broadlands Casino Night

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Saturday, September 25, 2010

7:00-11:00pm

Broadlands Community Center

\$25.00 per person advance purchase (before Sept. 1st)

\$30.00 after September 1st

Casual Evening Dress

For residents 21 years and older. Blackjack, Poker, Roulette, and craps...take your chance and play them all!

Admission includes: Open wine, beer, & soda bar, fabulous appetizers and mouthwatering dessert~
Catering courtesy of Shoes Cup & Cork Club and Chocolate Passion Pastry (Sam from Café Rumi)
PLUS \$1,500.00 fun money and entry into the evening's raffle. JOIN US FOR A NIGHT OF FUN!

To purchase tickets, please fill out this form, attach a check payable to the *Broadlands Association, Inc.* and drop it off at the Association office at the Nature Center or in the drop box outside the office. All payments must be made by a Broadlands Resident.

Please write "Attn: Casino Night" on the envelope and "casino night" in the memo area.
Payments must be received no later than September 20, 2010.

Name: _____

Address: _____

Phone number: _____

Email Address: _____

of tickets _____ x \$25.00 (before 9/1/10) x 30.00 (after 9/1/10)

Tickets are limited and will be sold on a first come, first serve basis.



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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 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.

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.

Board Actions July 13, 2010 Meeting

- Minutes from June 8th meeting were approved.
- Homeowner late fee waiver request was denied.
- An update from the attorney regarding foreclosure proceedings on a property was requested.
- A write-off suggested by the attorney was approved.



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Homeowners Association Board of Directors Meeting

**Tuesday, September 14, 2010
at 6:00 p.m.**

in the Nature Center conference room

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

September 1, 2010
September 15, 2010
October 6, 2010
October 20, 2010

SUBMISSION DATE

August 27, 2010
September 10, 2010
October 1, 2010
October 15, 2010

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 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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LOUDOUN WATER

New Naturalist Hours

The Naturalist Days/Hours will change on a trial basis from Mondays to Tuesdays in order to provide a program for Preschoolers attending MWF Preschool programs.

The Naturalist new hours are as follows:

Tuesdays

10:00am – 1:00pm

Wednesdays

10:00am – 5:00pm

Fridays

10:00am – 2:00pm

With a few exceptions (holidays), programs will be held on a recurring basis:

2nd Wednesday of the Month - Elementary after school program

3:30 - 4:30pm

3rd Tuesday and Wednesday of the Month - Program for 4-6 year olds 10:30 - 11:30am

4th Wednesday of the Month - Program for 2 and 3 year olds 10:30 - 11:15am

Dates for Family Programs:

September 4th, October 30th, November 13th, December 4th and January 15th.

These programs will start at 11:00am.

Starting in February, the family program will be on the second Saturday of each month.

The Naturalist will be unavailable August 30th - September 3rd. Come to the Family Program on Saturday, September 4th at 11:00am.

See details on the September Programs page!

From Your Naturalist, Lisa Matthews

Budding and Weekend Biologists! Did you know that the Virginia Department of Game and Inland Fisheries(DGIF) have started a volunteer program for wildlife-monitoring?

Its purpose is to allow amateur wildlife observers to contribute their observations to Virginia's biological database which helps in the long-term monitoring of the 2200 species of fish, reptiles, amphibians, mussels, crayfish, mammals, butterflies and dragonflies that are already documented; as well as, Virginia's bird population. Did you know that Virginia has one of the highest diversity of birds in the eastern United States, with nearly 400 resident and migratory bird species seen by bird watchers?

Many people make observations every day. Every day sightings at the bird feeder, the park or the pond is just as important as the rare sightings. Even though we see the same birds all of the time doesn't mean that they will be there forever. It is helpful to the wildlife biologist to track the everyday sightings and be alert when the sightings of individual species decrease or even increase.

As a Wildlife Monitor, you can bring your family to help you with observations. Children are very naturally good observers. They often see and find what many adults miss and can contribute greatly to the project. It's a great activity to enhance a family nature walk! The DGIF states that "The program connects citizens to the environment that sustains them and all life, and encourages them to think about the relationships between human and natural systems".

This program assists wildlife biologists with data collection and species distribution information while also meeting formal education plans set out by the Commonwealth in the Virginia Standards of Learning with the desired end result of managing our natural resources in a sustainable manner. Data collections made by thousands of people instead of the few wildlife biologists should help them meet that goal!

In Virginia, the DGIF Wildlife Action Plan has identified 925 "at risk" species including 93 "Tier I" species (which are the species that are in critical need of conservation action in order to sustain or restore their populations). The loss of habitat, demands on natural resources and improper land management have taken their toll on the struggling populations. The program will help wildlife biologists to identify and protect geographic areas (habitats) that are critical to individual species or groups of species before their existence is threatened by determining how big parks must be, as well as, how best to provide wildlife corridors to maintain populations.

The process is simple. Attend a short course on how to do wildlife mapping. After you take your course, you will have access to the Wildlife Mapping database on your computer. Enter your sightings and make a difference!

If you are interested in the course, please email me at naturalist@BroadlandsHOA.com. The fee is \$25 for which you receive mapping materials and instructions. I have arranged a course on October 30th with DGIF Wildlife Biologist Louis Verner at the Nature Center. Teens, this course and the observation time spent qualify for community service hours! What a fun way to earn it!

Attention High School Students....

Are you interested in biology? Would you like to learn techniques used in field biology?

Contact Lisa Matthews at naturalist@BroadlandsHOA.com for more information!

An advertisement for Oakmark Construction. The background is a grayscale image of a modern house with a large deck and a gazebo. The text is overlaid on the image. At the top, "Oakmark Construction" is written in a large, bold, serif font. Below it, the website "www.oakmarkconstruction.com" is in a smaller, sans-serif font. Then, the phone number "(703) 759-6487" is in a large, bold, serif font. Below that, "Ask for Neighborhood References" is in a smaller, italicized, serif font. Further down, "Custom Decks . . . Gazebos . . . Additions" and "Screened Porches . . . Finished Basements" are listed in a smaller, italicized, serif font. At the bottom, a black bar contains the words "Quality", "Experience", "Fully Insured", and "Class A License" in white, sans-serif font.

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Broadlands Community Center Pool
All Broadlands Residents are welcome to attend
Cost: \$10.00-Proceeds to be donated to a local
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Broadlands Nature Center Cub and Boy Scout Programs

Looking for a WILD place to earn your Achievements, Electives or Badges?

Broadlands Nature Center provides an easy, fun-filled way to earn your science and nature wildlife badges. We offer a variety of programs led by our Audubon Naturalist. Come explore our nature center, pond, creek, and experience nature up-close. For more information and to set up a program, please call the naturalist at (703) 729-9726 or email naturalist@broadlandshoa.com.

Tiger Cub

- Let's Go Outdoors Achievement
- Nature and Conservation Electives



Wolf

- Your Living World Achievement
- Birds Elective
- Outdoor Adventure Elective

Program Fees:

- 1 hour program: \$4.00 per scout; \$40 minimum
- 1 1/2 hour program: \$4.50 per scout; \$45 minimum
- 2 hour program: \$5 per scout; \$50 minimum

Bear

- Sharing Your World with Wildlife
- Take Care of Your Planet
- Nature Crafts
- Water and Soil Conservation

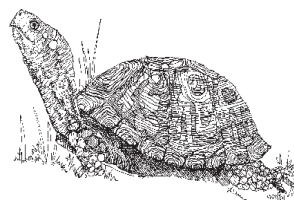
Webelos

- Forester Badge
- Geology Badge
- Naturalist Badge

Boy Scouts

We will work with boy scouts to earn their nature and science related badges. We also can help direct them in boy scout projects and community service.

Broadlands Nature Center
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Broadlands, VA 20148
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Broadlands Nature Center Girl Scout Programs

Looking for a WILD place to earn your Girl Scout Try-Its, Badges and Interest Project Awards?

Broadlands Nature Center provides an easy, fun-filled way to earn your nature and wildlife badges. We offer a variety of programs led by our Audubon Naturalist. Come explore our nature center, pond, creek, and experience nature up-close. For more information and to set up a program, please call the naturalist at (703) 729-9726 or email naturalist@broadlandshoa.com.

Daisies

- Nature-related petal programs



Brownie Try-Its

- Eco-Explorer
- Watching Wildlife
- Water Everywhere
- Animals
- Plants
- Earth and Sky
- Senses

Program Fees:

- 1 hour program: \$4.00 per scout; **\$40 minimum**
- 1 1/2 hour program: \$4.50 per scout; **\$45 minimum**
- 2 hour program: \$5 per scout; **\$50 minimum**

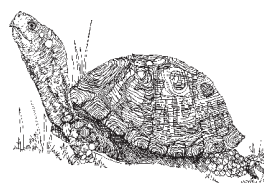
Junior Badges

- Wildlife
- Science Discovery
- Your Outdoor Surroundings
- Water Wonders
- Earth Connections
- Doing hobbies (bird watching, nature exploration, hiking)

Cadette and Seniors Interest Projects

- All About Birds
- Wildlife

Broadlands Nature Center
21907 Claiborne Pkwy
Broadlands, VA 20148
(703) 729-9704





September Nature Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs. Programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9704 at least one day before the program. A minimum number of 3 participants are required or the program will be cancelled. Please dress for the outdoors.

Family Day - Bird Watching Basics

Date: Saturday, September 4, 2010

Time: 11:00a.m. - 12:30p.m.

Ages: 5 and up

Learn how to make a simple bird hide, how to make yourself invisible to birds, how to use binoculars and how to distinguish similar birds. Bring binoculars if you have them!

Bird Watching Basics for Elementary School Kids

Date: Wednesday, September 8, 2010

Time: 3:30p.m. - 4:30p.m.

Learn about birds and how to use binoculars to help with Wildlife Mapping!
If weather permits, we will go outside! Kid's Choice: game or craft

Birds! Birds! Birds! (2 identical programs-choose your date)

Date: Tuesday, September 14, 2010

Date: Wednesday, September 15, 2010

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

Ages: 4 and 5 year olds

Learn about birds and how to watch them with binoculars (a game)
and make a craft of birds found in our neighborhood.

Storytime for 2's and 3's

Date: Wednesday, September 22, 2010

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

A story about birds and where they live and a craft

Wild Life Mapping Course

Date: Saturday, October 30th

Time: Morning session

Please call to sign up. Class will be cancelled if reservations are low.

Naturalist Weekday Hours:

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

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

Friday: 10:00a.m. - 2:00p.m.

Nature Center Saturday Hours:

September 4th, 11th, and the 25th

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

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Broadlands Summer Series Winding Down

It's hard to believe that the final days of summer are upon us! During our August concert, with Mother Nature's cooperation, Pan Master Steel Orchestra and Jah Works gave the crowd a fantastic performance.

The season finale of Broadlands Live! on Friday, September 10th is right around the corner. We are excited that our final community venue will feature the Kelly Bell Band. The concert is scheduled from 5:30p.m. to 9:30p.m. and Derek James will be sharing the stage.

Bring drinks, your ID and some cash for dinner - this show is going to be incredible! For more information visit www.broadlandslive.com, or call our hotline 571-333-4FUN. Broadlands ROCKS and so do you!



BRIAR WOODS HIGH SCHOOL MUSIC BOOSTERS FUNDRAISERS

TAG DAY

September 11, 2010

Members of the band will be coming around your neighborhood looking for donations to support this school years program. Please give them you support.



CITRUS SALE



outstanding fruit from
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September 20 - October 22, 2010

Delivery in mid November

1757 DISCOUNT CARDS
Includes complimentary

large bucket of balls, discount on junior summer golf camp, discount on greens fees after 2pm, discount off private lessons, discount off meeting or banquet event.

FLY YOUR PRIDE WITH A FALCON GARDEN FLAG

13" x 18" white durable nylon flag with bright orange & navy imprint.

For information about any of these fundraisers email briarwoodsfundraiser@yahoo.com

Briar Woods High School Football Season Kick-off Celebration



Falcon Fair

Friday, September 3, 2010

4:30 - 7:00 p.m.

- Food Vendors
- Music
- Games & Moon Bounces

Admission: Parents free!

Students & children - \$5 for unlimited use of all activities.

Football game admission not included.

Free stringbag to first 500 at the Fair!

Rain date - September 10

Artwork compliments of: **JustPrintIt!** 703-567-8395 justprintitva.com





Broadlands School Directory

Hillside Elementary - Home of the Hawks

Hand-In-Hand @ Hillside

43000 Ellzey Drive

Broadlands, VA 20148

Main Office 571-525-2170

Fax 703-858-0504

Absentee Line 571-252-2171

<http://cmsweb2.loudoun.k12.va.us/hillside/site/default.asp>



Mill Run Elementary - Home of the Mountain Lions

Where Children Always Come First

42940 Ridgeway Drive

Broadlands, VA 20148

Main Office 571-252-2160

Fax 703-779-8932

Absentee Line 571-252-2162

<http://cmsweb2.loudoun.k12.va.us/millrun/site/default.asp>

Eagle Ridge Middle School – Home of the Eagles

Our High Expectations Work Magic

42901 Waxpool Road

Broadlands, Virginia 20148

Main Office 571-252-2140

Fax 703-779-8977

Absentee Line 571-252-2142

<http://cmsweb1.loudoun.k12.va.us/erms/site/default.asp>



Briar Woods High School – Home of the Falcons

22525 Belmont Ridge Road

Ashburn, VA 20148

Main Office Phone: 703-957-4400

Fax 703-542-5923

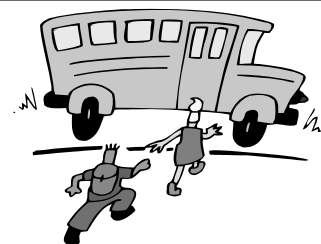
Guidance Office Phone: 703-957-4402

Athletics Office Phone: 703-957-4408

Absentee Line: 703-957-4409

www.falconfever.org

Looking For Short Cuts For Dinner With School Starting? Try These Simple But Healthy Ideas...



Three Meals from One Chicken

One of the best meat bargains today is chicken. Nutritious and versatile, it is an excellent thrifty meal maker. suite101.com

Meal One: Roast Chicken

Purchase a precooked rotisserie chicken or gather the following to prepare your own: one chicken, a roasting pan, salt, pepper, *onions*, carrots, and celery, and some oil. Rinse chicken and pat dry. Rub salt and pepper on outside and inside of chicken. Put veggies inside chicken for added flavor. Place chicken in roasting pan and brush with oil. Place chicken breast side down to keep juicy. Place in oven and cook according to table: 1.5-2 lbs 400 .75-1 hr. 2-2.5 lbs 400 1-1.25 hr. 2.5-3 lbs 375 1.25-1.75 hr. 3-4 lbs 375 1.75-2.25 hr. About every 30 minutes, brush chicken with oil for a nice, crispy skin.

Meal Two: Chicken Rice Casserole

Strip meat from remains of your Roast Chicken. Check wings and back area. Gather the following: 1/4 c. butter or margarine 1/3 c. flour 1.5 c. milk salt and pepper 1 c. broth or bouillon left over chicken 1.5 c. cooked rice .5-1 c. vegetables (green pepper, onion, carrots, peas, whatever you have sitting in the freezer or ice box), 2 quart sauce pan and 2 quart casserole baking dish. Melt butter in sauce pan. Add flour, salt and pepper, stir until bubbly. Remove from stove and add milk and broth. Put back on stove, heat to boiling for 1 minute. Put rest of ingredients in saucepan and stir together. Pour into ungreased casserole pan. Place uncovered in 350 deg. oven 40-45 minutes.



Meal Three: Potato and Chicken Soup

Take bones left from first two meal to make a substantial, thick soup. Gather the following: chicken bones, carrots, onions, celery, 5-6 potatoes, salt, pepper, green chili (if desired), can of corn (if desired), large stock pot or biggest pot you own. Put bones in the stock pot along with a carrot, celery and onions. Cover with water. Bring to a boil then simmer for about two hours. Let broth cool. Strain out veggie pieces and bones, saving the good broth. Put broth back into the pot. Add a couple of fresh carrots, celery, onion, washed and chopped potatoes, the chili and corn. Cook for about 30-45 minutes. If you like thicker soup, run half the soup through blender. For creamy soup, run whole recipe through the blender.

Congratulations to August's contest winner:
Lisa Carino

Quick Meals for Busy Families

When you're short on time and have not yet stocked your kitchen, prepared and take-out foods can serve as the centerpiece for quick healthy meals or as a side dish.

- Store-bought roasted chicken; fresh or frozen vegetables; and a quick-cooking grain, such as packaged couscous or quick-cooking brown rice
- Frozen spinach and cheese pie; rice; fruit
- Thin-crust cheese pizza topped with veggies; garden salad with reduced-fat dressing; milk or 100% juice
- Whole-grain frozen waffles topped with low-fat vanilla yogurt and fruit, such as sliced strawberries; milk
- Cheese and vegetable omelets or scrambled eggs; fruit or vegetables; whole-grain toast or rolls; milk
- 100% ground turkey breast burgers or prepared veggie burgers on whole-wheat buns; cooked broccoli; milk
- Pasta and prepared marinara sauce with leftover chopped roasted or grilled chicken or garbanzo beans added to it; garden salad
- Homemade pizza: whole-grain English muffin or pizza round topped with pasta or pizza sauce or sliced tomato and shredded cheese; garden salad. Webmd.com

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

Solve the following *Back to School Word Scramble* correctly and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than, noon, September 10, 2010. **Be sure to include your name and telephone number. Good Luck!**

Unscramble each word....

1. chaeert _____
2. rckelo _____
3. dkes _____
4. rowhkmoe _____
5. eiglsnlp _____

Contact Info:

Name: _____

Phone: _____

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GET OUT &
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FUN!

September
18th

BCC 5K & Fall

estival

Race @ 8:30am
Festival 9am - 1pm

Broadlands Community Church
43673 Cotton Place
Ashburn, VA 20147

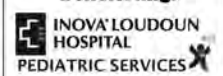
To register for the race visit:
www.potomacriverrunning.com

"featured races" => "key community races"

Sponsors:



Benefitting:



**What to
Expect...**

- Delicious food from local vendors on site.
- Exciting children's activities and awesome raffles from sponsors.
- Incredible 50ft x 50ft laser tag game.
- 1 - Mile Fun Run
- Live entertainment

For more info visit: broadlandscommunitychurch.com

A GREAT 2010 SEASON FOR THE PIRANHAS SWIM TEAMS!

With participation on the Colonial Swim League (CSL) and the Old Dominion Swim League (ODSL) at record levels, the Broadlands Piranhas had another outstanding season! The Broadlands Piranhas has blossomed from 65 swimmers in 1997, to a combined team total of 202 ODSL Swimmers and 171 CSL swimmers from over 234 families.

Both CSL and ODSL are committed to offering a summer swim program that encourages each child to do their personal best. The goal is to teach proper stroke technique and principles of good sportsmanship in a fun environment that fosters self-confidence, team spirit and a love for the sport of swimming.

The ODSL Season

Under the leadership of Head Coach Shannon McConagha and Assistant Coach Jessica Frye, the ODSL Piranhas had a terrific UNDEFEATED 2010 season. Not only did swimmers show great time and stroke improvements, but the team came together as a whole, supporting each other with spirit and camaraderie. In a twenty-five team league, we competed against eight teams and finished the season with an 8-0 record. Several swimmers broke team records and 43 qualified for the ODSL All Star Meet on July 31st. Other team members swam in the ODSL Divisional Meet to finish out the season with a huge splash.

The ODSL Piranhas are not only about swimming, but giving back to the community. We hosted the 2nd annual Kids Triathlon to benefit the Multiple Sclerosis Society. This three part event started with a swim at the Southern Walk pool, then a bike ride through our Southern Walk neighborhood and finished with a run around the Mill Run track. There were 123 participants from Loudoun County, ranging in age from 5-16, raising \$3000 for the MS Society. Each triathlon finisher received a medal and a dental goodie bag. Items donated by local businesses were raffled at the end of the race.

Out of the water, the fun continued for the ODSL Piranha swimmers. We kicked off the summer with an Ice Cream Social including our friends from the CSL Piranhas and a Movie Night at the Nature Center in July featuring "Alice in Wonderland". All swimmers were invited to watch the new movie, "Despicable Me", and for our teens, Laser Tag was a huge hit. Team spirit was electric for our meets and practices, with our traditional Piranha Attack meet entry, posters made by the team, decorated cars, Hawaiian Day and Crazy Hat day, team cheers before our meets and spirit and great sportsmanship all around. Good sportsmanship has become a trademark of the ODSL Piranhas and is something to be proud of.

Doughnut Thursdays made the early morning special after our late Wednesday night meets, and we continued our successful and fun PIRANHAS PALS Friday practices. These PIRANHAS PALS practices are small teams that are a mix of all ages and are led by a team of Junior Coaches. Each PALS practice is filled with pool games and contests, poster making or t-shirt decorating and then a "P" themed snack—hot off the grill pancakes and pretzels to name a few. The PALS practices on Friday were a blast—the kids made new friends on the team, the younger swimmers received special tips from "the big kids" and everyone bonded with their Junior Coaches. The talented Junior Coaches provided encouragement, training and recognition for the Broadlands Piranhas. The dedicated Junior Coaches are: Amanda McDermott, Chelsea Kaser, Devin Williams, Elizabeth Gomez, Katie Brown, Kyle Hamilton, Matt McDermott, Hayley Seal, Julia Bashore, Madi Horner, Shelby Horner, Kara Michaelian and Taylor Lewis.

The ODSL Piranhas ended the 2010 season with a terrific party at the Southern Walk pool. We started the festivities with a pizza dinner accompanied by sides and desserts provided by our swim parents. Following dinner, all swimmers were recognized for their participation and their individual accomplishments. Fun and games ensued with a tennis ball toss, watermelon polo and swimmer/family relays. A slideshow of our 2010 swim season was shown followed by swimming and dancing with family and friends. It was a perfect way to end a perfect season!

All of our ODSL Piranhas put forth a great effort this season and should be very proud of their performances and contributions to the team. **CONGRATULATIONS** to the following swimmers who either **set team records** and/or were recognized for earning **Most Improved & Most Valuable Swimmers** for their age groups and **Time Buster** awards. **Most Valuable Swimmer** awards are given to swimmers who earned the most points for their team in each age group. **Time Buster** awards are given to swimmers who improved their time by 30 seconds or more.

Record breakers at the end of the 2010 season:

At every meet this season, we had individuals who broke our ODSL team records. These swimmers were:

Tori Webb	Mackenzie McConagha	Catherine Holstein
Elizabeth Gomez	Katie Winklosky	John Foley
Caitlin Nee	Rachel Sackadorf	Cameron McConagha
Natalie Rothrock	Lauren Bowers	Matthew Dennen
Ally Bronson	Peyton Webb	Joseph Miller
Melissa Rizor	Abby Maltese	Chase Vestal
Abby Harter	Madi Horner	Abdul Abdo
Derek Rothrock	Chelsea Kaser	Corey Brocke
Kyle Hamilton	Amanda McDermott	Connor McCarthy
Katie Brown	Brandon Dimitri	Alex Royal
George McCabe	Magid Abdo	Eric Hamilton
Mackenzie Cunnane	Anastasia Phalen	

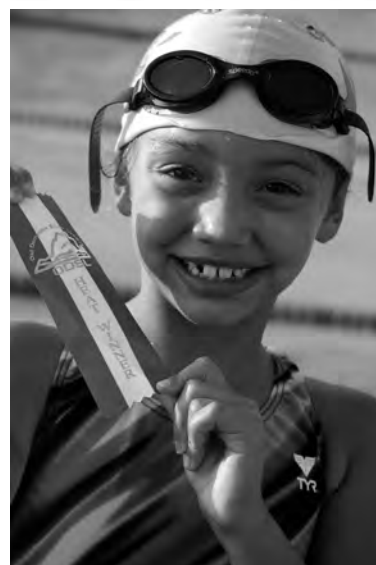
Tori Webb received a special medal for being **UNDEFEATED** in all of her individual events for the 2010 ODSL season! **CONGRATULATIONS to Tori for a job well done!**

Most Valuable Swimmers:

6 & Under:	Mackenzie Cunnane and Patrick Dennen
7 - 8:	Abby Harter and George McCabe
9 - 10:	Natalie Rothrock and Cameron McConagha
11 - 12:	Tori Webb and Derek Rothrock
13 - 14:	Anastasia Phalen and Kyle Hamilton
15 & Over:	Madi Horner and Abdul Rahman

Most Improved Swimmers:

6 & Under:	Kendall DiMillio and Jack Chiodini
7 - 8:	Anna Nocera and Matthew Shakley
9 - 10:	Lauren Bowers and Brandon Dimitri
11 - 12:	Abigail Shakley and Joseph Miller
13 - 14:	Emily Kaser and Matthew Bartlett
15 & Over:	Amanda Morgan and Abdul Abdo



Time Buster Awards:

Kendall DiMillio	Freestyle	(-72.26)
Emily Knauss	Freestyle	(-31.43)
	Backstroke	(-51.24)
Joshua Cassada	Backstroke	(-30.35)
Grant Sibley	Backstroke	(-36.85)
Matt Shakley	Freestyle	(-34.03)
	Backstroke	(-31.93)
Perry Williams	Breaststroke	(-31.26)

Record Breakers for Combined Broadlands Piranhas ODSL/CSL:

Girls 6 & U Free	Mackenzie Cunnane	22.30
Girls 6 & U Back	Mackenzie Cunnane	26.25
Girls 8 & U Fly	Abby Harter	19.18
Girls 8 & U 100 Free Relay	Abby Harter, Caitlin Nee	1:21.11
	Mackenzie McConagha,	
	Katie Winklosky	

1st, 2nd or 3rd Place Finishers at 2010 ODSL All Star Meet:

First Place Winners:

Girls 6 & U Free	Mackenzie Cunnane	22.30
Girls 6 & U Back	Mackenzie Cunnane	26.25
Girls 8 & U Fly	Abby Harter	19.18
Girls 11-12 Free	Tori Webb	30.84

Second Place Winners:

Girls 8 & U Breast	Caitlin Nee	24.61
Boys 11-12 Back	Derek Rothrock	36.54
Girls 11-12 Back	Tori Webb	36.61

Third Place Winners:

Girls 7-8 Free	Abby Harter	17.89
Girls 8 & U Fly	Caitlin Nee	19.64
Girls 11-12 100 IM	Tori Webb	1:19.35

CONGRATULATIONS to Abby Harter for breaking the ODSL 8 & U Fly record with her time of 19.18 in the All Star Meet! WAY TO GO ABBY!

The ODSL Piranhas would like to express special thanks to the following outgoing Board Members for their dedication to the team and all of their hard work: Rebecca Williams-ODSL President, Jeannette Gomez-ODSL Vice President, Olivia Hamilton-ODSL Secretary and Meryl Beck-ODSL Treasurer. We extend a big welcome and thanks to our incoming ODSL Board Members: Scott Holstein-ODSL President, Catherine Mitchell- ODSL Vice President, Stefanie Cunnane-ODSL Secretary and Daniel Gordon-ODSL Treasurer who will join Scott Bashore, our current ODSL League Representative, as 2011 Board Members.

We would also like to thank **all** of our parents for the help and support of the team and our swimmers this year. Without your willingness to volunteer your time and energy, we would not be a successful team. ODSL sends a special thanks to our **Premier Season sponsor, Aldata Solution**. We appreciate your generosity and support of the Broadlands Piranhas ODSL team this 2010 season.

The CSL Season

The CSL Piranhas team finished the 2010 season placing second in the league's competitive Red Division with 3 wins and 2 loses. The team worked hard this season exhibiting good sportsmanship and excellent team spirit. Numerous team records were broken this season and 14 CSL Piranhas swimmers participated in the league All Star Meet. The CSL Piranhas were extremely fortunate to have the expertise and dedication of Head Coach, Sue Wright and Assistant Head Coach, Nora McGann. The 2010 season began early this year for those who participated in the pre-season preparation sessions held at the Claude Moore Recreation Center in April and May. Official season began in June when even the smallest Piranhas were excited to plunge into the less than temperate early season waters. With daily hour-long practices it wasn't long before the team was in the swim of things.

Along with all that hard work came a lot of fun. The team enjoyed the annual CSL movie night with a showing of "Alice in Wonderland" at the Nature Center. The team showed their team spirit and their creative side during our spirit night's decking out in Pirate and Hawaiian wear. The Ice Cream Social this year was held at the Southern Walk pool, fun was had by all. The team wrapped things up at the exciting end of the year party where pizza and cake was served and awards and trophies were distributed. The CSL Piranhas team held a relay carnival on July 18th and raised \$2000.00 for the "Make a Splash" foundation. The carnival was lots of fun with CSL and ODSL Piranhas and their parents participating. The races included rafts, rubber ducks and noodles. Big news from the concession stand was this year's new nacho machine and a permanent structure to store it in.

Congratulations to our All Star swimmers - Corrie Albers, Kyle Albers, Julian Burbano, Nicolas Burbano, Erica Comm, Ainsley Craigin, Dillon Haberland, Brennan Maxwell, Ryan Nixon, Lydia Qian, Annika Saloka, Juhi Seth and Geoffery Wright.

All of our Piranhas worked extremely hard and should be very proud of their individual accomplishments and contributions to the team. Congratulations to the following swimmers who either, set team records and/or were recognized for earning Most Improved or Most Valuable swimmers for their age groups:

Overall Piranha Record breakers at the end of the 2010 season:

6 & under: Paul Moore - 25 Free, 25 Back, 25 Breast, 25 Fly records.
8 & Under: Jack Moore - 25 Free, 25 Back, 25 Breast, 25 Fly and 100 IM records.
9-10: Tom Moore - 50 Breast, Nico Burbano - 25 Fly record.
J. Moore, T. Moore, N. Burbano, N. Feldman - 100 Medley Relay
11-12: T. Conway, R. Zein, J. Lucas, N. Chase - 200 Medley Relay
15-18: G. Wright, C. Farley, M. Nielsen, M. Ziegler - 200 Medley Relay
Geoffrey Wright - 100IM

Jack Moore also broke a ten year old Colonial Swim League record in the 8U 100 IM.

Most Valuable Swimmers:

8 & Under: Jack Moore and Grace Dwinell
9-10: Thomas Moore, Nico Burbano and Lydia Quan
11-12: Rami Zein and Annika Saloka
13-14: Brennan Maxwell and Kristin Haufler
15-18: Geoff Wright and Elise Guessford

Most Improved Swimmers:

6 & Under: Miles Dorre and Claire Norman
7-8: Owen Lokar and Isabelle Dorre
9-10: Tyler Worthley and Caroline Shepley
11-12: Jacob Akers and Minakshi Seth
13-14: Jacob Miller and Stephanie Shepley



The Broadlands CSL team would like to thank Corbin Nathan of EG&J Construction for building our new storage shed at the Community Center pool, and a big thank you to The Home Depot and Virginia Concrete for donating the materials.

The Broadlands ODSL and CSL Piranhas swim teams would like to thank the HOA, the Southern Walk and Community Center pool staffs and the Broadlands community for their support this year. The teams send a sincere thank you to our **Season Sponsors** of Ashburn Pediatric Dental Center and Cheers Sports. We would also like to say thanks to our sponsors and local businesses that made donations to our team this 2010 season: Fitness First, UPS Store at Southern Walk, OpenBand, The Southern Walk, Bonnie Selker of Keller Williams Realty, Broadlands Marketplace, Infinitive Race Series, College Nannies and Tutors, Curl-Burke Swim Club, Dominos, CiCi Pizza, Harris Teeter, Giant, Potomac River Running, All American Steakhouse, Robeks, Clydes, Fosters, Spokes, Glory Days, Tropical Smoothie, Anita's, Chipotle and EG&J Contracting.

For information regarding the ODSL and CSL Broadlands swim teams, please visit our website at www.broadlandsswimteam.org. Registration for the 2011 swim season begins in February. **What are YOU waiting for – isn't it time you joined the fun and excitement?**



2010 FREE Summer Concerts

Second Fridays 5:30 PM to 9:30 PM

**Hillside Park on Waxpool Road – Head South on Claiborne Parkway.
Turn right on Waxpool Road. Hillside Park is on the left. See website for map.**

June 11 >>>>> Junk Food • Rocknocious (special kids show)
July 9 >>>>> Gonzo's Nose • Mercury in Summer (teen show)
August 13 >>>> Jah Works • Pan Masters Steel Orchestra
Sept. 10 >>>>> Kelly Bell Band • Derek James

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Broadlands Tennis Programs

WWW.BROADLANDSTENNIS.ORG

(Visit for details and registration forms for all programs)

4 Week Sessions

(Morning Clinics Available)

JUNIOR CLINIC (ages 3-5)

Mon – Fri, 4:30-5p.m.

(½ of the price stated below)

JUNIOR CLINIC (ages 6-16)

Mon – Fri, 5-6p.m. & 6-7p.m.

Sat & Sun, 10-11p.m. & 11-12p.m.

ADULT CLINIC – All levels

Mon – Fri, 9-10a.m. & 10-11a.m.

Mon – Fri, 7-8p.m.

Sat & Sun, 9-10a.m.

Broadlands Members/Non Members

(As low as \$13.00 per class)

\$60 / \$70 per session (4 weeks)

1 class a week

\$112 / \$122 per session (4 weeks)

2 classes a week

\$156 / \$166 per session (4 weeks)

3 classes a week

Clinics Drop In Fee:

\$20 members; \$22 non-members

Current Tennis Events

Weekly Junior Tournaments

11 years and over – every Sunday 10-12p.m.

10 years and under – every Saturday 10-12p.m.

8 years and under – every Saturday 10-12p.m.

Fee: \$15.00 per tournament

4 Week Weekday Morning Clinics

8:30 – 10:00a.m. & 10-11:30a.m.

Contact Luis Rosado if you have any questions:

Phone (301) 221-7917

Email: broadlandstennis@yahoo.com

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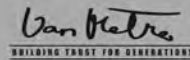
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Gym Etiquette 101

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



With our hectic schedules most of us are lucky to make it to the gym. Once there, many of us view the gym as a safe haven, a place to unwind or work out the stress of the day. While most gym members are quite considerate, others seem to break all of the rules, the written and sometimes unwritten code of conduct for the gym. Whether you are a new member at a fitness club or you are in the lifetime membership club, we can all use a little refresher course on Gym Etiquette.

How to avoid rookie mistakes and look like a pro at the gym;

1. No one wants to be that guy at the gym. You know, the guy whose body odor is so offensive that you can't come in a twenty-foot radius. On the other hand, you don't want to be the other guy either. The guy that is wearing half a bottle of Axe body spray. It's best to come to the gym reasonably clean, sans extra lotions, potions and sprays. If you find that BO is a problem, try switching from cotton shirts to some type of moisture wicking material.
2. Be considerate at the water fountain. Above all else, no spitting into the fountain, it's just gross. Secondly, if you are filling up a water bottle, don't monopolize the fountain. If someone comes up after you to grab a quick sip, offer to step aside and then finish filling your bottle.
3. Wipe down. It is a great idea to wipe down all equipment after you use it. It is a must to wipe it down if you've left a sweaty mess behind you. No one wants to be your personal mop.
4. Re-rack your weights. Like Mom said, clean up your toys when you are finished. It is beyond inconsiderate to leave a machine stacked with weights after you've finished. You never know who is going to use the machine after you and the person following may not be able to safely put away the six 45lb weights that you left on the rack.
5. Cell phones have really made a presence in the gym the last few years. Most clubs ask to keep phones off the gym floor. If you must have your phone, remember to turn it to silent mode. If you do have to take a call, take it to a hallway or lobby. People hit the gym to de-stress. It's hard to relax when your neighbor is gabbing on the phone.
6. Share, especially when it comes to group exercise classes. Everyone is there to get a workout in and no ones workout is more important than another's. If you get to class and someone is in 'your space, take a deep breath and find a new space for that class. No need to cause a scene.
7. Move on it or move on. Often times you can look around the club and find at least a couple of people huddled around a machine or two chatting it up. By all means, be social, but without taking up too much time on machines. If you aren't actively using a piece of equipment, step aside so others can get in a workout and you can return to it when you are ready.

Last but not least, be nice to the gym staff. Remember that they are there to help you. We will all have our issues at any facility, but in this case it is best to remember what your mother told you, you'll catch more bees with honey than with vinegar. If you are cordial to the staff and develop a relationship, you are likely to get fast, friendly service when you need it.



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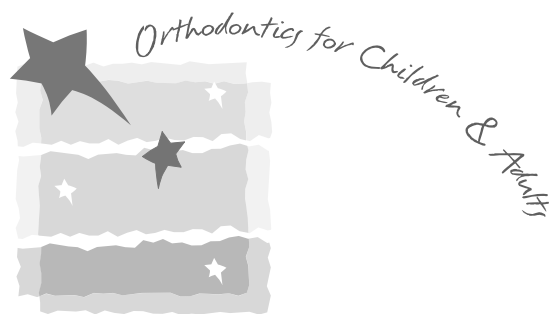
BROADLANDS HELPER LIST

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.

Key:

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

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

PUBLIC INFORMATION

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

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

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David Poisson (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

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

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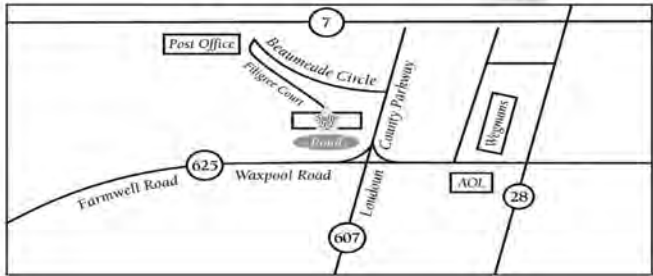
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- **July 12, 6 p.m.**, Baby Care Basics
- **July 27, 10 a.m.**, New Mom Support Group
- **August 10 and 12, 10 a.m.-noon**, Avoiding the Freshman 15

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CLUBS AND GROUPS

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

ASHBURN AREA WOMAN'S CLUB

The General Federation of Women's Clubs is dedicated to community improvement through volunteer service. The Ashburn Area Woman'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 is on September 11th, 10:30am at the Mills Recreation Center. We will have a guest speaker who will discuss travelers aid opportunities at the airport. Please mark your calendars and be sure to bring a friend. Visitors are always welcomed and refreshments are always served. For more info, please call our events coordinator at 703-729-7044.

ASHBURN TOASTMASTERS

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BROADLANDS BICHON FRISE CLUB

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS NEIGHBORHOOD BIBLE STUDY

We are kicking off Fall with a Beth Moore bible study, Deeper Still. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

COMMUNITY BIBLE STUDY

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

CUB SCOUTS & BOY SCOUTS

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

GIRL SCOUTS

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

INVESTMENT CLUB

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

LA LECHE LEAGUE OF ASHBURN PM

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every 3rd 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.

MOMS IN TOUCH FOR EAGLE RIDGE

Eagle Ridge Middle School moms have a Moms in Touch group meeting in the Broadlands. Join us as we pray for ERMS and our ERMS children on Fridays at 10:00a.m. Contact Carla for more info at 703-729-6443 or ackhend@aol.com.

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 at 7:30 p.m. on the 2nd Weds month in the Broadlands 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. The next 13 week series begins Monday, September 13, 7:00-9:00pm at Our Savior's Way Lutheran Church. Call Beth Anton at 703-470-8821 with any questions or visit www.griefshare.org.

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ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

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

1/4 Page 3.625"w x 4.875"h
\$160.00/issue (6 months prepaid \$135.00/issue)

1/8 Page 3.625"w x 2.25"h
\$90.00/issue (6 months prepaid \$72.00/issue)

Payment is due in full when ad is submitted. Make checks payable to Broadlands Association. No cash payments, please. Copy changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:
Broadlands Association
ATTN: Newsletter Ads
21907 Claiborne Parkway
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.

SEPTEMBER CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

DAYCARE: Need daycare for your Kindergartener before or after school? Hillside parent offering daycare for Kindergarteners. 2 spaces left. Please contact me at 703-835-4407 or cbrunet2@yahoo.com.

MOM'S MORNING OUT: I offer a structured program for children ages 18 months to 4 years of age. Tuesday morning, 9:00am-11:30am. Our typical morning includes: circle time, lesson time, letter/number of the week, colors, shapes. Children will participate in outdoor and indoor activities, music and Spanish time. Fully licensed by the state. More than 5 years of teaching a MMO/preschool program. Please call 703-858-0117 or nancyshep@hotmail.com.

LITTLE SPROUTS PRESCHOOL: Offering Junior Kindergarten (5 year old Preschool) and Mom's Morning Out next year. Will your child miss the September 30th cutoff for kindergarten? We have a special class just for those children next year. A fun, hands on approach to learning. 8 students/ 2 teachers. Contact Karlene 408-750-7349, <http://LittleSproutsPreschool.clubspaces.com>.

BROADLANDS KID ZONE: Now registering F/T or P/T for ages 13 months and up. We offer preschool curriculum, learn knitting, Crochet and sewing. Snacks and meals provided. CPR/First Aid and Virtus Certified Contact Victoria at 703-405-3768. Email: info@broadlandskidzone.com Website: www.broadlandskidzone.com.

ENTERTAINMENT/PARTY RENTALS

MAGIC! Looking to add a little something special to your next party or gathering? Have a strolling magician entertain your guests. It's fun and exciting. Come see me in action at The All American Steakhouse. Lessons are also available. 703-402-2718 or slyhand@hotmail.com.

MOONBOUNCE RENTAL IN

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

FOR SALE/FUNDRAISER SALES

MOPS KID'S CONSIGNMENT SALE:

Sanders Corner Elementary School in Ashburn. Saturday, October 2nd from 8am - 1pm. Dollar Dash from 3:00-3:45 pm! Clothes, toys, cribs and more! For complete info and directions, www.cfc-mops.com.

BAND CITRUS SALE: Straight from Indian River Groves in Florida delivered directly to you. Delicious oranges, grapefruit, and tangelos are available to order from the

Briar Woods HS Band members. Sale starts 9/20/10. Look for neighborhood students or email Briarwoodsfundraiser@yahoo.com.

BRIAR WOODS FALCONS GARDEN

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

GOLF CLUB DISCOUNT CARDS: From the 1757 Golf Club this card has discounts off: junior summer golf camp, greens fees after 2pm, private lessons, meeting or banquet events and a complimentary large bucket of balls; all for only \$10.00. Briarwoodsfundraiser@yahoo.com

INSTRUCTION

DRUM LESSONS: Quality instruction for the best rates in the area! Located conveniently here in Broadlands. Call Casey Hart at 703-554-0180 or email at cjhart92@fastmail.fm.

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

VIOLA & VIOLIN LESSONS: Offered out of my private studio conveniently in Broadlands. All ages and levels welcome! Please call Catherine at (703)598-4708 or email me at CatherinePalusci@aol.com. References available.

KINDERMUSIK CLASSES: Will be offered at the Broadlands Community Center this Fall! Music and Movement classes for children age newborn through 3 years are designed to nurture the creative spirit in every child. For more information, visit www.WrightFootForward.com or contact Brenda Wright at WrightFF@gmail.com or 703/344-4135.

SAT TEST PREP: Help your child achieve their top SAT score! Small group instruction program here in Ashburn using official SAT Study Guide. Offering an 8-week, 32 hour course for \$595 per student, Saturday and Sunday afternoons. Also available, 6-hour "Power Review" for \$65. Money Back Guarantee. Call Peggy 703-554-2030. Leadingedgetesting@gmail.com.

GUITAR LESSONS: Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. Instruction in your home or at our Leesburg studio; references from Broadlands residents. Please call 703-777-4352 or email: BlueRidgeStudio@verizon.net.

HOBBY CLASSES: Hindi Classes- once a week, one hour classes. Drawing and water painting - 8 week session, once a week, one hour classes, \$100 plus \$25 material fee. Indian Cookery Classes offered. Before and After School Care also available. Call 571-333-0199, neeru803@gmail.com.

HEALTH & WELLNESS

SHAKEOLOGY, THE HEALTHIEST

MEAL OF THE DAY! Doctors are using Shakeology and recommending it to their patients, see what the buzz is all about. www.shakeloudoun.com. 100% Money Back Guarantee. Contact Michael at 571-233-7996 or mobriend@gmail.com. Broadlands resident.

ARE YOU INTERESTED IN LOSING

WEIGHT AND GETTING IN SHAPE: I can show you how with proven fitness programs you can use in your home. These programs changed my life and can change yours! Contact Michael at 571-233-7996 or www.fitnessintensity.com. Broadlands resident.

ART OF LIVING: Yoga and Meditation course with "Sudarshana Kriya" Tools to minimize stress practiced by 4 million worldwide; practices that heal and harmonize the body, mind and spirit. For Ashburn course details and for introductory course information, please call Ms. Chitra Kumble: 703-723-8181 OR Email: ashburn@us.artofliving.org OR Visit: <http://us.artofliving.org/>.

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.

HOME SERVICES

RESIDENTIAL LIGHTING

SPECIALIST- Tired of your outdated lights but not sure what size/color/style is appropriate for your room(s). We offer a free lighting consultation in your home. In addition, you'll save 25-50% off retail prices. Call Shannon at 703-919-3479. (Broadlands Resident.)

WROUGHT IRON STAIR RAILINGS:

Increase the WOW factor in your home by replacing wooden hand rails with wrought iron ones. Home builders charge \$7,000-10,000; you can have the model home look for 75% less! Free design consultation. 703-919-3479.

ACKERMAN SECURITY SYSTEMS: We monitor all systems. No charge to switch or equipment to buy. Monthly rate \$18.95! Free \$500 insurance deductible program. Allowance for contractual obligation. One call...we do it all. You own the system, Wireless Monitoring, Virtual Keypad, Remote Video Access, Fire/Access/Video. Receive 3 month free basic monitoring with this ad. Joe Moinipanah, 571-437-6445. Ackermansecurity.com.

BROADLANDS HOME IMPROVEMENTS:

All types of home repairs and improvements. Kitchen, bath, basement, windows, doors, roofing and more. Contact Craig Hart for a consultation and estimate at 571-220-7449.

ALL AROUND GLASS INC: Herndon, VA Patio Door Glass, Broken Windows,

Insulated Glass, Mirrors, Tub & Shower enclosures, Tabletops, Re-screening, Auto Glass, Commercial and Residential, 30 years experience, mobile service 703-481-8557, fax 703-481-1883. Licensed and Insured.

GRASS MOWING "CHEAP": Excellent service for town homes, single family, absentee landlords and real estate agents handling vacant home sales. Mow, edge, trim and blow, plus Scott's seasonal applications available. A great gift idea! FENCE sales, power wash and restrain, Retired Professionals: jackthedecker@aol.com and 703-858-0103.

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).

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.

KETTY'S MAID SERVICES (K.M.S.): Cleaning services for single family homes, townhomes and apartments. Weekly, Bi-weekly and one-time only. Free estimates. Call Ketty: (703)771-4035, (703)554-2487, (703)297-1934.

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

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

FULL CIRCLE HOME IMPROVEMENT: Kitchen and Bath Remodeling. Finished Basements-Flooring-Tile-Hardwood-Laminate-Lighting-Finished Trim-Moldings-Painting-Decks and more. Licensed and insured. Call Rich at 703-723-4268 email full_circlehome@yahoo.com

HANDYMAN SPECIALIST: Lives in the Broadlands with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. MichaelARosario@aol.com.

HOME IMPROVEMENT CONTRACTOR: Specializing in finishing basements, remodeling bathrooms, remodeling laundry rooms, electrical, plumbing, exterior hot

tub installations, express water heater replacement and expert at waterproofing wet basements. 30 years experience. Free estimates. For all your home improvement needs, please call Marc at 703-724-0772.

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

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

LARRY MILLER INC. WINDOW CLEANING SERVICE: Residential Specialist. Free screen cleaning, free estimate. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

PROFESSIONAL PAINTING: Residential interior & exterior. Licensed & insured. Quality workmanship. Reasonable. Free estimates. 25 yrs experience. "You can't afford not to call." Please call Gary's Painting, 703-971-4016.

MARKETPLACE

AVON: Avon's newest perfume, Outspoken, by Fergie of the Black Eye Peas is available now! Free body lotion and perfumed pendant with each purchase! For a free sample or for details on earning money with Avon, please contact: Sydney Packard, 703-726-8729. www.youravon.com/spackard

SILPADA DESIGNS: Beautiful Sterling Silver jewelry. Host a home party and earn free jewelry while spending time with your friends. Great fundraiser opportunities. Gift certificates also available. Or are you interested in starting a business of your own? Contact Mary Hart at 703-729-6550. www.mysilpada.com/mary.hart. Get paid to party!

PINK PIGGY SWEETS: Specializing in cakes, cupcakes, cookies & classes! We also feature Doggie cakes & treats. For party classes, we come to you. We would love to be a part of making your next celebration a sweet success! Visit www.pinkpiggysweets.com or call 571-333-7477.

MARY KAY: DISCOVER A MIRACLE! Get More from your Anti-aging skin care program with the miracle set! Enjoy softer, younger-looking skin in as little as 8 weeks! Call me to try the Miracle Set today! Deborah Leben Independent Beauty Consultant 703-217-4583, Shop Anytime www.marykay.com/dleben.

TASTEFULLY SIMPLE: Introduces our brand new fall/winter line! Host a taste-testing party by inviting some friends over to eat, and I'll reward you with FREE PRODUCTS. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

PETS

KIT & KABOODLE PET CARE SERVICE, LLC: Is your pet part of the family? Kit & Kaboodle Pet Care – because your family member deserves the best! Providing Loudoun County with quality pet care since 2000. For more information call 571-223-2977 or visit our website at: www.kitandkaboodlepets.com.

PROFESSIONAL SERVICES

GGGGRRRRRR!!!! 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.

DERMATOLOGY ASSOCIATES OF NORTHERN VIRGINIA: No time for a Dermatologist visit? DANV offers Walk-In Derm Clinic every Thursday 3-5pm in Sterling with Jennifer Rice PA-C & Dr. Mattay "2009 Top Doc". Broadlands residents receive 20% off cosmetic services through June. Mention this ad. 705-450-5959 www.dermdocs.com.

HOW TO PLACE CLASSIFIED ADS

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

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

*10% off for 6 or more 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



September Activities

<u>Date</u>	<u>Activity</u>
1st	7:00p.m. Modifications Subcommittee Meeting(NC)
4th	Nature Center Open: 10:00a.m. - 2:00p.m. 11:00a.m. Family Day - Bird Watching Basics(NC)
8th	3:30p.m. Bird Watching Basics for Elementary School Kids(NC) 7:30p.m. Tech Committee Meeting(NC)
9th	6:00 Southern Walk Hearing Committee (NC)
10th	5:30 Broadlands Live! (Hillside Park)
11th	Nature Center Open: 10:00a.m. - 2:00p.m. 8:30p.m. Flicks in the Sticks(NC lawn)
12th	10:00a.m. Native Plant Sale and Forever Home Adoption(NC rear patio)
14th	10:30a.m. Birds! Birds! Birds!(NC) 6:00p.m. Board of Directors Meeting(NC)
15th	10:30a.m. Birds! Birds! Birds!(NC) 7:00p.m. Modifications Subcommittee Meeting(NC)
16th	8:00p.m. Investment Club(CC)
17th	10:00a.m. Broadlands Mom's Club(CC)
22nd	10:30a.m. Storytime for 2's and 3's(NC) 7:30p.m. Book Club(NC)
23rd	7:00p.m. Dr. Habib Health Seminar(CC)
25th	Nature Center Open: 10:00a.m. - 2:00p.m. 7:00p.m. Casino Night(CC)

Committees

Broadlands Live! Summer Concert Committee

Chair: Open.

Community Events Committee

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. Co-Chairs: Lori Seidmeyer, lseidmeyer@broadlandsnaturally and Oya Simpson, (703) 725-8040, osimpson@broadlandsnaturally.org.

Neighborhood Watch Committee

Chair: Staci Kapinos, broadlandsHOAwatch@gmail.com

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)

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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