

# BROADLANDS

A photograph of a marching band in red and navy uniforms. The band members are playing brass instruments (tuba, euphonium, and trumpet) and drums. They are standing on a grassy field with trees and a building in the background. The title "BROADLANDS" is overlaid at the top in a large, white, stylized font.

*Our Neck of the Woods*

SEPTEMBER 2018



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# BROADLANDS



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Cover photo courtesy of David R. Cooper

## Broadlands Association Board of Directors Meeting Tuesday, September 11th - 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 August 14th meeting:

- Approved the amended minutes of July 10, 2018 meeting
- Received a development update from Van Metre
- Discussed a resident concern about a covenants violation
- Discussed a resident concern about summer camps at the pool
- Approved the Conservation Landscape Committee Charter
- Appointed Oya Simpson as chair of Conservation Landscape Committee
- Denied a request to add perimeter fencing to an unfenced area on Broadlands Boulevard
- Upheld a denial of a request for the Wi-Fi password at the Fitness Center
- Upheld the denial a request for a fence adjacent to a stormwater drain on Tealbriar Place
- Agreed to removal of vending machines from the pools
- Directed management to submit application for a Fire Lane
- Directed management to update Piranhas Swim Team contracts to include language that team Boards be comprised of Broadlands Residents and that teams must be comprised of at least 75% Broadlands residents
- Denied a request from a swim club to use the pool through the month of September
- Approved the Technology Committee Charter
- Appointed Dawne Holz as chair of Technology Committee
- Approved an electronics recycling event
- Approved a contract with The Inspectors of Elections for Annual Meeting services
- Approved the proposed Lime proposal from HLS
- Approved a proposal for stream renovation from Heritage Landscape Services
- Reviewed two delinquent accounts and waived a portion of late fees
- Reviewed and approved a payment plan request for a delinquent account
- Wrote off the pre-foreclosure balance of an account



# SEPTEMBER 2018

[illegible]

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



## See Youuuuu in Septeeeeeemberrrrr

And just like that, summer is over in the blink of an eye. It was a rainy, stormy, humid one, but we've made it to fall with the kids going back to school, the closing of the pools, and increased commute times. We had a great time celebrating summer at float nights, summer celebration, Flicks in the Sticks outdoor family movie nights, Broadlands Live! free concert series, and we have one last pool event - the Pooch Pool Party, which is guaranteed to be a big hit once again this year at Summerbrooke Pool. Be sure to bring your pup out on September 8th to say your official goodbye to the pools for the season. If you're worried the time for fun is over, don't panic as we have plenty of fun fall events to peak your interest. Check out our Antique Car Show, Holiday Craft Fair, Halloween Parade, Middle School Dance and the always popular Visit with Santa events, not to mention our array of nature activities including the ever-popular Friday night Whomping Willow Camp Outs. We hope to see you out and about as you get settled into your fall routine.

Speaking of which, as we settle back into the school and work routines, we'd like to remind everyone that the start of school brings a lot of pedestrian and bicycle traffic on our roads, sidewalks, and trails, particularly with the expanded walk zones. Broadlands is home to two elementary schools and one middle school, plus an array daycares, churches, and after school programs. Drivers must be aware of the increased child pedestrian traffic throughout the county and aware that school children often aren't as visible as adults due to their smaller statures. For those dropping their children off at the schools or waiting at bus stops, please be aware that double parking, parking in fire lanes, blocking of intersections, as well as making u-turns in the middle of the road are all illegal. Please also be mindful of your neighbors and do not use their driveways to turn around. There is also an increase in newer drivers as the teenagers are able transport themselves to schools. Most importantly, don't text and drive!

Broadlands has three underground tunnels to help keep our residents safe; one on Claiborne Parkway connecting Hillside Elementary with Harvest Green Terrace, another on Claiborne Parkway which connects the Nature Center with Village Drive (close to Mill Run and Eagle Ridge), and a third on Waxpool connecting the Community Center with the LeFevre Stone House (close to Eagle Ridge). We encourage all bicycle and pedestrian traffic to utilize the tunnels rather than cross these main roads, even at stop lighted intersections. Heritage Landscape



Services sweeps each tunnel for debris and graffiti every Monday in conjunction with their trash can services to help keep these tunnels clean and safe for school children as well as the walkers, runners, and bikers who regularly use the path. However; accidents, vandalism, and spills can happen in an instant and we are not always aware of them. If you are aware of an unsafe or vulgar condition in the tunnels, please report them the HOA office at 703-729-9704.

*The HOA has agreed that the Nature Center can be used as an official safe house for the schools in case of an emergency.*

If you have a child attending school this year, please be sure to check out the article on page 20 all 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. Our normal business hours are Monday through Friday from 9am-5pm, 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!

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](mailto: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](http://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](mailto:no-reply@smartwebs365.com) should you wish to add this email address to your contact list to ensure prompt delivery.

## Modifications Subcommittee Submission and Meeting Dates

Submission Deadline	Meeting Date
August 29th .....	September 5th
September 12th .....	September 19th
September 26th .....	October 3rd
October 10th .....	October 17th
November 14th .....	November 19th
December 12th.....	December 19th
January 9th .....	January 16th

## Rules, What Gives the Association the Right to Tell Me What to Do?

In a nutshell: the association declaration and state law gives the association the authority to regulate some of what you can do in our community.

Community associations have a governmental component. Like a city or county government, a community association has a charter—called the declaration. The declaration encompasses bylaws, covenants and other documents that give community associations their legal foundation.

These governing documents obligate the association to preserve and protect the assets of the community. To enable the board to meet this obligation, association governing documents also empower the board to make rules and define the process for adopting and enforcing them—within limits. Governing documents also establish parameters for the nature and type of rules the board can make.

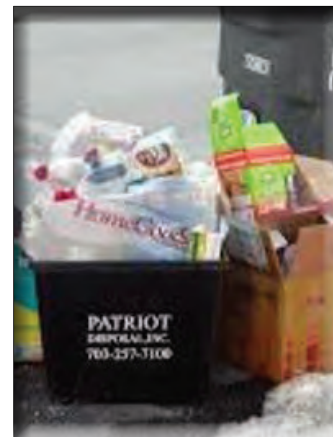
State law gives associations the authority to make rules. These are called common interest community statutes, and they apply to condominiums, cooperatives, and property owners associations.

Remember, however, that the board can't make or enforce any rule that is contrary to the governing documents, local ordinances, state law or federal regulations. Remember also that the board makes rules on your behalf—to protect your investment, your home.

## Need a More Secure Recycling Bin?

Residents who currently have the smaller, open recycling bin through Patriot may swap out for the larger, lidded recycling toter at no additional cost.

Please contact Patriot Disposal at 703-257-7100 to make this request. You are encouraged to keep a record of the serial number of your toter(s) should you need to identify it in the future.





## Are You Selling Your Home?

Save yourself time and aggravation by ensuring you have approved applications for all exterior changes or additions made on your property before listing your home. Walk around your home and look for any maintenance violations such as siding repair, exterior trim maintenance, fence/deck repair, any staining touch up, or roof repair. Refer to your property plat to locate your property lines because you may have accidentally placed something in the common area that will need to be removed before settlement.

When you sell your home you are required to request a resale disclosure package for the buyer. Once the request has been executed it notifies the HOA is notified to come to your property to perform a resale inspection. The inspectors will look for any structures that have not been approved by the Modifications Subcommittee, structures that are not in compliance and for maintenance violations. The results of the resale inspection are embedded in the resale disclosure package that is provided for the buyer. It is the owner's responsibility to rectify all violations found on the property before settlement of the home. If the violations are not rectified before settlement then the new owner will be responsible.

There are submission procedures on the HOA website, [broadlandshoa.org](http://broadlandshoa.org), to help guide you through the application process. Please refer to the online Design Guidelines for detailed information.

The Design Guidelines provide a framework to maintain design quality and encourage consistency throughout the community. If you have any questions about architectural modifications or questions about your resale inspection results, please contact Robin Crews, Secretary to the Modifications Subcommittee, at 703-729-9704 or [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com).

## Feeling Political?

Per Broadlands guidelines no more than three political campaign election signs are allowed and each sign shall not exceed a maximum of four (4) square feet. These signs may be placed no more than 60 days prior to an election date and must be removed 5 days following the election. No application is required for these signs.



## Kids Halloween Parade! Sunday, October 28th 3:00pm - 4:00pm Parade

The parade will start at 3:00pm on the path next to the Community Center Parking lot on Waxpool Road and will proceed through the tunnel and around Hillside Park. Activities will continue in Hillside Park until 4:30pm.

Wagons and strollers are welcome in the parade. Adult supervision is required.

In case of rain, this year treats will be distributed inside the Community Center at 3:00pm.

Volunteers - We are in need of teen and adult volunteers to help with this event. If you are interested in assisting us with the parade and decorations, sign up at [broadlandshoa.org/halloweenparade2018](http://broadlandshoa.org/halloweenparade2018)

Proudly organized by the Events Committee

## First Day of School Photos

Got some great pics of your kids on their first day of school? We would love to publish them in Our Neck of the Woods. Please email them to [nihanainen@broadlandshoa.com](mailto:nihanainen@broadlandshoa.com) by close of business, 5:00pm, Monday, September 10th. We look forward to seeing all our young residents' photos!

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## 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](mailto:events@broadlandshoa.com) for more information.

## August Events Committee Meetings Thursday, September 6th

6:30 pm at the Clubhouse

43360 Rickenbacker Square

## 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.

## Covenants Corner

### Lawn Maintenance Violation Notices

Your home is a valuable investment so take pride in your curb appeal. A beautiful home with poor lawn maintenance is aesthetically unappealing. Whether you are a tenant or homeowner, you are responsible for maintaining your lawn so that it meets the requirements of our covenants guidelines. If you are not physically able to keep up with your property or can't find the time, then please consider hiring a lawn service to preserve the quality of our neighborhood.

Primary reasons why you may receive a lawn violation letter from our Covenants Department:

- ▶ turf more than 6 inches
- ▶ weeds and grass in beds
- ▶ overgrown or dead shrubbery or plant growth (including vines running along home)
- ▶ tree branches hanging over sidewalks or other properties
- ▶ yards with litter, trash, debris or other objects
- ▶ other unsightly conditions

### IMPORTANT INFORMATION:

- ✓ Association staff, contractors, officers and authorized parties are **PERMITTED TO ACCESS THE EXTERIOR OF YOUR PROPERTY**, front, back and sides, for inspections and lawn maintenance per the bylaws of Broadlands Association, Inc.
- ✓ Please remember that lawn maintenance pertains to all parts of the property including FRONT, BACK, and SIDES.
- ✓ ALL violations stated in the notice must be corrected to prevent incurred charges.
- ✓ The initial violation notice sent will allow 10 days to correct the issue(s). If the violation is not corrected within 10 days, a final note will be sent. If the violation is not resolved in its entirety, and a hearing is not requested, **THE HOA OR ITS CONTRACTOR WILL ENTER THE LOT AND CORRECT THE VIOLATION, AND THE RESULTING REPAIR COSTS AS WELL AS AN ADMINISTRATIVE FEE WILL BE CHARGED BACK TO THE OWNER'S ACCOUNT.**
- ✓ If repeat violations occur within a year of the initial notice, only a final notice will be sent at that time.

If you have questions regarding this process, or have corrected the violation, please contact the Covenants office at [covenants@broadlandshoa.com](mailto:covenants@broadlandshoa.com) or Suzan Rodano, Covenants Manager at 703-729-9704 , option 2.

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.

This helps preserve the property values for home ownership, promotes community harmony and ensures the high standards of living that our residents have come to expect are maintained.



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### Some of the Homes Sold in YOUR Community!

	List Price	Sold Price	Subsidy	DOM
<b>Townhomes</b>				
421360 Shady Wood Ter	\$425,000	\$423,000	\$11,300	44
21717 Frame Sq	\$400,000	\$400,000	\$0	17
21933 Bramblebush Ter	\$458,732	\$458,732	\$2,000	2
43239 Highgrove Ter	\$499,900	\$487,500	\$0	14
21408 Falling Rock Ter	\$429,900	\$430,000	\$0	3
21566 Iredell Ter	\$384,990	\$395,000	\$0	2
<b>Single Family Homes</b>				
43336 Claybrooke Cir	\$619,900	\$619,900	\$0	4
42953 Ridgeway Dr	\$819,900	\$820,000	\$1,000	4
21531 Wild Timber Ct	\$1,059,990	\$1,060,000	\$15,000	2
42822 Bluestone Ct	\$629,000	\$629,000	\$0	0
21950 Windover Dr	\$569,900	\$565,000	\$7,000	34
42817 Heritage Oak Ct	\$899,000	\$890,000	\$1,000	9
42960 Thornblade Cir	\$709,900	\$692,500	\$0	14



A woman is shown from the chest up, wearing a large, elaborate flower crown made of yellow and orange flowers. She has intricate face paint, including a large red eye with yellow and black patterns, and red and yellow floral designs around her mouth and cheeks. She is wearing a white and red patterned shawl. The background is dark, and there are some colorful objects (like a red pen and a blue object) visible on the left edge of the page.

# BROADLANDS NATURE PROGRAMS

## *Surprise an Unexpected Soul with the Gift of Flowers*


The weekend before Halloween, the 4-H Youth will hand deliver flowers while in costume to the Broadlands Community. These will be completely free and anonymous. We need your suggestions as to who the bouquets should go to! Think of neighbors that could use an extra thank you for all of their service or surprise someone that you think flowers mysteriously delivered might make their day. It's a completely free service to our community, we just need addresses of where to take the blossoms.

### **How to request a surprise delivery:**

Please email [Naturalist@broadlandshoa.com](mailto:Naturalist@broadlandshoa.com) and provide the recipient's address. Be sure to include in the subject line: 4-H Flowers (Broadlands HOA addresses only please!)

**Donate to 4-H:** If you would like to make a donation to our 4-H chapter for brightening the lives of our neighbors with random acts of mysterious and anonymous kindness, please contact our Naturalist at [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com).





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- Skips or rereads lines
- Slow, difficult time reading
- Headaches
- Fatigue, frustration, stress with reading/homework
- Loss of place when reading
- Difficulty paying attention
- Complains that words move on page
- Behind grade level in reading



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# POOCH POOL

PER DOG PER TIME SLOT

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# PARTY!

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Sign up your dog for as many time slots as you would like and print out your waiver at:

[broadlandshoa.org/events/poochparty2018](http://broadlandshoa.org/events/poochparty2018)

Sign up closes at 12:00 PM on Friday, September 7th

## TIME SLOTS



9:00 AM – 9:50 AM

10:00 AM – 10:50 AM

11:00 AM – 11:50 AM

12:00 PM – 12:50 PM

If you'd like your best furry pal to participate, make sure that he or she is:

- at least 6 months old
- spayed or neutered
- friendly and used to group play
- physically fit for swimming and playing
- capable of safely exiting a swimming pool

Owners must sign a liability waiver and bring proof of current rabies vaccination.

***You are responsible for supervising and cleaning up after your pooch.***

Kiddie / Wading pool open for smaller breeds.

To ensure your pup's safety we will have lifeguards on duty.

Veterinary staff from Stream Valley Vet Hospital will be onsite.

THIS EVENT IS A PARTNERSHIP BETWEEN BROADLANDS HOA AND STREAM VALLEY VETERINARY HOSPITAL



ALL PROCEEDS WILL GO TO HART,  
HOMELESS ANIMAL RESCUE TEAM





# ELECTRONICS



# RECYCLING EVENT

**SATURDAY, SEPTEMBER 15**

**10:00 AM - 2:00 PM**

**COMMUNITY CENTER PARKING LOT**

**RAIN OR SHINE**



Drive through and drop off unwanted electronics for proper recycling. Services include the secure destruction of data storage devices (hard drives, magnetic tapes and mobile phones). For details on accepted items, please visit [www.broadlandshoa.org/recycle](http://www.broadlandshoa.org/recycle).



This FREE event is for Broadlands residents only and is presented by the Technology Committee in partnership with Securis. Sponsored by Wicker Homes Group at Keller Williams Realty.



# Southern Walk Pays Option Price and OpenBand Removes Exclusivity

## FAQ's

### Who was involved?

Southern Walk at Broadlands Homeowners Association Board of Directors and legal counsel.

OpenBand and legal counsel representing OpenBand and M. C. Dean, Inc. interests.

Broadlands Association Management, Board of Directors, and legal counsel.

Van Metre Companies (for Broadlands Associates and Broadlands Communications) and legal counsel.

### What happened and when did this happen?

On Friday, July 20, 2018, the Southern Walk and OpenBand completed a thirty-nine month transition period following the termination of the OpenBand long-term exclusive telecommunications services arrangement, by paying OpenBand a negotiated option exercise price through a third party escrow. The payment to OpenBand triggered the removal of all exclusivity for telecommunications services delivery in the Southern Walk and also resulted in the following:

- OpenBand retains the non-exclusive right to remain in the Southern Walk as a utility provider perpetually;
- Amends the blanket easements conveyed to OpenBand in 2001 to alternate fixed-length/width utility easements and recorded them in the Loudoun County land records;
- Conveys any remaining "reserved easement rights" to the Southern Walk for the purposes of executing the amended easements.

### Where and how did this happen?

Negotiations between the various entities listed above occurred over the course of many months, although the nine-month window to work directly with OpenBand spanned late October 2017 to late July 2018. The Southern Walk Board of Directors directly engaged with the Broadlands Association at their monthly Board of Directors meetings as Southern Walk's Master Association and one of the necessary grantors of the amended easements. The Broadlands Association President and Southern Walk President signed the official documentation on Wednesday July 18th at the Nature Center.

### What happens from here?

The Southern Walk Board of Directors has been actively pursuing a telecommunications contract with a Loudoun County franchisee telecommunications vendor for a choice in services for Southern Walk residents. In March 2018, the Southern Walk Board of Directors signed a three-year renewable bulk billing agreement for Internet service only with a third-party provider. Any renewal of the contract is subject to the third-party provider fulfilling its duties under the service level agreement as specified in the contract; renewal terms do not exceed the maximum allowable term of three years.



*Broadlands Association President and Southern Walk President concurrently sign the Amended OpenBand Easements on July 18, 2018 at the Nature Center. Photo by Gregory Stone, VP Southern Walk HOA*

For purposes of construction of a new broadband fiber optic facility in the Southern Walk, a utility easement is being prepared according to the Broadlands Covenants, Conditions, and Restrictions, which provide for utility easements within the first 10' of the property line on individual homeowner properties.

As construction of the new fiber optic facility commences, be aware that the construction crews building out the infrastructure may use the first 10' of your property to construct the facility, and will include digging (and restoring to original condition), installing hubs or pedestals, or other infrastructure necessary to deliver services to the Southern Walk.

Please keep in mind that the Southern Walk Board of Directors cannot predict how soon an alternate telecommunications services provider will completely wire-up the community and will keep the community informed about that progress through the Broadlands Newsletter, at Southern Walk Board of Directors' meetings throughout the remainder of 2018, and other specially scheduled events.

### Side notes:

Notes of thanks go to Constance Miller, Esq, legal counsel to the Southern Walk. Also, Sarah Gerstein, General Manager of the Broadlands Association; Mark Bailey, Vice President, Condominium and HOA Division, FirstService Residential; Denise Harrover, Vice President of Planning and Entitlements at Van Metre; Bennett Ross of Wiley Rein on behalf of OpenBand and M. C. Dean, Inc., and Nancy Gilreath, Vice President and Associate General Counsel, Van Metre.

**August 6, 2018**

**Submitted by: the Southern Walk HOA Board of Directors**



# Greetings From Supervisor Meyer



## Dear Broadlands Residents,

The input our office receives from residents in our district is our “to-do” list, and for Broadlands, we’ve been working on some big projects and concerns.

Here’s an update on some of the issues in Broadlands:

**Ashburn Recreation Center** — We have a new site! The original site for the Rec Center was too small, hard to access, on a hill, and full

of rock; due to these constraints, the cost of the project was set to go up by \$15 million. Our office put together a land-swap deal with Van Metre that the Board supports to move the site near Clyde’s and the LCPS administration building, saving taxpayers millions and allowing for more amenities and parking.

**Greenway Alternatives** — The Northern Virginia Transportation

Authority (NVTa) recently programmed \$112 million for road projects in our district that serve as alternatives to the Greenway, including the Shellhorn Road extension to Route 28 at Sterling Blvd. Thank you to the people who attended the NVTa meeting with me to lobby for these projects.

**Waxpool Elementary School Site** — Unfortunately, I was the only elected official on either the Board of Supervisors or the School Board who opposed this location, despite heavy opposition from the surrounding neighborhoods. It is too close to Belmont Ridge Road, too close to Hillside Elementary school and Mill Run Elementary school (causing school zoning issues), and too close to houses nearby. Additionally, LCPS overpaid for the site and forced taxpayers to pay for road improvements that benefit the landowner/developer. However, this site is moving forward, and we are trying to improve it by advocating for additional landscaping and more sidewalks leading to the school. We are working numerous safety concerns in the school zone.

**Waxpool Widening** — The widening of Waxpool Road to four lanes starting at Ashburn Village Blvd. is finally open!

**Widening of Belmont Ridge Road** — Right of way acquisition should be completed in the next few months. The contractor then has to relocate utilities. Groundbreaking should be Summer, 2019.

As you can see, a lot is happening in Broadlands. Please continue to call or text me with any questions or concerns. Email: Ron.Meyer@loudoun.gov. Cell: 571-442-1088.

Thank you!

*Supervisor Ron Meyer*



## Ashburn Shredding Event

Need to get rid of Old Paperwork? Attend our 10th "On site, while you watch" Shredding Event.

**Mark your calendar for Saturday September 22nd, 9:00 AM -12:00 PM** for our Shredding Event taking place in the RE/MAX Premier parking lot located at 44675 Cape Ct, Ashburn, VA 20147.

See [DanThiewes.com](http://DanThiewes.com) for a guide to what we can shred and a traffic routing map.

Dunkin Donuts coffee, hot chocolate and donuts will be served.

Please RSVP by emailing Dan at [dan@danthiewes.com](mailto:dan@danthiewes.com) or call 703-508-5762. Tell your friends, neighbors and co-workers. They will thank you. A \$5 donation is requested.

## Loudoun Continues to Evaluate Short-Term Residential Rentals; Seeks Public Comment

Loudoun County has launched a survey to gauge the community's opinions about land use issues related to short-term residential rentals.

With the growth of online listings for short-term residential rentals, Loudoun is continuing to explore land-use and public safety issues surrounding such rentals, building upon prior efforts regarding registration and taxation. The survey is part of the county's effort to collect and evaluate information from the community that the Board of Supervisors will consider in making decisions about possible future ordinances and ordinance amendments. The Board is expected to consider the topic of short-term residential rentals again in late 2018.

A link to the survey, which will be open through September 7, 2018, is available at [loudoun.gov/ShortTermRentals](http://loudoun.gov/ShortTermRentals). The webpage also provides background information about the project and a detailed work plan approved by the Board.

Operators of short-term residential rentals in Loudoun County are required to register their properties online annually as of July 1, 2018. Registration is free. The online registration form for operators of short-term residential rentals in Loudoun County is available at [loudoun.gov/ShortTermRentals](http://loudoun.gov/ShortTermRentals).



*Megan displays the comfort cases and the various donated items that were donated.*

## Girl Scout Cadette Earns Silver Award

Megan of Girl Scout Cadette Troop 4478 earned her Girl Scout Silver Award by making comfort cases for children in shelters and in transitional housing. The Silver Award is the highest award that a Cadette level Girl Scout can earn. It is earned by completing at least 50 hours on a project of lasting impact.

*Megan donated 12 kits to Good Shepherd Alliance for distribution to children in the transitional homes. These homemade kits were filled with lots of small treasures that would bring comfort to the children in these homes.*

Megan worked with the Good Shepherd Alliance, an organization that serves Loudoun County's homeless population. Megan donated 12 kits to Good Shepherd Alliance for distribution to children in the transitional homes. These homemade kits were filled with lots of small treasures that would bring comfort to the children in these homes. In addition to donating the kits she made, Megan collected hundreds of other necessities such as medicine, soap and shampoo to donate to the homeless population. Over 50 boxes of Girl Scout cookies were also donated to Good Shepherd Alliance.

*Thank you for your efforts to help children and families in need – Well done, Megan!*





SATURDAY  
SEPTEMBER  
**22**

8:00 AM - 2:00 PM

**RAIN  
OR  
SHINE**

# *Bury and Sell at the* **FALL YARD SALE**



*One person's junk is another's treasure*

## CHECK OUT THE LIST OF PARTICIPANTS

to see what's for sale at  
[broadlandshoa.org/yardsale](http://broadlandshoa.org/yardsale)

The HOA will be publicizing the yard sale in local The Loudoun Times-Mirror and The Washington Post.

## COME SHOP AND SELL AT PRIVATE RESIDENCES THROUGHOUT THE BROADLANDS NEIGHBORHOOD

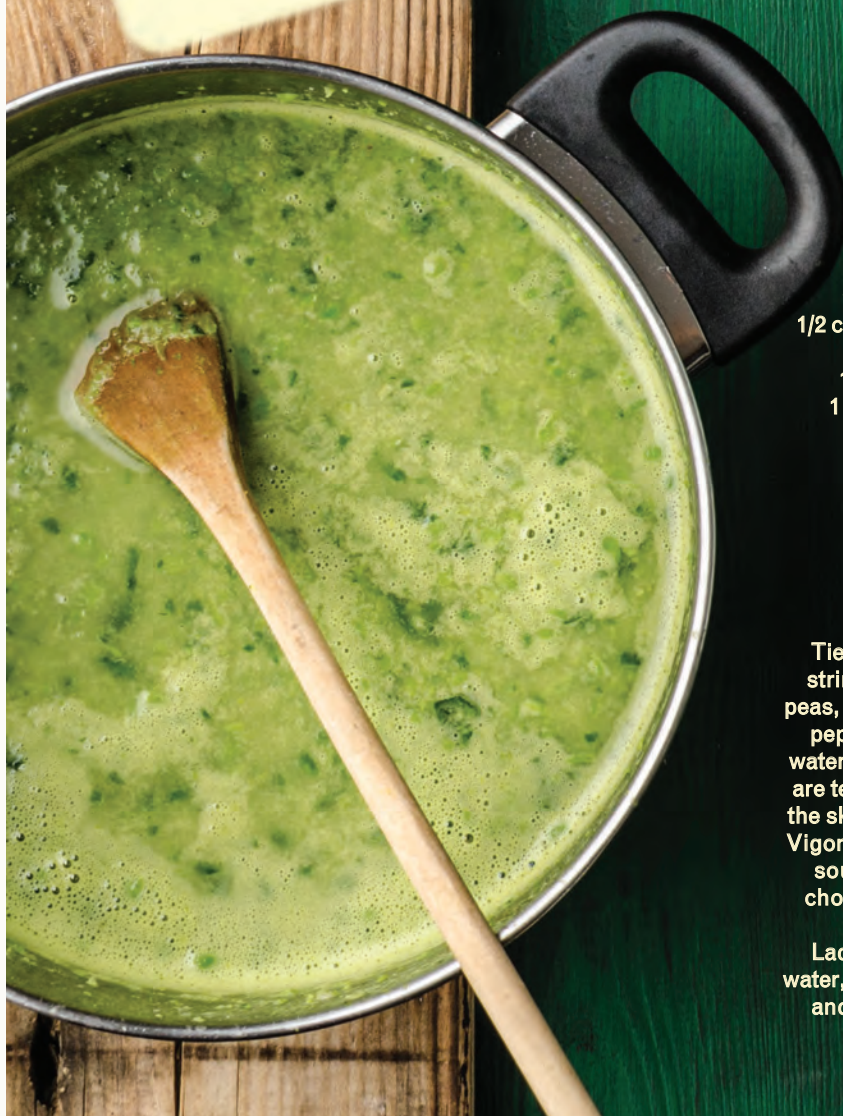
If you would like to be included in the online listing of addresses, please complete the Yard Sale Submission Form on the website at [broadlandshoa.org/yardsale-form](http://broadlandshoa.org/yardsale-form). It is the residents' responsibility to check the website to ensure inclusion and accuracy.

Residents do not have to be on the list of participants to be part of the community yard sale.



# SLOW-COOKER RECIPES

**Easy to prep  
meals ready to  
eat after really  
busy days**



## Slow-Cooker Beef Brisket in Beer

- 1 fresh beef brisket (2-1/2 to 3 pounds)
- 2 teaspoons liquid smoke, optional
- 1 teaspoon celery salt
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 large onion sliced
- 1 can (12 ounces) beer or nonalcoholic beer
- 2 teaspoons Worcestershire sauce
- 2 tablespoons cornstarch
- 1/4 cup cold water

Cut brisket in half; rub with liquid smoke, if desired, and celery salt, pepper and salt. Place in a 3-qt. slow cooker. Top with onion. Combine beer and Worcestershire sauce; pour over meat. Cover and cook on low for 8-9 hours or until tender. Remove brisket and keep warm. Strain cooking juices; transfer to a small saucepan. In a small bowl, combine cornstarch and water until smooth; stir into juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve beef with gravy. Yield: 6 servings

*Tasteofhome.com*



## Slow-Cooker Split Pea Soup

- 1/2 cup chopped fresh parsley, plus 8 to 10 parsley stems
- 4 sprigs thyme
- 1 pound green split peas, picked over and rinsed
- 1 large leek, white and light green part only, halved lengthwise and thinly sliced crosswise
- 2 stalks celery chopped
- 2 carrots chopped
- Kosher salt and freshly ground pepper
- 1 smoked turkey leg (1 to 1 1/2 pounds)
- 1/4 cup nonfat plain yogurt
- 1/2 cup frozen peas thawed

Tie the parsley stems and thyme together with kitchen string and place in a 6-quart slow cooker. Add the split peas, leek, celery, carrots, 1 teaspoon salt and 1/2 teaspoon pepper; stir to combine. Add the turkey leg and 7 cups water. Cover and cook on low until the split peas and meat are tender, 6 to 8 hours. Discard the herb bundle. Discard the skin and bones from the turkey leg and shred the meat. Vigorously stir the soup to break up the peas and make the soup smoother. Thin with water, if desired. Stir in the chopped parsley and about three-quarters of the turkey meat; season with salt and pepper.

Ladle the soup into bowls. Thin the yogurt with a little water, then spoon onto the soup. Top with the thawed peas and the remaining turkey. Serve with bread, if desired. Yield: 6 servings *Foodnetwork.com*





## 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. 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.



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## Broadlands Middle School Student Semi-Formal Dance

### *An Evening Under the Stars*

**Saturday, November 10, 2018**

**6:30pm – 9:00pm**

**Broadlands Community Center  
43008 Waxpool Road**

*Come alone, with a friend or two, or with that "special someone." Semi-formal dress (Not too casual, not too fancy – unless you want. Fashion police will NOT be on duty.)*

**Pass the paparazzi, enter on the red carpet, and enjoy:**

- DJ and Dancing
- Sipping Bubbly Apple Cider
- Photo Booth
- Food, Treats and Drinks
- Game Stations
- More surprises fit for a semi-formal tween/teen event!

**TICKETS AND PERMISSION SLIPS ARE REQUIRED.** The price is \$5.00 per ticket. Purchase tickets by Friday, November 2nd. All participants must bring a parent permission slip to gain entry. Buy your ticket and print out permission slip at: [broadlandshoa.org/schooldance2018](http://broadlandshoa.org/schooldance2018)

### **LIMITED SPACE. RESERVE YOUR SPOT NOW.**

- No parents allowed, though parent and student volunteers are needed and may sign up at:

[broadlandshoa.org/schooldance2018](http://broadlandshoa.org/schooldance2018)

All ticketed guests will be checked in at the door/red carpet against ticketed guest list.

*Parent drop off begins at 6:00pm.*

### **Questions? Want to help?**

**Students contact:** Jillian Nickelson at [jillynickelson@gmail.com](mailto:jillynickelson@gmail.com)

**Parents contact:** Carol Williams-Nickelson at [drcarolwn@gmail.com](mailto:drcarolwn@gmail.com).

## BWHS Band News



The Briar Woods Falcon Regiment has been hard at work over the summer preparing a spectacular show based on the Academy Award winning music from Lord of the Rings. Filled with triumphal music, precision marching, the dancing of the award-winning Falconaire Color Guard and stunning sets – including a castle and battle inspired special effects – this year's show promises to be one of the Regiment's best ever. The public is encouraged to see the performances during halftimes of Briar Woods home football games:

**September 14th** vs Rock Ridge High School (Future Falcon Night)

**September 21st** vs Tuscarora High School (Homecoming)

**October 12th** vs Champe High School

**October 26th** vs Broad Run High School (Senior Night)

*The Falcon Regiment begins its competition season on September 29th at the U.S. Bands Competition at Rock Ridge High School.* This is another opportunity for the community to see the Falcon Regiment and some of the best bands in the region as they compete for top honors.

The Falcon Regiment's success year after year as they represent Ashburn is only possible because of the broad support these young people receive from across the community. Please look out for two critical fundraising events coming soon...

**Tag Day is Saturday, September 8th.** Beginning at 10:00am and going until 5:00pm, band members will be knocking on doors across Ashburn asking for your support. The gifts you make are used for competition fees, supplies, sheet music, uniform upkeep, special equipment and much more. "We thank you in advance for responding generously to the students' requests," says Band Booster President Laurie Greenbaum.

On **Saturday, September 15th from 10:00am to 5:00pm**, you can help the band and yourself at the same time. The **9th Annual Mattress Sale will be held at Briar Woods High School.** The sale features over 20 name brand mattresses with factory warranties. Pillow top, gel memory foam, latex and hybrids ranging from \$199 to \$5,900 will be on display. If you don't need a mattress, come check out the range of sheets, cool gel pillows, bed protectors, adjustable power bases and more. And of course, the proceeds go to support the Briar Woods Falcon Regiment. Pass the word to co-workers, family members and friends. Everyone is welcome.



## Broadlands CSL Piranha Swim - 2018 Season Recap



The Broadlands CSL Piranhas team competed again in the Colonial Swim League's most competitive division—Red Division. It was a tough season, but the swimmers continued to work hard, lower times, and break team records.

The team was once again driven by our amazing head coaches, Sadie McGann and Eric Guessford, who returned for their final year with the team. They brought a passionate junior coaching crew filled with familiar faces—many of them started swimming with the Piranhas at a very young age. Thank you coaches Caitlyn Callaghan, Connor Turbyfill, Jack Moore, Casey Alexander, Annabelle Marcais, Xander Quadt, Jeffrey Bailey, and Hevi Medde-Witage for your commitment and dedication to the program!

We would like to extend a very special THANK YOU to Sadie and Eric for their many years of service in this program. You've left a huge mark in our hearts. We look forward to your visits next year, and best of luck in your new endeavors! You'll be greatly missed!!!

Training began with evening practices in late May. Once school ended, our coaches spent many early mornings in the pool providing personalized training and ensuring all of our swimmers were able to improve their stroke and technique as well as have fun. The kids dropped time each week and we couldn't be more proud of the entire squad. Keep working hard everyone. We hope to send out information shortly regarding our

Piranhas Pre-season Prep (3P) program held throughout the off-season. This is an additional out-of-season training, offered to both CSL and ODSL teams, allowing swimmers to stay wet, perfect strokes, and get ready for the summer swim season.

The team trained hard and had lots of fun throughout the summer. Everyone looked forward to "Donut Fridays," Hershey Park spirit day, and our themed meets. We had our first friendly intra-Ashburn relay meet, "Battle of the Burn." We competed against our friends, the Ashburn Farm Barracudas and the Ashburn Pavilion Aquajets, in several mixed-age-group events, including milk jug relays and noodle relays. Congratulations to our 11-12 squad for winning our summer "Penny Wars" competition.

We concluded our season with a lively and fun-filled pool party that allowed the coaches to recognize the hard work and dedication that all of our swimmers put into this season, including our MVP swimmers, our most-improved swimmers, and our new record-breaking swimmers:

### 2018 Piranha MVP Swimmers:

7/8: Jack Curran and Catherine Moore  
 9/10: Tyler Rounds and Audrey Hayward  
 11/12: Chris Qian and Melodie Moore  
 13/14: Paul Moore and Lilly Dickenson  
 15/18: Jack Moore and Casey Alexander





Kylie Landry, Catherine Moore, Melodie Moore, Sydney Scott, Jocelyn Yee

### Boys

Luke Baron, Cole Carmical, John Curran, Michael Curran, Landon Gaddi, Colin Lewis, Thuruna Medde-Witage, Hevi Medde-Witage, Paul Moore, Christopher Qian, Tyler Rounds, Neil Wasilausky

They say it takes a village... Well, our village consisted of not only the swimmers and coaches, but parents and siblings, as well, who dedicated their mornings, evenings and weekends to the team. Whether you volunteered for a meet, were part of a committee, or simply shouted your support from the deck at each meet—we would like to take this opportunity to thank you for your dedication. You guys rock!!!

We would also like to take this opportunity to thank our outgoing board members, Mike Malpeli (President), Annie Schleyer (Treasurer), and Stephanie Sonnenfeld (Team Rep), as well as our returning board members, Kiersten Dickenson (President), Stephanie Callaghan (Tem Rep), and Priscilla Hayward (Secretary), for their wonderful contributions to the team this year. We would also like to extend a warm welcome to our incoming board members, Joe Kilty (Vice President), Kristen Peterson (Treasurer), and Tracie Buckley (Team Rep).

Finally, we would like to thank the Broadlands HOA, High Sierra pools, Van Metre, Community Center lifeguard staff, and Southern Walk Pool staff for your help and contributions in 2018.

We look forward to seeing everyone in 2019 for March Registration! Please visit the website for further information: [teamunify.com/Messages.jsp?team=reccslblva](http://teamunify.com/Messages.jsp?team=reccslblva)

### 2018 CSL Piranha Most Improved Swimmers:

6&under Vihaan Mathur and Brielle Barber  
7/8: Evan Green and Arabella Block  
9/10: Jack Peterson and Samantha Landry  
11/12: Morgan McKevitt and Aksh Shah

### 2018 Coaches Award:

13/14 James Martin and Jocelyn Yee  
15-18 Emily Johnson and Tash Medde-Witage

### 2018 CSL Piranha Record Breakers

**50 meter breaststroke:** 42.04

Tyler Rounds, 9/10 boys

**50 meter butterfly:** 33.01

Chris Qian, 11/12 boys

**50 meter backstroke:** 32.88

Chris Qian, 11/12 boys

**100 meter medley relay:** 1:31.20

Neil Wasilausky, Huy Dang, Jack Curran, Landon Gaddi, 8&U boys

**Boys 200 freestyle relay:** 1:59.22

Chris Qian, Paul Moore, Tyler Rounds, Jack Moore, 5-18 boys

We also wanted to recognize those swimmers that were invited to the CSL All Stars meet:

### 2018 CSL Piranha All Star Swimmers

#### Girls

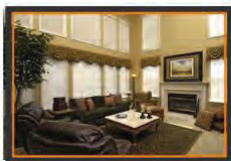
Sydney Davenhall, Lillian Dickenson, Lily Greenwood, Audrey Hayward, Caroline Kilty,







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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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**5K**

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RACE DAY  
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RACE DAY  
\$30

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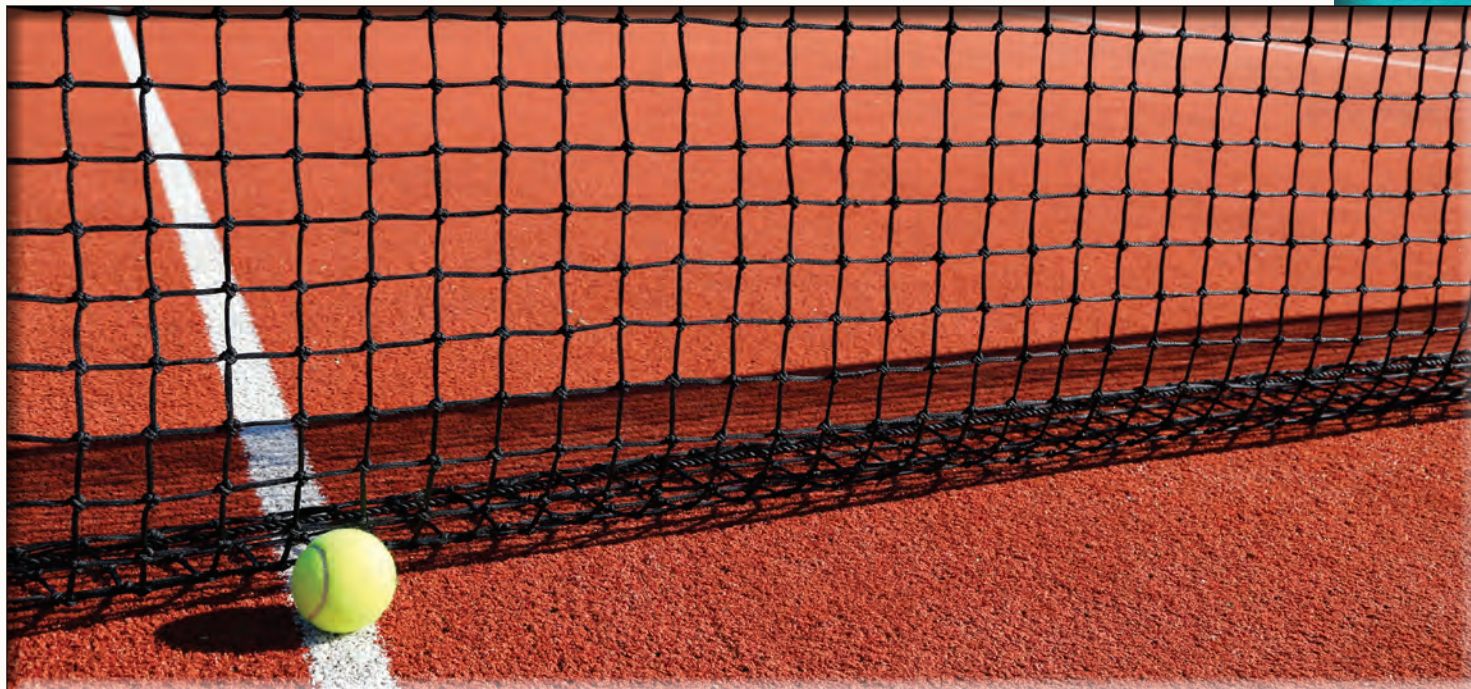
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**PACKET PICKUP SAT OCT 13 11-4 @ CLYDE'S**  
**RACE DAY REGISTRATION SUN OCT 14 @ 7AM**  
**RACE STARTS @ 9AM**



# Fall PTTA Tennis Lessons Schedule



## Official Broadlands tennis pros Don Barker and Jeet Bhide are ready for the "Fall" Session! Late registration allowed depending on class size!

- All lessons taught by PTR Professional level coaches
- Low student to pro ratio
- All lessons taught at the Broadlands Nature Center Courts

### EIGHT WEEK TENNIS LESSONS

Fall Session: ongoing - October 7, 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
- Green Ball Stage 2 (Ages 10+): Mondays at 6:30pm or Saturdays at 9:00am
- Yellow Ball Stage 1 (Ages 12+): Wednesdays at 5:00pm
- 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](mailto:pro@primetimetennisacademy.com) for more information.

*Please visit [primetimetennisacademy.com](http://primetimetennisacademy.com) for more information or to register for classes. Please contact Jeet Bhide at [pro@primetimetennisacademy.com](mailto:pro@primetimetennisacademy.com) if you have any questions.*





BROADLANDS

# CRAFT FAIR

INTERESTED IN SELLING YOUR WARES AT THE EVENT?  
SPACE IS LIMITED, PLEASE RESERVE YOUR SPOT SOON!

VISIT [BROADLANDSHOA.ORG/CRAFTFAIR2018](http://BROADLANDSHOA.ORG/CRAFTFAIR2018) FOR MORE INFORMATION.



FOOD TRUCK

SATURDAY, OCTOBER 20<sup>TH</sup>

10:00<sub>am</sub> - 2:00<sub>pm</sub>

NATURE CENTER PARKING LOT



# Loudoun County School 2018-19 Calendar

*The 2018-19 school year started on Thursday, August 23, 2018, and will end on Friday, June 7, 2019.*

September 3: Holiday (Labor Day)  
 October 8: Holiday (Columbus Day)  
 October 22: Student Holiday (County-wide Staff Development)  
 November 2: End of the Grading Period  
 November 5-6: Student Holidays (Planning/Records/Conference Days)  
 November 21-23: Holiday (Thanksgiving)  
 December 21-January 1: Winter Break (Classes Resume January 2)  
 January 17: End of Grading Period  
 January 18: Moveable Student Holiday\*\* (Planning/Records/Conference Day)  
 January 21: Holiday (Martin Luther King Jr. Day)  
 February 18: Holiday (Presidents' Day)  
 March 28: End of Grading Period  
 March 29: Student Holiday (Planning/Records/Conference Day)  
 April 1: Student Holiday (County-wide Staff Development)  
 April 15-19: Holiday (Spring Break)  
 May 27: Holiday (Memorial Day)  
 June 7: Last Day of School/End of Grading Period

**NOTE:** Parents with childcare or other weekday scheduling concerns - Date of the Moveable Planning/Records/Conference Day between first and second semesters may change if the school calendar must be changed due to school closings for inclement weather or other emergencies.

## Enrolling Now!

*Call for a personal tour*

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[www.BeanTreeLearning.com](http://www.BeanTreeLearning.com)



## Getting to Know Our High Sierra Lifeguards, Local and International

The lifeguards, who guard our safety at all three Broadlands pools, come to us from near and far! We have many guards who live locally in our community who are college students home for the summer or current students at Briar Woods High School, whereas others come from all around the world to be with us each summer. Many lifeguards have traveled from places such as Bulgaria, Slovakia, Macedonia, Turkey, China, Bermuda and many other countries too. We are grateful to have hard working lifeguards who efficiently provide safety and enjoyment for all of our members at each of our pools! Highlighted are two of the lifeguards we had on deck this pool season:

### Stefan Georgievski

"My name is Stefan Georgievski, I am a 21 year old Web Design student from Skopje Macedonia.

This is my second summer as a lifeguard and swimming instructor in Ashburn. I love Broadlands. Everyone is very friendly to me and the rest of the international lifeguards. I feel that as though this community is my second home already.

Keeping the patrons safe and teaching my students how to swim is a great responsibility, but also very rewarding. See you at the pool!

### Isabella Micheline

"Hello my name is Isabella Micheline. I am currently a senior at Briar Woods High School, and have been a lifeguard with High Sierra for two years now. Working at the Broadlands pools has been an amazing experience. I have been incredibly lucky to work with great coworkers who have become some of my closest friends. By being a lifeguard I have become more involved with community, and the people in it. From working float nights to overseeing swim meets I have developed relationships with many of the families and kids who come to the pools. My fellow lifeguards and I try our best to aid every person's needs and keep the Broadlands pools as safe and friendly as possible".  
THANK YOU to all of our lifeguards for the hard work and dedication you have provided this summer!



Stefan has worked at the Summerbrooke pool for the last two years as a lifeguard and High Sierra swim instructor.



Isabella mostly works at Southern Walk pool, but can also occasionally be found at the Community Center pool too.



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# Fall Fitness

It is amazing how quickly our schedules fill up once school gets going again. Soon we will find ourselves knee deep in homework help and our weekends will be spent on the fields. All of the hustle and bustle can make it pretty tricky to fit in time to work out. The key to avoiding these pitfalls is to have a few ideas in your back pocket, something that you can pull out when you only have a small amount of time for fitness. Keeping these tight time schedules in mind I created a quick, easy to follow workout for you to fall back on in your time of need.

This workout is great for so many reasons! You can do this anytime and anywhere (what about doing this while you wait for baseball practice to end?) and you can modify any/all of the exercises to maximize your time and your fitness level. If you happen to be near a hill, great, use the hill. If you have a set of stairs nearby, use those. Depending on how much time you have you can always add intervals to up the ante and increase your calorie burn.

Here's how it goes:

**Warm up** (for appetizer) - To avoid injury, do a short warm up, a few minutes. It's just a warm up so don't stress about what to do. I typically like to do a few exercises that mimic what I will be doing in my workout with small range of motion and focusing on my form. By the end of the warm up, I increase range of motion and speed to increase my heart rate a little more. For this workout I might start with a little march and gradually focus on lifting my knees higher, progress to some small squats and make them a little bigger every few, a few big arms circles and reaches over head then finish out with butt kickers to get my quads ready to work.

**The main course** - This is the workout portion. This workout will be an interval to keep things fresh and to utilize as many muscles as we can in a short period of time.

1. Run up a hill (steps) and back down
2. Complete 10 Prisoner Squats
3. 10 push-ups
4. 10 Starfish or bicycle crunches

**Cool down** (dessert) - this is the sweet spot. This is to thank your body for working hard and to treat whatever is feeling tight. After the hills, your calves would love some stretching so that may be a good place to start. You could simply drop one heel off the back of a step take a few breaths, then hit the other side. Your lower back might want a little love, so rotational work will feel good. Just don't skip this, a few minutes will do if you are really cutting it close on time.

Your goal is to complete this as many times as possible in 15 minutes (starting the timer for the main course not the appetizer). Keep a little journal and write down how many rounds you get in. Now you've set the bar and you are trying to get just a little more in each time.

Wondering why I chose the exercises that I did? I

promise, there is a method to the madness.

**Hill Run** - hills are awesome! You use all major muscles to climb a hill, coming down hits a whole new set of muscles as you keep yourself from smashing the pavement. Burning out your quads will fire up your heart and it just makes you feel alive! Again, you choose a hill/stairs based on your level of fitness, maybe you start this on flat ground just running from one point to another and that is great too. Another option on this is to run up the hill backwards, your hamstrings will thank you for the love and it keeps things interesting. If you are doing this with a partner, one person can run forward to keep an eye out for hazards while the other runs backward and switch each time.

**Prisoner Squats** - this is one of my favorite exercises because it is oh so functional! In the most basic form this is a squat with arms up behind your head. If you are ready for the next level you can keep arms up behind the head and drop one knee at a time to the ground so you are kneeling then come back up to your starting squat. This exercise really works on hip flexibility and core strength. If this is challenging start with the squat and work your way up. \*you will want a mat or soft surface for this one.

**Push-Ups** - another highly functional exercise. Think about what happens if you fall...you need to be able to get yourself back up off of the ground. If you hate push-ups, think of them as a survival tool instead of an exercise. Push-ups are great too because there must be about a bazillion different options: you can use toes, knees, incline, decline, triceps, balance, superman and on and on.

**Starfish/Bicycle Crunch** - I partly added this in so you have a moment to catch your breath before you go climb another hill but I also put it in because these are both solid core exercises when done correctly. By correctly

I mean keep it slow, keep tension on your core and stay in control. If these are not great options for you, maybe just a v-sit to hit the core will do.

If you are

interested in seeing this whole workout in motion you can check it out on my facebook page: Forward Fit Loudoun County. Feel free to send me any questions or comments there too!



**Happy Fitness!**

By, Katie Herbert CPT, Knherbert13@gmail.com



SAURDAY, OCTOBER 6TH 3:00PM - 6:00PM

# BROADLANDS CAR SHOW 2018



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[JULIE@BROADLANDSHOA.COM](mailto:julie@broadlandshoa.com)



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### Westfields Campus

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Chantilly, VA 20151  
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## It's a Wrap

The 15th season of Broadlands Live! concluded on August 10th with the sounds of local artists, Soho Down and Riverside Lights. What a way to end a summer! We enjoyed music from a wide variety of genres, each band incredibly talented in their own way. We are truly grateful for all those that supported our shows through financial support and attendance.

Please patronize and thank these local businesses—LePort Montessori, Griffin Owens Insurance, Heritage Landscape Services, Wegmans, Stream Valley Veterinary Hospital, Broadlands Family Practice and Van Metre. Without the generosity of these sponsors we could not make these shows happen. The Zone, Sunband Inc, Bach to Rock, and Sweet Memories Photography also helped add to each of our shows with their presence. Rococo Gourmet Peruvian Cuisine and Domino's helped by keeping us fed.

Our swag bag donors can't be forgotten either! Gifts averaging over \$100 were given away from Copperwood Tavern, Painting with a Twist, Eden Spa, iL Dolce, and the Loudoun Station Farmer's Market. We hope you have enjoyed the season. Please like our Facebook page and stayed tuned for what season 16 has for you!

## Fall Activities For Families

Leaving the long, lazy, sunny days of summer behind us is not always easy. But with the glorious fall months in Loudoun on our heels, those feelings tend to fade as quickly as our sun kissed faces. September once again proves to be a good introduction to the plentiful fall activities happening in our region. Here are our top picks for family fun this month.

- Apple Gala & Cider Fest, Great Country Farms, Friday & Saturdays in September
- Jungle Jamboree, South Riding, 9/1
- Just Between Friends Loudoun, Dulles Expo Center, 9/14-16
- Dulles Plane Pull, Dulles Airport, 9/15
- Bluemont Fair, 9/15-16
- Smithsonian Magazine Free Museum Day, 9/22
- Kids Closet Connection Consignment Sale, Purcellville, 9/27-29
- Leesburg Airshow, 9/29
- Autumn Apple Festival, Heritage Farm Museum, 9/29
- Lovettsville Oktoberfest, 9/29

Looking for more family fun in Loudoun? Be sure to check out Macaroni Kid Loudoun, a digital resource on all things family in our communities. Sign up for the free e-newsletter to have the goods delivered right to your inbox each week. [leesburg.macaronikid.com](http://leesburg.macaronikid.com).



## Ashburn Volunteer Fire and Rescue September News

**Pancake Breakfast – September 9th, 8:00am - 12:00am, Founders Hall, Station 6, Ashburn Road.**

Our theme this month is Grandparents Day/Back to School! Here's a great opportunity for the family to treat your grandparents, chow down with some great eats and enjoy family, friends and neighbors. Enjoy a broad selection of yummy breakfast foods to satisfy hearty appetites (we have paleo and keto friendly options on the menu too!) Kiddies will have craft table and have a photo ID created by New York life. The Zone is our sponsor this month and their chef will be kicking it in the kitchen along with our AVFRD volunteers!

**Prospective Members Meeting - September 25th, 7:00pm**

Station 6, Ashburn Road - Volunteer Firefighters and EMTs needed. Gear up and join the action! (Admins needed too!). Free training, Uniforms & Personal Protective Gear Provided; Benefits: tax savings, retirement benefits, tuition assistance, free training and more. For more details go to: <https://ashburnfirerescue.org>

**Looking for a place to hold a wedding, meeting, birthday party or other special event?** Founders Hall at Station 6, our newly remodeled facility, is now ready for your next event.

**A Partial list of Founders Hall at Station 6 Amenities include:**

- Easy / Handicapped accessible access
- 3600 square feet of available space (not including kitchen)
- Maximum occupancy: 225
- Air conditioning / Heating
- Modern, accessible restrooms
- Rent kitchen; AV system (\$50 including sound system, screen projector (via HDMI); free Wi-Fi

For more information, visit <https://ashburnfirerescue.org/facilities-apparatus/founders-hall/> or contact Event Coordinator at [foundershall@avfrd.net](mailto:foundershall@avfrd.net).



# 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](mailto:nihanainen@broadlandshoa.com).

## ASHBURN CLASSICS

Want to make new friends? We will celebrate our 15th anniversary at the Mills Recreation Center in Ashburn Village on September 8 at 10:30am with cake and ice cream. Ron Meyer, Board Run district Supervisor, will update us about the proposed Ashburn senior center and other senior topics. We welcome all seniors in the Ashburn area to join in on the fun. 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/](http://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 [www.brambletonladiesgolf.org](http://www.brambletonladiesgolf.org) or call Sara Carlin at 703-723-3000.

## CONSERVATION LANDSCAPING COMMITTEE

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](http://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.

## 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](http://griefshare.org).

## INDIAN SOCIAL CLUB

This group of local Asian Indian families play cards for fun once a month by rotation. Please contact Satesh Gupta 571-435-3192 or email [SalGup20@yahoo.com](mailto:SalGup20@yahoo.com).

## MOMS CLUB OF ASHBURN

Broadlands & Brambleton resident moms who organize weekly activities for us & our kids; playgroups, Moms' Night Outs and 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](mailto:membership.momsclub.broadlands@gmail.com).

## MOMS IN PRAYER – BRIAR WOODS

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

## MOMS IN PRAYER – EAGLE RIDGE

Eagle Ridge moms are invited to join us to pray for our children and staff at this school. We meet on Tuesdays 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](mailto: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](mailto: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](mailto: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](http://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

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## 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) .....	1-571-379-8454
---------------------------------------	----------------

#### Snow Removal:

• VDOT Streets .....	703-383-8368
• HOA Streets .....	703-729-9704
Trash Pickup (Patriot Disposal) .....	1-703-257-7100

Southern Walk Association – OpenBand:

Billing – Traci Tranquilli, FirstService Residential traci.tranquilli@fsresidential.com .....	703-385-1133
OpenBand Customer Service 24x7 .....	866-673-6226
OpenBand Trouble Tickets.....	703-961-1110
Towing (Battlefield Towing) .....	703-378-0059

### 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



## ARTS/MUSIC

**PIANO LESSONS AVAILABLE IN STERLING AND ASHBURN:** Piano teacher with 20+ years' experience. Lessons offered in my studio or your home. Please call 571-375-2653 or email judith.marcinko@gmail.com. Annual Recital, Local Piano Festivals, and National Guild participation. No contract required.

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**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.

## EDUCATION/PRESCHOOL

**COOPERATIVE PRESCHOOL OF LOUDOUN:** CLP is a non-profit

family participation preschool. Our play-based approach encourages curiosity and discovery. We are enrolling 3-5 year-old children for the 2018/19 school year. Join our community! cplkids.org. Contact us at programdirector@cplkids.org.

**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 - TUTORING

**SARMENTO-GREENE MATH TUTORING:** Affordable, small group semester sessions in Broadlands home. Current LCPS HS Math Teacher & accelerated Math Student(s) forming groups now for ongoing support in math grades 6-10. RSVP now! For more info contact: cgree19@gmail.com, 703-350-6440, Claudio705@aol.com, 571-213-4213.

**FORMER LOUDOUN COUNTY MATH TEACHER:** 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) 379-3074 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.

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**JOYOGA:** New classes begin on Tuesday, September 4. Please go to joyoga.us to register for the class or classes you would like to attend. We look forward to meeting you. Questions call 703-850-8386.

## HOME SERVICES

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

**HANDYMAN SPECIALIST:** Broadlands resident since 1999 with a Class A License and insurance. Everything from those

# BROADLANDS

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3. Payments can be made on our website at [broadlandshoa.org/newsletter](http://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](mailto: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.**



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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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**MARY KAY:** Beauty on a Budget. Skin care packed with multiple benefits. Special offers you don't want to miss. Free samples so you can try before you buy. Free makeovers and expert tips. Shop at your convenience with my personal delivery. No crowds. No parking hassles. No drain on your gas tank. What better way to get all your skin care and makeup! Contact me today! Contact Deborah Leben 703-217-4583 or dleben@marykay.com or visit marykay.com/DLeben.

## 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.

**CPA SERVICES:** 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

**Conservation Landscape:** 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

## Newsletter Advertising Rates and Sizes

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Size & Location • Rates are per issue

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