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JUNE 2018

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Broadlands Association Board of Directors Meeting

Tuesday, June 12th - 6:00p.m.

The Clubhouse

43360 Rickenbacker Square

Board of Directors Meetings

Monthly meetings are held in the conference room of the Clubhouse on the second Tuesday of the month at 6:00pm. Residents are welcome to observe the public portion of meetings and to address the Board during the 'Homeowner Forum' section of the meeting.

Board Meeting Highlights

The following actions were taken by the Board of Directors at their May 15th meeting:

- Approved the amended minutes of April 10, 2018 meeting
- Appointed officers to the following one year terms: Eric Bazerghi as President, David Barody as Vice President, and Dawne Holz as Secretary/ Treasurer
- Received an update from ODSL on their upcoming swim team season
- Received an update from Southern Walk HOA regarding their easements
- Denied a request to install a volleyball net
- Approved the aquatic facilities use addendum with Snow Swimming
- Approved the aquatic facilities use agreement with KinderCare
- Approved the aquatic facilities use agreement with TopKick
- Held two violation hearings and assessed violation charges
- Held one delinquency hearing and waived a portion of violation charges

JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	Nature Center Open 10:00am-2:00pm 2 Pool Pass Processing 10:00am-2:00pm-NC Middle Schoolers' Summer Kickoff Pool Party 6:30pm -SW
3	4 Pool Pass Processing 5:00pm-8:00pm-NC	5	6 Modification Subcommittee Meeting 7:00pm - NC	7	8 Newsletter Submissions Due by Noon Broadlands Live 5:00pm - HP	9
10	11	12 HOA Board Meeting 6:00pm - CH	13 Modification Subcommittee Submissions Due 12:00pm - NC	14	15 Family Campouts/ Camp Whomping Willow 4:00pm-NC Lawn	16 Nature Center Open 10:00am-2:00pm Summer Potions Class 11:00am & 2:00pm-NC Flicks in the Sticks 8:45pm-NC Lawn
17	18	19	20 Modification Subcommittee Meeting 7:00pm - NC	21	22 Family Campouts/ Camp Whomping Willow 4:00pm-NC Lawn	23 Pool Party & Backyard Fun 5:00pm -SW & Parking Lot
24	25	26	27 Modification Subcommittee Submissions Due 12:00pm - NC	28 Float Night 5:00pm -SW Untamed Reads 5:30pm-NC	29	30 Summer Celebration 5:00pm -SW Parking Lot

Key: CH= Clubhouse; CC=Community Center; HP=Hillside Park; NC=Nature Center; SW=Southern Walk Pool

Annual Meeting's Elections & Community Updates

The twenty-first Annual Meeting of the Membership was held on Tuesday, May 9th. *I would like to congratulate Dawne Holz, William Kolster, Tania Marceau, and Todd Parsons on their election to the Board of Directors.* Thank you to those who attended the meeting and those who submitted proxies, enabling us to reach our 10% quorum requirement in advance of the meeting. I've worked with associations before that struggle to get quorum and there's nothing fun about wasting time having to reconvene at a later date and spending thousands more dollars on mailings to try to encourage participation. I look forward to another year of productive meetings as we continue to embrace nature, provide the best events in the area, maintain and update our facilities and infrastructure, and provide the routine services you've come to expect from your HOA. If you haven't attended a Board Meeting, I encourage you to come meet the board, see how the business operates, and provide your feedback as it relates to the community. We generally meet on the second Tuesday of the month at 6:00pm at the Clubhouse. Our approved minutes are available for review on FSRConnect, available from me by request via email, and a synopsis is provided each month in this newsletter.

We've made it to June which means the pools have opened, the days are getting longer, and school will be letting out soon. The dog days of summer stretch out ahead of us with all of the wonderful outdoor activities available for you to enjoy. I love summer for the hiking and biking on the trails, bbq's, festivals, and pool parties, tan lines, movies, and concerts. Unfortunately during summer break, we see a huge increase in all types of vandalism throughout the community. We notice spikes in vandalism every time there is a break from school (winter, spring, and summer), but we get hit the hardest during the summer since the weather and daylight is conducive to being outside even late into the night and not all kids have a set routine with early morning alarms, sports, and homework to keep them occupied.

We see everything from spray painting on overpasses, streets, sidewalks, tunnels, and tot lots, to the breaking of light fixtures in the tunnels and tennis courts, setting fire to things, knocking over light poles on the walking trails, breaking into the pools and throwing furniture into the deep end, putting firecrackers into and smashing mailboxes, tipping over or stealing portable restrooms, and stealing fire extinguishers from Broadlands Live tents. We've even had instances of people breaking into the pools overnight and defecating in them, which is not only foul for those having to clean up the mess, but disrupts the on time opening of the pools to the rest of the residents or swim teams.

These acts of vandalism cost the association in valuable resources, from staff time spent contacting the sheriff's department to file police reports and supervising the cleanup to paying contractors to clean up the messes. These efforts take resources away from other association funded activities and improvements. Nobody wants to take their young child to a tot lot for a play

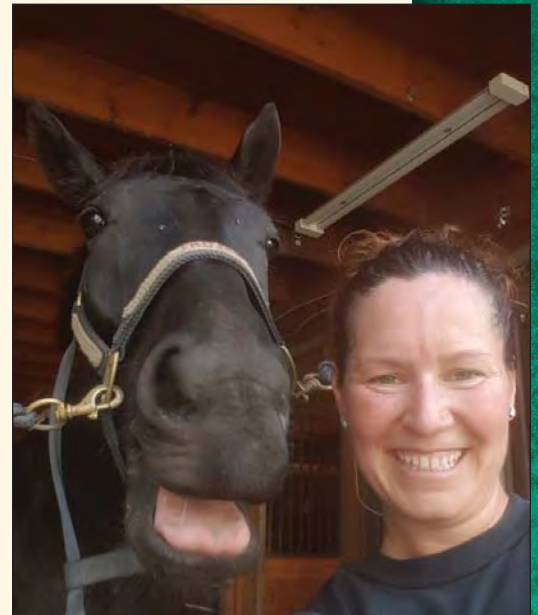
outing only to find the slide covered in phallic symbols. The association has and will continue to press charges against those caught in the act, and will cooperate with the sheriff's department in these cases. I have been subpoenaed as a witness for hate crimes that have taken place on association property. I have called parents who thought their children were safe at a sleepover but snuck out and have been caught trespassing in the middle of the night. I have taken calls from residents who have heard the teens yelping when jumping off the diving board into the chilly waters of the Southern Walk pool in September after the pools have been partially drained, which could easily lead to a broken neck or back.

The association contracts with an independent security company to help patrol the community and they have caught several vandals in the act over the years; however, they cannot be omnipresent. We rely on our residents to help keep an eye on our precious assets, and speak to and know the whereabouts of their children and teens. If we make ourselves aware of the issues affecting our surroundings, we can keep Broadlands a vibrant and safe community. To report suspicious activity, contact the Loudoun County non-emergency number at 703-777-1021.

Cheers!

Sarah

Sarah Gerstein, CMCA, AMS, LSM, PCAM
General Manager



Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center conference room 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 Wednesday before the meeting to the Secretary to the Modifications Subcommittee, Robin Crews. Submissions may be emailed to rcrews@broadlandshoa.com or delivered to the Association office in the Nature Center, 21907 Claiborne Parkway. For your convenience, there is a drop box available for afterhours submissions.

Please review these guidelines and the updated changes on our website. Visit broadlandshoa.org/for-residents/designguidelines for complete guidelines and information required to be submitted with your application, as failure to include all information will delay review of your application. A response to your application is generally sent within one week of the meeting.

How Am I Notified of My Results?

Once the Subcommittee has reached a decision, the results letter will be delivered via email. If an email is not provided, then the results letter will be mailed. Please check your inbox and junk/spam folders for your results letter or contact the HOA office at 703-729-9704.

Emails will be sent from no-reply@smartwebs365.com should you wish to add this email address to your contact list to ensure prompt delivery.

Landscaped Homes in Broadlands

The HOA assessments paid by homeowners of Courtyard homes in Overland Park and Southern Walk and Park Glenn Villas include turf maintenance services provided by Heritage Landscape Services (HLS). To receive notices when these services will be performed, please submit your name, email(s) and property address to landscape@broadlandshoa.com. If you have tenants living in your home, please provide both the tenant and owner emails.

The following is a list of services provided by HLS. Details on the scope of services can be reviewed at broadlandshoa.org/community-information:

- **Edging** – March
- **Mulching** (if existing mulch was not from HLS, then the resident is required to remove if you wish for HLS to provide mulching services) – March/April
- **Turf Applications:**
 - Spring fertilizer and pre-emergent crabgrass control – April/May
 - Spring iron and post-emergent broadleaf weed control – May/June
 - Fall fertilizer and post-emergent broadleaf weed control for late season weeds – August/September
 - Fall slow-release granular fertilizer – November/December
- **Aeration and Over-seeding** (all machine accessible turf areas will be core aerated) – August/September

Park Glen Villas lawns will be treated only in the areas not enclosed with fencing. Courtyard Homes (Overland Park and Southern Walk) entire lawns will be treated, including fenced areas if they are unlocked. If you wish to opt out of any of these services, you must contact the HOA at 703-729-9704 or landscape@broadlandshoa.com by 5:00pm on the Friday before services commence.

Modifications Subcommittee Submission and Meeting Dates

Submission Deadline	Meeting Date
May 30th.....	June 6th
June 13th.....	June 20th
June 27th.....	July 3rd
July 11th.....	July 18th
July 25th.....	August 1st
August 8th.....	August 15th

Tree Branch Trimming & Vegetation Upkeep

Streets and sidewalks are for everyone's use and, homeowners are responsible for the upkeep of trees on their property and all other vegetation in the public right-of-way next to their property. Overgrown vegetation into a sidewalk or road is a safety hazard and limits the use of sidewalks, trails and streets. It further threatens public safety when vegetation blocks the view of traffic signs, signals, vehicles, and cyclists.

Please prune your trees and trim or remove any vegetation that obstructs or grows into sidewalks, trails or streets. Limbs and vegetation must be trimmed back from the edge of and at least 8 feet above sidewalk and 10 feet above a street.

It's Pool Season...Do You Know Where Your Pool Passes Are?

Applications and forms for pool passes can be found online at broadlandshoa.org under amenities and pool information, or at the HOA office located in the Nature Center, and may be either dropped off in person at the Nature Center or emailed to info@broadlandshoa.com.

For more information contact the Broadlands HOA office at 703-729-9704 or email info@broadlandshoa.com.

Pool Pass Photos For the 2018 Summer Season

Normal hours for taking photos are Monday through Friday from 9:00am to 4:00pm at the HOA office in the Nature Center. Applications received after 4:00pm will NOT be processed the same day.

For those members who cannot make it during our normal business time, we are offering special hours for pool pass photos on the following days:

- **Saturday, June 2: 10:00am - 2:00pm**
- **Monday, June 4: 5:00pm - 8:00pm**

Everyone aged 5 and older will need a pool pass to gain admission. If you are 18 or older, you must provide proof of residency in order to obtain a pool pass. New residents will need to complete an application and have your photos taken to obtain your pool pass. In addition to the tenant application, new tenants will need to have an Absentee Owner Form signed by the property owner.

For information on Applications, Pool Hours, How to Obtain a Pool Pass, Pool Rules and Swim Lessons, please visit: Broadlandshoa.org/for-residents/pool-information/

SCOOP THE POOP...

Residents frequently express concern that not everyone is taking the time to pick up their pet's waste in the neighborhood. Please ensure that your family members realize how important it is to be a responsible pet owner:

Dog poop is not natural, especially in the quantities that are generated by pets. It harms the environment and threatens public health.

Forgot your waste bag? No worries! *The Broadlands HOA has more mutt mitt stations to offer residents than any other surrounding community - currently 78.*

Don't want to carry it with you? No problem, most of our mutt mitt stations have trash cans attached.

Even if your dog poops in the woods, you still need to clean it up. Not only is it unsightly, it can get into streams and into the water supply.

It's the law! Is it a violation of the Association Declaration, Article 8, Section 8.2(q) to not pick up your pet's waste, it is also a county ordinance violation. Please reference Loudoun County Ordinance, Chapter 612.19, Section a (9) Dog waste.

Attention Single Family Homeowners

Patriot Disposal recently began servicing the single-family units in Broadlands with Automated Side Loader trucks. What does this mean to you? Typical trucks have one or two laborers travel on the back of the truck picking up trash from the street by hand and emptying it into the back of the truck for compacting. An automated side loader has an electronic arm that extends from the passenger's side of the truck to grab and lift the trash can and dump its contents into the top of the truck for compacting. This will require some minor adjustments in the way trash is placed curbside as well as parking near the curbside bins. Some key items to note are as follows:

- This service on May 14th
- This affects trash service ONLY, this does not change your recycling or yard debris collection in any way
- There is NO change to your service days
- This change does not affect townhome units
- On collection days, place the container with the handles facing the house
- Place the container so the trucks arm can access the trash container, leaving the same amount of space you leave for the mail carrier to deliver your mail
- Please do not park cars near your container so the truck has enough space to access and dump your container. Advise visitors and contractors to do the same
- Attempt to place everything in the container with the lid closed. If your container is full, hold onto extra bags until the next service day or place material in a securely tied bag next to the can where it will be collected by hand by the driver, a following truck, or another truck servicing townhomes in the neighborhood. This may be done later in the day so please be patient if a separate truck is needed
- Bulk items will still be picked up in the same manner they currently are
- This is the most cost effective and SAFE manner to service your community
- During the first 3-4 weeks, Patriot supervisors will follow the truck to observe and work out any transition concerns
- Please communicate any issues to Patriot Disposal at 1-703-257-7100 or the HOA office at 703-729-9704 with any questions or concerns.

Thank you for your patience during this transition!

Looking to Connect With More People in the Neighborhood?

Do you like having fun and meeting new people? Then join the Events Committee! We are a great group of gals and guys who plan the awesome events that the HOA hosts year 'round.

All you need to do is show up and be ready to have fun! Email events@broadlandshoa.com for more information.

June Events
Committee Meetings
Tuesday, June 19th
6:30 pm at the Clubhouse
43360 Rickenbacker Square

Get Your Wares Ready, the Craft Fair is Coming!

Broadlands' 2nd Annual Craft Fair is scheduled on Saturday, September 22nd, 2018. It will be held at the Southern Walk Pool parking lot, 43081 Village Drive.

We are looking for crafters and vendors to showcase their wares. Do you make art, knit, paint, bake, bead, woodwork, or have another unique hobby with products that people want? Then the craft fair wants you! The craft fair is scheduled from 10:00am to 2:00pm and will feature a food truck and perhaps some other goodies!

Pricing and additional information can be found on the Broadlands HOA website, broadlandshoa.org/events/craftfair2018.

Please register by August 31, 2018.

Covenants Corner

Mildew, Wood Trim and Faded Shutters



Spring brings a very busy time for covenants. During the month of June, the Inspector will be focusing on several issues: homes with mildew on the siding, stoops, etc., rotten wood trim, and faded shutters and doors. Mildew detracts from the aesthetics of the community and is often found on areas that receive little or no sunlight. Rotten wood can often be identified by paint that is cracked, peeling, or blistering, or wood that's darker than the surrounding area or green with algae. Shutters and doors that have faded from their original color should be freshened up.

The Inspector will continue performing house to house inspections, checking the front, back, and sides of each unit for improvements that have been made without prior approval from the Modification Subcommittee.

If any violation of these types are noted, the owner will be mailed a letter providing sixty days for the violation to be resolved. If the violation is not corrected, a second violation letter will be issued, providing an additional fifteen day extension. If the violation remains unresolved, a final notice will be sent, providing seven days to rectify before a Hearing Notice is sent, and a Hearing will be held in accordance with state law, where charges may be assessed, up to \$10/day for a maximum of ninety (90) days.

If you have questions regarding this process, or if you receive one of these letters and are unable to correct in the time allotted, you may contact the covenants inspector at covenants@broadlandshoa.com to request a reasonable extension to rectify the issue.

The Covenants Manager regularly canvasses our neighborhood to help preserve the property values for home ownership, to promote community harmony and to ensure the high standards of living that our residents have come to expect are maintained.

Throughout the year, the Covenants Manager routinely inspects homes for a variety of issues ranging from trash containers in open view, parking issues, architectural modifications to leftover holiday décor. In addition, certain seasons dictate the need to focus on particular inspections where violations may occur with high frequency.



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Flicks in the Sticks

Welcome to the Jungle! Jumanji is back with a whole new cast in a whole new game! Bring the kids and a blanket and stake out your place on the Nature Center lawn for an evening under the stars. Lawn chairs* and coolers are welcome. Popcorn and drinks are provided.

Movies begin around sundown - the times listed are approximate. In the event of inclement weather, check the HOA website to see if the movie is

cancelled or rescheduled. Rated PG-13, 119 minutes.

Parental guidance information is available on the website.

Saturday, June 16, 8:45 pm

JUMANJI
WELCOME TO THE JUNGLE

*We request that lawn chairs keep to the sides as to not block the view down the center.

Flicks in the Sticks is a FREE event for BROADLANDS RESIDENTS & GUESTS. Brought to you by the Technology Committee.



ALL RISING 6TH, 7TH AND 8TH GRADE BROADLANDS RESIDENTS
AND THEIR SAME AGED GUESTS ARE WELCOME!

ENJOY MUSIC BY A DJ, PIZZA, DRINKS AND LOTS OF TREATS.
WE'LL HAVE A GIANT WATER SLIP N SLIDE,
PHOTO BOOTH, AND MANY OTHER SURPRISES.



It's the Summer Kickoff Middle School pool party



SATURDAY, JUNE 2, 2018 • 6:30^{PM} - 9:00^{PM}
AT THE SOUTHERN WALK POOL

Middle schoolers can only attend with a completed emergency contact form. The form can be obtained at: broadlandshoa.org/event/msparty2018/. Blank forms will also be available at the event but must be completed by an adult. Middle schoolers with completed forms can be dropped off at the orange-coned area next to the pool entrance.

We need volunteers to make this event a success! Parents are needed to chaperone and serve food. Please sign up at SignUpGenius.com/go/20F0B4DA5A923A6FC1-2018 or broadlandshoa.org. **No parents or non-middle school age kids will be allowed inside the pool gates unless volunteering.** All volunteers must obtain a volunteer tag from Ginger Rogers at the event. **The HOA is not responsible for kids who leave the party premises.**

BROADLANDS NATURE PROGRAMS

Wander with the Naturalist

Night at the Nature Center

June 15 & 22



Throughout the summer and fall the Nature Center becomes Camp WhompingWillow Friday nights (June 15, 22, July 6, 13, August 17, 24, September 14, 28). We turn on the sprinklers when the sun is blaring. You can pitch your tent at your convenience under our sycamores and cherry trees as early as 4:00pm and we'll light the fire for S'mores around 7:30pm. We meet and greet the animals of the nature center and have a bedtime story by the fire after a few night games in the field once the stars are out.

You pay one flat rate per tent (\$10) which includes middle-of-the-night access to our nice restroom (so it's a bit more glamping than camping). Inclement weather will cancel a Friday campout and your payment will be transferred to a future campout date of your choice. Register at Broadlandshoa.org/camp2018

The Wander Society



Each week our Naturalist will offer secret symbols marking treasure spots on paths to be hunted and will post pictures as clues. She will then take you to other favorite spots: Great Falls, Sky Meadows State Park, Shenandoah, and Banshee Reeks. Visit Wandersociety.org, or [facebook.com/BroadlandsNatureCenter](https://www.facebook.com/BroadlandsNatureCenter) for details and to download the wander symbols codes.

More From Your Naturalist...

Hold your Scout or Birthday event at the Nature Center The Naturalist facilitates Nature Birthday Parties, badge focused Scout Programs and Homeschool Programs at the Broadlands Nature Center.

Youth Naturalist Program: For youths 8-18 who love the outdoors. Becoming a Youth Naturalist Adventurer means learning animal care, rehabilitation of injured or lost animals, getting your hands dirty planting gardens for bees and butterflies, and creating classes that you can teach here at the Nature Center.

For more information on programs or to schedule an event, please visit Broadlandshoa.org/nature-activities contact our Naturalist, Erin Fairlight at naturalist@broadlandshoa.com or 703-729-9726.

Snape's Potions Master Class

June 16



20.00 per person Register at Broadlandshoa.org/PotionsJune2018

First class: 11:00am-12:30pm

Second class: 2:00pm-3:30pm

Both classes offer same potions. Ages 8+ are welcomed, but are recommended to attend and all can dress for the occasion!

The Potions We Will Conjure

Bath bombs (you choose the flavor) for long soaks after your giant hikes and bike rides, coconut lime **sunscreens** with raspberry seed oil for **SPF 45+**, **tick-away spray**, **post bug bite blitz balm** (just add dandelions), the secret to preventing a **poison ivy** outbreak, **dream-dust**, and yarrow flower in three preparations (our Broadlands fields are covered in yarrow this time of year), and **BUTTERBEER FOR ALL!!!**

Untamed Reads June 28

Join the Naturalist on the last Thursday of each month for a wild books collective. June's theme is everything beachy. Check out Broadlandshoa.org/nature-activities for details.

5:30-6:30pm Free for all ages and treats from Mom's Apple Pie almost make a special delicious appearance just about every time!



BEES, WASPS & OTHER TINY WINGED DRAGON SCORPIONS FROM HADES



Wasp on papery nest

It's almost daily that we get a call from a member of our community warning of a "swarm of bees" on a path or near a park. So, let's break that down for a minute with five quick lessons:

1. If it is a swarm of bees, most likely there are between 75,000-100,000 bees all clustered together in a tight ball, hanging from a tree branch 10-15 feet up in the air. Such a swarm means that they are a thriving community that outgrew their hive to the point that they had to abandon the comforts of home. That's good news. Swarms of bees are as strong as they can be and never sting as they are not in panic even if you are. They are simply house hunting and, without a zillow.com for bee bungalows, they just have to buzz around to find their new home-sweet-home. But, really? Did you really see a swarm of nigh-unto-a-hundred-thousand bees hanging from a branch? If you did, it's a rare unexpected sighting so, high five! And, no worries. Wish them well on their journey.
2. What you might have seen was a wasp or few wasps flying in and out of their nest in the ground or in a tree. Wasps do sting. They will release a pheromone encouraging others to sting if you whack them down and crush their bodies...so don't. Wasps never swarm like bees or fly around all together. Though, if you attack their domicile (e.g., accidentally stepping on it or swinging a branch at it), they'll all come out to defend it. They are solitary creatures around here and if they are upset it is probably because you have

come too close to their young. As predatory animals that feed their young meat such as crickets and other bugs, they are aggressive. Leave them alone. Not having sweet drinks in your hand, fruit, or sweet perfume on your body will also help them not take an interest in you during the summer. In the spring they are more interested in protein sources. During this time try to steer clear of pet food left outside, open garbage cans, or sporting a juicy burger near their nests. Thyme, mint, citronella, and eucalyptus also deter wasps. Plant them or wear their oils.

3. Wasps and bees are easily identified as separate creatures. Bees are small and fuzzy looking. When bees fly you usually cannot see their back legs unless they are weighed down with bright yellow pollen whereas wasps have shiny bodies and are longer with their two hind legs hanging down in flight. Use the right words for them as bees rescue us humans in pollinating our food and they very rarely sting us. When we are opening up the hives and inspecting their honey gathering prowess without protective gear, they usually don't sting as stinging will kill them. Bees are gentle, don't harm anything, and are fabulous builder uppers of ecosystems. Wasps on the other hand can sting multiple times without dying ...and do. Also, they don't swarm and attack in a wildlife rage that would make a wonderful YouTube video even though that is an exciting thing to imagine.



Carpenter Bee

If you see several very large bees flying in and out of a wood hole in a building, that is probably a carpenter bee. The males cannot sting and the females rarely do. They can cause structural damage though. Treatment to evict the carpenter bees from your home should be very localized (put right in the carpenter bee hole) so as to not injure other bees. Dousing with pesticide is not wise for you and your family or the bees you are

attempting to send elsewhere.

4. When you call and report the sighting of a bee or wasp, we will investigate the issue internally and will call pest control as needed. As a community, we make every attempt to eradicate the stinging flyers but not to use pesticide against the beneficial and diminishing population of pollinators.
5. Tiny Winged Dragon Scorpions from Hades are not natives to Virginia. You'll have to travel to Malaysia to see them. I hear that there are flight deals to their homeland near Kota Kinabalu on Kayak.com for just under \$1,500.00. Bon voyage and take pictures for us.



By: Erin Fairlight, Broadlands Naturalist, naturalist@broadlandshoa.com



Bee on a flower

2018 LOUDOUN COUNTY HOUSEHOLD HAZARDOUS WASTE SCHEDULE

The next Loudoun County Household Hazardous Waste (HHW) event will be held **Saturday, June 23, 2018, at the Ashburn North Park and Ride, 45151 Russell Branch Parkway in Ashburn.** All HHW events are free and are held on **Saturdays from 8:30am to 2:30pm.**

Loudoun residents are welcome to bring HHW from their homes to these events. Typical HHW includes: fluorescent light bulbs, dry-cell batteries (alkaline, Ni-Cad, Lithium, rechargeable, etc.), oil-based paint/stain/varnish, paint thinner, mineral spirits, metal polish, rust remover, wood strippers and preservatives, furniture polish, waxes, sealants and solvents, bleach, pesticides, insecticides, herbicides, fertilizer, pool chemicals, muriatic acid, ammonia, mercury thermometers and thermostats, gasoline, gas-oil mixes, expired fuel, auto cleaners and flushes, brake and transmission fluid, windshield washer fluid, fire extinguishers, moth balls, pet care products, and photo chemicals. Anyone who has an item that is not on this list is encouraged to call the county's Waste Management Division at 703-771-5500 to see if the item can be accepted or if an alternate

disposal option is needed.

The limit per household is 15 gallons of liquid HHW (container size not to exceed 5-gallon), and 40 pounds of solid HHW. Participants must have proof of Loudoun County residency such as a vehicle decal or applicable town sticker.

Motor oil, antifreeze, automobile batteries, lead-acid batteries, propane tanks, and oil-based space heaters will not be accepted at HHW collection events. These materials are accepted at the Loudoun County Solid Waste Management Facility, 21101 Evergreen Mills Road, Leesburg. Visit loudoun.gov/landfill for more information.

Ammunition, explosives, fireworks, and gun powder will not be accepted at the HHW collection events. For information about disposal of those items, contact the Loudoun County Fire Marshal's Office at 703-737-8600.

Electronics will not be accepted at the HHW collection events. Information on how to properly dispose of unwanted electronics is online at loudoun.gov/electronics.

Medical waste and medications are not accepted at HHW collection events. More information about disposing of those items is online at loudoun.gov/hhw.

Latex or water-based paint is not considered hazardous and may be disposed of for a fee at the Loudoun County Solid Waste Management Facility, Monday through Saturday, from 8:00am to 4:00pm

Businesses and organizations in Loudoun that generate less than 220 pounds of hazardous waste per month are encouraged to visit loudoun.gov/bhwp or call 703-771-5500 for information about the county's Business Hazardous Waste Collection Program.

In addition, Loudoun County has scheduled several other collection events in 2018:

- **July 7th:** Lovettsville Elementary School, 49 South Loudoun Street, Lovettsville
- **September 22nd:** Harmony Park and Ride, 39464 East Colonial Highway, Hamilton
- **October 13th:** Leesburg Park and Ride, 19730 Sycolin Road, Leesburg
- **November 17th:** Claude Moore Park, 46150 Loudoun Park Lane, Sterling

For more information about the Household Hazardous Program, please call 703-771-5500 or visit loudoun.gov/hhw.

Stay up to date on recycling in Loudoun through Facebook at facebook.com/GreenLoudoun and on Twitter at twitter.com/GreenLoudoun.

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NAVIGATING THE WORLD OF PROBIOTICS

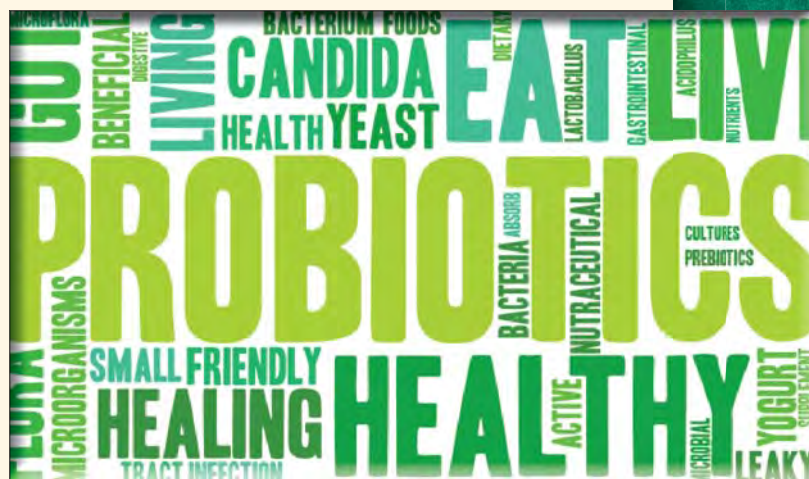
In the past several years, the benefits of taking a probiotic has become a popular topic of discussion. Many people are aware of probiotics but are confused about the different types on the market. So, let's first define what exactly is a probiotic. Probiotics are full of live bacteria, they are living organisms that can be beneficial to our overall gut health and wellness. There are 4 main types of probiotics that might look familiar to you if you have ever read the back of a label or probiotic drink: Lactobacillus, which produces lactic acid found in the small intestine; Bifidobacterium, found in yogurt and milk, which lowers PH; soil-based bacteria (SBO), which are naturally found in soil; and spore forming bacteria, which are highly resistant and make it their duty to clean out the gut.

The bacteria can promote regular bowel movements, assist the body with the absorption of minerals and nutrients, support healthy levels of stomach acid, encourage production of digestive enzymes, help with the immune system and aid in the detoxification process by consuming toxins. Most people have a compromised microbiome from taking antibiotics or eating processed foods and could benefit from taking a probiotic. Although, it is not a good idea to take a probiotic if you have SIBO (overgrowth of lactic acid bacteria in the small intestine), which can cause more harm with adding more bacteria. The overgrowth has to be removed before adding a probiotic. Also, anyone with a compromised immune system should avoid adding bacteria as it can overload the body.

If you are new to taking a probiotic you can expect to have more gas and bloating, this is the good bacteria working with the bad causing detox like symptoms. If it lasts more than a few days you may need to lower your dose as everyone's microbiome is different. There are a few things to consider when choosing your probiotics:

1. Probiotics fall into the category as "supplements", and there is not much regulation in the supplement industry. The FDA does not oversee supplements very closely. This just means you need to do your research and read labels. Decide what kind of strains you are looking for, as there is no wrong strain to get, it just depends on bio individuality. You can get a probiotic from a doctor, but it is usually a higher dosage and can cause more detox type symptoms.

2. The CFU count is the number of viable bacteria, which is 1 billion or higher. It is ideal if the CFU states date product was manufactured. If it does not, there is a chance that by the time the probiotic reaches the shelf



it has lost most of the CFU's than what is written on the back of the label.

3. Check to see if there was research done on the strain since every bottle is different. As an example, the bottle would read Lactobacillus Plantarum 299V, which means that particular strain was researched.

4. You want to avoid additives, fillers, or binders added to the probiotic. Don't worry if your probiotic doesn't have all of these things, the main point is to just read labels and try and do a little research on the probiotic before buying. Buying your probiotic at Whole Foods does not automatically make it a good probiotic.

Some people think a probiotic is a waste of money for the healthy. It is not a means to curve an unhealthy diet but can aid in rebuilding a healthy microbiome. Eating yogurt is not enough of a probiotic to have any effect at all—most yogurt is pasteurized which has lost most of its bacteria in the process. You can make your own yogurt which is full of live bacteria. Eating fermented foods is so beneficial but still does not have more bacteria than taking a daily probiotic. When a food is fermented it becomes more nutrient dense and more digestible. Some great fermented foods to add in addition to your probiotics are pickles, kimchee, sauerkraut, kombucha, fermented cabbage juice, and kefir. If you are lactose intolerant you may be able to digest kefir as the lactose is removed in the fermentation process. Kefir contains a variety of bacteria that can improve immunity, mood, and inflammation in the gut. So make sure to add those fermented foods to your regular diet.

There is no right or wrong strain of a probiotic to use. It is all about listening to what your body needs and how it feels using the particular strains. If you do not currently use a probiotic, I recommend adding it to your daily routine, as it can help support our overall gut health and maintaining a healthy microbiome.

By: Crystal Wasilausky, Holistic Health Coach
fuelforyourbelly.com



SATURDAY, JUNE 23
5:00 PM - 11:00 PM



SOUTHERN WALK POOL & PARKING LOT
43081 Village Drive, Ashburn, VA 20148

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FREE EVENT TO BROADLANDS POOL MEMBERS & THEIR GUESTS
VALID POOL PASS IS REQUIRED FOR ENTRY TO POOL

Healthy Options for Summertime

TRIED AND TRUE RECIPES

By HOA Staff

Skinny Thai Cashew Chicken

- 1 1/4 pounds boneless, skinless chicken breasts (about 2 large), cut into bite-sized pieces
- 2 tablespoons cornstarch (or substitute arrowroot powder)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/2 tablespoons canola oil
- 3 medium bell peppers (red, yellow or green) seeded and cut into bite-sized pieces
- 1 large head of broccoli, cut into florets (about 4 cups)
- 1 bunch green onions (about 6 medium), thinly sliced
- 2/3 cup dry roasted, unsalted cashews

- Cooked brown rice or quinoa, for serving
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons honey, plus additional to taste
- 1 tablespoon freshly grated ginger
- 2 cloves garlic, minced (about 1 teaspoon)
- 1/4-1/2 teaspoon red pepper flakes, plus additional to taste

In a small bowl, toss chicken pieces with cornstarch, salt, and pepper. Heat oil in a large skillet over medium high. Once oil is hot, add chicken mixture and sauté for 4 minutes, just until lightly browned. Add bell peppers, broccoli, and green onions. Continue sautéing until chicken is cooked through and vegetables are crisp-tender, about 5 additional minutes. Stir in cashews and cook for 30 additional seconds. While chicken and vegetables are cooking, prepare sauce. In a small bowl, stir together soy sauce, rice vinegar, 2 Tbs. honey, ginger, garlic, and 1/4 tsp. red pepper flakes. Pour sauce over the skillet and toss to coat. Servings: 4 Wellplated.com

Nutrition Information: Calories: 553 Calories Total Fat: 18g Saturated Fat: 3g Cholesterol: 75mg Sodium: 851mg Carbohydrates: 57g Fiber: 8g Sugar: 19g Protein: 35g Wellplated.com

Chicken Cutlets with Tomatoes and Basil

- 1 lb. ripe plum tomatoes (5 medium), seeded and cut into 1/2-inch dice
- 1/4 cup packed fresh basil leaves, thinly sliced
- 5 Tbs. extra-virgin olive oil
- 2-1/2 Tbs. balsamic vinegar
- 1 medium clove garlic, finely chopped
- Kosher salt and freshly ground black pepper
- 4 boneless, skinless chicken breast halves (about 2 lb.)
- 4 oz. (4 loosely packed cups) baby arugula

Position a rack in the center of the oven and heat the oven to 200°F. In a medium bowl, combine tomatoes, basil, 3 Tbs. of oil, the vinegar, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper. Butterfly each chicken breast by slicing it horizontally almost but not entirely in half so you can open it like a book. Open and pound each breast between two pieces of plastic wrap with a meat mallet or the bottom of a heavy pan until 1/4 inch thick. Pat chicken dry and season lightly with salt and pepper. Heat 1 Tbs. of the remaining oil in a 12-inch skillet over medium-high heat until shimmering hot. Cook two of the breasts until golden-brown on one side, 2 to 3 minutes. Flip and continue to cook until just cooked through, about 30 seconds more. Transfer to a rimmed baking sheet and keep warm in the oven. Repeat with remaining 1 Tbs. oil and chicken. Divide the arugula among 4 dinner plates. Set the chicken on top and spoon a generous amount of the tomato mixture and its juice over all. Servings: 4 Finecooking.com

Nutrition Information: Calories: 430 Fat: 23g Saturated Fat: 4g Polyunsaturated Fat: 3g Monounsaturated Fat: 14g Cholesterol: 125mg Sodium: 190mg Carbohydrates: 8g Fiber: 2g Protein: 48g



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SATURDAYS 9AM - 1PM
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SATURDAY, JUNE 30TH ☆ 5:00PM - 8:00PM

Summer CELEBRATION



SOUTHERN WALK POOL PARKING LOT

Walk or park at the Nature
Center and walk over

DRESS IN YOUR BEST RED, WHITE AND
BLUE, AND JOIN US IN CELEBRATING
THE FOURTH IN STYLE! ☆☆☆☆

FOR MORE INFORMATION VISIT:
broadlandshoa.org ☆☆☆☆



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Except water in a clear container

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2018 Piranha Swim Teams Home Meets & Events

CSL Piranha Swim Team – Community Center Pool

Saturday, June 9th	AM – Time Trials	6:30am - Noon
Saturday, June 16th	AM – Swim Meet	6:30am – Noon
Saturday, June 30th	AM - Swim Meet	6:30am - Noon
Wednesday, July 4th	AM - Swim Meet	6:30am - Noon
Saturday, July 7th	AM - Swim Meet	6:30 m - Noon
Wednesday, July 11th	PM - Swim Meet	Closes at 4:00pm

ODSL Piranha Swim Team – Southern Walk Pool

Saturday, June 16th	AM - Time Trials	7:00am – Noon
Wednesday, June 20th	PM - Swim Meet	Closes at 4:00pm
Saturday, June 23rd	AM - Swim Meet	7:00am - Noon
Wednesday, June 27th	PM - Swim Meet	Closes at 4:00pm
Saturday, July 7th	AM - Swim Meet	7:00am - Noon
Saturday, July 21st	ODSL - Team Party	Closes at 4:00pm
Sunday, July 29th	CSL - Team Party	Closes at 5:00pm

Please visit broadlandsswimteam.org for complete schedules of both ODSL & CSL practices, home, and away swim meets. Practices for ODSL team may continue until 11:30am at the Southern Walk pool through July 28th



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POOL LOCATIONS & HOURS

2018 POOL SEASON



Southern Walk Pool (SW)

43081 Village Drive | 571-223-1331

When School is IN Session:

4:00 pm – 8:00 pm Weekdays only
11:00 am – 8:00 pm Weekends & Holidays

When School is OUT of Session:

11:00 am – 9:00 pm Daily
11:00 am – 8:00 pm Daily; August 1st to Labor Day

Lap Swim at Southern Walk Pool:

5:30 am – 7:50 am Tuesday, Wednesday, Thursday
Begin: Aug 7th End: Aug 23rd

Long Course lap swimming, 8:00 am – 10:00 am on
Saturdays: July 14th, 21st, 28th, Aug 4th



Community Center Pool (CC)

43008 Waxpool Road | 703-724-7830

When School is IN Session:

12:00 pm – 9:00 pm Weekends & Holidays
Closed on Weekdays

When School is OUT of Session:

12:00pm – 9:00 pm Daily

Lap Swim at Community Center Pool:

5:30 am – 7:50 am Tuesday, Wednesday, Thursday
Begin: Jun 19th End: Aug 2nd
(NO lap swim Wed, Jul 4th)



Summerbrooke Pool (SB)

21580 Demott Drive | 703-724-9818

10:00 am – 8:00 pm Daily, from opening day, May 26th
to closing day, September 3rd

NO ONE will be admitted to the pools without their Pool Pass ID, so please do not forget to bring your pool pass. Pool hours are subject to change by the Board of Directors for special events, swim meets, swimming lessons and other community functions, or for maintenance and repairs as may be required from time to time. Please check our website at broadlandshoa.org and/or the postings at each pool for any changes to hours of operation.

SPECIAL EVENTS & HAPPENINGS

SW Pool – Events and Hours

Sa, June 2	Middle School Party	Closes at 5:00 pm
We, June 20	ODSL Swim Meet	Closes at 4:00 pm
Sa, June 23	Pool Party – BWHS Fundraiser	Closes at 11:00 pm
We, June 27	ODSL Swim Meet	Closes at 4:00 pm
Th, June 28	Float Night	Closes at 9:00 pm
Sa, June 30	Summer Celebration	Closes at 9:00 pm
Th, July 12	Float Night	Closes at 9:00 pm
Th, July 26	Float Night	Closes at 9:00 pm
Sa, July 21	ODSL End of Season Party	Closes at 4:00 pm
Su, Jul 29	CSL End of Season Party	Closes at 5:00 pm

CC Pool – Events and Hours

We, July 11	CSL Swim Meet	Closes at 4:00 pm
-------------	---------------	-------------------



SUMMER SWIM LESSON PROGRAM

KEEPING YOUR KIDS SAFE IS OUR PRIORITY - AND IT'S FUN TOO!
Research has found that participation in formal swimming lessons can reduce the risk of drowning by 90%.

OUR PROGRAM

For more information, course descriptions, and online registration please visit our website www.highsierrapools.com and e-mail us at lessons@highsierrapools.com or call 703-920-1750

Nemos	Introduction To Water Skills
Sea Turtles	Fundamental Water Skills
Dolphins	Stroke Development
Sharks	Stroke Improvement and Refinement



PROGRAM FEATURES & DETAILS:

- * Each session is composed of eight lessons taught over two weeks
- * Class size differs from level to level - most of our groups consists of 4 participants
- * The cost of regular group session (8 lessons) is \$80 per child
- * The cost of private session is \$280 per child and the cost of semi-private session is \$140 per child
- * Pre-session at some locations starts on Jun 11th, 2018
- * Session start dates: June 25 / July 9 / July 23 / August 6 / August 20
- * The deadline for registration will be one week before the session start date
- * Registration and payments can only be completed via our website
- * If not satisfied with the class, you may have your money refunded before the start of the 3rd class



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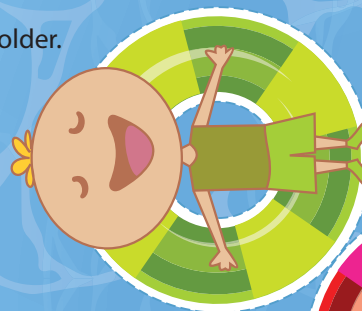
Join our program because there is no better way to build your child's confidence, skills, and enjoyment in the water!



POOL

GENERAL RULES

- Children under 13 years of age must be accompanied and supervised by an adult 18 years of age or over.
- Children under 16 years must pass the Swim test to use the diving board and slide.
- Guests must be accompanied by members with pool ID. Each member is limited to bringing 3 guests per visit.
- Members must use guest passes for each guest aged 5 and older.
- **NO** glass containers or breakable objects.
- **NO** food or drink except in designated areas.
- **NO** alcohol or drugs.
- **NO** smoking.
- **NO** pets.
- **NO** chewing gum.
- **NO** profane language.
- **NO** running, pushing, dunking, wrestling or rough play.
- **NO** general swimming in diving area.
- **NO** water toys or other equipment unless authorized by pool manager.
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers.
- **NO** diving in shallow area.
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones.
- **NO** flotation devices except water wings, U.S.C.G. approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS.** Children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit.
- Pool members are responsible for the conduct of their guests.
- Adults are responsible for the safety and conduct of all children in their care.
- Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules.
- Members and their guests using the pools do so at their own risk.
- No lifeguards are on duty at the wading pools.



MEMBERS MUST COMPLY WITH ALL
LIFEGUARD INSTRUCTIONS

Rules are subject to change.
The complete text of the Broadlands Pool
Rules is available at the Association Office or
on the website broadlandshoa.org



Itchy skin Eczema Hives
 Pet Allergy Asthma
 Sneezing Drug Allergy
 Food allergies Recurrent Infections

We are super excited to announce that Ashburn Allergy is open and accepting new patients of all ages. Dr. Yoon has 18 years of experience with the last 8 years practicing in the Metro DC area. He started his own practice, Ashburn Allergy in April 2018.

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Broadlands Boy's 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. 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 starting at 6:00pm, rounds ongoing through September.

Where: Broadlands Nature Center Courts

Contact: To join the ladder or to get further information, contact broadlandstennis@gmail.com or visit the Broadlands tennis website: BroadlandsTennis.org.

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21936 Bramblebush Ter	\$445,000	\$455,000	\$10,000	1
21695 Frame Sq	\$405,000	\$405,000	\$0	4
43295 Ardmore St	\$489,900	\$475,000	\$0	6
43180 Newbridge Sq	\$474,990	\$465,000	\$0	7
Single Family Homes				
21377 Glebe View Dr	\$750,000	\$730,000	\$0	228
21847 Engleide Pl	\$800,000	\$779,000	\$8,000	37
21508 Heartstone Ct	\$759,000	\$750,000	\$0	6
42725 Ridgeway Dr	\$794,990	\$785,000	\$0	22
21927 Bayard Ter	\$482,900	\$483,000	\$4,500	9
21834 Inglewood Ct	\$719,900	\$709,000	\$0	40
21404 Sturman Pl	\$779,000	\$779,000	\$0	7
21587 Goodwin Ct	\$640,000	\$640,000	\$0	0
40376 Milford Dr	\$615,000	\$605,000	\$1,000	12
21547 Overland Park Dr	\$575,000	\$575,000	\$0	3
42783 Summerhouse Pl	\$675,000	\$705,250	\$0	3

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SPRING/SUMMER TENNIS LESSONS SCHEDULE



All lessons taught by PTR professional level coaches. Low student to pro ratio!

EIGHT WEEK TENNIS LESSONS

Summer Session: June 18 - August 12, 2018

1 HOUR JUNIOR LESSONS

- Red Ball Stage 1 (Ages 4-8): Tuesdays at 5:00pm or Sundays at 10:00am
- Red Ball Stage 2 (Ages 4-8): Tuesdays at 6:00pm or Sundays at 11:00am
- Orange Ball Stage 1 (Ages 8+): Thursdays at 5:00pm or Sundays at 10:00am
- Orange Ball Stage 2 (Ages 8+): Thursdays at 6:00pm or Sundays at 11:00am

1.5 HOUR JUNIOR LESSONS

- Green Ball Stage 1 (Ages 10+): Mondays at 5:00pm or Saturdays at 9:00am
- Green Ball Stage 2 (Ages 10+): Mondays at 6:30pm or Saturdays at 10:30am
- Yellow Ball Stage 1 (Ages 12+): Wednesdays at 5:00pm or Saturdays at 9:00am
- Yellow Ball Stage 2 (Ages 12+): Wednesdays at 6:30pm or Saturdays at 10:30am

1.5 HOUR ADULT LESSONS

- Beginner and Advance Beginner: Tuesdays at 7:00pm or Sundays at 8:30am
- Intermediate (3.0 and above): Thursdays at 7:00pm

WEEKLY JUNIOR ROUND ROBIN TOURNAMENT

- Red and Orange Ball: Saturdays, 12:00pm – 2:00pm
- Green and Yellow Ball: Sundays, 12:00pm – 2:00pm

PRIVATE/GROUP LESSONS

Email pro@primetimetennisacademy.com for more information.

SUMMER CAMPS

CAMP FEES - \$184 (Member Fee)/\$194 (Non-Member Fee)

Price is for 4 days with Friday as rain day/ bonus day if it doesn't rain! This program is for all levels ages 6-16. Students will be grouped according to age and skill level so that they feel both comfortable and challenged in their groups.

CAMP DATES/TIMES - 9:00AM – 1:00PM

Week 1:	June 18-June 22
Week 2:	June 25-June 29
Week 3:	July 2- July 6
Week 4:	July 9- July 13
Week 5:	July 16- July 20
Week 6:	July 23- July 27
Week 7:	July 30 – August 3
Week 8:	August 6- August 10
Week 9:	August 13- August 17

DAILY SCHEDULE

- 9:00am - 9:30am: Warm up exercises, games, drills
- 9:30am – 11:00am: Stroke fundamentals, drills and application games
- 11:00am- 11:30am: Break/lunch
- 11:30am – 1:00pm: Application games, rally, competitive point and match play.

All lessons/camps are taught at the Broadlands Nature Center Courts.

Season 15!

Free Summer Concert Series

Hillside Park 🎵 43051 Waxpool Road

2nd Fridays ☀ May to August ☀ 5:00 PM to 9:30 PM



**\$100 Swag
Bag Raffles**

MAY 11

Rock, Folk & Blues

5:00: Tony M. Music
6:15: Eli Pafumi
7:30: QOK
7:45: The Woodshedders

JUNE 8

90's, Alternative, Indie Rock & Beat Box

5:00: Yosi Music
6:00: Skyler Guttierrez (*Ashburn's Got Talent* runner -up)
6:15: Wylder
7:45: Keeton

JULY 13

Rock, Pop & Blues

5:00: John Henry The Guitar Man
6:00: Taylor Hart (*Ashburn's Got Talent* winner)
6:15: The Ryan Forrester Band
7:30: QOK
7:45: Patty Reese

AUGUST 10

Classic Rock & Country

5:00: Tracey Eldridge, Music in Motion
6:15: SoHo Down
7:45: Riverside Lights

BYOB, but please leave the glass bottles and drinkware at home. All alcohol must be consumed in the beer garden.

**WHETHER YOU ARE 21 OR 81, YOU MUST
SHOW ID FOR A WRISTBAND, NO
EXCEPTIONS.**

Don't forget your blankets & folding chairs to enjoy a fantastic evening of music, food and fun!

NO PETS ALLOWED

NO SOLICITING

Follow Broadlands Live! on Facebook for your chance to win an amazing gift bag prize generously filled by local businesses.

Visit [Facebook/broadlandslive](https://Facebook.com/broadlandslive) and Broadlandslive.com for details & updates!

Broadlands Live! continues to rock out on June 8th! Come listen to some cool tunes in our very own natural amphitheater as the weather warms and the sun stays out longer. We start the evening off at 5 pm with our kids act and end with our headliner starting at 7:45 pm. Bring your dancing shoes and enjoy the awesome vibes of all the performers! Come ready to picnic with food available for purchase from neighborhood favorites Domino's Pizza and Rocoto Gourmet Peruvian Cuisine. Your own personal picnic is allowed but our vendors make your evening that much easier.

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**BROADLANDS
FAMILY PRACTICE**



Collection Bins will be located
AT THE NATURE CENTER DURING MAY AND JUNE
 21907 Claiborne Pkwy, Broadlands, VA 20148

SNACK PACK *Drive*



Help support Women Giving Back by donating to the Snack Pack program. Snack packs help provide food to low-income families who rely on school meals to feed their children.



BROADLANDS
community outreach

Broadlands Association is accepting donations of pre-packaged or store-bought items for breakfast, lunch, and dinner. Items must be non-perishable, shelf stable and individually packed for immediate consumption.

Your ideas are welcomed, but here are a few suggestions:

BREAKFAST

Small boxes of cereal
 Individual oatmeal packets

LUNCH/DINNER

Mac & Cheese
 microwavable cups
 Chef Boyardee
 mini microwavable cups

SNACKS

Pudding or Fruit cups
 Goldfish
 Applesauce
 Fruit Snacks
 Granola Bars

DRINKS

Bottled water
 Shelf-stable juices boxes
 or pouches

NO GLASS CONTAINERS, PLEASE!

Donate your PROM DRESS



BROADLANDS
community outreach

The Promposal, the Dress, the Date & the Dance... Now What? DONATE your PROM DRESS to help others in need. Dig through your closet and find those beautiful dresses that were most likely worn only once. Broadlands Community Outreach is accepting donations of gently used or new prom dresses, shoes, jewelry and purses which will be provided to help the families supported by the non-profit organization Women Giving Back.



Collection Bins will be located
AT THE NATURE CENTER DURING MAY AND JUNE
 21907 Claiborne Pkwy, Broadlands, VA 20148





THURSDAYS, JUNE 28, JULY 12, JULY 28



5:00 PM - 9:00 PM

FLOAT NIGHT



SOUTHERN WALK POOL



DANNY DJ
providing music
and entertainment



SNACKS & DRINKS
for sale - cash only.
All proceeds support
the BWHS swim team



FLOATATION DEVICES
provided for use and are
available on a first come,
first serve basis

BRIAR WOODS



SWIMMING

FLOAT NIGHTS ARE FREE TO BROADLANDS POOL
MEMBERS & THEIR GUESTS AND ARE HOSTED BY
THE BRIAR WOODS HIGH SCHOOL SWIM TEAM
VALID POOL PASS IS REQUIRED FOR ENTRY TO POOL



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& Sinus of NOVA**

Cover and Table of Contents Photos Courtesy of Sweet Memories Photography

Samantha S. Marshall is a natural light photographer and owner of Sweet Memories Photography based in Potomac Falls, Virginia. This concert season is Samantha's fourth year as official photographer for Broadlands Live! This season, she is assisted by photographer Jason Nader as they capture the community's summer concert entertainment!

Samantha is award winning and published regionally and internationally (featured in O, the Oprah Magazine). She specializes in family portraiture and event/wedding photography. Samantha's documentary style approach to photography ensures that she captures unique and artistic opportunities in every image.

To learn more about Samantha, her fine art pieces and photography services, please visit sweetmemphoto.com or @sweetmemphoto on Instagram.



Calling all Residents - Do You Have An Antique Car You'd Like to Show Off to Your Neighbors?

Broadlands Community Outreach would like to hold a car show on October 6th, 2018 and we need Broadlands residents to commit to displaying their ANTIQUE cars. If you have an antique vehicle you'd love to display, please contact julie@broadlandshoa.com. This is anticipated to be a free event for Broadlands residents to come enjoy a night of relaxation with neighbors, friends and GREAT CARS.



Community Outreach

Know of any charities or organizations that could use some volunteer support or would benefit from a community donation drive? If so, we would like to hear from you. For more information and questions, please contact julie@broadlandshoa.com.



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LOUDOUN STATION FARMERS MARKET IS NOW OPEN ON SATURDAYS!

Ashburn's newest farmers market is located at District Park, Central Station Drive & Gramercy Park Drive located in Loudoun Station near the future Silver Line Metro station. The market is open every Saturday through October from 9:00am until 1:00pm. Check out Loudoun County's favorite farmers and homemade foods while enjoying the splash pad and playground in the park!

Please note that fruit vendors will return to market in June.

Loudoun Station Farmers Market (April through October) is located at:

43751 Central Station Drive

Ashburn, Virginia

Hours: Saturdays 9:00am – 1:00pm

See below for a list of market vendors (subject to change):

Bread House

Breezy Meadow Farms

Catoctin Creamery

Chase Your Tail Bakery

Cold Pantry Foods

CoolMama

Dogwood Blossom
Gifts

Woerner's Produce

Green Acres

Honey Brook Farms

Java Jen's Coffee

Roasters

Texas Trey's

Kilmer's Farm Market

Little Corners Petit

Fours

Noshy

NRJ Spice Food

Pink Polka Dot Bake Shop

Valencias Produce

Valley Roots Farm

Walnut Hill Farm

Westmoreland Produce



Visit [LoudounFarmersMarkets.org](https://loudounfarmersmarkets.org) for more information



ASHBURN VOLUNTEER FIRE AND RESCUE JUNE NEWS

Speaker Series - June 8th - 1:00pm, Station 6, \$5.00 donation. Come join us for an informational afternoon with Dr. Tracey Nguyen of Lansdowne Dental Care. Dr. Nguyen is accredited by the American Academy of Cosmetic Dentistry and a fellow of the Academy of General Dentistry. On top of being trained by some of the best leaders in dentistry, she continued her training at the Kois Center in Seattle, Washington. In 2016, she was honored with Top 25 Women in Dentistry. As a member of the Wellness Dentistry Network, her practice is heavily based on integrating overall health, bridging the gap with medicine and dentistry. Recently, she created the Northern Virginia Interdisciplinary Airway Group, focusing on screening, diagnosing and treating children, adults with Sleep Disorder Breathing.

Topics to be addressed;

- Understanding how dentists can be key players in screening and treating Sleep Disorder Breathing (SDB) in children and adults
- Recognizing the major medical red flags that are important in screening children with SDB
- The true etiology of chronic childhood disease can be due to the compensations they make with the modern environment and all its chronic stressors
- Understanding what to look for in a pediatric sleep study and understanding other in-office screening tools

Pancake Breakfast - June 10th, 8:00am - 11:00am at Founders Hall, Station 6, Ashburn Road. Great opportunity to chow down with family and friends. Enjoy a broad selection of yummy breakfast foods to satisfy hearty appetites. We have paleo and keto friendly options on the menu too! Prices: \$10.00 for Adults, \$7.00 for Seniors, \$5.00 for children 3-8 years old, Children under 3 eat for free. Craft table for kiddies. Visit <https://ashburnfirerescue.org/> for more information. No parking at Mediterranean Breeze parking lot.

Broadlands Area 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 CLASSICS

The Ashburn Classics' June meeting will be held at the Ashburn Village Mills Recreation Center on June 9th at 10:30am. We will celebrate Father's Day with a barbeque catered by Carolina Brothers. Reservations are required. We welcome new members...seniors young and old. For more information, please call 703-723-3056.

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 ashburn.toastmastersclubs.org/.

BRAMBLETON LADIES GOLF LEAGUE

Brambleton Ladies Golf League welcomes new members. We are a fun, friendly group playing at Brambleton Golf Course on Monday mornings from April through October. Check us out at brambletonladiesgolf.org or call Sara Carlin at 703-723-3000.

BAC – BROADLANDS ADAPTED CLUBS

A social club for high school students and young adults with disabilities meets the 2nd Thursday of the month from 7:00pm to 9:15pm at the Broadlands Community Center. Contact Monica Benteler at mjbenteler@gmail.com for more information.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

ASHBURN/BROADLANDS WOMEN'S BIBLE STUDY

We are studying various Women Bible Studies by Beth Moore, Priscilla Shirer and others. This is an interdenominational group that meets Tuesday mornings from 9:00am to 11:15am in a local home. Please contact Grace at 703-724-0995 for more information.

CORE CONCEPTS CHIROPRACTIC HEALTH LECTURE SERIES

Free bi-monthly health and wellness lectures for the community. Please join us Wednesday's at 7:00pm. For a full list of scheduled lectures please contact Dr. Poe at 703-723-4178 or core2chiro.com.

GRIEF SHARE 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 griefshare.org.

INDIAN SOCIAL CLUB

This group of local Asian Indian families play cards for fun once a month by rotation. Please contact Salesh Gupta 571-435-3192 or email SalGup20@yahoo.com.

MOMS CLUB OF ASHBURN

Broadlands & Brambleton resident moms who organize weekly activities for us & our kiddos; playgroups, Moms' Night Outs, + special interest groups for all. Monthly Member Social every 2nd Thursday of the month at 10:00am at Broadlands Community Center. Contact membership. momsclub.broadlands@gmail.com.

MOMS IN PRAYER – EAGLE RIDGE AND BRIAR WOODS

Eagle Ridge and Briar Woods Moms are invited to join us to pray for our children and these schools. We meet on Tuesdays during the school year. Please contact Rebecca for more information at 703-858-7379.

MOMS IN PRAYER – MILL RUN

Mill Run moms are invited to come join us in prayer for the children and staff at this school. We meet every other Wednesday during the school year. Please contact Catherine for more information at 703-598-4708.

MUSIC ON THE HEIGHTS

We host monthly concerts in our home, usually second Saturdays of the month. Mostly acoustic, some electric, this series features both local and traveling musicians of various genres . . . a great way to meet fellow neighbors who share a love a music. For more info email musicontheheights@gmail.com

PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

These groups are run by Dr. Michael Oberschneider and Dr. Andrea Lee. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lee runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info call Christine Kutt at 703-723-2999.

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.

STRESSBUSTERS & MOTHERHOOD (SAM)

Are you interested in connecting with other Loudoun Moms who are seeking less stressful days? SAM is a diverse women's group that explores a variety of modern holistic practices and ancient wisdom traditions. Our meet ups are a recharging break that help us slow down and nurture ourselves. We meet monthly on Sunday evenings. For more info email Shea or Erin at LoudounSAM@gmail.com.

TECHNOLOGY COMMITTEE

We meet the third Wednesday of every other month at 7:30pm in the Nature Center (Jan, Mar, May, July, Sept, Nov). For more info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

Broadlands Helper List

**Not Available on
Website Edition**



KEY: (B) Babysitter's Course
(C) CPR
(R) Rescue Breathing
(F) First Aid
(D) Dog & Cat (Pet) First Aid

**All area codes are 703 unless noted.*

Broadlands Helper List

Not Available on
Website Edition



In Case You Need a Hand . . .

NON-EMERGENCY

Ashburn Fire	703-729-0006
Dominion Virginia Power	888-667-3000
Fire Marshall	703-777-0333
Loudoun County Sheriff	703-777-1021
Loudoun Water (customer service)	571-291-7880
Loudoun Water (after hours)	571-291-7878
Poison Control	800-222-3333
State Police	703-771-2533
Washington Gas	703-750-1000

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes)	1-703-753-5521
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Snow Removal:

- VDOT Streets
- HOA Streets

Trash Pickup (Patriot Disposal)	1-703-257-7100
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Southern Walk Association – OpenBand:

Billing – Traci Tranquilli, FirstService Residential

traci.tranquilli@fsresidential.com	703-385-1133
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OpenBand Customer Service 24x7	866-673-6226
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OpenBand Trouble Tickets	703-961-1110
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Towing (Battlefield Towing)	703-378-0059
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PUBLIC INFORMATION

Animal Control/Shelter	703-777-0406
Building Permits & Dev.	703-777-0397
County Landfill	703-771-5500
DMV (VA)	800-435-5137
DISH	888-656-2461
DirectTV	800-531-5000
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 Fios	888-553-1555
Xfinity/Comcast	800-934-6489
Wildlife Hotline (local)	703-440-0800

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

EDUCATION/PRESCHOOL

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands is currently enrolling for all of its programs for the 2018/2019 school year. Growing Minds offers part-time programs for 2 ½, 3, and 4-year-olds. For more information or to set up a tour, please contact Judi Ratcliffe at judi.gminds@gmail.com or (571)216-4663.

INSTRUCTION - ARTS/MUSIC

PIANO LESSONS: Beginner Beginner to advanced piano lessons taught by classical trained piano teacher with 15 years of teaching and performing experience. Students have opportunities to piano recitals and events. Serious inquiry please. Call 703-463-8215 or email to: info@lospiano.com.

MUSIC LESSONS NOW: At a professional music school, minutes from your home. Private lessons at our state of art facility in piano, guitar, drums, voice, violin, flute, clarinet, sax or trombone. Our University-Trained teachers have produced more LCPS award & competition winners in the past 14 years than any other area school.

Group lessons, Summer Programs also available. Call to schedule a tour or sign up on line 703-123-1154 MINTONS ACADEMY OF MUSIC mintonsmusic.com.

SAXOPHONE AND CLARINET LESSONS: Instructor has a Music Degree and 20 years' performing and teaching experience. Recipient of three awards from the DC Commission for the Arts. Lessons available in your home. References. Call 703-777-4352 or email NoteMagic777@gmail.com.

INSTRUCTION - TUTORING

FORMER LOUDOUN COUNTY MATH TEACHER: Grades K Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Statistics, Pre-Calculus and Calculus. SAT prep and test taking strategies for strategic placement tests such as the ASVAB, and nursing. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-919-1674 or email vchu_911@yahoo.com. Please visit: A1mathtutor.weebly.com.

NEED MATH HELP? I am a Broadlands resident, I co-own, and co-teach the Turbo Tutoring SAT prep class (turbo-tutoring.com) and have 24 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections, as well as the SSAT math test for private schools. Call Dan Harris at: 703-909-4438 or email me at: aplustestprep@verizon.net.

HEALTH/FITNESS/WELLNESS

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME: Get fit now with my 28+ yrs. experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! Stephanie Gottfried 703-542-2595; stephaniegottfried@gmail.com; fitnesstogova.com.

JOYOGA: Studies show that practicing yoga two to three times per week is most beneficial. Some of the health benefits include the following: Creates space in your body, lowers your blood pressure, improves your agility, balance, flexibility, strength of bones & muscles & emotional stability while decreasing stress. Interested? joyoga.us Questions 703-850-8386.

HOME SERVICES

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

DRAINAGE SOLUTIONS: 30 Years' experience. Eliminate standing water. French Drains, Downspout Extensions. Machine Grading. Excellent references. SUPERIOR LANDSCAPING, INC. (703)830-8800, superiorlandscaping.net.

HANDYMAN SPECIALIST: Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never-ending honey-do lists, to projects and much, much more. Including Roofing, Siding Installation/Repair and Gutter Cleaning. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. Mike.Rosario@verizon.net.

BROADLANDS

HOW TO PLACE A CLASSIFIED AD

1. Submit a completed Classified Insertion Order Form which can be found on our website at broadlandshoa.org/newsletter.
2. Classified ads are limited to 40 words maximum and the text should be emailed to ads@broadlandshoa.com.
3. Payments can be made on our website at broadlandshoa.org/newsletter by selecting Classifieds and using the Buy Now button, OR a check made payable to Broadlands Association, Inc. can be submitted to 21907 Claiborne Parkway, Broadlands, VA 20148.
4. DEADLINE: Form, ad and payment must be received by the 5th of the preceding month (i.e. Jan 5th for inclusion in Feb's issue).

MONTHLY RATES:

- **Resident Rates** - \$10.00 per ad (*For Sale ads are free for Residents only*)
- **Non-Resident Rates** - \$25.00 per ad

No cancellations are permitted after the deadline. For more information, contact the Advertising Manager, Stassa Collins at ads@broadlandshoa.com or 703-729-9714.

Please Note: Advertisers in the Broadlands Newsletter are not endorsed, supported or vetted by the Homeowner's Association, the Board of Directors or HOA Management. All advertisements are subject to approval of Broadlands Association, Inc. which reserves the right to reject or cancel any ad at any time.

HANDYMAN SERVICES: For repairs in your home. Small jobs and odds & ends. Free estimates. Call 571-426-2126.

HOUSE CLEANING

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

MARKETPLACE

MARY KAY: Get Get your color. Imagine your world awash with color – rich, gorgeous shades that'll make you look twice. I'm talking sheer mineral makeup that glides on and stays on. And fearless looks that are ready to wear anywhere. Ask me about ideas that'll awaken your inner makeup artist! Deborah Leben 703-217-4583 dleben@marykay.com.

SIMPLICITY HOME DESIGNS: We are a full-service home remodeling and design company. We offer the following services: Kitchen and bath renovations, Cabinet painting, Finished basements, Room additions, Decks and patios, Design and decorating services, Full remodeling services: To learn more please visit our website: www.SimplicityHome.Design. Contact us at nancy@chicdesigner.me or 571-420-2839.

PET SERVICES

AROUND MIDNIGHT PET SERVICES, LLC: Provides excellent care to the furry, feathered and finned members of your family. Midday walks, overnight companionship and in-home boarding. Caring for your pets the way you would if you were home for 10 years! Call today or visit our website. 703-726-9218, aroundmidnight.net. Now hiring – join our team!

RENTALS

RENT A MOONBOUNCE FOR YOUR NEXT PARTY OR EVENT! Great for birthdays and graduations! All About Parties, please call 703-400-1984. \$125 per day. Moonbounce is 11 x 14 feet and primary colors, commercial grade. Must pick up and drop off.

PROFESSIONAL SERVICES

THE CARE CONCIERGE: Would you like a walking companion? Do you need a ride to a medical appointment? Would you like someone to have tea with your senior parent? The Care Concierge LLC can help with all of these services and more. Call today or send us an email! 571-485-5091 info@thecareconciergellc.com.

TAX SEASON'S HERE! Why risk your financial health with tax preparers you don't know? Get to know a neighborhood CPA right here in Broadlands and stay financially healthy. Sophear Uoy CPA providing experience, personal, tailored service. Schedule a free initial meeting today. 703-869-7796 or sophear.uoy@sophearcpa.com.

Broadlands Community Info . . .

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway Broadlands, Virginia 20148

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

broadlandshoa.org ♦ info@broadlandshoa.com

HOA & Nature Center Office Hours: Monday – Friday, 9:00am to 5:00pm

General Mailbox: info@broadlandshoa.com

Nature Center Hours: First & third Saturdays, 10:00am to 2:00pm

ASSESSMENT INFORMATION OFFICE

Firstservice Residential: Payments and Resale Docs

Main: 703-679-1541 Fax: 703-591-5785

fsresidential.com ♦ customerservice.dcmetro@fsresidential.com

Mail Payments To:

FirstService Residential P.O. Box 11983 Newark, NJ 07101-4983

BROADLANDS ASSOCIATION STAFF

General Manager: Sarah Gerstein ♦ sarah@broadlandshoa.com

Covenants Manager:

Suzan Rodano ♦ covenants@broadlandshoa.com

Newsletter Editor & Events Committee Liaison:

Natalie Ihanainen ♦ events@broadlandshoa.com

Newsletter Advertising Manager & Communications Coordinator:

Stassa Collins ♦ scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee:

Robin Crews ♦ rcrews@broadlandshoa.com

Administrative Specialist, Pool Liaison:

Julie Holstein ♦ julie@broadlandshoa.com

Reception:

Joanne Hang ♦ joannehang@broadlandshoa.com

Naturalist: Erin Fairlight ♦ naturalist@broadlandshoa.com

BOARD OF DIRECTORS

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Tania Marceau ♦ 571-331-4381

Todd Parsons ♦ 703-936-9309

Joseph T. Wagner ♦ 571-333-0821

COMMITTEES

Broadlands Live Concerts: Tammy Wells, Angela Rabena ♦

broadlandslive@broadlandshoa.com

Community Wildlife Habitat: Oya Simpson ♦ osimpson@broadlandsnaturally.org

703-725-8040*see Clubs & Groups

Events: events@broadlandshoa.com

Swim Team: broadlandsswimteam.org

Technology: Dawne Holz ♦ deholz@icloud.com*see Clubs & Groups

Tennis: Brad Marcus ♦ bradmarcus@gmail.com

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BROADLANDS

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Size & Location • Rates are per issue

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	PRICE Month to Month	PRICE 6+ Months Prepaid Discount	PRICE 12+ Months Prepaid Discount
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• Eighth Page (3.75" wide x 2.41" tall)	\$125	\$100	\$75
• Quarter Page (3.75" wide x 5.00" tall)	\$225	\$215	\$200
• Half Page	\$430	\$400	\$375
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Vertical: 3.75" wide x 10.16" tall without bleed or 4.16" wide x 11.0" tall with .125" bleed			
• Full Page	\$1000	\$900	\$850
7.66" wide x 10.16" tall without bleed or 8.5" wide x 11.0" tall with .125" bleed			

INSIDE COVER PLACEMENTS (Contact for Availability):

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Vertical: 3.75" wide x 10.16" tall without bleed or 4.16" wide x 11.0" tall with .125" bleed			
• Full Page	\$1050	\$950	\$900
7.66" wide x 10.16" tall without bleed or 8.5" wide x 11.0" tall with .125" bleed			

OUTSIDE COVER PLACEMENTS (Contact for Availability):

• Quarter Page Horizontal Banner	\$275	\$250	\$240
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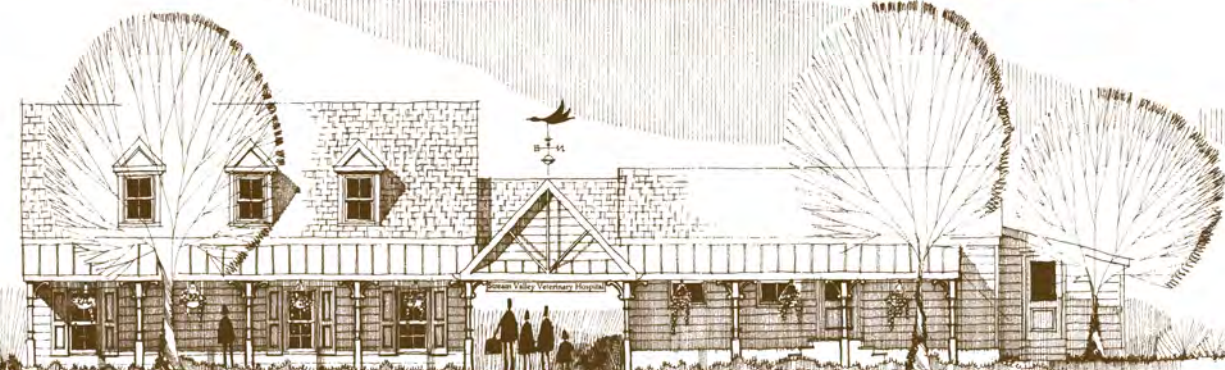


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