

September 2013

BROADLANDS

Community News

It's Back to School, Have a Safe Year!

Save the Date for Broadlands Events!

- The HOA offices will be closed for Labor Day - Monday, September 2nd. Trash will be collected on a normal schedule.
- Flicks in the Sticks, September 7, page 7
- Family Program, Raptor Conservancy, September 14, page 5
- Autumn Community Wide Yard Sale, September 28, page 5
- Casino Night, September 28, mid-section
- Halloween Costume Swap Collection starts September 3, page 5

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5K

Includes
Race
T-Shirt

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**Homeowners Association
Board of Directors Meeting**
Tuesday, September 10th - 6:00p.m.
Nature Center Conference Room

Board of Directors Meetings

Monthly 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 HOA Management no later than 7 days prior to the meeting.

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 submission date to the Secretary to the Modifications Subcommittee, Robin Crews - rcrews@broadlandshoa.com, at the Association office in the Nature Center, 21907 Claiborne Parkway. For your convenience there is a drop box available for after-hours submissions.

Please review the Design Guidelines manual or look online, www.broadlandshoa.org/node/49, for updated guidelines and information to be submitted with your application, as failure to include all information will delay review of your project.

A response to your application is generally mailed within one week of the meeting.

**Modifications Subcommittee
Meeting and Submission Dates**

Meeting Date	Submission Date
September 04, 2013	August 29, 2013
September 18, 2013	September 12, 2013
October 02, 2013	September 26, 2013
October 16, 2013	October 10, 2013

*Please Note: The Subcommittee is looking for volunteers. If you are interested in joining this group please email Robin Crews, rcrews@broadlandshoa.com.

Looking Forward

September has arrived and the summer is over as we settle back into the school and work routines. With the school board's decision to reduce bus routes and increase walkers, we will be seeing a lot more pedestrian, skateboarders and bicycle traffic on our roads, sidewalks, and trails.

I have been in communication with Principals Paul Vickers of Mill Run Elementary and Garrett Brazina of Hillside Elementary to discuss the influx of walkers within the community. Drivers should be aware of the increased child pedestrian traffic throughout the county. For those dropping their children off in the neighborhood, please be aware that double parking, parking in fire lanes, and blocking of intersections (even while dropping off and picking up), as well as performing u-turns in the middle of the road are all illegal. The schools will have sheriff's deputies patrolling high traffic drop off areas to ensure the safety of drivers and pedestrians. Please also be mindful of your neighbors and do not use their driveways to turn around.

Broadlands has three underground tunnels; one on Claiborne Parkway connecting Hillside Elementary with Harvest Glen Court, another on Claiborne Parkway connecting the Nature Center with Village Drive, and a third on Waxpool connecting the Community Center with the Stone House. Heritage Landscape Services will be sweeping each tunnel for debris and graffiti every Monday in conjunction with their trash removal to help keep these tunnels clean and safe for school children as well as the walkers, runners, and bikers who regularly use the path. If you are aware of an unsafe or vulgar condition, please report them to the HOA office at 703-729-9704.

If you have a child attending school this year, please be sure to check out the article on page 7 about back to school safety. The HOA has agreed that the Nature Center can be used as an official safe house for the schools in case of an emergency. We are open Monday through Friday from 9:00am - 5:00pm, with staff members available to assist in contacting the police in case of an emergency. Please stop by to ensure that your child knows where we are located. They may want to stop by regularly on their way home from school just to visit our friendly animals!

Sarah Gerstein, CMCA, AMS, PCAM
General Manager
Broadlands Association, Inc.



Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway

Broadlands, Virginia 20148

Main: (703) 729-9704 Fax: (703) 729-9733

www.broadlandshoa.org

HOA Office & Nature Center Hours: Monday thru Friday from 9:00am to 5:00pm. Additional Nature Center Hours: First three Saturdays from 10:00am to 2:00pm.

BROADLANDS ASSOCIATION MANAGEMENT & STAFF

General Manager

Sarah Gerstein sarah@broadlandshoa.com

Newsletter Editor

Natalie Ihanainen nihanainen@broadlandshoa.com

Newsletter Advertising Manager

Stassa Collins scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee

Robin Crews rcrews@broadlandshoa.com

Administration

Susan Kuklick skuklick@broadlandshoa.com

Receptionist

Joanne Hang joannehang@broadlandshoa.com

Naturalist

Alexandra Vlk naturalist@broadlandshoa.com

Naturalist Hours: Monday Off, Tuesday 9:00am - 5:00pm, Wednesday 9:00am - 3:00pm, Thursday 11:00am - 5:00pm, Friday 9:00am - 2:00pm

BOARD OF DIRECTORS

President Brian Beahm - brian.beahm@gmail.com (703) 726-6360

Vice President Eric Bazerghi - eric@thehouse.net (703) 723-1046

Secretary/Treasurer Dawne Holz - dawne@holzfamily.net (703) 349-1095

Directors

Gerry Alcantara (703) 858-1320

Stevens Miller (703) 217-0862

Michael D. Simpson (571) 333-3365

Joseph T. Wagner (571) 333-0831

Members at Large, Van Metre Representatives

Roy Barnett rbarnett@vanmetrecompanies.com (703) 425-2600

Denise Harrover dharrover@vanmetrecompanies.com (703) 425-2600

COMMITTEES

Broadlands Live! Summer Concert Chair: Renee Ventrice - tttrenee@yahoo.com

Community Wildlife Habitat* Chair: Oya Simpson - osimpson@broadlandsnaturally.org (703) 725-8040

Events Chair: Tammy Wells - tammy@jwells.us

Neighborhood Watch Chair: Open

Recreation Chair: Open

Swim Team www.broadlandsswimteam.org

Technology* Chair: Dawne Holz - dawne@holzfamily.net, broadlandshoa.org

Tennis Chair: Brad Marcus - bradmarcus@gmail.com

Webmaster webmaster@broadlandshoa.org

*Please look under Clubs and Groups for more information

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Email: customerservice.dcmetro@fsresidential.com

Mail Payments to:

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Newark, NJ 07101-4983

Useful Numbers

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Dominion Virginia Power (888) 667-3000

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Loudoun County Sheriff (703) 777-1021

Loudoun Water - Customer Service (571) 291-7880

Loudoun Water - After Hrs/Wkends (571) 291-7878

Poison Control (800) 222-3333

State Police (703) 771-2533

Washington Gas (703) 750-1000

BROADLANDS COMMUNITY

Southern Walk Internet/Cable:

OpenBand 24x7 Customer Service. (866) 673-6226

OpenBand Trouble Tickets (703) 961-1110

Trash Pickup - Patriot Disposal 1(703) 257-7100

MailBox - Main Street Mailboxes... 1(703) 753-5521

PUBLIC INFORMATION

Animal Control/Shelter (703) 777-0406

Building Permits & Dev. (703) 777-0397

County Landfill (703) 771-5500

DMV (VA) (800) 435-5137

Health Department (703) 777-0236

Library (Ashburn) (703) 737-8100

Loudoun Ride On (703) 777-2708

Loudoun Hospital (703) 858-6000

Miss Utility (800) 552-7001

Metro (202) 637-7000

Parks and Recreation (703) 777-0343

Ridesharing (703) 771-5665

Road Conditions (800) 367-7623

School Board (571) 252-1000

Street Signs/Storm Drains (703) 771-5666

VDOT (703) 383-8368

Van Metre Homes (703) 348-5800

Verizon (703) 954-6222

Verizon Fios (888) 553-1555

SCHOOLS - BROADLANDS

Briar Woods High School (703) 957-4400

Eagle Ridge Middle School (571) 252-2140

Hillside Elementary School (571) 252-2170

Mill Run Elementary School (571) 252-2160



Notary Services

Available to Residents

Notary services are available to all Broadlands residents.

The cost is \$5.00 per document.

Please call the HOA

offices,

(703) 729-9704, to

confirm availability.



**Feel Like Getting Spooky?
Mark Your Calendar For
One of Broadlands Most
Fun Events of the Year, the
Broadlands Adult Halloween
Party!**

Saturday, October 26th
8:00p.m. to Midnight
at the Community Center



Find a Sitter
Create a Costume

**Be There and
Beware!**

**More details to follow in next
month's newsletter.**

**For All of You Younger
Goulies, Plan to Attend the
Kids' Halloween
Costume Party for
3rd - 5th Graders**

Friday, October 25, 2013
6:00p.m. – 7:30p.m.
at the Community Center

Prizes for:
Most Original Costume
Scariest Costume
Best Group Costume

Drinks and Snacks provided,
Music by DJ and dancing by you!
Bring your friends!

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Please contact
Tammy Wells
at: tammy@
jwells.us or
(703) 724-
0809



Trick or Treat!

**2nd Saturday program at the
Nature Center
The Raptor Conservancy
of Virginia**

Date: September 14th
Time: 12:00p.m. - 1:00p.m.
Fee: \$3.00/child for Broadlands
Residents
\$4.00/child for
non-Broadlands residents

The Raptor Conservancy of Virginia
will be giving
an education
program
displaying
LIVE non-
releasable
raptors. This
program will
be informing
children and
adults about



the native wildlife, preservation of
habitat, and how to respect our local
wildlife.



**One Person's Junk is
Another's Treasure**

The Autumn Community
Yard Sale
will be held
on Saturday,
September
28th, 2013
around the
Broadlands
neighborhood
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 view 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 Third Annual Green Halloween Costume Swap

Date: Saturday, October 12, 2013

Time: 9:00am to 11:00am

Location: Broadlands Community Center(new location this year)

Starting **September 3rd**, drop off one (or more!) clean, gently-used child's
costume in the marked bin at the Broadlands Nature Center and get a swap
ticket.

Bring your swap ticket to the Costume Swap on October 12th and trade your
ticket for a "like-new" costume!

Don't have a ticket? Costumes may be purchased for
\$5.00 each from 10:00a.m. to 11:00a.m.

All proceeds from this event will benefit the Girl Scout
SHARE program.





September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HOA Offices Closed for Labor Day	3 Halloween Costume Collection Begins 9:00am - NC	4 Modifications Subcommittee Meeting 7:00pm - NC	5	6	7 Flicks in the Sticks 8:15pm - NC
8	9	10 Board of Directors Meeting 6:00pm - NC	11	12 Broadlands Mom's Club 10:00am - CC	13	14 Nature Center Open 10:00am - 2:00pm Raptor Program - 12:00pm - NC
15	16	17	18 Modifications Subcommittee Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	19 SWHOA BOD Meeting 6:30pm - NC Investment Club 7:00pm - CC	20	21 Nature Center Open 10:00am - 2:00pm
22	23	24	25	26	27	28 Community Yard Sale 8:00am Nature Center Open 10:00am - 2:00pm Casino Night 8:00pm - CC
29	30					

Key - CC=Community Center; NC=Nature Center; HP=Hillside Park

Before the Bell Rings: Back to School Safety

As boys and girls throughout the community sharpen their pencils and get ready to head back to class, it's important to ensure they have a safe school year. Here are some tips on how your family can be proactive and avoid potentially harmful situations:

- Make sure your school has your child's updated emergency contact information. Write down any specific instructions that should be followed in case of an emergency, and have the school keep them in your child's file.
- Talk to your child's teachers before classes start and alert them to any medical issues your child has. Also, explain to the teacher what he or she should do if the medical issues arise—such as an allergic reaction, asthma attack or seizure—and provide school personnel with emergency medication such as EpiPens® (Epinephrine Auto-

Injectors) and inhalers.

- Help your children memorize important phone numbers so that they know how to get in touch with you and other trusted adults. Also, make sure those numbers are programmed into their cell phones, or provide them with a list of phone numbers that they can keep in their backpacks or wallets at all times.
- Let your children know exactly who they can go home with after school if their regular ride can't pick them up, and make sure they know not to accept rides from people who aren't on the list.
- If your children will be walking to school, walk the route with them several times before classes start to make sure they understand traffic laws and can walk the route on their own. Also, find a friend or sibling they can walk with, and make sure they always use the buddy system.

- Show your children which houses or offices in the neighborhood they can go to in case no one is at home after school. The HOA has agreed that the Nature Center can be used as an official safe house for the schools in case of an emergency.
- Report reckless drivers to the police to help make sure the neighborhood remains safe, particularly during times when kids are going to and returning from school.



Flicks in the Sticks

Wreck-It Ralph

Saturday, September 7 – 8:15 pm

Don't miss our last movie of the season! Bring the kids to watch the fun and games in the arcade as Ralph sets out to fulfill his dream of being a video game hero. Stake out your spot on the **Nature Center lawn** with blankets or lawn chairs. Come early to get a good spot. Popcorn and drinks are provided. This movie is 108 minutes and rated PG.

Reminder: 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 for BROADLANDS RESIDENTS & GUESTS ONLY.
Brought to you by the HOA Technology Committee.

Fall Nature Center Programs

Wee Naturalist!

Age Group: 2-4 years

Dates: September 13th-November 1st

Day & Time: Fridays, 10:45-11:30am

Cost: \$40 residents/\$56 non-residents for 8 week session

Every week we will enjoy nature by doing crafts and going on short walks around the Nature Center. In inclement weather, we will visit the Nature Center and get to know some of the animals.

Discovering Fall

Age Group: 5-8 years

Dates: October 10th-October 31st

Day & Time: Thursdays, 3:00-4:00pm

Cost: \$20 residents/\$28 non-residents for 4 week session

Come enjoy the wonderful colors of fall at the Nature Center! In this session, there will be hands-on activities, crafts and exploration to help discover the beautiful changes of fall.

Animal Science

Age Group: 9-12 years

Dates: September 10th-October 15th

Time: Tuesdays, 3:30-4:30pm

Cost: \$30 residents/\$42 non-residents for 6 week session

Do you want to pet or handle a snake, a rabbit, or maybe a turtle? Come join us at the Nature Center to learn all about our residents. Discover the fascinating world of these animals!

To sign up for Fall and 2nd Saturday programs please visit

www.

broadlandsnaturally.org.

Contact Alexadra Vlk at naturalist@broadlandshoa.com, for more information.



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Feeding the Wildlife

By Broadlands ANS Naturalist, Alexandra Vlk

Many people find feeding bread to the wildlife a fun, enjoyable, relaxing way of getting close with nature. While we may think we are providing food to the animals or think of it as a humane way to dispose of stale bread, in actuality, feeding bread to the wildlife is unhealthy and potentially dangerous. Here is why!

What Bread Is to Wildlife

Bread and similar products such as crackers, chips, donuts and popcorn are a great source of carbohydrates, but they offer little other nutritional value for wildlife. In fact, bread is the equivalent of a McDonald's meal for the birds. And just as eating an excessive amount of McDonalds causes weight gain in humans, this is similar to animals.

You might think just a little bread won't hurt, and this is true, but wait! How can you monitor how much one animal is actually eating? While one family may only feed the animals once every other week, there are many other families and individuals who are also feeding the animals, which leads to a diet based almost solely on unhealthy bread products.

Why Bread is bad for Wildlife (specifically ducks)

Besides the fact that bread is fattening, making it harder for ducks to fly and evade predators, here are some more problems:

- **Duckling Malnutrition:** Ducklings, or other wildlife, will not receive adequate nutrition for proper growth and development. Not to mention, foraging is a very important factor for a duckling or any wildlife to learn. If there is always easy access to food there is no way for any young wildlife to learn this extremely important survival technique.
- **Overcrowding:** The more abundance of food, the more wildlife you will attract. Ducks and



other waterfowl will lay more eggs and the pond or lake will become overcrowded. This makes it more difficult for the birds to seek out healthier food sources and increases the likelihood of territorial aggression.

- **Pollution:** Not all the bread will be eaten when offered. The uneaten bread will be left soggy, unsightly and rotting. This can cause odors as well as lead to greater algae growth, which clogs natural waterways. The pollution becomes concentrated, which will eventually kill the fish and other life in the vicinity.
- **Diseases:** There are two ways in which feeding ducks/wildlife bread can increase disease. First, bread is a rich carbohydrate diet, this leads to an increased amount of defecation, and bird feces easily harbor bacteria responsible for numerous diseases, including avian botulism. Second, moldy bread can cause aspergillosis, a fatal lung infection that can decimate entire duck and waterfowl flocks.
- **Loss of Natural Behavior:** Wildlife loses their fear of humans

when they are accustomed to handouts. This leads to aggressive behavior in order to get more food (from personal experience, this is a scary thing). And also, their loss of fear can cause other dangers, such as a willingness to cross busy roads in order to reach picnickers and other likely sources of food.

- **Bread Alternatives**

If you still want to feed the wildlife, don't fret! There are alternative food sources that are much healthier.

Some great foods include:

- Grapes cut in half
- Cracked corn, barley, oats, birdseed or other grains
- Frozen peas that have been defrosted
- Duck feed pellets available from farm supply stores

Autumn Delights

By: Jill Johnson, Loudoun County Master Gardener

Autumn is a brilliant time of year in Loudoun County. We are surrounded by beauty in every season, but fall offers the sight of purple grapes ripening in the many vineyards, shimmering gold corn stalks and hay bales drying in the fields, nearby mountains ablaze with color, and farmer's markets filled with bushels of the early apple harvests.

Your garden should also be beautiful this time of year. Planning and planting your garden for four seasons of interest means as summer annuals and perennials fade, they are followed by flowering purple asters, apricot mums, golden solidago, and native grasses in full plume. *Amsonia hubrichtii* (Hubricht's Bluestar) is an interesting native plant that is recommended for year round interest. It has fine greenish-yellow willow-like foliage in spring and summer, blue star-shaped flowers in spring, and then turns a spectacular golden yellow in the fall thru most of winter.

Fall is prime planting season for most roses, shrubs and trees as well as for spring-flowering bulbs. Loudoun County Master Gardeners sell a personally curated collection of bulbs every year. Check the website www.loudouncountymastergardeners.org for an order form. Bulbs are a good gardening investment because so many are critter-proof or resistant and also multiply each year. Think daffodils, snowdrops and fritillaria.

The vegetable harvest continues in fall and many of us are canning and freezing the excess. Who doesn't like to receive a sparkling jar of homemade goodness in the form of jams and jellies, chutney or pickles? If you are new to the process, Virginia Tech has good guidelines for canning at <http://pubs.ext.vt.edu/348/348-594/348-594.html>. Seeds of collards, Swiss chard, turnips, beets and spinach can still be sown in September to keep those fresh vegetables on the table even after the first frost. I'm tired of buying shriveled up supermarket garlic and will plant it this fall, probably in late October. It's easy to grow and is planted in the same manner as any other fall bulb. Best of all, it is not only deer resistant, it even repels vampires!

Please visit www.loudouncountymastergardeners.org or call the Loudoun County Master Gardener Help Desk at 703-771-5150 for answers to your gardening questions and to sign up for our quarterly newsletter, the Trumpet Vine.



Master Gardener Program Now Accepting Applications for Class of 2014

The Program is seeking individuals who are willing to give back to the community through volunteering and who have a desire to learn about gardening fundamentals. A gardening background is helpful, but not required.

Master Gardeners are volunteers whose mission is to educate Loudoun County Residents about safe, effective and sustainable landscape management practices. Volunteers receive extensive training under the auspices of Virginia Tech and the Loudoun County Cooperative Extension office to provide unbiased research-based horticultural information to the community.

Training will begin in January, 2014 and continue through April. Classes are held twice weekly in the mornings. Applicants also must complete 75 hours of volunteer work in their first year.

More information about the program and copies of the application are available at www.loudouncountymastergardeners.org. An Open House to answer questions will be held on November 12, 2013 at 7:00pm at the Loudoun Extension Office at 30 Catocin Circle, SE in Leesburg.

For more information about the Loudoun County Master Gardener program please visit: www.loudouncountymastergardeners.org or call the Loudoun Extension Office at 703-777-0373. The LCMGA can also be found on Facebook.

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Have You Received a Covenant Violation Letter Recently?

Have you or someone in your neighborhood received a Covenant violation letter in the past few months from the Homeowners Association?

In an effort to maintain the beauty and quality of life which we all enjoy by living in the Broadlands, your Board of Directors have identified the most common covenant violations and are attempting to remind residents about their responsibilities as Broadlands homeowners.

Covenant Inspectors randomly check neighborhoods for compliance with trash and parking resolutions, yard maintenance, pole light maintenance and various other violations that detract from the esthetics of our community. During this period of uncertain home values, it is doubly important to everyone to properly maintain and take pride in their homes.

If you receive one of these reminders, please take the time to correct the violation. This not only helps to maintain the integrity and visual appearance of the community but it is required by the rules of the Association. In accordance with the Association Documents, should you fail to bring your lot into compliance, the Board of Directors may take action to enforce compliance. This action may include a fine, suspension of voting rights, and suspension of recreational privileges.

Everyone working together to maintain the beauty of our community will not only keep Broadlands a desirable place to live but protect our biggest investment - our homes!

How to Prepare for the Worst

September is National Preparedness Month. Take simple steps to prepare for emergencies in your homes, businesses and schools. Think first about the basics of survival—fresh water, food, clean air and warmth, according to the U.S. Department of Homeland Security's Ready Campaign.

Here are some items recommended for a basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for each
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

You might consider adding these additional items:

- Prescription medications and glasses
- Infant formula and diapers
- Food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or similar information from www.ready.gov
- Sleeping bag or warm blanket for each person
- Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper. When diluted nine parts to one part water, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Personal hygiene items
- Paper cups, plates and towels and plastic utensils
- Paper and pencils
- Books, games, puzzles and other activities for adults and children.

For more information, visit www.ready.gov

Master Barber Brings Family Friendly Salon to Ashburn

Broadlands residents have another local option for getting a professional haircut. Mr. Sam Saleh, a friendly new addition to the community, has recently moved his salon from Maryland to the Broadlands area. **Family Hair Salon** is located at 21735 Shellhorn Road next to Papa Johns and the In-and-Out Market. Sam enjoys working with children and has created a worry-free area that both parents and children will appreciate. This children's corner offers two colorful themed



chairs. Children can choose between either a fire truck with ladders and a bell or an airplane with a spinning propeller. They can also enjoy watching Disney and other movies while they get a haircut and wait for their lollipops. Sam has been a Master Barber in Virginia and Maryland for over 40 years. Walk-ins are always welcome, however, appointment are preferred.

Currently, Sam is offering a 30% discount to Broadlands residents (see add) and a \$10 Back-to-School special for kids.



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Loving to Grow Food By: Oya Simpson

Wildlife Habitats Committee

Last fall while working on a project at Mill Run Elementary School to build a garden with native plants, I first met Bryn and her son Lucian. They had volunteered to help out with this garden project. It was obvious that Lucian was very comfortable with getting his hands in the dirt and working around the plants with his mom.

After the project was completed, we stayed in touch. I looked forward to visiting Bryn and seeing her own garden this summer. I was pleasantly surprised by the amount of tomatoes produced by her plants. There were so many that she had plenty to share with her family, neighbors, and the food bank! Bryn was raised on a dairy farm in Pennsylvania where her family was always growing things in their large backyard garden. So it was only natural for Bryn to have a garden of her own. Her experience in horticulture makes her very knowledgeable in gardening and during my visit I realized that gardening was something that we all can do with a little education and dedication.

Bryn and her family have been Broadlands residents for about 4 years. They do not have a large



backyard, but the space that they do have for gardening, including their deck, is used in the most efficient way possible.

Lesson Learned: You do not need a large space.

I began asking Bryn non-stop questions about her techniques which she patiently answered and demonstrated while guiding me through each step. Even though gardening is work, to Bryn, it's soothing and brings great satisfaction when one is eating the fruits of their labors. Bryn doesn't cut corners or try any quicker options. She starts with organic soil and organic heirloom seeds using Jiffy pots which she gets from the Tractor Supply store in Leesburg. Because Bryn knows the risks of toxic chemicals used in industrialized farming, growing "organic" is her only option and therefore uses organic methods of pest and disease control.

Lesson Learned: You do not need to use toxic chemicals.

Lucian is very involved in helping his mom with the planting and caring of these vegetables. Their garden yields many different kinds of tomatoes, peppers, cucumbers, zucchini, beans, onions, lettuce, kale, spinach, herbs, pumpkins, and sunflowers (for Fall) that

are surrounded by marigolds for pest control. Bryn is able to grow quite a lot in 3 raised beds; one 4-ft x10-ft and two 4-ft x 8-ft beds they installed in their backyard. Their deck houses the pots filled with herbs, peppers, and some tomato plants. Pinwheels attached to sticks are used to scare the birds away, and crushed egg shells are added to the soil to prevent slugs.

The one thing I was curious to know was how much of Bryn's time this was taking to manage. It sounded like a lot of work, but also appeared to be a wise investment, and worth the time and effort knowing your food came from a safe environment.

Bryn's gardening season starts around early March when she begins to grow seeds next to her window inside the house. It depends on the variety of plant as to when to start the seeds; for example, peppers and tomatoes are started in a pot and lettuce seed is planted directly in the ground. It takes about an hour to prepare the pots and then plant, depending on the seeds you are starting. You are simply monitoring the seeds' growth, misting them with water to keep them moist, and

Loving to Grow cont. on page 14

Loving to Grow cont. from page 13

keeping them warm until it's time to plant. This takes about 5-10 minutes of her time each day. The next step is preparing the beds and planting. Bryn explained that planning the beds takes more time and a gardener should set aside about 1-2 hours if arranging 3 beds. Once the plants and seeds are in the ground, it only takes Bryn and Lucian 15-20 minutes a day to care for them. In as little as 6-8 weeks, Bryn's family was able to enjoy fresh lettuce along with delicious vegetables for the rest of the summer and part of the fall.

By the end of our visit, I realized I had no more excuses left to not start our own garden at home.

Lesson Learned: Food – when grown at home or at a local farm, feeding ourselves can be a “healing” experience.

I left Bryn's home feeling blessed to know them and their living garden and with a gift of a tomato and a basil plant, I left to start my own experience.

Gardening Resources: Loudoun County Extension Office, Loudoun County Master Gardeners, Mother Earth News/Mother Earth Living Magazines



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Loudoun's Civil War History In a Day From Loudoun - Take it in

Your journey begins with an interpretive one-mile hiking loop through **Ball's Bluff Battlefield Regional Park**, the site of the second largest battle fought in the county. The October 1861 clash on the bluffs of the Potomac River was a lopsided Confederate victory. Union soldiers pushed into the river floated downriver to Washington, DC, bringing the shocking reality of the war to the public's attention. The site includes one of the smallest national cemeteries. *Open daily dawn to dusk.*

Nearby is **Morven Park**, a 1,000 acre property that was the home of Baltimore's former mayor, Thomas Swann, Jr. at the time of the Civil War. During the winter of 1861-62, following the Battle of Ball's Bluff, Confederate soldiers of the 17th Mississippi Infantry built a camp on the property. See the replica log huts that tell the story of the soldiers' daily lives during their stay on the property. *Open daily Apr-Oct 11am-5pm, Nov-Mar 12-5pm. Tours on the hour.*

Stop in **Deli South** in Leesburg for one of their Civil War themed sandwiches, then head south to continue your tour. *Open daily.*

The unassuming **Mt. Zion Church** served as a rendezvous site for Civil War Confederate Colonel John S. Mosby and his men, as well as a barracks, prison, hospital, and burial ground for Confederate and Union soldiers. It is listed on the National Register of Historic Places. Tour the recently restored 1851 church and cemetery that is the final resting-place of the Federal cavalymen killed there. *Call ahead for tours.*



Aldie Mill is Virginia's only surviving grist mill powered by twin water wheels. The mill provided grain for soldiers and their horses during the Civil War, and Union Soldiers hid in the wheat bins trying to escape from Confederate

partisan John Singleton Mosby. *Open late Apr-late Nov, Sat-Sun 12-5pm, with milling demonstrations at 1 and 3pm.*

End your day at the **Red Fox Inn** in Middleburg, the oldest continually operated inn in the United States. During the Civil War it served as both headquarters and hospital for the Confederates. The inn's service bar, still in use today, was made from an operating table used by an Army field surgeon. *Open daily.*

The Critter Corner By: Dr. Steve Velling "Puppy Love"

People often make the mistake of going to a pet shop on a whim, or being dragged to one by their children, and the next thing you know you are in love with the cutest little ball of fluff you've ever seen. I've seen many people come to me after initially going to the grocery store, only to run into an Adoption Day from a local shelter group and come home with a puppy instead of groceries! That's not a bad thing, but it really is important to consider the many different questions that go into dog ownership.

- **Do you want a big dog or little dog?** Some people love huge dogs no matter the amount of hair, drool, or amount of food fed, while others love a little one that they can hold in their arms or on their lap. Dogs can be split up into roughly 5 sizes: 1) Toy Breeds (Maltese, Chihuahuas, Pomeranians), 2) Small breeds (Beagles, Bichons), 3) Medium Dogs (Border Collies, Bulldogs), 4) Large Breeds (Afghans, Standard Poodles, Weimaraners), and 5) Giant Breeds (Bull Mastiffs, Great Danes, Newfoundlands)
- **Do you want a lover or a loner?** Some dogs do well in family settings (like Golden Retrievers and Labradors) and other dogs prefer quiet or single owner settings (Pugs and Akitas).
- **Will your dog spend their lives indoors or outdoors?** People need to think about how much space they have. You really shouldn't get a Great Dane if you live in an apartment. Also, some dogs are really made for either the outdoors (Rottweilers, Huskies) or need lots of exercise (Border Collies).
- **Are allergies a factor?** This has to be one of the most common requests that I get in terms of what breed to get. Many people want a dog that is "hypoallergenic" and doesn't shed. In some cases, adults or children really do have a severe allergy to dog hair, but most of the time the parents don't want to deal with hair being all over everything, a request from my wife for our next dog. A good website to go to is www.dogbreedinfo.com.
- Now that my oldest daughter is heading off to college, my younger daughter is looking to fill the void with a puppy. Who wouldn't want a puppy? But that cuteness comes at a cost – time, money, and energy are the biggest investments with successful dog ownership. Still the payoffs are even greater – unconditional love, constant companionship, improved health to name a few. So picking a puppy has long term effects and consequences, and it all starts with understanding your own situation beforehand.

Till next time,
Dr. Steve

DIY: Healthy and Hearty Beef Stew for Your Dog From TAILS MAGAZINE

By: Rick Woodford, a.k.a. The Dog Food Dude

Things get buried in our freezer because I buy items on sale and freeze them for later use—later meaning much later in many cases. Last week I was cleaning out the freezer and came across some beef neck bones that I had purchased. I decided to put them to use—while simultaneously cleaning out the freezer and refrigerator—by making a hearty beef stew for my dogs.

I'm sure not everyone has beef neck bones just hanging out in their freezer, but they are widely available at grocery stores, and inexpensive to boot. They have a good amount of meat and roasting them provides a rich flavor to the broth.

To accompany the bones in the pot, you can use pretty much any vegetables you have in your produce bin. (Just remember, no onions.)

This stew is a great addition to any commercial food and with so much broth it's extremely low in calories. Don't be frightened by the serving sizes—this is about 1/3 the calories in dry food. You can also use this as part of a weight loss program for your dog by reducing the feeding amounts.

Ingredients

2 pounds beef neck bones

3 cups vegetables, roughly chopped.

1 sprig rosemary or other spices and herbs (1/2 teaspoon of cinnamon or 1 tablespoon cumin, oregano or thyme are all good choices)

1 quart water

Directions

Preheat oven to 400 F.

Spread bones in a baking dish and roast for 15-20 minutes. The meat should be slightly cooked and the bones will be richly colored, even blackened in some places.

Combine beef bones and vegetables in a large stockpot.

Add water to cover meat and vegetables by 1-inch.

Bring to a boil over high heat then reduce heat to low. Simmer for 45-60 minutes – the longer you cook the more flavor will be developed and the more nutrients will leach into the broth.

Set a large colander over a large bowl and strain contents. Remove and discard any bone and chop the meat in appropriate bite size chunks for your dog. Recombine with the broth and serve!

Yield: About 8 cups, approximately 160 calories per cup (freeze any portion that will not be fed within 3-4 days).

Daily Serving Amounts: (combined with 1/2 the amount of regular dry food)

10-pound dog 3/4 – 1 cup + dry food

20-pound dog 1 – 1 1/2 cups + dry food

40-pound dog 2 – 3 cups + dry food

60-pound dog 3-4 cups + dry food

80-pound dog 4-5 cups + dry food

Discard bones safely in the trash—your dog will be tempted by them, but cooked bones can splinter easily causing possible injury in the digestive tract.

*Rick Woodford, a.k.a. "The Dog Food Dude," is an expert on pet nutrition and wellness. He is the author of **Feed Your Best Friend Better: Easy, Nutritious Meals and Treats for Dogs** (available for purchase on Amazon), a comprehensive collection of simple and nutritious recipes perfect for the busy pet parent on a budget.*

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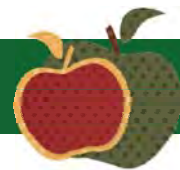
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Healthy Eating and Nutrition Tips for Teens



Teenagers need certain nutrients to feel well as they go through each day. The most important meal is breakfast, even though it's probably the most difficult for many teenagers. Breakfast is even more important if they skip lunch on a regular basis and do not refuel until after school. Their bodies need a daily supply of protein, complex carbohydrates, healthy fats and other nutrients to get the fuel they need for energy and optimum health.

Protein – In order for the body to grow and maintain muscle, teens need 45-60 grams per day. Protein is a primary component of our muscles, hair, nails, skin, eyes, and internal organs, especially the heart and brain. Protein is needed for growth, for healthy red blood cells, and much more. Protein foods include eggs, cheese, soy products (soymilk, tofu, miso, tempeh), fish, beans, nuts, seeds, chicken, turkey, beef, and pork. For a vegetarian diet, choose soy products, beans, and nuts to satisfy your protein needs.

Calories – Due to all the growth and activity, adolescent boys need 2,500-2,800 per day, while girls need around 2,200 per day. It's best to get these calories from lean protein, low-fat dairy, whole grains, and fruits and veggies.

Calcium – Many teens do not get the 1,200 mg of calcium needed per day, leading to weak bones and osteoporosis later in life. Encourage teens to cut back on soda and other overly-sugary foods, which suck calcium from bones. Calcium should come from dairy, calcium-fortified juice and cereal, and other calcium-rich foods such as sesame seeds and leafy greens like spinach.

Iron – Boys need 12 mg each day, and teen girls, who often lose iron during menstruation, need 15 mg. Iron deficiency can lead to anemia, fatigue, and weakness. Iron-rich foods include red meat, chicken, beans, nuts, enriched whole grains, and leafy greens like spinach and kale.

Carbohydrates – These are our main source of energy and play an important role in the functioning of our nervous system, muscles, and internal organs. Carbohydrate foods include fruits, vegetables, whole grains, and beans. Limit your intake of simple carbohydrates—packaged cookies, cakes, soda; they have a negative effect on your blood sugar levels and your moods as well.

Fats – These are a form of energy reserve and insulation in your body, and can be burned to make energy when you don't get enough from your diet. Fats transport nutrients such as vitamins A, D, E, and K through your body and fatty tissue protects your vital organs from trauma and temperature change. The "bad" fats are called saturated fats and are found in animal products, meats, and dairy foods. The "good" fats include the Omega-3 and Omega-6 fatty acids. Deficiencies of Omega-3 fatty acids are linked to decreased learning ability, ADHD, depression, and dyslexia. Good sources of the Omega-3's are flax oil, ground flaxseed, cold water fish like salmon and fresh tuna, canola oil, walnuts, and pumpkin seeds. Other "good" fats to include in your diet

BREAKFAST

Start your day off right with Oatmeal & Fresh Berries! Oatmeal has soluble fiber, which clears out the crud in your digestive system that's left behind by junk food—plus the meal itself is super-filling. Recipe: ½ cup quick-cook 1-minute oatmeal (skip the instant kind – it has more salt and sugar!) 1 cup skim milk, ¼ cup fresh or frozen berries. Mix milk and oatmeal in a microwavable bowl and microwave for about a minute. Stir, add berries. Enjoy!

LUNCH

Up your energy with Roast Beef Roll-Ups! Want to kick that feeling of being constantly exhausted? Lean roast beef contains iron, a mineral that helps boost your energy levels for good. Recipe: 1 8" whole-wheat wrap, 4 oz. (4 slices) lean roast beef, 4 thin slices tomato, ½ cup lettuce, ½ cup red or green peppers, 2 tsp. mustard. Spread mustard on wrap; add slices of roast beef, tomatoes, lettuce and peppers. Roll wrap up, cut wrap into four equal sections and dig in!

SNACK

Get your Calcium with Toasty Cheese Sticks! Recipe: 2 slices whole-wheat bread, 1 oz. slice part-skim mozzarella cheese, ½ cup low-sodium marinara sauce. Toast bread, place cheese between two slices. Stick sandwich into microwave for a few seconds, or until cheese is melted. Cut sandwich into four, finger-sized sections and enjoy! Use marinara dipping sauce for extra flavor.

DINNER

Fight off diseases with a Shrimp and Veggie Stir Fry! This yummy super meal has omega-3s and anti-oxidants that can help protect you against everything from colds to cancer. Recipe: 1 cup cooked brown rice, prepared according to package, 3 oz. shrimp, ½ cup frozen broccoli, ½ cup frozen red or green pepper strips, 1 tbsp. canola oil, 1 tbsp. low-sodium soy sauce. Pour oil in pan and heat on medium heat for 1-2 minutes. Add shrimp and cook for about 3-5 minutes, flipping shrimp occasionally. Toss in frozen broccoli and pepper strips and cook for another 5 minutes, while adding in low-sodium soy sauce. Serve over rice. *Seventeen.com*.

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Broadland's Casino Night

Saturday, September 28, 2013

8:00p.m. – Midnight

at the Broadlands Community Center

\$25.00/single advance purchase (before Sept 1st)
or \$30.00 after September 1st
\$40.00/couples advance purchase (before Sept 1st)
or \$50.00 after September 1st.
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- Black Jack
- Craps
- Roulette
- Let it Ride
- Texas Hold'em

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This event is for residents 21 years and
older, Casual Evening Dress



Casino Night Ticket Purchase Form

To purchase tickets, attach a check payable to Broadlands Association, drop it off at the Nature Center during business hours, or drop box at the Nature Center. **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 by September 1st.

Name: _____

Address: _____

Phone number: _____ Email: _____

of Single Tickets: _____ x\$25.00 (by 09/01/13) x \$30.00 (After 09/01/13)

of Couples Tickets: _____ x\$40.00(by 09/01/13) x \$50.00 (After 09/01/13)

3rd Annual 5k in Memory of Jenny Vaughn



Please join us on Saturday, September 14th at 8:30am, for the 3rd annual untimed 5k Run/Walk to bring awareness to the issue of domestic violence within our communities.

Donations
benefit

the **Jenny Vaughn Bates Trust Memorial Fund** and **Empowerhouse** in Fredericksburg, Virginia. **Empowerhouse** focuses on empowering survivors of domestic violence and their children to believe in themselves and build new lives filled with dignity, respect, safety and hope.

This year's 5K will be held on **September 14th** at Potomac Senior High School in Dumfries, Virginia.

The Run/Walk will start at 8:30am.

Event Location :
Potomac Senior High School
3401 Panther Pride Drive
Dumfries, Virginia

Cost:
\$25.00 - online registration by September 10th
\$30.00 - day of event
*Children under 8 are free

Please visit our website at **www.nwnc.org** to read Jenny's story, register for the 5K or make a tax deductible donation.



Loudoun Symphony

The Loudoun Symphony was formed as the Loudoun Community Orchestra (LCO) in the fall of 1990 to provide musicians from Loudoun County and the surrounding area with the opportunity to play and present fine orchestral music to county audiences. Come and experience the world-class performances of the Loudoun Symphony Orchestra and Join Maestro Mark Allen McCoy for their 2013-2014 concert season.

2013-2014 Season Preview

Sept. 21, 2013 – Family Concert w/ Loudoun Ballet

The Concert Hall at The Virginia Academy/Community Church
1:00PM/3:00PM

Prokofiev: "Peter and the Wolf"
Rest of Program TBA

Nov. 2, 2013 – Subscription Concert

The Concert Hall at The Virginia Academy/Community Church
Scott Beard, piano
7:30PM

Wagner: "Flying Dutchman Overture"
Leschetizky: "Piano Concerto, Op. 9"
Brahms: "Symphony No. 2"

Dec. 7, 2013 – Holiday Concert

The Concert Hall at The Virginia Academy/Community Church
7:30PM
Program TBA

Feb. 15, 2014 – Valentine's Concert

The Concert Hall at The Virginia Academy/Community Church
7:30PM
Daniel Lau, piano
Rodgers: "My Funny Valentine"
Hanson: *Symphony No. 2 "Romantic"*
Strauss: "Wine, Women, and Song"
Perry: "The Silent Years: Three Rhapsodies for Piano and Orchestra" (accompanying silent films featuring Barry, Valentino, and Chaplin)

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johnhines4@gmail.com
(571) 333-8321

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jimward.b12@gmail.com

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charlessalas@yahoo.com

Director

Sangram Deshmukh
sangramd@yahoo.com

Director

Michael Mikaily
mmikaily@yahoo.com

Director

Ronald Rubin
rrubin0351@gmail.com

Southern Walk HOA Board of Directors Meeting

Thursday, September 19th -

6:30 p.m. in the

Nature Center Conference Room

April 5, 2014 – Subscription Concert

The Concert Hall at The Virginia Academy/Community Church
7:30PM

Mark Lanz Weiser, composer
Marquez: "Danzon No. 2"
Weiser: World Premiere (LSO Commission)
Elgar: "Enigma Variations"

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Loudoun Wildlife Conservancy Programs and Field Trips

Discovering Butterflies at Willowsford

Saturday, September 7, 9:00a.m.

Butterflies are not just pretty to look at, they are also important indicators of the health of an ecosystem and a critical link in the food chain. Come out with Loudoun Wildlife Conservancy to learn about butterflies and see how many we can find around the farm! Meet in the pool parking lot across from the Farm Shed, 23510 Founders Drive, Ashburn. Park on Founders Drive or in the pool parking lot. Please bring binoculars if you have them. This is a family-friendly event. Registration required: Sign Up Online. Questions: Contact Jill Miller at jmiller@loudounwildlife.org.

Midweek Walk at Algonkian Park

Wednesday, September 11, 7:30a.m. – 10:30a.m.

Join us to bird some of the varied habitats of this riverside park in Eastern Loudoun. Many neotropical songbirds should be on their way south by this time, and Algonkian is a great place to see them. Meet at the boat ramp. If you anticipate being a bit late because of kids or traffic, call Bill Brown at 703-568-8331. The walk is sponsored jointly by the Loudoun Wildlife Conservancy and the Audubon Society of Northern Virginia.

Birding Banshee

Saturday, September 14, 8:00a.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.

Loudoun Wildlife Conservancy Fall Native Plant Sale

Saturday, September 14, 9:00a.m. to 3:00p.m.

Native plants are beautiful and grow better because they are adapted for our weather conditions and soils; they also provide greater benefit to our native wildlife because plants and animals evolved together. Hill House Farm and Native Nursery and Nature-By-Design will be selling plants. To see plants each nursery carries or to place orders ahead of time (all nursery stock is not present), visit their websites. This event will be at Rust Nature Sanctuary at 802 Childrens Center Road in Leesburg.

Birding the Blue Ridge Center

Saturday, September 28, 8:00 a.m.

Only a few miles south of Harpers Ferry and the confluence of the Potomac and Shenandoah rivers is the Blue Ridge Center. The property includes meadows in the valley and heavily forested slopes on the Blue Ridge that attract a wide variety of wildlife. Meet Loudoun Wildlife Conservancy field trip leaders at the visitor center for a great bird walk and please bring binoculars if you have them. The Blue Ridge Center is located just north of Neersville, at 11611 Harpers Ferry Road (Rt 671). Detailed directions can be found on the website, www.brccs.org. Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

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 would then have the second 4 highest winning percentage players, and so on.

When: Every Sunday night (7:00pm) rounds ongoing through September.

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

Mark Your Calendars Now for a Fun-Filled Weekend of Events at Briar Woods!

Saturday, October 12th
Neon Nights in B-woods 5K Run

Monday, October 14th
2nd Annual Falcon Fore Golf Outing at
South Riding Golf Club

More information and registration forms for both events will be available soon! If you own a business, please consider being a Falcon Fore company sponsor of this community event-we have varying levels of sponsorship to meet your budget requirements. Get your foursomes together now and take advantage of the early registration special rate.



For more information on the golf tournament or to register online:
www.falconfore.com.

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Broadlands Tennis Programs

Luis Rosado Tennis Academy brings over 20 years of experience to the Community. Please email your questions to Luis Rosado at LuisTennisAcademy@gmail.com. For details and registration for all programs, please visit www.LuisTennis.org.

CLINICS: 8 WEEK SESSIONS

Session IV - (ongoing – Oct 20)
Session V - (Oct 21– Dec 15)

1 Hr Junior Clinic

(Ages 4-10) All Levels

Mon through Fri, 4pm & 5pm
Sat & Sun, 10am & 11am

(Ages 11-16) Beginner

Mon through Fri, 6pm
Sat & Sun, 10am & 11am

1.5 Hr Junior Clinic (Ages 10-16)

Advanced / Intermediate

Mon through Fri, 6pm

1.5 Hr Adult Clinic – All Levels

Mon through Fri, 9am
Mon through Fri, 7pm
Sat & Sun, 8:30am

RESIDENT / NON RESIDENT PRICING

1 Hr Class (As low as \$14.00 per class)

\$128 / \$144 per session (8 weeks) 1 class a week
\$240 / \$272 per session (8 weeks) 2 classes a week
\$336 / \$384 per session (8 weeks) 3 classes a week
Clinic Drop In Fee: \$20 members; \$22 non-members

1.5 Hr Class (As low as \$22.50 per class)

\$180 / \$204 per session (8 weeks) 1 class a week
\$336 / \$384 per session (8 weeks) 2 classes a week
\$468 / \$540 per session (8 weeks) 3 classes a week
Clinic Drop In Fee: \$28 members; \$30 non-members

Weekly Junior Round Robin Tournaments

(\$20.00 per Tournament)

11 years and over – Sun, 12pm - 2pm
10 years and under – Sat 12pm - 2pm

Private / Group Lessons (1 player \$60, 2P \$35 each, 3P \$25 each)

- Stroke analysis and evaluation; an objective assessment
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Broadlands Helpers List

The Broadlands Helpers List is comprised of helpers up to 18 years of age, 1995 and later. We are continually updating the list. If you would like to be added, 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.

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(R) Rescue Breathing

(F) First Aid

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Tournament website: www.19holesforhospice.com

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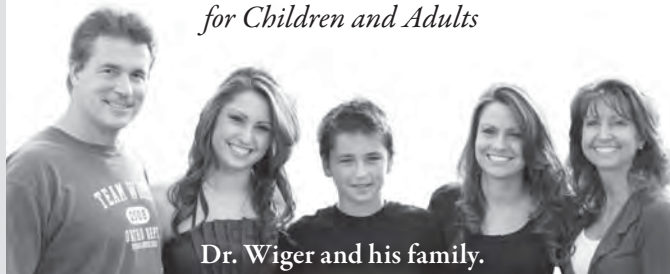
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CLUBS AND GROUPS

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 Community Center.

ASHBURN CLASSICS

We are a club for those 50 and over who want to have a good time. For more info visit www.ashburnclassics.com or call Carmen at 703-723-3723.

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 TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. We meet every second and fourth Wednesday at 7:15pm in the Broadlands Community Center, 43004 Waxpool Rd. For information, visit www.toastmastersclubs.org.

BRIDGE GROUP

Bridge players interested in joining a social bridge game please contact Ved Gupta at 973-902-3321 or vedbgupta@yahoo.com. We meet every Wednesday from 5:00pm to 8:00pm at 42809 Vestals Gap Drive.

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/ASHBURN NEIGHBORHOOD BIBLE STUDY

Come join us in the Fall for a new study - *Discerning the Voice of God* by Priscilla Shirer. We are an interdenominational women's bible study group that meets Tuesday mornings in neighborhood homes. Please contact Chris 703-729-2095 for information or questions.

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 Savior's 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.

GERMAN LANGUAGE PLAYGROUP

If your children were born 2008 or later and you're raising them auf Deutsch (whether you're fluent or not), contact Jessica Mouw, jemouw@gmail.com, to join a German-Language playgroup.

GRIEFSHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Lutheran Church in Broadlands on Monday nights. For more info, please call Beth Anton at 703-470-8821 or visit our website at www.griefshare.org.

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 Stephanie Pigg, (703) 729-6086 or troophillside.org@gmail.com.

GO GIRLS CLUB

Does your daughter have ADD or ADHD? Then bring her to the Go Girls Club! An inspiring program for interesting girls. Join us to meet other girls with ADHD, share experiences, make friends and celebrate her strengths! For girls in grades 3 to 5. A Broadlands resident is forming a new GoGirls Club in Broadlands now. For more info please email gogirlsashburn@yahoo.com.

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF ASHBURN

Broadlands & Brambleton resident Moms who organize fun & engaging weekly activities for us & our kiddos; playgroups by birth year, monthly Mom's Night Outs, + special interest groups for i.e. reading, cooking, etc. Monthly Member Social every 2nd Thursday of the month at 10 a.m. at Broadlands Community Center. Contact Crystal Wasilausky for membership info: crystalwasilausky@yahoo.com.

MOMS IN PRAYER

Hillside Elementary and Eagle Ridge Middle School Moms are invited to join us to pray for our children and the school they attend. We meet Tues mornings 9:00a.m. - 10:00a.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.

ROTARY CLUB OF ASHBURN

The enthusiastic members of the Rotary Club of Ashburn are heavily involved in serving our Ashburn community. We meet each Thursday for lunch from 12:00-1:15pm at 1757 Golf Club. Please email us at ashburnrotary@gmail.com if you're interested and want to find out more.

TECHNOLOGY COMMITTEE

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

SEPTEMBER CLASSIFIED ADS

CONSIGNMENT/CHARITY EVENT

Little Flower Consignments is looking for consignors, volunteers & shoppers to help make this our biggest sale yet! Sale date: Saturday, Sept 28th 8:00am-4:30pm at St. Theresa's Catholic School, 21371 St. Theresa Ln, Ashburn. Consigning & shopping with us is easy. **Proceeds benefit the needy in our community via Divine Mercy Outreach.** For more info, visit us on <http://littleflowerconsignments.org> or on FaceBook at Facebook.com/LittleFlowerConsignments!

EARLY EDUCATION/DAY CARE

LITTLE SPROUTS PRESCHOOL: Offering preschool classes for 2, 3, 4, and 5 yr olds and well as Mom's Morning Out. Small Classes, Experienced Teachers, Potty training NOT required! Check Out our website or call for a tour Karlene 408-750-7349. Website <http://LittleSproutsPreschool.clubspaces.com>.

INSTRUCTION - ARTS/MUSIC/RECREATION

START MUSIC LESSONS NOW: There is a professional music school just minutes from your home. University trained teachers in all instruments. We've produced more LCPS award and competition winners in the past eleven years than any other area school. Call now to schedule a tour. 703-723-1154 **Mintons Academy of Music** www.mintonsmusic.com.

PRIVATE MUSIC INSTRUCTION: Summer is a great time to start lessons on an instrument! I am a former Fairfax County band director now teaching privately from my home in Broadlands. I have 17 yrs. teaching experience. I love kids & teaching is my passion! I teach all **wind** instruments. Please email Melissa Payes at loudounprivatemusic@gmail.com for more information, or call 571-918-0529. I look forward to chatting with you! References available.

GUITAR AND SAXOPHONE LESSONS: Instruction in your home for kids and adults. Experienced teacher with Music Degree; references from Broadlands residents. Please call 703-777-4352 or email WoodwindStudio@verizon.net.

AFTER SCHOOL DANCE PROGRAM – OLD ASHBURN! Creative Dance Center provides transportation, supervised homework, healthy snacks, and 45-minute daily dance classes in Bollywood, Ballet, Musical Theatre, Hip Hop, Jazz and Acro. Please visit www.CDCdance.com for more information and details.

INSTRUCTION - TUTORING

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NILDA'S CLEANING SERVICE: Residential homes, move out-in, weekly, biweekly, monthly or special one-time service. Good references Licensed, insured. Free estimates. 50% off second cleaning. (Cell) 571-332-0467; (Home) 703-401-1320. Ask for Nilda or Javier.

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QUICKSWITCH DOG COLLARS: A durable interchangeable collar guaranteed for life & a variety of covers to swap out for every occasion. A superior value to buying multiple collars. Patented by Broadlands Mom. www.quickswitchcollars.com 10% off with code BROAD1013.

STELLA & DOT- CHRISTINE ROSS: A smile is always your best accessory and I have accessories to make you smile! Contact me to book a trunk show or place an order at 703.200.0848 or see my Facebook page www.facebook.com/stelladotchristineross.

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.

PROFESSIONAL SERVICES

DISNEY TRAVEL: Planning a Disney vacation? Let me help you plan the vacation of your dreams! I'm a travel agent specializing in Disney vacations. My services are COMPLETELY FREE. Call Erika at 571-449-0277 or e-mail at erika@wishingwelltravel.com for a free quote.

STATE FARM INSURANCE: Are you paying too much for insurance? Not getting the service you expect? State Farm is the #1 insurer of cars, homes, & small businesses in Loudoun County. The **Joe Mullee Agency** in Ashburn has represented State Farm for 33 yrs. and is the largest of all the Loudoun County agencies & one of the biggest in the state. Servicing our existing clients is our #1 priority. Call or email us for your free comparison. 703-724-4800 or joe@joemullee.com.

GGGGRRRRRR!!!! Computer crashed? Network down? Computers confuse you? Call Less Silberg, Ashburn computer consultant. Over 30 years experience. Certified, licensed, Loudoun COC member. PC's, Mac's, iPads/Tablets, Smart Phones – Android, iPhone, Networks, maintenance, installation, problem solving. Daytime, weekend, evening appointments. 703-304-1130 silberg@aunifex.net.

REAL ESTATE

CAN'T DECIDE WHETHER TO REMODEL OR SELL? Brian Smith of Total Build and Joanne Poesch of eXp Realty will get together with you for a free consultation to determine whether you should list it – or fix it! Email info@listitorfixit.com.

How to Place Classified Ads

Classified Ads (Limited to 40 words maximum) must be received with payment by the 5th of each month for the next month's issue.

Monthly Rates:

Resident Rates

Month to Month \$9
6 months prepaid discount \$8
12+ months prepaid discount \$7
Personal (For Sale) Ads \$0

Non- Resident Rates

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

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com.
Checks only please, made payable to "Broadlands Association".
No cancellations after the initial deadline.

Mail to or drop off payments at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

Advertising Manager
Stassa Collins, (703) 729-9704,
scollins@broadlandshoa.com

ADVERTISING DIRECTORY

DENTAL / ORTHODONTIA

Daczowski, T. Wesley, DDS.....	32
White Tree Dental	31
Wiger Orthodontics.....	26

EDUCATION

Goddard School.....	2
Golden Pond.....	2
Prosper College Prep	mid

FINANCIAL/PROFESSIONAL SERVICES

Apple Federal Credit Union.....	18
Embrace homeloans	14

HOME SERVICES

Ashburn Service & Tire Center	24
The Care of Trees	mid
Climatic Heating and Cooling, Inc.....	8
Elite Pressure Washing.....	18
Gilbride Designs, LLC	12
Greenworks Landscaping.....	24
Kris's Painting.....	12
KwacDoc Cleaning Service	21
Majestic Building Products, Inc.	mid
P&D Plumbing	12
P&M General Contracting	12
Sunrise Landscape.....	31
Zampiello Paint Contractors, Inc.	10

PETS

Belly Rubs Pet Care	8
Stream Valley Veterinary Hospital	31
Whole Pet	2

PROFESSIONAL SERVICES

Family Hair Salon	12
Lori Christ, CPA LLC	23

REAL ESTATE

Bonnie Selker, Keller Williams	32
Long & Foster Realtors	16
Sampson Properties.....	21
Wingler House.....	26

RECREATION / INSTRUCTION

Ashburn Academy of Dance	mid
Ashburn Ice House	22
Creative Dance Center	32
Dragon Yong-In Martial Arts.....	23
Fitness Together.....	22
Jazzercise.....	23
Mintons Academy of Music	16
Scott A. Vivian Tournament.....	26
Sprout 5k	2

RESTAURANTS

Mali Thai Cuisine	26
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ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3500 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 or TIFF. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Insertion Order Forms are available at broadlandshoa.org on the newsletter page. **DEADLINE: Ad and payment submissions are due the 1st day of the month prior to the issue. (Ex: Jan1 for Feb's issue.)**

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H)	\$90 /\$75*
1/4 pg (3.625" W X 4.875" H)	\$165 /\$140*
1/2 pg (7.5" W X 4.875" H)	\$295 /\$270*
Full pg (8.5" W x 4.875" H)	\$550 /\$525*

COLOR (INSIDE COVERS) LIMITED

AVAILABILITY:

1/4 pg (3.625" W X 4.875" H)	\$225 /\$210*
1/2 pg (7.5" W X 4.875" H)	\$425 /\$405*
Full pg (8.5" W X 11" H)	\$1050 /\$900*

Add 10% to base price above for preferred placement

COLOR (OUTSIDE BACK COVER) LIMITED

AVAILABILITY:

1/4 pg (3.625" W X 4.875" H)	\$250 /\$240*
1/4 pg horizontal banner (8" W X 3" H)	\$250 /\$240*
1/2 pg (8" W X 4.875" H)	\$475 /\$455*
Full pg (8" W X 8" H)	\$1050 /\$950*

*Discounted price if 6 or more months are prepaid

PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED. Make checks payable to *Broadlands Association*. Checks only accepted. Changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:

Broadlands Association
ATTN: Newsletter Ads
21907 Claiborne Parkway
Broadlands, VA 20148

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

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 10th of the month**, or Noon on the last business day before the 10th 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.

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