

BROADLANDS

A photograph of a deer with large antlers walking away from the viewer on a snowy path in a forest. The path is covered in snow and has a series of footprints leading away from the viewer. The trees and branches are covered in snow, creating a winter scene.

Happy New Year!

Our Neck of the Woods

JANUARY 2019



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The Greg Wells Team

Keller Williams - Loudoun Gateway

Recent Home Sales In Broadlands!

	List Price	Sold Price	Subsidy	DOM
21525 Harvest Green Terrace	\$395,000	\$402,000	\$5000	20
43224 Braxton Terrace	\$549,999	\$545,000	\$0	60
42759 Summerhouse Place	\$679,000	\$700,000	\$0	40
42813 Vestals Gap Drive	\$799,000	\$785,000	\$1200	30

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BROADLANDS



Volunteers Judy Rutledge, Alla Doroshkevych & Carol Williams-Nickelson at the Holiday Appetizers and Wine Event

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Board of Directors Meeting

Tuesday, January 8th - 6:00p.m.

The Clubhouse

43360 Rickenbacker Square

Board of Directors Meetings Information

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.

December Board of Directors Meeting Highlights

The following actions were taken by the Board of Directors at *their meeting held on December 11th, 2018*:

- Approved the amended minutes of November 13th, 2018 meeting
- Approved a resident request for a Veteran's Day recognition program
- Discussed a resident request for a Facebook resource page, suggested the resident create one
- Noted the successes of the Santa Event
- Tabled a request from Van Metre to annex section 202 into Broadlands Association
- Tabled a proposal to turn the Community Center baby pool into a sports pool pending resident input
- Approved a change order for the grounds maintenance contract with HLS to include spring annual flower rotations in an enhancement location
- Appointed Bill Kolster and Todd Parsons to the Covenants Committee

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 The Nature Center and HOA offices are closed for New Years	2	3 Town Hall Meeting 6:30pm - CH	4	5 Nature Center Open 10:00am-2:00pm
6	7 Christmas Tree Collection	8 HOA Board Meeting 6:00pm - CH	9 Modification Subcommittee Submissions Due 12:00pm - NC Events Committee Meeting 6:30pm - CH	10 Newsletter Submissions Due by Noon	11	12 Potions Class 11:00am-NC
13	14 Conservation Landscape Committee Meeting 10:00am - NC SW Board Meeting 6:30pm - CC	15	16 Modification Subcommittee Meeting 7:00pm - NC Tech Committee Meeting 7:30pm - NC	17	18	19 Nature Center Open 10:00am-2:00pm
20	21 NC and HOA Offices closed for Martin Luther King Holiday	22	23	24 Untamed Reads	25	26
27	28	29	30	31		

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

Happy New Year!

As 2018 wrapped up, one of the hot topic items was the consideration of annexing section 202 into the HOA. Unfortunately there seems to be some misunderstandings about the annexation. I would like to invite all residents to attend the second Town Hall meeting scheduled for Thursday, January 3rd to obtain information from representatives of Van Metre and Broadlands Association on the potential impact to the association.

As for winter weather, we're ready no matter what Mother Nature brings our way. As a reminder, VDOT is responsible for plowing streets that are county maintained, while the HOA is responsible for plowing privately owned streets and parking lots. Residents living on private streets pay additional assessments for street maintenance that include snow plowing, and residents living on publicly maintained streets do not pay an additional assessment for street maintenance. Those roads are plowed and paid for using taxpayer dollars. If you are uncertain who owns the street you live on, please check out the street listing on our website.

Snow removal on HOA owned streets commences after two inches (2") of snow has accumulated on paved surfaces, or at the discretion of the Association and contractor. As a reminder, it is very helpful for residents on all streets to park in their driveways where possible when a winter weather event is predicted. This allows plows to clear the widest path on the street and reduces the likelihood of parked vehicles getting hit either by passing snow plows or by other vehicles traveling on slippery road surfaces.

I hope everyone enjoyed their holidays and is ready to settle back into the swing of things. I know I am very excited about all of the events and improvements we will have here in Broadlands in 2019.

Happy New Year to all!

Sarah

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



Town Hall Meeting Thursday, January 3rd

Meeting will be 6:30-8:00pm at the Clubhouse at 43360 Rickenbacker Square

Denise Harrover, Vice President of Planning and Entitlements of Van Metre Companies will provide a presentation on the proposed section 202 annexation into Broadlands, which includes 261 townhome and condominium units on the former George Mason University property on Demott Drive between Waxpool Road and Mooreview Parkway/LCPS school site. Presented information includes unit style, section parking/landscape/amenity plan, pedestrian bridge connecting Fieldthorn Terrace and Demott Drive providing access to the Harris Teeter shopping center complete with pathway lighting, and annexation fees. Broadlands Association will present benefits/impacts to the community.

If you would like to submit questions in advance or have inquiries, contact Sarah Gerstein at 703-729-9704 or Sarah@broadlandshoa.com.

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.

Modifications Subcommittee Submission and Meeting Dates

Submission Deadline	Meeting Date
January 9th	January 16th
February 13th	February 20th
February 27th	March 6th
March 13th	March 20th
March 27th	April 3rd
April 10th	April 17th
April 24th	May 1st

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 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, 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.



Holiday Trash and Recycling Schedule

There will be no service interruption on Christmas or New Years Day.

CHRISTMAS TREE COLLECTION:

All tinsel and decorations must be removed and trees should not be placed in plastic bags.

Christmas trees will be collected on Monday, January 7th. Please place trees curbside by 6:00am morning of.

Time to Remove Your Holiday Decorations

What a wonderful holiday season it was! Sparkling lights, prancing reindeer, smiling snowmen and lovely green wreaths; we all enjoyed the show! But now it is time to pack up the decorations and enjoy your holiday memories.

The Broadlands Design Guidelines require that holiday lighting and decorations be removed in a timely manner. Please plan to pack yours away by February 1st.

Stay Safe - Don't Skate on the Community Ponds

Please remember skating is prohibited on all community ponds. Even walking on any ice covered pond can be very dangerous. The surface of the pond may appear to be frozen, but our winters are normally not cold enough to guarantee that the ice is thick enough to support anyone's weight, even a child's.

Parents, please tell your children that it is extremely dangerous, even deadly, to walk or skate on the ponds in the community. Let's keep our neighborhood safe! And, please keep pets off the ice too!

Make a Splash!

The Board of Directors is seeking resident input on proposed Pool Updates by January 5!

Please visit broadlandshoa.org and click on HOA Forums. Search for Pool Update.

Post your comments in the forums, or send them to sarah@broadlandshoa.com.

Modifications Subcommittee Seeking Volunteer

The Modifications Subcommittee is seeking a volunteer to join their dynamic group of individuals. As a member, you will help maintain aesthetics and encourage consistency throughout the community. If you are interested in joining this committee please email Robin Crews at rcrews@broadlandshoa.com.

Please Clear Your Walkways

Both Virginia and Loudoun County Codes require that the occupant – whether an owner or a tenant – remove all snow and ice from any walkway adjoining any part of their property within 6 hours after the snowfall has ceased. If the snow or ice fell during the night, it must be removed by noon the following day. Should the storm occur on Sunday, the accumulation must be removed by Noon on Monday.

Failure to comply with the Code can result in a fine of: \$250.00 imposed by the county. Complaints should be reported to the County Department of Building and Development, (703) 777-0635. Please be a good neighbor and a good citizen. Clear your walkways and keep Broadlands a safe environment for all our residents. If you know someone physically unable to keep their walkway clear, please consider giving them a helping hand

2019 Assessments Change, Please Update Your Payments!

The Monthly Homeowner Assessments will change in 2019. Avoid incurring unnecessary fees by ensuring your payments reflect the proper amount prior to January 1, 2019

Single Family - (VDOT) \$79.00 per month

Town Homes - \$93.00 per month

Single Family (Private) - \$99.00 per month

Villa Homes - \$111.00 per month

Courtyard Homes - \$142.00 per month

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.

Events Committee Meeting Wednesday, January 9th

6:30 pm at the Clubhouse
43360 Rickenbacker Square

Save the Date - Saturday, March 16th at the Nature Center

2nd Annual St. Patty's Day Block Party with the addition of a corn hole tournament!

Featuring: S'mores, Irish adult beverages, make your own hot cocoa bar and much more!

More information coming in the February newsletter, Broadlands Blast and on Facebook!

(If you haven't already, please sign up for the Broadlands Blast and like the Broadlands HOA Events Page on Facebook to keep up to date on what's going on in the neighborhood!)



Covenants Corner

Light the Night

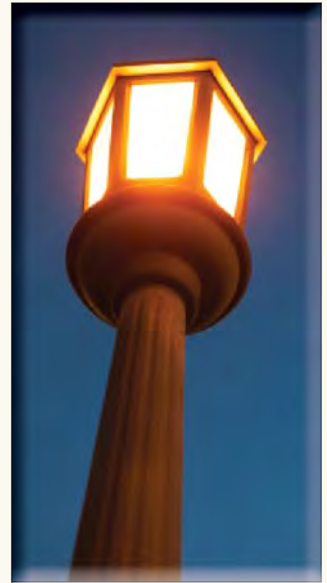
During the month, one of the items the covenants inspectors will focus on is homes whose pole lights in their front yards are burned out. In the dead of winter, it is more important than ever to keep your exterior pole light functioning both for security and safety purposes. Please be sure that your pole light is in working order. Your neighbors may be out walking and appreciate all the light they can get.

In accordance with the Association Documents, should you fail to bring your lot into compliance, the Board of Directors may take action to enforce compliance. If a violation is noted, the owner will be mailed a letter providing thirty days for the violation to be resolved. If the violation is not corrected, a second violation letter will be issued, providing an additional fourteen day extension. If the violation remains unresolved, a Hearing Notice is sent and a Hearing will be held in accordance with state law, where charges may be assessed, up to \$10 per day for a maximum of 90 days.

Keeping these lights functional is the responsibility of the homeowner whether you own a single family or a town home. Should replacing the light bulb not resolve the problem, you may have tripped a circuit breaker in your home or you may need to replace the photoelectric cell. An electrician can help you. The HOA does not provide this service.

Keep your pole lights operational and keep your home and neighborhood safe.

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



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.

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.

Tips From the Conservation Landscaping Committee

**Submitted By: Karyn Thompson, Landscape Designer,
Conservation Landscape Committee Member
Chesapeake Bay Landscape Professional**

In November's issue, I thought that I'd try introducing ways to design areas of your property to enhance the natural beauty for you and for our wildlife community. Then this article popped up in my feed - a study by University of Delaware. Researchers investigated how non-native plants impact the lives of the Carolina Chickadee. What is important to realize about this little bird is that it is the 'canary in the coal mine' of bird species in our region. If our yards can't support the Chickadee, chances are really good that it won't support other birds.

Selecting plants is as important as where you place them. On the Audubon Society website, plug in your zip code to learn about plants that fit where you live. Ladybird Johnson Wildflower Center Native Plant Lists, Plant NoVa Natives and the Chesapeake Natives Plants (US Fish & Wildlife) are my go to sources when starting a project. A healthy landscape contains at least 70% native plants.

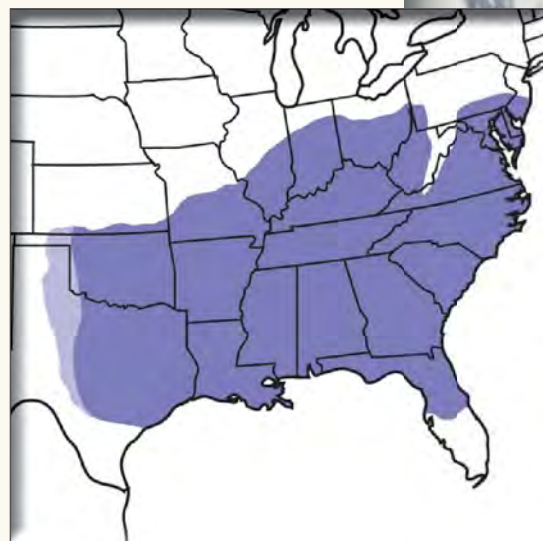
The tips below come from the guide written by Kate Brandes. If you want to go explore on your own, download the free e-book here. (<http://lgnc.org/project/native-plants-for-the-small-yard/>). I describe two types of gardens from the guide, but there are many more that most homeowners can use to beautify outdoor spaces. The guide includes ID for common weeds and invasive plants, along with alternatives for the usual landscape plants. (Did you know that well landscaped homes generally have a higher property value?)

Start small. Use templates. Please yourself when you design your plantings, not just the neighbors. Build layers from the top down. Start with the shrubs and fill in with smaller plants all the way down to the ground. Use a basic mix of one shrub, three different perennials in groups of three combined with low-growing groundcover to unite the 'floor' area. Use plants as your groundcover, not mulch. Masses of the same plant is generally more pleasing to the eye than lots of different colors and types. Smaller spaces may not have the space needed for shrubs; replace the shrubs with more perennials and grasses. Taller plants to the back - usually.

Beautify the mailbox area to attract butterflies. Our typical soil will take some work and addition of organic

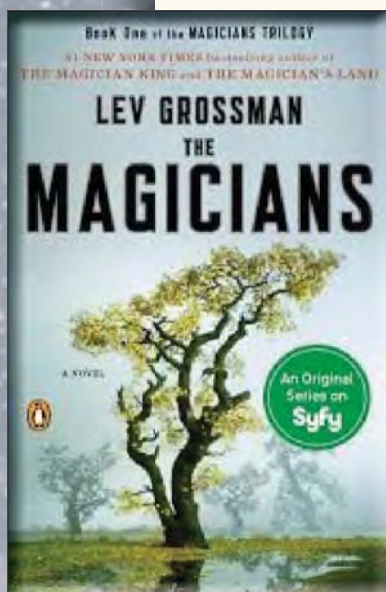


matter (compost). Arrange the rocks that you dig up around the bed or the mailbox post. A good combination for a sunny and dry setting would be (7) Prairie Dropseed grass, (3) Black-eyed Susan, (2) Little Bluestem grass, (2) Butterfly Weed, (7) Sundrops. It's not huge, just about seven by fourteen feet.



If you choose to install a bed around the downspout, the water will seep back into the ground where it belongs, attract butterflies, bees and birds to visit. Create a channel of river rock, available at local garden and home centers, in the middle of the flow path to prevent erosion. Suggested plantings are (6) Fox Sedge, (4) Turtlehead, (7) Little Joe Pye, (8) Great Blue Lobelia, and (9) Blazingstar.

The Chickadee's range is where we live too.



2019 Books for Untamed Reads, Broadlands Wild Book Clubs

Submitted by: Erin Fairlight

This year our books all have a bit of magic in them. We figured life is a bit hard and we could all use a little escape. Plus the Nature Center is often described as a haven of magic so we thought we should read books that fit our gathering spot.

January: The Magicians: A Novel (Magicians Trilogy)

By: Lev Grossman

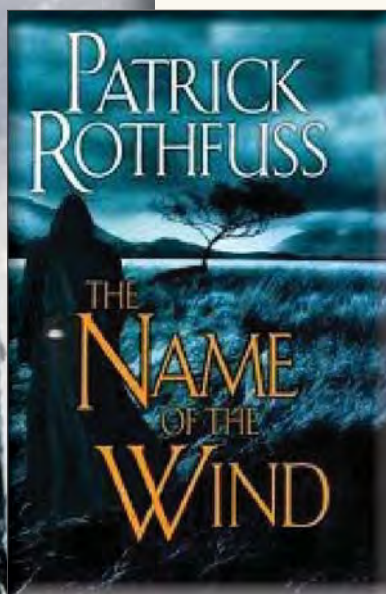
The New York Times bestselling novel about a young man practicing magic in the real world, now an original series on SYFY. "The Magicians is to Harry Potter as a shot of Irish whiskey is to a glass of weak tea. . . Hogwarts was never like this."



February: The Name of the Wind

By: Patrick Rothfuss

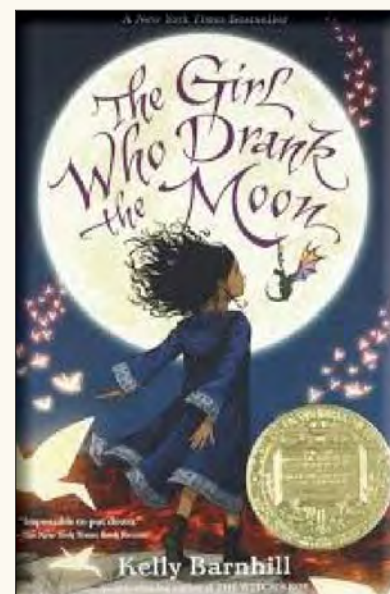
Discover #1 New York Times bestselling Patrick Rothfuss' epic fantasy series, The Kingkiller Chronicle. "I just love the world of Patrick Rothfuss." —Lin-Manuel Miranda



March: The Queen of the Tearling: A Novel

By: Erika Johansen

Magic, adventure, mystery, and romance combine in this epic debut in which a young princess must reclaim her dead mother's throne, learn to be a ruler—and defeat the Red Queen, a powerful and malevolent sorceress determined to destroy her. And Emma Watson is supposed to play the lead role when it comes out on the big screen.



April: How to Be a Good Creature: A Memoir in Thirteen Animals

By: Sy Montgomery (Author), Rebecca Green (Illustrator)

National Book Award finalist Sy Montgomery reflects on the personalities and quirks of 13 animals—her friends—who have profoundly affected her in this stunning, poetic, and life-affirming memoir featuring illustrations Understanding someone who belongs to another species can be transformative.

May: The Girl Who Drank the Moon, Winner of the 2017 Newbery Medal

By: Kelly Barnhill

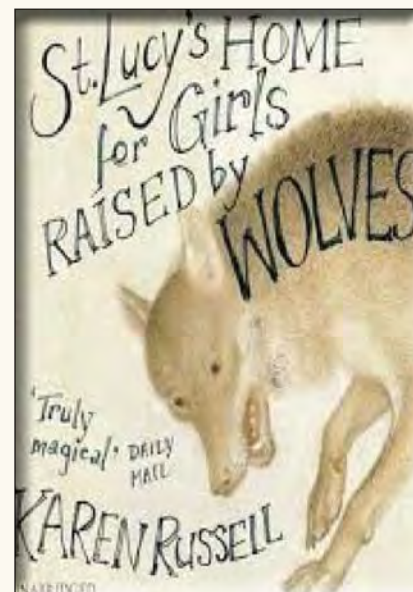
Every year, the people of the Protectorate leave a baby as an offering to the witch who lives in the forest. They hope this sacrifice will keep her from terrorizing their town. But the witch in the Forest, Xan, is kind. She shares her home with a wise Swamp Monster and a Perfectly Tiny Dragon.

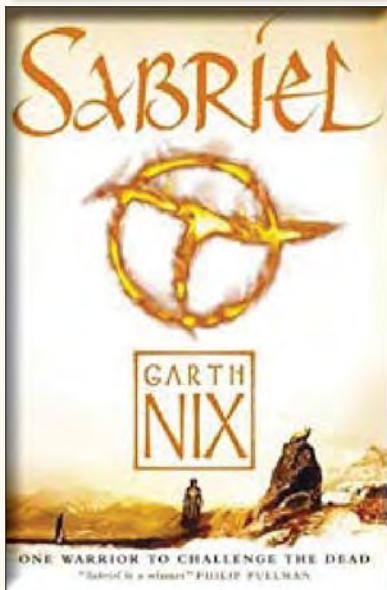


June: St. Lucy's Home for Girls Raised by Wolves (Vintage Contemporaries)

By: Karen Russell

In these ten glittering stories, the award-winning, bestselling author of Swamplandia! takes us to the ghostly and magical swamps of the Florida Everglades. Here wolf-like girls are reformed by nuns, a family makes their living wrestling alligators in a theme park, and little girls sail away on crab shells.



**July: Sabriel (Old Kingdom)****By: Garth Nix**

Since childhood, Sabriel has lived outside the walls of the Old Kingdom, away from the power of Free Magic, and away from the Dead who refuse to stay dead. But now her father, the Abhorsen, is missing, and Sabriel must cross into that world to find him.

August: The Night Circus**By: Erin Morgenstern**

The circus arrives without warning. No announcements precede it. It is simply there, when yesterday it was not. Within the black-and-white striped canvas tents is an utterly unique experience full of breathtaking amazements. It is called Le Cirque des Rêves, and it is only open at night. But behind the scenes, a fierce competition is underway: a duel between two young magicians, Celia and Marco, who have been trained since childhood

September: Jonathan Strange & Mr. Norrell: A Novel**By: Susanna Clarke**

At the dawn of the nineteenth century, two very different magicians emerge to change England's history. In the year 1806, with the Napoleonic Wars raging on land and sea, most people believe magic to be long dead in England—until the reclusive Mr Norrell reveals his powers, and becomes a celebrity overnight. Soon, another practicing magician comes forth: the young, handsome, and daring Jonathan Strange. He becomes Norrell's student, and they join forces in the war against France. But Strange is increasingly drawn to the wildest, most perilous forms of magic, straining his partnership with Norrell, and putting at risk everything else he holds dear.

October: Neverwhere: Author's Preferred Text Neil Gaiman

Selected as one of NPR'S Top 100 Science Fiction and Fantasy Books of All Time. Richard Mayhew is a young London businessman with a good heart whose life is changed forever when he stops to help a bleeding girl—an act of kindness that plunges him into a world he never dreamed existed. Slipping through the cracks of reality, Richard lands in Neverwhere—a London of shadows and darkness, monsters and saints, murderers and angels that exists entirely in a subterranean labyrinth.

November: The Alchemyst: The Secrets of the Immortal**By: Nicholas Flamel Michael Scott**

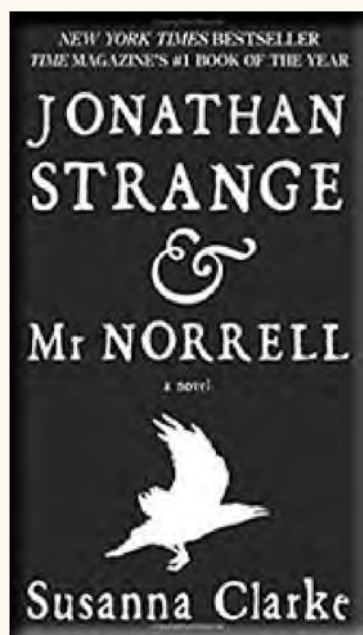
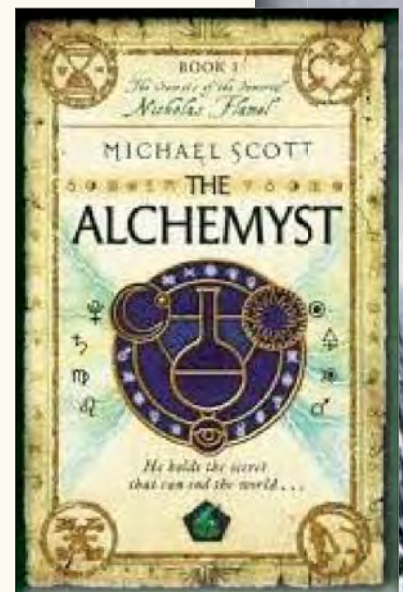
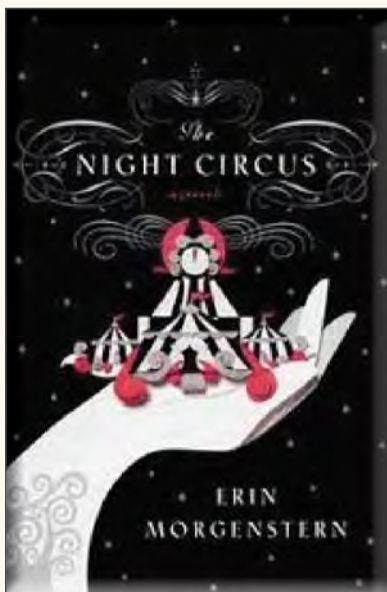
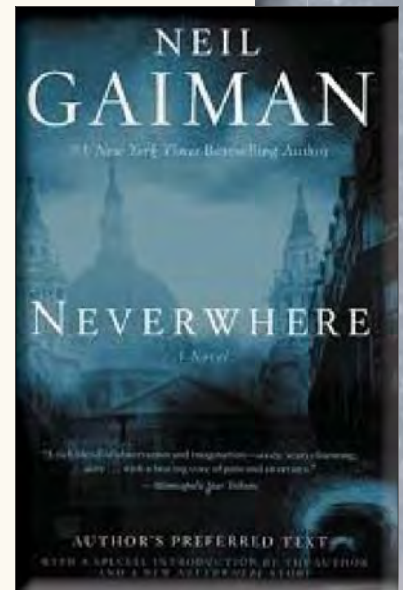
Nicholas Flamel appeared in J.K. Rowling's Harry Potter—but did you know he really lived? And he might still be alive today! Discover the truth in Michael Scott's New York Times bestselling series the Secrets of the Immortal Nicholas Flamel with The Alchemyst, book one.

The truth: Nicholas Flamel was born in Paris on September 28, 1330.

The legend: Nicholas Flamel discovered the secret of eternal life. The records show that he died in 1418.

But his tomb is empty.

Nicholas Flamel lives. But only because he has been making the elixir of life for centuries.

December: We gather to choose the books for 2020!

Snow Removal FAQs

In order to help assist residents with snow removal questions, the Board and Management have prepared the following Frequently Asked Questions. Please contact the HOA office if you have further questions. A list of streets and ownership can be found online at broadlandshoa.org.

1. Why are some roads plowed by VDOT and some by the HOA?

The HOA owns and maintains some roads (75 to be exact) within Broadlands, but many roads are public. The public roads belong to the county and are plowed by VDOT. Taxes pay for VDOT to plow, so residents living on public roads need to contact VDOT directly if they feel they are not receiving adequate service. Residents living on private HOA owned streets pay an additional assessment to the HOA to fund private road maintenance, which includes snow and ice services. Residents on VDOT streets do not pay the HOA the additional assessments for private road maintenance.

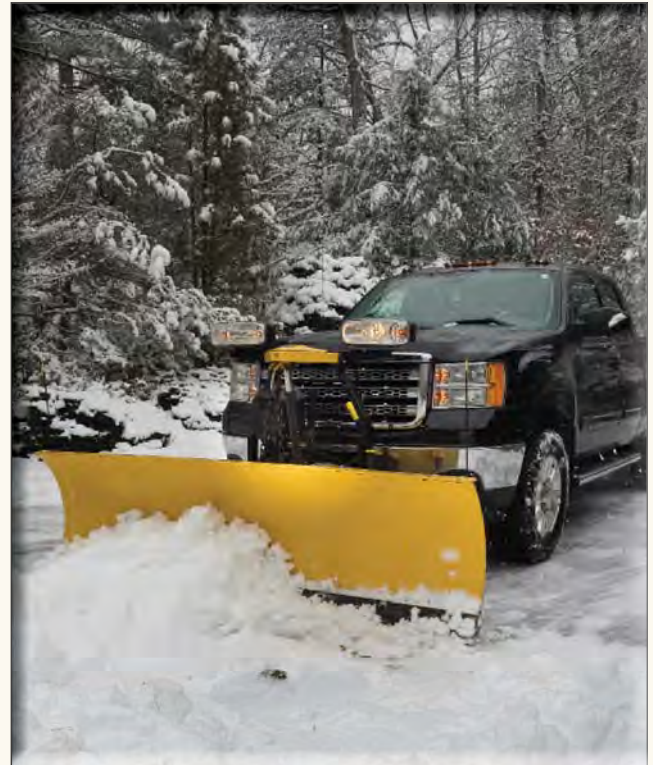
2. Can VDOT plow the HOA owned road?

The HOA would gladly turn all of the private roads over to them. Unfortunately, the county has very specific requirements for roads – such as minimum widths – and VDOT will not accept roads that do not meet their requirements. The HOA does not choose which roads it owns. This is determined when the developer submits the plan to the county – long before construction ever began.

3. Why are some streets plowed sooner than others?

The crews are assigned maps by their leader. They work on their assigned streets until they are done. With 75 private streets, some roads will be treated first and some will be done last because the plows cannot be on every street at the same time. The crews normally address the main roads first and then work into the secondary roads. You might see a plow drive past your street without stopping. They may be assigned somewhere else, there may be a vehicle blocking access, too many vehicles parked in the way to get the equipment in safely in, or there may be too much snow for their equipment to handle. In blizzard-type storms, snow drifts presents additional challenges – previously cleared roads can become snow-covered again, pulling crews back for additional passes. Whatever the reason, crews will be work to clear your road as quickly and safely as possible.

4. Why don't the plows clear the road down to bare pavement?



Vehicles driving on snow compact it down, making it more difficult for the plow blade to clear the surface to the pavement – one reason the government, media, and HOA encourage residents to stay home and off the streets during inclement weather. The HOA does not generally use chemicals in subdivisions. Residents should expect streets to have some compacted snow and ice for a few days, until temperatures allow for melting. Crews will treat certain areas with ice-melt e.g. certain hills and intersections, curved roadways, etc. where additional traction is needed to allow safe passage. But thaw/freeze cycles may cause these areas to become covered again. Keep in mind that high winds may cause drifting in some areas – a street may have been plowed only to later be covered again by blowing snow. It can also be difficult for plow blades to scrape down to black pavement, depending on the current conditions (how dry/wet the snow is, how fast it is coming down, how hard the wind is blowing, etc.)

5. Why don't the plows clear the entire width of the street, from curb to curb?

Plows are often a misunderstood piece of equipment. If you've ever driven a full sized pickup on a crowded street like many of the ones in our community, which can be a challenge on its own, consider what it's like to add a plow blade sticking 4 feet out in front of your vehicle. Even a "small" plow truck can be in excess of 22' long. Operating a large vehicle, manipulating a plow blade from side to side and up and down, and frequently shifting



gears is pretty challenging.

Plow blades can push snow off to the side, but they cannot pick it up. When significant accumulation occurs, the drivers will do everything possible to clear the widest lanes, but they may not be curb to curb. Bear in mind that these trucks can slide on ice and snow covered roads too, so plow drivers exercise extreme caution near parked vehicles, causing owners to have to shovel more to get vehicles out to the road. The contractor widens the roads as much as reasonably possible, but in some of the densely populated areas, there is nowhere to push the snow during extremely high snow fall events. Please park your vehicles off the roads and off to the sides of parking lots whenever possible. Abandoned vehicles can also add to the issue.

6. Why can't we use reserves to pay the snow removal bills?

Reserve funds are required to be held for future repairs and replacements of community property and cannot be used for snow removal. Those funds are on hold in reserve to pay for major expenses such as resurfacing HOA roads, re-roofing the community center or replacing pool machinery, not for operating expenses.

7. Why are the fees for HOA owned streets higher than for residents on VDOT streets? How much of the monthly assessment goes to snow

plowing?

For 2019, the budget for snow removal for townhomes is \$37,792. That's \$31.21 per townhome per year (or \$2.60 per month for each of the 1,211 townhomes in the Association). The budget for snow removal for Single Family homes on private streets (SFPS) is \$23,653. That's \$63.75 per SFPS home per year (or \$5.31 per month for each of the 371 SFPS in the Association). The balance of the monthly assessment is for private road maintenance for the repair and repaving of those roads, aprons, curb and gutter, and sidewalks.

8. Why don't we budget more for snow removal and increase service?

It's impossible to predict the weather months (or even days) in advance, and snow is a huge variable from year to year. When formulating the budget, the Board uses an average cost of snow removal for past years. Inflated amounts can lead to unnecessary increases in assessments, or a surplus of income in the budget. The Association is required to maintain a balanced budget. The Board makes every effort to keep assessments stable while keeping services as high as possible.

9. How does our snow contract work?

The Association's contract is "time and materials" and is at a fair and reasonable cost for these services in our

area. Each snow event is different and unpredictable, but we are billed only for the time the contractor worked. The Association is fortunate to have a contractor that is solely dedicated to Broadlands and willing to work around the clock. Many associations have crews that are assigned to multiple properties, and their community may not be a priority for that contractor. If you've ever driven down Demott Drive, you've probably seen some of the equipment stored in the Summerbrooke pool parking lot. All of this equipment is stored on site all winter and is dedicated to Broadlands. Additional equipment that is utilized by the contractor for other jobs year round is brought for snow events in order to fully support our needs.

10. How do we know we are receiving the best and most qualified plowing service?

Signature Snow and Ice Control (SSIC) has been providing snow plowing services in Broadlands for nearly 20 years. Their rates are extremely competitive and they are familiar with the most efficient and productive ways to plow our streets. They routinely provide Broadlands with several plow trucks, a tractor, and crews dedicated to clearing our roads and sidewalks as quickly as possible. Additional equipment is brought in as conditions warrant.

11. Do crews take breaks? How long do they work between breaks?

Many of the drivers work long hours during winter weather events - often 24 to 36 hours at a time without the opportunity to go home and sleep in a real bed. The goal during heavy storms is for each driver to have a 6 hour break every 24 hours. Sometimes they need breaks more often in order to nap, eat, use the restroom, or touch base with loved ones. It's understandable and recommended that they would take a break once in a while in order to reenergize and safely continue their work. They work day and night, driving slippery roads, dodging parked cars and avoiding hazards to clear the roads. All so that emergency responders can reach residents in the event of a life threatening emergency.

12. Can the plows push the snow in such a way as to avoid blocking my driveway?

A plow blade is designed to push snow to the side; it will not pick it up and deposit it elsewhere. As the plow moves along the road, snow is piled up along the side whether that side has a curb, a driveway, or a guardrail. In order to clear a lane quickly, the plows will push snow off to the sides. It can be very frustrating to dig out the driveway only to have the plow leave a new pile. VDOT recommends digging out an area 10 to 15 feet to the right of your driveway (viewed from the street), giving the excess snow a place to go, which may help to minimize the plow pile at the end of your driveway. Obviously this is difficult to do in some of the densely populated areas

where driveways are side by side.

13. Who is responsible for clearing around the fire hydrants?

On HOA owned streets, our contractor marks all of the hydrants using wooden stakes with blue tape on them. This way they can return after the snow subsided and the roads are clear to dig them out to make them accessible for fire trucks. On VDOT streets, it is the residents' responsibility to mark and dig out the hydrants.

14. Where should I put the snow from my driveway/sidewalk/parking space if not in the street?

The HOA and VDOT ask that you do everything possible to avoid shoveling snow into the street as it creates road blocks for your neighbors and adds to the snow volume that the plows have to move out of the way. Try to pile the snow in your yard or find some common area open space (turf, not roadway) to place the snow.

15. Why does the HOA mark the main roads with the orange snow stakes? Why doesn't it mark the private roads?

A few years ago, the HOA invested in the snow markers in order to identify the edges of the roads on the main roads (Claiborne/Waxpool/Truro Parish/Broadlands Blvd). Although these are VDOT roads, the association has an easement to maintain the turf on the medians and right of ways on these roads. Therefore, the HOA has to pay for turf repairs when they happen. These stakes assist the plows for two reasons. For one thing, the equipment that keeps these main roads clear are larger commercial grade trucks that sit several feet higher off the ground than a regular pickup truck. That makes it that much harder to see the edges of the road. Additionally, when VDOT installed the curb on these roads, they rounded the edges in order to save concrete. This does not define the edge of the road in the same way that a square concrete curb does, and it's much easier for the plows to jump the curb and shave off large sections of turf in doing so. On the HOA roads, the plow equipment is generally smaller so the drivers can see a bit easier. Also, most, if not all of the HOA roads have square curbs, making it slightly harder for the plow to jump the curb and damage the turf. While the HOA has observed turf damage on main roads following storms, the damage is significantly lower than it would be had the stakes been absent. The stakes typically get installed in November before the ground freezes, so they can be driven deep enough to be stable. They do occasionally get broken, stolen, or vandalized, and are reinstalled or replaced as necessary.



2019 POTIONS CLASS SERIES

Thanks to the crowds that have come to our potion's events for the last 4 years, we are beginning a monthly potion (herbal preparations) series for the entire year of 2019. This will allow us to focus on specific herbs for specific needs: digestion support, sleep aids, stress reducers, emotional balance, immune-support, two outings gathering and preparing our herbs that grow here in our own backyard, and two fun potions classes where we will make gifts toward the end of the year.

You may purchase this series of classes as a package for \$150, which is a \$50 savings, or purchase individual classes for \$20 each. Purchasers of the Potions Class Series will be given the potions of any classes missed included in their tuition for the year. This is a perfect gift for your little chemist, Harry Potter enthusiast, or anyone wanting to reclaim their health with a little more knowledge of what is available in plant formulas. Gift Certificates are available.

REGISTER: Broadlandshoa.org/potions2019

LIMITED SPACE SO REGISTER NOW!

A Closer Look of What Will Be Concocted Each Month:

- ◆ **JANUARY 12:** If Snape had not been food for Nagini he would be teaching this **POTIONS LAB ON HERBS FOR DIGESTION**
- ◆ **FEBRUARY 2ND:** If Snape had not been bullied by James Potter he would be brewing **POTIONS FOR HEART SUPPORT** with all of us
- ◆ **MARCH 2ND:** Snape will somehow make an appearance at this month's potions lab as he is the specialist on keeping calm (even when dancing with the Dark Lord Mr. V proud owner of terrible nostril plastic surgery). **HERBS FOR ANXIETY AND STRESS REDUCTION**
- ◆ **APRIL 6TH:** Even a bachelor like Snape must do spring cleaning. **HERBS FOR THE HOME** for those of you muggles lacking a working wand to zap it squeaky clean
- ◆ **MAY: No Potions Class**
- ◆ **JUNE 1ST: WILD HERB FORAGING AND PREPARATIONS SPRING/SUMMER** (for when you get stuck in the forest hunting down the unicorn blood suckers)
- ◆ **JULY: No Potions Class**
- ◆ **AUGUST 3RD: MEALS AS MEDICINE AND IMMUNITY BOOSTING** aka Potions to sneak into folks who think potions are fun to make but ne'er to enter their mouths. (This month will feature what herbalists call "Adaptogens")
- ◆ **SEPTEMBER 7TH: WILD HERB FORAGING AND PREPARATIONS SUMMER/FALL** for when you go searching for Grawp with Hagrid
- ◆ **OCTOBER 5TH: Our yearly COME IN COSTUME IF YOU DARE! HARRY POTTER THEMED POTIONS**
- ◆ **NOVEMBER 2ND:** This is a set of potions Snape never mastered...**HERBAL OPTIONS FOR EMOTIONAL LOWS**
- ◆ **DECEMBER 7TH:** Snape's bizarre secret passion...**MAKING HERBAL GIFTS FOR THE HOLIDAYS**

Girl Scout Teens in Service to Community

Did you know that thousands of hours of volunteer service are provided by Girl Scouts locally each year? Furthermore, did you know that most of these hours are provided by Teen Girl Scouts? Teen GS are girls in grades 6 through 12 and are Cadette, Senior or Ambassador level Girl Scouts (GS). The following highlights some recent teen GS service projects in our community.

8th Annual Broadlands Costume Swap



Cadette GS troop 4758 sponsored the annual costume swap in October. This environmentally-friendly event is a great way to help keep costumes out of landfills by offering an opportunity to swap a costume or purchase one for only \$5. The proceeds from the event benefit SHARE, our Girl Scout Council's

fundraising program to benefit GS in need and fund the many GS programs and campsites.

Broadlands Halloween Parade

Twenty-six girls and nine adults from Girl Scout troops 4758, 6369, 4480, 1380 and 4099 partnered with the Broadlands Events committee to help run the annual Broadlands Halloween Parade. Troop 4480 has been handling the logistics, ordering supplies and running this event since 2014 and this is their last year volunteering as GS since they will be graduating high school this year. The GS presence at this fun parade will continue as new troops step up to volunteer for this role.



Veterans Day Dance

Girl Scout troop 1467 sponsored the annual Veterans Day Dance at Heritage Hall in Leesburg to honor the Veterans who live in the senior/rehabilitation center. With support from girls in troops 4758, 3234, 1380, and 3919 the girls donated drinks and appetizers, decorated the hall, served food, and visited with the residents. Handmade Veterans Day cards were distributed to the senior Veterans. The center provided a live band that played great tunes and jazz music from the 1940s, which ended up with a Girl Scout conga line through the hall much to the delight of the residents and their family members in attendance.



Keep Warm But Safe

December, January, and February are the deadliest months for home fires, according to the National Fire Protection Association (NFPA). Heating equipment is the second leading cause of home fires and home fire deaths. That's why it's important for you and your loved ones to take extra precautions during the winter.

Thinking of buying a space heater? The NFPA recommends that you make sure it carries the mark of an independent testing laboratory. Install it according to the manufacturer's instructions or have it professionally installed. If you have an electric-powered space heater, plug it into an outlet with sufficient capacity. Never use an extension cord.

Heating equipment is the second leading cause of home fires and home fire deaths.

Turn off space heaters whenever the room is unoccupied or when manufacturer's instructions say they should be turned off. Portable space heaters are easy to knock over in the dark. Turn them off when you go to bed, or at least make sure they're placed in lighted areas or out of high-traffic areas.

If you use a fireplace or wood stove, use only dry, seasoned wood to avoid the build-up of creosote, an oily deposit that easily catches fire and accounts for most chimney fires and the largest share of home-heating fires. Use only paper or kindling wood, not a flammable liquid, to start the fire. Do not use artificial logs in wood stoves.

Make sure your fireplace has a sturdy screen to prevent sparks from flying into the room. After the ashes are cool, dispose of them in a metal container, which is kept a safe distance from your home.

Make sure fuel-burning equipment is vented to the outside, that the venting is kept clear and unobstructed, and that the exit point is properly sealed around the vent. This is to make sure deadly carbon monoxide does not build up in the home.

Other reminders from the National Fire Protection Association include:

- Don't use your oven to heat your home.
- Inspect all heating equipment annually, and clean as necessary.
- Test smoke alarms monthly; install a carbon monoxide alarm outside each sleeping area.

For more information, visit nfpa.org.



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January Loudoun Wildlife Programs

Stop by the Gatehouse!

January 3, 2019, 10:00 am - 2:00 pm
The Gate House at Morven Park
17638 Old Waterford Road
Leesburg, VA 20176

We invite you to come and see us at the Gatehouse on Thursdays 10 a.m.-2 p.m., except on holidays. We would love to talk to you about Loudoun Wildlife, volunteering and about our many programs such as Audubon At Home. You can even buy gifts for others or yourself - we have books, some gorgeous photography, some jewelry, t-shirts, butterfly rearing cages and more! We look forward to seeing you! To reach the Gatehouse, enter Morven Park on Old Waterford Road, follow the road as far as the parking lot then turn right, then an immediate right again onto a gravel road. There is a sign that says Loudoun Wildlife Conservancy. Follow the gravel road to the Gatehouse.

Winter Waterfowl Walk

January 5, 2019, 9:00 am - 11:00 am
Potomac Sportsplex, 20280 Cascades Parkway
Sterling, VA 20146

Join Loudoun Wildlife Conservancy for an opportunity to witness waterfowl in winter, identify species, and discuss habits and habitats. The group will meet at the Sanctuary Trail in Algonkian Park. Registration required. Questions: Contact info@loudounwildlife.org.

Birding Banshee

January 12, 2019, 8:00 am - 11:30 am
21085 The Woods Rd, Leesburg, VA 20175

What birds will you see on this winter walk at the Banshee Reeks Nature Preserve south of Leesburg? Join Loudoun Wildlife Conservancy and the Friends of Banshee Reeks for the monthly bird walk at this birding hot spot. Beginning birders and experts alike are welcome. Bring binoculars if you have them. Questions: Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

Advocacy 101 Workshop

January 14, 2019, 6:30 pm - 8:30 pm
Rust Nature Sanctuary, 802 Childrens Center Rd SW,
Leesburg, VA 20175

Are there local environmental issues that concern



you? Could your local official do something to help? Want to know what you can do to be a part of the solution? Learn how to effectively raise your voice for local conservation by sending letters and giving testimony to decision-makers. Join us for an evening at Rust Sanctuary, where Audubon Naturalist Society's experts will present a fun and empowering introduction to environmental advocacy through skill-building scenarios and role plays. All are welcome. Monday, January 14, 6:30-8:30 p.m. \$15 ANS and Loudoun Wildlife members, \$20 general public. Register here: <https://anshome.org/training/>

Birding the Blue Ridge

January 26, 2019, 8:00 am - 11:00 am
Blue Ridge Center for Environmental Stewardship,
11661 Harpers Ferry Road
Purcellville, VA 20132 United States + Google Map

Join us on our monthly walk at the Blue Ridge Center for Environmental Stewardship (BRCES), a beautiful 900-acre preserve in northwestern Loudoun County. With its diverse wildlife habitats, including meadows, streams and heavily forested slopes, BRCES draws a wide variety of birds and other creatures. Meet at the Education Center; bring binoculars if you have them. BRCES is located just north of Neersville at 11661 Harpers Ferry Road (Route 671); detailed directions at www.blueridgecenter.org. Questions: Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

Visit With Santa Warms Our Families' Hearts

Submitted by: Dr. Carol Williams-Nickelson

This year's Visit with Santa brought members of our close-knit community together to share the joy of the season. Over 800 guests and performers gathered at the Nature Center to take a picture with Santa and share their Christmas wish lists with the Jolly Old Elf. There were many family-friendly activities for guests to enjoy after visiting Santa that transitioned from inside to outside of the Nature Center and wrapped around the outside of the

Over 800 guests and performers gathered at the Nature Center to take a picture with Santa and share their Christmas wish lists with the Jolly Old Elf.

building. Guests listened to stories by the fireplace, received a holiday inspired balloon, participated in several craft stations and mixed magical reindeer dust to attract Santa's reindeer on Christmas Eve. Musical entertainment was provided for guests waiting in line to see Santa by the Hillside Elementary School Chorus, Mill Run Elementary School Chorus, Eagle Ridge Middle School Select Chorus, Eagle Ridge Middle School Jazz Band (joined by alumni now at Briar Woods High School), and the remarkable vocalists from the Okoh-Tisch Music Studio. Santa's elves were on hand to help, including a silly joke-telling elf at the front entrance!

Refreshments were provided at the end of the route and included Christmas cookies, hot cocoa, milk and coffee. Thank you to everyone who donated a new, unwrapped toy in conjunction with the visit for our annual Toys for Tots drive. **As always, Broadlands residents were very generous.**

Many thanks to Briar Woods Key Club

volunteers for helping with crafts, refreshments and ushering. A special thank you to the Nature Center and Broadlands HOA staff for helping prepare the Nature Center for the event, and to the dedicated music directors for sharing their talents and their student performers with us.



Celebrate

national

SUP

month

Creamy Tuscan Garlic Tortellini Soup

Prep time: 5 mins, Cook time: 15 mins

Serves: 8

- 2 tablespoons butter
- 1 small white onion, diced
- 3 cloves garlic, minced
- 4 cups chicken broth
- 28 ounce can diced tomatoes
- 1 15 ounce can white beans, rinsed
- 1 cup heavy cream
- ¼ cup grated parmesan cheese
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups cooked and shredded chicken (rotisserie)
- 9-ounce refrigerated tortellini
- 2 cups spinach

In a large pot over medium heat, heat up the butter. Add onion and garlic and cook until tender. Add chicken broth, diced tomatoes, white beans, heavy cream, parmesan cheese, Italian seasoning, salt and pepper. Bring to a simmer. Add the chicken, tortellini, and spinach. Let simmer for 10 minutes to thicken up and for the tortellini to cook. Therecipecritic.com



Garlicky Spinach and White Bean Soup

Prep time: 5 mins, Cook time: 23 mins

Serves: 8

- 2 teaspoons olive oil
- 1 medium onion, chopped (about 1 1/4 cups)
- 3 medium cloves garlic, minced
- 1 large carrot, peeled and cut into small dice
- 1 rib celery, cut into small dice
- 1 tablespoon flour
- 4 cups low-sodium chicken broth
- 1 14-ounce can no-salt-added diced tomatoes
- 1 15-ounce can cannellini (white beans) rinsed
- 1 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 2 cups washed, stemmed, chopped spinach leaves
- Salt and pepper

Heat olive oil in a large sauce pan over medium-high heat. Add onion, garlic, carrot and celery and cook for 6 minutes. Add flour and cook, stirring, for 2 minutes, then add broth, tomatoes with their juice, beans, oregano and rosemary; bring to a boil, then reduce the heat to medium-low and cook uncovered, stirring occasionally, for 20 minutes. Add spinach and cook for 5 minutes. Season with salt and pepper to taste. Thewashingtonpost.com





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Coping with Seasonal Depression

Submitted by: Dr. Mike Oberschneider, Psy.D.

Seasonal Affective Disorder (SAD), also known as the “Winter Blues” and “Winter Depression,” is a type of depression that affects over 10 million Americans each year. Research has shown that 10 percent to 20 percent of folks may struggle with a milder form of SAD.

SAD is a depression that occurs based on seasons; symptoms for the winter variant begin in the Fall and dissipate by Spring.

Women are impacted more than men, and the condition typically begins around 20. SAD symptoms include: weight gain, oversleeping, having an increased craving for carbohydrates, irritability, having an increased sensitivity for rejection, sadness, anxiety, fatigue/low energy, having an overall sense of heaviness in the arms and legs, oversleeping and lethargy.

Here are some things to consider if you or a loved one is currently struggling with the winter blues:

- Decreased exposure to sunlight and changes in one's biological clock and changes in Serotonin levels are believed to be the main two causes of SAD. Thus, exposure to light is the go-to intervention for the treatment of SAD.
- Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin, and many people respond to the treatment. The device most often used today is a bank of white fluorescent lights on a metal reflector and a shield with a plastic screen. For mild symptoms, spending time outdoors or arranging one's home and workplace during the day to receive more sunlight may be helpful. One study found that an hour's walk in winter sunlight was as effective as two and a half hours under bright light.
- Exercise is probably the last thing one wants to do if depressed, however, research has shown that physical activity can help with anxiety and improve mood. An exercise plan should always be reasonable and attainable, especially if one is depressed. So, instead of a gym membership to start, perhaps starting out with a project in the house, running errands or going for a walk around the block is the way to go. Establishing an exercise routine and sticking to it is what is most important for getting oneself moving and more active. Most people with depression crave carbohydrates because

these foods are comforting and they convert into higher Serotonin levels, a neurochemical in the brain associated with mood. But while cookies, brownies, pasta, etc., may initially serve to comfort, that comfort is fleeting. Ultimately, eating large amounts of carbohydrates could lead to weight gain and an increased feeling of badness. Refined sugar, caffeine and alcohol are also linked to mood and should be consumed with care and in moderation.

Research studies have repeatedly shown the benefits of antidepressant medication and psychotherapy in the treatment of depression. More specifically, studies have found that antidepressant medication can be very effective for the treatment of severe depression, and several other studies have shown great success with the combined treatment of medication and psychotherapy together for moderate to severe depression. Numerous other studies have shown that psychotherapy alone, specifically cognitive-behavior therapy, can be very successful in reducing symptoms of depression.

Staying connected with others is also key when depressed. Most depressed individuals prefer to be left alone since it is often challenging and painful to openly discuss negative emotions and thoughts. But remaining disconnected from others while depressed could potentially hamper improvement and even worsen symptoms.

Addressing sleep problems is essential for the recovery of depression. Avoiding naps, maintaining a regular sleep schedule, limiting or avoiding caffeine, sugar, and alcohol, and getting some form of exercise every day should altogether help to normalize sleep problems associated with depression.

Keeping an accurate log of your mood, energy, eating and sleeping habits over time will also be helpful for determining whether any changes are in fact seasonal.

There's also very real healing power in practicing positive thinking, and the following are some classics and great reads on the topic: *The Power of Positive Thinking* and *Positive Thinking Every Day* and *How to Win Friends and Influence People* and *The 7 Habits of Highly Successful People*.



Eagle Ridge Middle School's Drama Club is Going Strong -

Addams Family Musical Comedy Was a Hit!

Submitted By: Oya Simpson

The ERMS drama club members had only 6 weeks to prepare for their opening night before Halloween and they sure worked very hard for their shows.

"This amazing group of 70 Cast and 50 Crew members performed this fun, Halloween, family classic with delightful costumes, special effects and a unique Addams Family set. Our students have had their hands in all parts of the show, from the creation of the working backdrop and set to the running of lights, sound, acting, singing and dancing. Everyone has made a contribution," said Beverly Pruzina, the Director.

Four performances were attended by almost 1500 people of all ages. The drama program provides not only a great learning experience for the students, but also delivers live performing arts to their community throughout the year.

The Addams Family

Book by Marshall Brickman and Rick Elice.

Music and Lyrics are by Andrew Lippa

It is based on Characters Created by Charles Addams.



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CSL Piranhas Seeking a Head Coach

The CSL Broadland Piranhas swim team is seeking a head coach for the 2019 summer season. We are a competitive, but fun, neighborhood summer swim team located in Ashburn that typically consists of 200-225 swimmers, ranging in age from 5-18 years old. We are part of the Colonial Swim League (CSL) in the 'Red' Division.

Please submit a resume and salary requirements to Joe Kilty at CSLBoardVicePresident@broadlandsswimteam.com.

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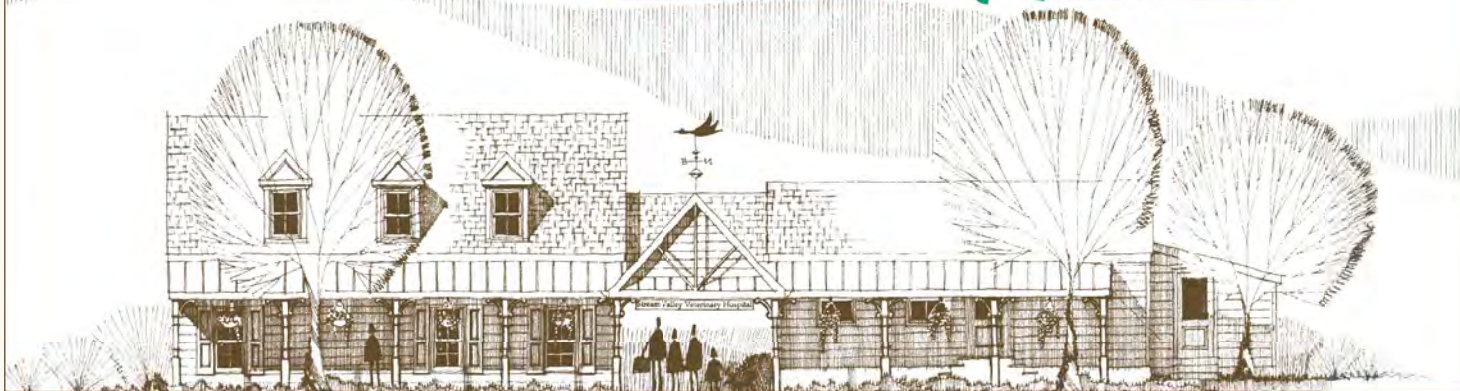
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Ashburn Library Pages

Submitted By: Christina Santorello, Friends of the Ashburn Library

Happy New Year! January, the month of resolutions, chilly weather and the Friends of the Ashburn Library Book Sale!! The public sale will begin on Friday, January 25th, but we'll be accepting donations beginning January 4th.

Was your goal for 2019 to boost your creativity? Come to the library!! Kids K-5 can illustrate with Ezra Jack Keats and attend the Snowman Make and Take. Kids in Grades 4-8 can make steampunk jewelry (jealous!). Grades 9+ can learn to crochet, come in to create their own cross-stitch bookmarks or 16+ can learn jewelry basics and make snowman earrings. The Block-By-Block Literary Appliqué continues into this year - I can't wait to see some of these finished! Adults can come to Old Ox Brewery for "Beer and Art" to learn about the history of beer and how it is depicted in art.

The library is also offering numerous science programs for kids and teens. At STEAM Buddies teens will lead activities for preschool aged children. STEAM Club Jr for K-2 will allow kids to learn about the human body using real doctor tools. STEAM Club for Grades 3-5 will explore native bird habits with the Audubon Naturalist Society. Teens can explore How Big is Space?

January is set to be a very busy month at the library! Be sure to check out the LCPL PAGES (or visit online at library.loudoun.gov) for a complete list of programs and story-times at all Loudoun County libraries.

Library Closings

Monday, Dec. 31 and Tuesday, January 1

New Year's Eve and New Year's Day

Monday, January 21

Martin Luther King Day

Recurring Programs

Baby Storytime

For ages 0-18 months with an adult.

Mondays, 10:00am; Thursdays and Saturdays, 11:00am

Toddler Storytime

For ages 18-36 months with an adult.

Tuesdays, Wednesdays and Thursdays, 10:00am

Preschool Storytime

For ages 3-5 with an adult.

Tuesdays and Wednesdays, 11:00am

Musical Storytime

For all ages with an adult.

Tuesdays and Wednesdays, 1:30pm

Family Storytime

For ages 0 and older with an adult.

Tuesdays, 6:30pm; Saturdays, 10:00am

Reading Buddies

Encourage your child's love of books and improve their reading development by pairing them with a teen buddy for one-on-one reading time. For Preschool-Grade 2.

Mondays, 5:00pm

ESOL: English Conversation Group

An informal conversation group for non-native speakers to practice speaking English. For adults.

Tuesdays, 7:00pm; Thursdays, 10:00am

January Programs - programs listed below.

See <https://library.loudoun.gov/Our-Libraries/Ashburn-Library> for details

Art at the Library: Ezra Jack Keats

Thursday, January 3, 4:00pm

Block-By-Block Literary Applique Quilt

Thursday, January 3, 7:00pm

Winter Book Sale Donations

Donations of books (all formats), CDs and DVDs will be collected during regular library hours January 4-23 for the Friends of the Ashburn Library sale.

Friday, January 4, 10:00am

STEAM Buddies - Saturday, January 5, 11 a.m.

LEGO® Family Build - Saturday, January 5, 2:00pm

Beer and Art

Old Ox Brewery, 44652 Guilford Drive, Suite 114, Ashburn

Saturday, January 5, 6:30m

STEAM Club Jr.: Doctors-in-Training

Tuesday, January 8, 4:00pm

Science on Tap: The Economics of Climate Change

Old Ox Brewery, 44652 Guilford Drive, Suite 114, Ashburn

Tuesday, January 8, 6:30pm

Adult Book Club - Recommended reads. Tuesday, January 8, 7:00pm

STEAM Club: Birds of a Feather - Thursday, January 10, 4:00pm

How Big Is Space? - Saturday, January 12, 3:00pm

Strategy Gaming - Sunday, January 13, 1:00pm

Homeschool Maker Monday - Monday, January 14, 2:00pm

Jewelry Basics - Monday, January 14, 7:00pm

My First Book Club - Tuesday, January 15, 4 p.m.

Block Party - Wednesday, January 16, 6:30 p.m.

Geronimo Stilton Book Club - Thursday, January 17, 4 p.m.

Tween Book Club - Thursday, January 17, 7:00pm

Wild About Nature: Animal Tracks - Friday, January 18, 3:00pm

Buying a Home - Saturday, January 19, 11:00am

Selling a Home - Saturday, January 19, 1:00pm

Artisan Maker Workshop - Saturday, January 19, 2:30pm

Friends of the Ashburn Library Winter Book Pre-Sale

Get first pick of items. Admission is \$15.00

Thursday, January 24, 6-8:30 p.m. (\$15.00 admission fee)

Friends of the Ashburn Library Winter Book Sale

Friday, January 25, 10:00am-7:00pm

Saturday, January 26 & Sunday, January 27, 10:00am-5:00pm



Broadlands Residents and Briar Woods Alumni Perform in the Macy's Thanksgiving Day Parade

On November 22, 2018, alumni from Hillside Elementary, Eagle Ridge Middle, and Briar Woods High School experienced the thrill of marching in the Macy's Thanksgiving Day parade in New York City!

Zach Greenbaum, Zach Ratcliffe, and Derek Vander Voort are members of the James Madison University Marching Royal Dukes. The JMU marching band is one of the largest in the country with 535 members. In record cold temperatures, 19 degrees with a wind chill temperature of 8 degrees, the band marched about 3 miles from Central Park West to Herald Square, in front of thousands of people watching live on the street and millions on NBC's live coverage of the parade.

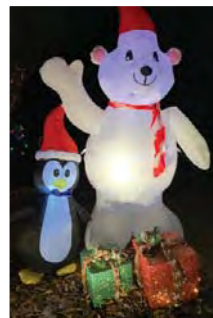
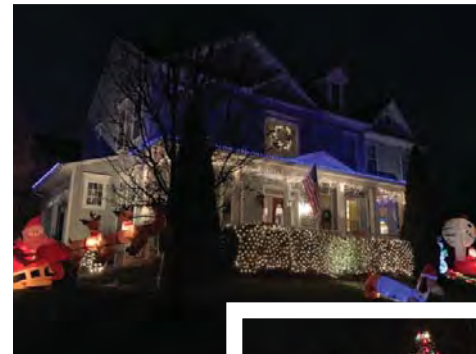
Wow, What a Holiday Wonderland Our Community Became for the Christmas Holiday!

Thank you to all the entrants and congratulations to the following winners:

1st Place - 21501 Hearthstone

2nd Place - 42709 Ridgeway

3rd Place - 22052 Avonworth



LIGHT IT UP WITH LUNGES

By: Katie Herbert, CPT, knherbert13@gmail.com

It can be tricky around the holidays finding time to get to the gym and attend a favorite class. Often times we find ourselves giving in and skipping out altogether because we can't figure out what to do on our own. Or maybe you are someone that prefers to workout from home but you feel like you are doing the same exercises over and over again. Have no fear because I have found that as long as I have a few basic exercises in my back pocket then the possibilities really are endless!

Enter, the lunge: at it's most basic the lunge is just like taking a knee without actually touching the ground. I love lunges because anyone at any fitness level or age can perform some variation of a lunge. I also put lunges at the top of my list because they are so darn functional. Lunges target the largest muscle groups in the body including the quadriceps, glutes and hamstrings. Recruiting lots of muscle means a super charged metabolic system and that equals big calorie burn. But wait! Lunges aren't just about the lower body, to perform a lunge your core fires up to hold you in place plus balance is challenged as you move into and out of it. This all adds up to one killer move with loads of potential!

We tend to think of lunges happening in one plane of movement, front to back, in the sagittal plane. But, with a little bit of creativity we can perform lunges in all planes of motion to better train the body and the brain. To be as effective as possible in training we should strive to work in all three planes of motion. I don't want anyone to fall asleep so I'll keep this brief:

Planes of Motion

1. Sagittal Plane- this plane of movement divides the body into a right and left half. Think front to back lunging.
2. Frontal Plane- the body is divided into front and back halves. This plane works laterally, think lateral or side lunge.
3. Transverse- this plane divides the body horizontally and includes rotational movement.

Now that you had your quick anatomy lesson what does that mean for your lunging potential? Well I'm so happy that you asked:

Sagittal Plane Lunges:

1. Basic lunge- a basic lunge can either move to the front or move to the back. You can get fancy with it and lunge to the front then to the back.
2. If you want to add a balance challenge you can lunge then lift the knee up then lunge back out.
3. Looking for a cardio challenge? Lung out then jump up to your starting position.
4. Need to take it down? Place a chair beside you, lightly rest one hand on the chair as you lunge down and return to starting position. Use the chair as long as you need the extra support for balance and control.

Frontal Plane Lunges

Lateral lunge- these are great because you get to focus a bit more on inner and outer thighs. These lunges can be progressed just as the front to back lunges by adding balance or jumping. These can also be modified with the use of a chair for support. Another fun challenge is to use a paper plate under the lunging foot to glide your foot out and in instead of stepping it out and in. Talk about increasing muscle recruitment!



Transverse Lunges

Lunges in this plane are fantastic! You really get the core active and turned up when you add in a rotational component. My favorite kind is curtsy lunges. You begin this just as you would a basic lunge but instead of taking the leg straight back you take it behind the other leg, as if you were doing a curtsy. By doing this you load up the non-moving leg and really fire up the glute. It is like magic! They can also be amped up with balance or jumping. To add more rotation you can reach toward the lunging leg (as pictured).



Other Great Options For Lunging:

- Add in weights and make it a farmer walk: 1 weight in each hand held by the sides and perform walking lunges.
- Hold 1 weight and extend it straight up overhead, keep it up as you lunge for a balance challenge (start with light weights).
- Lunge jumps- instead of stepping in to switch the feet, jump and switch. So fun and so challenging!
- You can also add variety by how you program this: are you alternating sides or performing all lunges on 1 side before switching to the other side?

As you try out all of your new options be sure to keep your body in mind. As I mentioned earlier, anyone of any fitness level can perform some kind of lunge. Be kind to your body and find your appropriate range of motion. Enjoy!



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

We will meet at the Mills Recreation Center in Ashburn Village on January 12, 2019, at 10:30am. The program will be announced, and there will be a book exchange. Come learn about Ashburn's senior club, make new friends, and enjoy the delicious refreshments.

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 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 how the committee works, visit BroadlandsNaturally.org.

ASHBURN/BROADLANDS WOMEN'S BIBLE STUDY

We are studying various Women's 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.

GRIEFSHARE SEMINAR/SUPPORT GROUP

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

INDIAN SOCIAL CLUB

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

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.

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)	1-571-379-8454
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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.

PIANO LESSONS: 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.

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

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands will hold an open house on February 6th at 7:00pm 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.

EDUCATION - TUTORING

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.

FITNESS/WEELLNESS

NEW YEAR'S RESOLUTIONS DEAL! DISCOUNTED RATES! Give the gift of fitness & well-being to yourself or a loved one! Affordable certified personal fitness training in your home: Holiday Indulgence? Special intro package for January only. Pay for three, get one free! Great as a gift certificate! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; Yoga/Pilates; all ages/fitness levels. Equipment provided. FREE phone consultation. 29 years' experience. Get in shape now! Stephanie Gotfried 703-542-2595; stephaniegotfried@gmail.com; www.fitnessstogova.com.

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 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

CAN YOU PREVENT AND REVERSE CHRONIC DISEASES LIKE HEART DISEASE, CANCER, TYPE 2 DIABETES, FATIGUE AND MEMORY PROBLEMS WITH FOOD? Get nutrition facts to help you live better, stronger and longer. Visit FocusedOnNutrition.com. Contact Averil Bernard at (571) 293-6289 or averil@averilbernard.com.

MARY KAY: A wise women once had a dream to change the lives of women for the better. Her hope was so contagious that, one person at a time, her dream spread around the world. Nearly 50 years later, millions have been touched by the legacy that Mary Kay Ash left. I'm proud to share in her commitment of caring and connecting in communities, just like ours, to help make a difference. Contact Deborah Leben 703-217-4583 dleben@marykay.com, 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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Secretary/Treasurer:

Dawne Holz ♦ deholz@icloud.com 703-362-6727

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Heidi Eaton ♦ 571-232-1830

Cliff Keirce ♦ 703-729-7320

William Kolster ♦ 703-858-2459

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@broadlandshoa.com

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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Size & Location • Rates are per issue

All ads will be full color (if provided in color)

INSIDE PLACEMENTS:

	PRICE Month to Month	PRICE 6+ Months Prepaid Discount	PRICE 12+ Months Prepaid Discount
• 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
Horizontal: 7.66" wide x 5.00" tall without bleed or 8.5" wde x 5.5" tall with .125" bleed			
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
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INSIDE COVER PLACEMENTS (Contact for Availability):

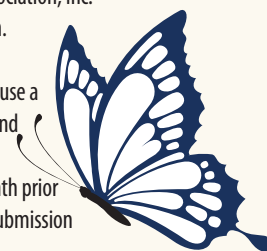
• Quarter Page (3.75" wide x 5.00" tall)	\$250	\$225	\$210
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• Full Page.....	\$1050	\$950	\$900
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OUTSIDE COVER PLACEMENTS (Contact for Availability):

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7.66" wide x 2.75" tall			
• Quarter Page (3.75" wide x 5.00" tall)	\$275	\$250	\$240
• Half Page.....	\$475	\$455	\$435
Horizontal: 7.66" wide x 5.00" tall without bleed or 8.5" wde x 5.5" tall with .125" bleed			
• Full Page.....	\$1050	\$950	\$900
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