

JANUARY 2021

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# BROADLANDS

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New Year!*





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# BROADLANDS



Photo of sharp-shinned hawk courtesy of George Painumkal

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**Upcoming Board of Directors Meeting**  
**Tuesday, January 12th - 6:00p.m.**  
**Virtual via Zoom**

## Board 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. If virtual, the link will be posted to the HOA website.

## Board of Directors Meeting Highlights

The following items were reviewed by the Board of Directors at *their virtual meeting held on December 8th*:

- Approved the minutes of November 16<sup>th</sup>, 2020 meeting
- Reviewed and tabled a resident request for assigned parking for electric vehicles
- Approved the 2020-2022 Audit and Tax Return proposal from Malvin Riggins
- Held six violation hearings and assessed charges

*These highlights are a summary only. To obtain copies of approved minutes, log into your account on FirstService Residential Connect. Owner access to the site is by registration at <http://dcmetro.fsrconnect.com/residentwelcome>. Owners will need to enter their account number, which can be found on their monthly coupon stubs.*

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HOA Offices Closed for New Years NHL Winter Classic	2
3	4 Christmas Tree Pickup National Spaghetti Day	5 National Bird Day	6	7	8 Newsletter Submissions Due by Noon	9
10	11 Christmas Tree Pickup Blood Drive 1:00pm - NC	12 HOA Board Meeting 6:00pm - Virtual	13 Modification Subcommittee Submissions Due 12:00pm - NC	14	15	16
17	18 HOA Offices Closed for Martin Luther King Jr. Day	19 National Popcorn Day	20 Inauguration Day Events Committee Meeting 6:30pm - Virtual Modification Subcommittee Meeting 7:00pm - Virtual	21	22	23
24 International Day of Education 31	25 SW Board Meeting 7:00pm - Virtual	26	27	28	29	30

Key: CH=Clubhouse; CC=Community Center; HP=Hillside Park; NC=Nature Center



# The Upending Impact of COVID-19

It seems as though all that's been talked about for the last nine months is COVID-19 and its impact on all of us - the economy, our livelihood, health, safety, and education. It's safe to say that most of us are ready to move on and get back to some semblance of normalcy. We know that's not going to occur at the stroke of midnight on January 1, 2021. We won't give cheers to the new year (or rather, give cheers to the end of the old year as it were), clink our champagne glasses together three times as if they were ruby slippers, and magically be transported to a COVID-19 free 2021 where life returns to pre-pandemic times. Restaurants won't open up to full capacity, children won't return to school, crowding onto busses and into busy cafeterias, gyms won't dispense of 10 foot physical distancing requirements, sporting events, concerts, conferences, and parties won't abruptly occur in person rather than virtually, and masks won't become but a symbol of the not-so-distant past. Realistically, we may be lucky if things change much at all.

I recall vividly when things started to break down. In January, I attended a conference in Las Vegas where the headlines warned of an outbreak, and most of us assumed it would remain somewhat disconnected from our daily lives, much as the bird flu or the swine flu had. In February, the virus was spreading to other continents, but we remained somewhat skeptical of the imminent arrival and rapid spread on US soil. As an avid Virginia wine drinker, I went to three wineries that first weekend in March, justifying (with a hint of sarcasm), that "this might be the last time we can go out to a winery for a while..." Within days, it was all over the news and webinars were popping up daily, educating employers on the potential impacts to employees and best practices to follow, as well as employee rights. The spread was fast and furious, and it was a daily roller coaster for the next few weeks as new information was pushed out. School was canceled, offices were closed, tot lots were roped off. Initially for a month, then until June 10th. The governor enacted Executive Orders to Stay at Home and instituted restrictions on restaurants, non-essential retail businesses, recreation, gatherings, and ultimately the closure of school for the remainder of the year. Currently, we await revised guidelines from the governor and Loudoun County Public Schools have

just announced a return to 100% virtual education.

As we enter the new year, I hope that while we may not be getting the proverbial fresh start we would like, that we remain healthy, happy, and optimistic for better times in 2021.

Cheers,

*Sarah*

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

## Reminder - New Assessments Starting This Month

Prior to the January 1, 2021 payment deadline, please review your payment system to be sure it reflects the correct amount in order to avoid late fees. Assessment coupons will be mailed to all owners at the address on file with FirstService Residential. If you have not received your coupons by December 15, 2020, please contact the FSR Customer Care Call Center at 866-433-3187 or by email at [AR.DCMetro@fsresidential.com](mailto:AR.DCMetro@fsresidential.com). If you participate in ClickPay recurring payment (Auto Pay) through FirstService Residential, you will NOT receive a coupon booklet, and the new assessments will be automatically deducted from your account.

### 2021 Assessment Monthly Amounts

#### Courtyard Homes

(lawn mowing & turf services included): \$151.00

**Town Homes:** \$98.00

#### Park Glen Villas

(lawn mowing & turf services included – outside of fenced areas): \$116.00

**Single Family Homes on VDOT Streets:** \$84.00

**Single Family Homes on Private Streets:** \$105.00

**\*Condos (Signature and Villages):** \$63.00

*Are you paying the correct assessment amount each month? You can check your account online or contact First Service Residential (FSR) at 703-677-5987 or by email [ar.dcmetro@fsresidential.com](mailto:ar.dcmetro@fsresidential.com). \*FSR does not manage condos, please contact appropriate management company for inquiries.*

## Modifications Subcommittee

The Subcommittee meets at 7:00pm in the Nature Center conference room on the first and third Wednesdays, March through October, and only the third Wednesday, November through February.

*Applications in January may be viewed electronically and meetings held virtually.*

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 Nature Center, 21907 Claiborne Parkway. For your convenience, there is a drop box available for submissions.

Please review these guidelines and the updated changes on our website. Visit [broadlandshoa.org](http://broadlandshoa.org) and click on the menu item, Design Guidelines, 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 By Noon	Meeting Date
Jan 13th.....	Jan 20th
Feb 10th .....	Feb 17th
Feb 24th .....	March 3rd
March 10th.....	March 17th
March 31st.....	April 7th

*Only applications with complete documentation received by the deadline will be reviewed at the next subcommittee meeting.*

## 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:

Pet poop is not organic, 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 80 mutt mitt stations to offer residents. Don't want to carry it with you? No problem, most of our mutt mitt stations have trash cans attached. ***Please be a good neighbor and do not dispose of pet waste in your neighbors' trash cans during your walks.***

Even if your pet 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.

## Black Metal Fencing Allowed for Single Family Homes

Black metal fencing is allowed for all single family homes except for the Overland Park Sections 26, 28 and 30 – Van Metre and Washington Homes. Please refer to the fence design guidelines for more details and submission requirements at: <https://broadlandshoa.org/design-guidelines>.



## Townhouse Deck Guidelines Update

Before you make any modification change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review.

Guideline changes for townhouse decks are as follows:

- General guidelines for townhouse decks have been moved to a section of its own. Please see specific guidelines for each townhouse section for additional requirements.
- Ground level deck guidelines have been added.
- Black metal balusters are allowed for deck railings.

Please refer to the Deck guidelines for details and submission requirements: [broadlandshoa.org/design-guidelines](http://broadlandshoa.org/design-guidelines).

## Please Keep Your Walkways Clear

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!

## Trash and Recycling Holiday Schedule

### NEW YEARS

Trash and recycling will be picked up on a normal schedule. Patriot Disposal's offices will be closed on New Year's Day.

### CHRISTMAS TREE COLLECTION

Christmas trees will be collected the first two Mondays in January, on Monday, January 4th and Monday, January 11th. All trees must be placed on the curb with all tinsel/decorations removed and trees should not be placed in plastic bags.

## Loudoun Officials Warn Against Jury Duty Scams

Loudoun Clerk of the Circuit Court Gary M. Clemens cautions Loudoun residents to be aware of a recent jury duty scam. The fraudulent activity involves individuals claiming to work for the courts or law enforcement who call residents and tell them they failed to report for jury duty and to avoid any penalty from the Circuit Court, the residents can pay a fine over the phone. In some cases, they offer the victims a chance to buy a gift card and then call them back for the gift card information.

Clemens reminds residents that currently, due to the COVID-19 pandemic, no jury trials are being conducted. Jury trials are not scheduled to begin again until at least January 2021.

Also, Clemens says that no employees from the Office of the Clerk of the Circuit Court would ever call Loudoun residents to tell them they failed to report for jury duty and can pay a fine over the telephone. The Clerk's Office sends an official, written notice to someone who does not appear for jury duty and the notice provides instructions on what actions those who neglect to report for jury duty must take.

"Any Loudoun resident who receives a call demanding payment over the phone for failing to report for jury duty should not provide any payment," Clemens said. He encourages Loudoun residents to write down the phone number that appears on caller ID, if possible, and contact the Loudoun County Sheriff's Office at 703-777-1021 or file a report online at [sheriff.loudoun.gov/reportonline](http://sheriff.loudoun.gov/reportonline).

## SWHOA Meeting Update

The January Southern Walk HOA Board meeting will be held tentatively on the 25th starting at 7:00pm virtually.

For additional details or general information about Southern Walk HOA, please visit [swhoab.com](http://swhoab.com).

## Connect with Broadlands

*Don't miss out on important HOA news  
and amazing community events in  
between newsletters.  
Staying connected is easy...*

### Broadlandshoa.org

*The Broadlands website gives you access anytime to  
find answers to most of your questions. Updates and  
reminders are posted to the main page as well.*

### Broadlands Blast

*This weekly email is a great way to receive important  
reminders on HOA news and upcoming events in  
between receiving the newsletters. To sign up, just  
visit our website and enter your email address(s).*

### Broadlands App

*Download this app to your mobile device from your  
app store to receive HOA and event notifications and  
have the ability to store your pool passes.*

### Landscaped Homes

*Courtyard Homes and Park Glen Villas residents  
please submit email(s) along and address to  
landscape@broadlandshoa.com to receive email  
notices for seasonal landscape services.*

### Facebook & Instagram

*Join these groups to check out scenes from our past  
events and see what's coming up: BroadlandsHoeEvents  
& BroadlandsNatureCenter*

### Broadlandslive.com

*Visit this website for details on this popular summer  
concerts series including bands, vendors and  
sponsors.*

### Broadlandsnaturally.org

*Visit the Conservation Landscape Committee's website  
for information on community landscaping,  
gardening and learning about native plants.*

## Help Fight the Spotted Lanternfly: Check Your Holiday Decorating Material for Egg Masses



If you purchase live material for your holiday decorating that was not grown in Loudoun County such as trees, wreaths and garlands, officials ask that you examine the material to look for egg masses of the spotted lanternfly; an invasive insect that can affect agricultural and ornamental plants.

Adult spotted lanternflies die at the onset of winter; however, their egg masses can survive below-zero temperatures. Egg masses typically include 30 to 50 jellybean-shaped eggs in neat rows covered by a waxy substance that looks like mud. The egg masses can accumulate on tree trunks, branches, and other surfaces from the fall to early spring when they hatch.

"We would like anyone who finds spotted lanternfly egg masses to take a photo and send the photo to us through our online form at [loudoun.gov/spottedlanternfly](http://loudoun.gov/spottedlanternfly). Then, destroy the eggs by scrapping the eggs into a baggy with alcohol," said Beth Sastre, a horticulturist with the Virginia Cooperative Extension, Loudoun County.

Sastre advises residents to be aware that there could also be beneficial insects, such as praying mantises, that may lay eggs on trees and people could mistakenly think are spotted lanternfly eggs. She advises that mantis eggs should be taken outside so that they can hatch in the warm weather.

Sastre recommends that residents who are considering buying decorative live material for the holidays purchase it from one of the many local farms in Loudoun because the spotted lanternfly has not been detected in Loudoun. If the decorative material is not purchased in Loudoun, inspect it very carefully. The insect has been discovered in nearby Frederick and Clarke Counties in Virginia, as well as West Virginia, North Carolina, Maryland, Pennsylvania, Ohio, Delaware, New York, New Jersey, Connecticut and Maine. View a map of known spotted lanternfly distribution in the eastern United States.

Loudoun County is offering free virtual training and information sessions to help increase awareness of the threat of the spotted lanternfly. The educational sessions offered by the Virginia Cooperative Extension, Loudoun County are designed to equip homeowners associations, farmers and other individuals and organizations in the county with the information they need to help prevent the spread of the invasive insect. More information about the training sessions and about the spotted lanternfly may be found at [loudoun.gov/spottedlanternfly](http://loudoun.gov/spottedlanternfly).



## A Note From Covenants

**THANK YOU** to all the Broadlands residents for continuing to maintain their properties and the community during these difficult times. Your patience and understanding have been greatly appreciated. May the new year bring you and your families good health and hope.

Sincerely,  
Suzan, Covenants Manager

## Remember to Trim Your Trees

Per the Weeding & Pruning Maintenance Resolution 6.11.13 found on [broadlandshoa.org/wp-content/uploads/2013/08/Lawn-and-Yard-Maintenance-Resolution-6.11.13.pdf](http://broadlandshoa.org/wp-content/uploads/2013/08/Lawn-and-Yard-Maintenance-Resolution-6.11.13.pdf), Lot Owners and residents shall keep their properties free of excessive weeds, overgrown or unsightly shrubbery or other plant growth. Lot Owners and residents shall undertake any weeding and mulching of planted beds and pruning of shrubbery and trees which is necessary so as to keep a proper, neat and clean appearance of the Lot.

This is your friendly reminder as we think about spring maintenance that any lot which borders a sidewalk shall ensure that any trees which overhang the sidewalk are trimmed to provide a minimum height of eight (8) feet, measured above the sidewalk level, free of obstruction. No trees with a diameter of more than four inches and measuring two feet above ground level shall be removed without the express written authorization of the Covenants Committee or Board of Directors. Lot Owners and residents shall remove any and all dead plants and shrubs from their Lots.

If you have questions regarding Pruning Maintenance, please contact the covenants inspector at [covenants@broadlandshoa.com](mailto:covenants@broadlandshoa.com).

## Upcoming Community Events

- March 19th - beginner's knitting class! TC Strauser of Two Rivers Yarns and her assistants are coming to Broadlands to teach a social distancing beginners knitting class. Knitting needles (size 8) will be provided by the HOA but participants need to bring their own worsted weight yarn/size 4.

This event will be held out doors on the Nature Center back patio, heat lamps provided, from 6:30pm to 8:30pm and is free to Broadlands residents and their guests. More information will be provided in the February newsletter and sign up will be opened. Limited spaces available, three instructors with up to six participants each. Participants must wear a face mask.

- April 10th - gear up for an egg basket drive-thru adventure! Pack the kids in the car and head over to the Community Center parking lot for a socially distanced egg basket drive-thru! Complete with DJ, balloon twisters and the bunny! More information to follow in the February edition of "Our Neck of the Woods."



## Flag Etiquette - Standards of Respect

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. They are:

- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used as a drapery, or for covering a speakers desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.

*Flag Etiquette continued on page 27*

# 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](http://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 2021, the budget for snow removal for townhomes is \$40,174. That's \$33.17 per townhome per year (or \$2.76 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 \$27,525. That's \$74.19 per SFPS home per year (or \$6.18 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.

*Snow FAQ's continued on page 12*



*Snow FAQ's continued from page 11*

## **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 damage occurs. 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.







## #DogBowlChallenge Gets Family Involved in Helping Kids and Dogs with Cancers

Looking for a COVID-safe way to have fun and make a difference? Take the **#DogBowlChallenge**, a great way for people and pet dogs to **#LickCancer** that both kids and pups develop by raising awareness and funds for comparative research.

“We wanted to bring a little levity to a serious issue,” explained Ulrike Szalay, Founder and Executive Director, Canines-N-Kids Foundation, a nonprofit working to put an end to cancers kids and man’s best friend both develop. “Dogs and kids share many of the same cancers and by sharing research between human and dog doctors and researchers, we have a much better chance of finding a cure and treatments that help both. Our **#DogBowlChallenge** will encourage more people to get involved in finding a solution.”

The **#DogBowlChallenge** is similar to others that have gone viral, but this involves people and pet dogs pledging support by participating and donating. Canines-N-Kids is asking for people to compete with their furry friend by simultaneously slurping whipped cream out of a bowl. The challenge has these four steps:

1. Accept the challenge within 24 hours of being nominated.
2. Gather supplies including dog bowls, a can of whipped cream, a phone to capture video, and a sense of humor.

3. Make a 30 second or less video that includes an introduction, a shout out to Canines-N-Kids and the nominator, and the human and pup racing to finish the whipped cream treat first.
4. Post the video to Facebook, Instagram (tag @CaninesnKids) and Twitter (@CNKFoundation) and challenge three friends. Use **#DogBowlChallenge** and **#LickCancer** hashtags and include caninesnkids.org. The Canines-N-Kids website has more details about the challenge, including sample posts and a video.

Cancer is the number one cause of disease-related death in children. Nearly 16,000 children in the US will be diagnosed with cancer this year and yet only four drugs have been approved for kids’ cancers the past 40 years. For the six million canine patients diagnosed with cancer each year, the outlook is no better. Several cancers develop in both kids and man’s best friend such as bone and brain cancer. Often, these cancers are biologically similar or even indistinguishable between kids and dogs.

Funds raised through the **#DogBowlChallenge** will support the Foundation’s work to promote the promising science of comparative oncology – studying and treating spontaneously developing cancer in canine patients when they get sick.



# **WINNERS!**

## **2020 Broadlands Annual Holiday Home Decorating Contest!**

There were so many decorated homes to view that we had a tough time coming up with a select few so please drive around to much of the neighborhood so you can see all of the wonderful décor!

### **1ST PLACE**

**21490 Tithables**

### **2ND PLACE**

**22172 Withers Grove**

### **3RD PLACE**

**43095 Autumnwood**

### **HONORABLE MENTIONS**

42784 Ridgeway

43709 Ridgeway

22052 Avonworth

43326 Fullerton

21619 Goodwin

21388 Chickacoan Trail

21542 Wild Timber

42747 Middle Ridge

21524 Chickacoan Trail

21541 Glebe View

21545 Glebe View

42971 Tealbriar

A big shout out to the residents of Marsh Creek showing the street with the most holiday spirit where almost every home was decorated in holiday cheer!





*Our Residents Turned  
Broadlands Homes into a  
Winter Wonderland Full  
of Beautifully Decorated  
Holiday Cheer*







Ashburn & Broadlands area class A licenced contractor



**Deck, Sunroom, Addition  
Screened Porch, Basement,  
Siding, Roofing,  
Windows & Door**



**FREE  
ESTIMATE**

**703-832-1351**

**kpowerconstruction9@gmail.com**

7535 Little River Tnpk. #103 B-4, Annandale, VA 22003  
Class A Licence #2705165093 RBC,HIC,CIC

## It's a New Year, So Take a New Approach!

**Submitted by Jennifer Snodgrass, Home Organizer & Owner of The Styled Sort LLC.  
jenn@thestyledsort.com**

Happy 2021! What a year this will be! This is the season when so many of us are thinking about what we want to accomplish this year. It's very exciting but can also feel overwhelming. If cleaning out and decluttering is on your mind but feels too big to tackle, look at it in a different way. It's a new year, so take a new approach. Start with five minutes - focus on what can be done in a small amount of time and yield big results. After that, who knows? Maybe you will want to spend 10 or 20 minutes in another area. Below are three easy areas to help you get started.

### 1. Declutter your bedside stands (or that top dresser drawer)

It's amazing to see what accumulates when you don't regularly declutter. Take everything off the top and inside and only keep what you need at night - a book, glasses, etc. Decluttering the extra stuff around you can help create a calm, restful space.

### 2. Manage the medicine cabinet

I'm not asking you to clean out your whole bathroom (that would be more than five minutes!) but take a look at the medicine cabinet or bathroom drawer that you use every day. Throw out old products and medicine. A good rule of thumb - if it's been there for longer than one year, get rid of it. Organize your products by what you use everyday and what you use sporadically (cold medicine, etc.). It's easier to get ready in the morning if you don't have to search through items you only use occasionally.

### 3. Clean out your fridge

After holidays filled with food, your refrigerator may still be harboring some leftovers. Take five minutes to get rid of the old and organize the items using the "like with like" mantra - all drinks together, all bread items together, etc. Each time you open the fridge, it will be easy to see what you have and less food will be wasted.

The next time you have five minutes, try it out. What better way to start 2021 than with an organized home!





# El Pollo Loco Chicken Tortilla Soup Copycat Recipe

*Total Time: 1 hours 30 minutes. Servings: 6 cups of soup*

1 rotisserie chicken  
2 quarts homemade or low sodium chicken broth  
1 fresh Anaheim or Poblano chile  
1/2 cup fresh or frozen corn kernels  
1 cup fresh pico de gallo  
1 cup diced carrots  
1 cup diced celery  
1 teaspoon ground cumin  
1 teaspoon dried Mexican oregano  
1 teaspoon ground coriander seeds  
1/2 teaspoon garlic powder  
1 tablespoon fresh lime juice  
1/4 cup chopped fresh cilantro  
Homemade or store-bought corn tortilla strips  
Garnishes: cilantro, Cotija cheese, avocado slices

Remove the meat from the chicken and shred it. Place the chicken in a large pot or Dutch oven. Add the chicken broth. Slice the chile in half lengthwise, remove the stem and seeds, and brush with oil. Place the chile halves on a foil lined baking sheet, skin side up, and broil on the middle rack, until blackened. Place the hot chile in a plastic bag and let rest a few minutes to steam. Remove the skin and discard and dice the chile. Add to the chicken in the pot. Add the corn, pico de gallo, carrots, celery, and spices, and bring the mixture to a boil. Reduce to a simmer, cover, and simmer for 20 minutes. Add the lime juice, cilantro, salt, and pepper, and serve topped with corn tortilla strips and garnishes of your choice. For homemade tortilla strips, cut 8 corn tortillas into 1/2-inch strips and fry in 2 cups of 360-degree vegetable oil in batches, until crispy and light brown, about one to two minutes. Drain on paper towels and sprinkle with salt.  
*Karenskitchenstories.com*

## January Is National SOUP Month



## Beef Soup (Kharcho)

*Total Time: 2 hours 45 minutes. Servings: 12 cups of soup*

3 lb beef stew meat  
4 Tbsp light olive oil or any cooking oil, divided  
1 medium onion chopped  
2 celery ribs finely chopped  
4 cups beef broth + 4 cup filtered water  
28 oz can diced tomatoes  
2 dry bay leaves  
1 tsp ground coriander seeds  
1 tsp smoked paprika  
2 garlic cloves pressed  
1/2 cup uncooked white rice I used Jasmine  
2 Tbsp fresh lemon juice from 1 medium lemon  
1/4 cup fresh parsley, chopped  
1/4 cup fresh dill, chopped

Sprinkle meat with 3 tsp salt and stir. Heat dutch oven or soup pot over medium/high heat and add 2 Tbsp oil. Once oil is hot, add beef in 2 batches, sautéing until browned on all sides. Remove from pot and set aside. Don't worry about cooking it through. Add chopped onion and celery with more oil as needed. Saute 5 min until softened. Add canned tomatoes with their juice, 4 cups broth, 4 cups water, 2 bay leaves and browned beef. Bring to a boil then reduce heat, cover and simmer 1 1/2 to 2 hours or until beef is tender. Add 1/2 cup white rice, 2 Tbsp lemon juice, 2 pressed garlic cloves, 1 tsp coriander, 1 tsp paprika. Cover and simmer 20 min or until rice is tender. Remove from heat and add 1/4 cup parsley and 1/4 cup dill then cover and let sit off heat another 10 min before serving. Season to taste with salt and pepper and serve with more fresh herbs as desired. *Natashaskitchen.com*



## Household Hazardous Waste Information

Loudoun County Government, [loudoun.gov/398/Recycling](https://loudoun.gov/398/Recycling)

### About the Household Hazardous Waste Collection Events

Loudoun County typically conducts eight Household Hazardous Waste (HHW) collection events from March through November to collect used and unwanted household hazardous materials such as gasoline and household chemicals, and the events are held at various locations throughout the county, not at the county landfill.

A hazardous waste management contractor manages each collection event to accept and package the waste for shipment to an appropriate processing facility.

### Special Notice for HHW Events:

The HHW events include social distancing measures that help mitigate the spread of COVID-19. The following procedures have been put into place:

- Members of the public are required to wear face coverings at the point of service.
- The event is a drive-thru, in which residents are instructed to remain in their vehicles and allow event staff to unload any items accepted for disposal.
- Items must be placed in the rear of the vehicle, such as the trunk of a car, the bed of a pickup truck or the very back of an SUV. Items will not be accepted if in the front seat, back seat or if the driver attempts to hand an item to staff.
- In order to ensure everyone remains in their vehicle while at the point of service, if items are transported inside plastic bags, the bags must be open, not tied or sealed. Staff are not allowed to open any plastic bag containing HHW.

### Limit Per Household:

- Up to 15 gallons of liquid household waste / 40 pounds of solid household waste (Container size no

larger than five gallons).

Please note that participants must provide proof of Loudoun County residency such as a driver's license or utility bill.

The county also conducts two hazardous waste disposal collection events each year for local businesses under the Business Hazardous Waste Program.

### What is Household Hazardous Waste?

Household Hazardous Waste (HHW) is any waste produced in the home that is dangerous or potentially harmful to our health or the environment (Source: EPA - Hazardous Waste).

### What Can Be Brought to HHW Events?

If you have a question about an item not listed here, or would like to see an item added to the list, please send us a request by calling (703) 771-5500 or emailing [oswm@loudoun.gov](mailto:oswm@loudoun.gov)

### Limit per household:

- 15 gallons of liquid HHW
  - Container size may not exceed five gallons
- 40 pounds of solid HHW
  - Container size may not exceed five gallons

*Note: The HHW events are for Loudoun County residents only. No commercial waste or waste from businesses will be accepted. Residential property management agencies are not authorized to bring materials generated from residents or grounds.*

### Acceptable Items:

- Ammonia
- Animal Pet / Care Products (flea and tick products, etc)



- Batteries
  - Alkaline
  - Button
  - Household
  - Lithium
  - Ni-Cad
  - Rechargeable



- Bleach
- Brake Fluid
- Chemicals
- Cleaners
- Diesel fuel\*
- Fertilizers with Pesticides or Herbicides
- Fire Extinguishers
- Fluorescent Bulbs / Tubes
- Fuel Additives
- Gasoline
- Herbicides
- Insecticides
- Kerosene\*
- Latex Paint\*\*
- Mercury
- Mercury Thermometers
- Mercury Thermostats
- Mineral Spirits
- Oil-Based Paint
- Paint Thinner
- Pesticides
- Photographic Chemicals
- Solvents
- Swimming Pool Chemicals
- Unwanted Fuels
- Windshield Washer Fluid

### Unacceptable Items:

- Ammunition
- Antifreeze\*
- Asbestos
- Automotive / Lead-Acid Batteries
- Carbon Monoxide Detectors
- Commercial Waste
- Cooking Oil

- Drywall Mud / Joint Compound/Mastic
- Electronics
- Explosives
- Fireworks
- Helium Tanks
- Household Trash
- Industrial Waste
- Latex Paint
- Medical Waste
- Motor Oil\*
- Oil-Filled Space Heaters
- Power Steering Fluid\*
- Propane Tanks
- Radioactive Materials
- Sharps / Syringes / Hypodermic Needles
- Shock-Sensitive Materials
- Smoke Detectors
- Transmission Fluid\*
- Unknown Materials
- Unused Medications

\*May be taken to the Loudoun County Landfill Recycling Center where engine oil, antifreeze/coolant, and lead batteries are accepted free of charge. Do not recycle empty containers for motor oil, antifreeze, or other automotive fluids. Discard empty containers in waste receptacles provided next to the collection tanks.

\*\*Latex / water based paint is not hazardous. Residents are encouraged to take paint to the Loudoun County Landfill for disposal instead (fee applies, \$6 for the first 180 pounds).





**Broadlands Community Outreach is  
Sponsoring a **BLOOD DRIVE** with  
INOVA Blood Donor Services**

**Monday, January 11<sup>th</sup>, from 1:00 pm to 7:00 pm**  
**Broadlands Community Center at 43004 Waxpool Road**  
***Pre-registration Required • Maximum 35 Participants***

Residents aged 16 and over may participate. Donors age 16 will need  
 a signed Inova Blood Donor Services Parental Consent Form.  
 Pre-registration is required.

**Please pre-register at: <http://bit.ly/Broadlands0111>**

All participants will be required to complete a Donor  
 Questionnaire at the blood drive. All donors must be feeling  
 healthy and well to participate. Facial covering and photo ID  
 required. Participants must follow all federal, state, local  
 mandates as well as Broadlands guidelines for COVID-19.



Questions regarding the blood drive?  
 Contact [julie@broadlandshoa.com](mailto:julie@broadlandshoa.com)





## Bringing Dragonflies to Your Yard

**Source: Plant NOVA Natives**

For anyone who enjoys watching birds at a feeder, there is another pastime available that is just as entertaining but less well known: watching the dragonflies and damselflies patrolling your yard. There are over eighty species in Northern Virginia, a few of which are happy to frequent our gardens if we offer the right conditions. Some are hefty and like to land on walkways, making them hard to miss. Others including most damselflies are so wispy as to escape our notice if we aren't paying attention.

Most dragonflies lay their eggs in fresh water ponds and streams, where they hatch and live as little aquatic predators for years before emerging as adults. We can provide a breeding area in our yards by installing a pond, which need not be large and can be a do-it-yourself project. Frogs and salamanders will make it their home as well, and the sound and sight of moving water transforms any garden into a place to sit and watch the whole carnival.

All these pond inhabitants require more than just water. Dead leaves and algae are the basis for a pond's ecosystem, as the tiny organisms that use them for shelter and food are themselves eaten by larger ones. It is therefore important to treat a pond not as a chlorinated fountain but as a living thing, avoiding excess cleaning and protecting it from insecticides or other chemicals.

Once dragonflies become adults, they spend their time catching large numbers of mosquitoes and other insects

and looking for opportunities to mate. The males will find a perch near the water and guard against rivals, waiting for a female to approach. If you are lucky, you may see a female ovipositing, bouncing up and down as she dips the tip of her abdomen into the water to lay her eggs.

Even without a pond, your yard is likely to be visited by dragonflies if it is providing other natural habitat, because that is where there will be a balance of prey and predatory insects. Besides avoiding chemicals, the key to building that kind of habitat is to plant a lot of native species, because most plant-eating insects can only eat the plants with which they evolved. There are hundreds of species of garden-worthy native plants available, including a couple dozen species of native pond plants.

Information about native pond plants and how to care for a pond as habitat and a three minute video about the ups and downs of owning a fancy ornamental pond can be found on the pond page of the Plant NOVA Natives website, [plantnovanatives.org/ornamental-pond-plants](http://plantnovanatives.org/ornamental-pond-plants). The gardener who made that video has since learned that disruptions to the pond critters can be minimized by only cleaning the pond once a year in mid-winter, and by leaving most of the algae and leaves in place.

It is very fun to learn to recognize the various dragonfly and damselflies species. A great resource for that is Bob Blakney's book *Northern Virginia Dragonflies and Damselflies*.





## The Ashburn Library January Programs and Information

### 1,000 Books Before Kindergarten Program

A self-paced early literacy program. Engage readers early to continue a lifetime love of reading! For full details visit: [Library.loudoun.gov/1000books](http://Library.loudoun.gov/1000books)

### Online Books

There's more than one way to read a book! Check out Hoopla, RB Digital, Gail Virtual Reference Library or Overdrive, at [Library.loudoun.gov](http://Library.loudoun.gov) and <https://lcpl.overdrive.com>.

### BookFLIX

Visit [Library.loudoun.gov](http://Library.loudoun.gov) to learn more!

### Online Story Time

Monday, Wednesday & Friday at 11:00am  
Join the LCPL librarians as they read stories for all ages. [Library.loudoun.gov](http://Library.loudoun.gov)

### Online Learning Hub

The FREE library resources that students, educators and parents need to succeed. For more info, visit <https://library.loudoun.gov/Online-Learning-Hub>

### Want to Request a Title?

Visit the LCPL website and click on the "Suggest a title" section. Fill out the form and submit. An email will be sent to you if the library will or will not purchase the title and why. Books, ebooks, audiobooks, and DVFs are available for suggestion. [Library.loudoun.gov](http://Library.loudoun.gov).

### On-Line Resources Open 24/7

So many streaming services and databases available at your fingertips! Visit [Loudoun.library.gov/online](http://Loudoun.library.gov/online) or search for age specific resources:

[Library.loudoun.gov/Children](http://Library.loudoun.gov/Children)

[Library.loudoun.gov/Teens](http://Library.loudoun.gov/Teens)

[Library.loudoun.gov/Adults](http://Library.loudoun.gov/Adults)

Enjoy resources such as Hoopla, Overdrive, Mango Languages, Freegal, RB Digital, Consumer Reports Online & many more!



# Loudoun Wildlife Conservancy January Programs

Submitted By: Doreen Varblow of Loudoun Wildlife Conservancy

## Birding Banshee

**Saturday, January 9 at 8:00am**

Whether you're a beginner or an experienced birder, you'll enjoy this bird walk at the Banshee Reeks Nature Preserve. The preserve is a diverse 695-acre treasure in the heart of Loudoun County with streams, trees, shrubs and fields that attract lots of species, making it a birding hotspot. This is a regular outing that takes place the second Saturday of every month. Bring binoculars if you have them. Limit 9. Registration is required. Questions: contact Joe Coleman at 540-554-2542 or [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org).

*All participants: please read the COVID-19 Participant Guidelines. To attend this event, you must register and sign the waiver prior to the event. Any participant under 18 must have an adult present, and the adult must acknowledge that the youth understands the guidelines.*

## Winter Planning for Your Garden (Virtual)

**Thursday, January 14 at 7:00pm**

A little planning can go a long way toward having a rewarding garden. We will talk about things to consider when planning your garden, references, and what to plant to benefit our local wildlife. There will be plenty of time for Q & A after the presentation. Instructor: Julie Borneman. Questions: Contact [info@loudounwildlife.org](mailto:info@loudounwildlife.org). This virtual event is presented in conjunction with the Loudoun County Public Library and will be accessible through the library website. Please check back for registration information.

## Amphibian Monitoring Training (Virtual)

**Saturday, January 16 from 12:00pm to 3:00 pm**

Frogs and toads are a vital part of our ecosystem and are considered an indicator species. Fluctuations in their populations can give us vital information regarding the overall health of their habitat. Loudoun Wildlife Conservancy's amphibian monitoring program allows us to collect data which is compared over time to observe trends in populations and identify areas of population decline. Volunteers will monitor specific locations from February to August. During this training you will learn the various breeding calls of local frogs and toads and how to participate in the data collection. We are offering two virtual training sessions (January 16 & 23), allowing volunteers to sign up for either session. Join us and participate in this exciting citizen science opportunity! Registration required. Questions: contact [info@loudounwildlife.org](mailto:info@loudounwildlife.org).

## Birding Bles Park

**Sunday, January 17 at 8:00am**

Join Loudoun Wildlife Conservancy on this regular monthly bird walk at Bles Park, located along the Potomac River in eastern Loudoun. More than 175

different species of birds have been observed at Bles Park in a great mix of habitat. Everyone is welcome, whether you are an experienced or beginning birder. Bring binoculars if you have them. Limit 5 participants. Registration required. Questions: Contact Bryan Henson at [bhenson@loudounwildlife.org](mailto:bhenson@loudounwildlife.org).

*All participants: please read the COVID-19 Participant Guidelines. To attend this event, you must register and sign the waiver prior to the event. Any participant under 18 must have an adult present, and the adult must acknowledge that the youth understands the guidelines.*

## Birding the Blue Ridge Center

**Saturday, January 23 at 8:00am**

The Blue Ridge Center for Environmental Stewardship (BRCES) is 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. Join the Loudoun Wildlife Conservancy on our monthly walk, and see what's there! Meet at the Education Center; bring binoculars if you have them. BRCES is located just north of Neersville at 11661 Harpers Ferry Road (Rte 671); detailed directions are at [brces.org](http://brces.org). Limit 9. Registration is required. Questions: Contact Joe Coleman at [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org).

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# Developing Self-Discipline in 2021

By: Written by Stassa Collins

Based on the article on Zenhabits, A Guide to Developing the Self-Discipline Habit

Developing self-discipline can help with many of the issues people face in life: health ailments, procrastination, distractions, disorganization, and financial burdens. Unfortunately, many of us just don't know where to start. The following article discusses ways to tackle the idea of self-disciplining to promote a better way of life.

self-discipline (noun): the ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do.

## Motivation

How do you find your motivation? Some folks find motivation by helping their family, friends or strangers. Others find motivation by watching or reading about others. And some are motivated by the hardship that they have experienced. However, most people just have a hard time finding the motivation because nothing has really triggered them in a profound way to make a change or improvement. The thought of implementing a bunch of processes and disciplines can seem daunting; however, ignoring problems only makes things worse. The first step is to realize that what you are currently doing is not working for you, and unless you change, you are only hurting yourself. Then tell someone of your plans; by this you have said it out loud and now can be held accountable.

## Small Actions

Tackle days doing small action items to not feel overwhelmed. Make a list to cover what you would like to accomplish. Even crossing one item off your list is an accomplishment. Have a busy day? Just squeeze in 15 minutes of physical activity and maybe only declutter one area of your house. Looking for a new job? Make a point to send out your resume to at least one employer each day. Larger action items or projects can be broken down into smaller tasks, which will help you prioritize and envision their completion.

## Uncomfortable Situations

Have you ever put yourself in an uncomfortable situation, whether it be mentally or physically draining, and come out the other end feeling the best high in the world from that accomplishment? If not, you're missing out. One main reason we do not possess self-discipline is because we run from the hard, uncomfortable things. Easy and familiar situations are within our comfort zone and unless you see the real benefit, that's the road most will take.

So instead of facing hard issues, we tend to find distractions, many times through mindless entertainment (i.e. surfing on internet, scrolling through social media, marathon streaming, etc.). You need to acknowledge that

this is not beneficial and push yourself into a discomfort zone, a little at a time, so the uncomfortable becomes the comfortable. This means that when others might bail, you are willing to forge ahead. You'll find that you are capable of many things you never could have imagined.

## Overcoming Distractions

Distractions serve no one well. The urge to do something less meaningful will always be in the back of your mind. If you are aware of these urges, you can control them. But how? One suggestion is by using the following Interval Training method created by Leo Babauta:

1. Set your intention to practice self-discipline.
2. Set a task to focus on (writing, photo organizing, strength training, meditating, job searching, etc).
3. Set a timer for 10 minutes at first then increase to eventually 20 minutes.
4. Either push into your discomfort by doing the task or do nothing.
5. When the timer goes off, give yourself a 5-minute break.
6. Repeat.

*"You can train for several intervals, or potentially for an hour or two. Then take a longer break and do another set of intervals after that. This kind of interval training is fantastic, because it's not that hard, you really train yourself in discomfort and watching urges, and you can get a lot done this way."*

## Points to Make

- Messing up is a part of life. Failure is not bad. It means you tried and learned something along the way. Turn failures into small victories.
- Acquire accountability. Find the courage to ask for help. Or tell someone about your project and to check in for a progress report.
- Set yourself up for victory by removing temptations if possible. Put away electronic devices for a while. Stock up on healthy choices.
- Surround yourself by positivity by the attitude you choose and the company you keep.

Make 2021 more rewarding than you ever thought possible!



## 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/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.

### ASHBURN CLASSICS

The Ashburn Classics will not meet in January.

### ASHBURN TOASTMASTERS

Holding Online Meetings. Please contact our VP of Membership, [vpm-703053@toastmastersclubs.org](mailto:vpm-703053@toastmastersclubs.org), for the URL to join our meetings. Check our website, [ashburn.toastmastersclubs.org/](http://ashburn.toastmastersclubs.org/) for meetings calendar.

### 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 how the committee works, visit [BroadlandsNaturally.org](http://BroadlandsNaturally.org).

### DBT TEEN SKILLS GROUP

Run by Dr. Maggie Avedisian. If you have a teenager who is struggling to manage their behaviors, mood and social life, "Dr. Maggie's" group may be a great fit and help. For more info, we invite you to call the practice at 703-723-2999.

### GIRL SCOUTS

Girl Scouts provides leadership training through STEM, outdoor experiences, skills badges, community service and entrepreneurship. For information on joining a Girl Scout troop please call the Loudoun County Girl Scout office at 703-777-5644 or go to [girlscouts.org](http://girlscouts.org).

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

### MOMS CLUB OF ASHBURN

MOMS Club stands for Moms Offering Moms Support. Ashburn resident moms that organize events for us and our young kids. For more info, please contact us at [ashburnmomsclub@yahoo.com](mailto:ashburnmomsclub@yahoo.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. For more info email [musicontheheights@gmail.com](mailto:musicontheheights@gmail.com).

### PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

Run by Dr. Michael Oberschneider and Dr. Douglas Lipp. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lipp runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info, we invite you to call the practice at 703-723-2999.

### ROTARY CLUB OF ASHBURN

The members of the Rotary Club of Ashburn are heavily involved in serving our Ashburn community. Currently we are meeting remotely via Zoom on the first and third Thursdays of the month. We love visitors and welcome them. Please email us at [ashburnrotary@gmail.com](mailto:ashburnrotary@gmail.com) if you would like the link for the meetings.

### 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.





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Broadlands Resident Since 1999 ♦ Class A License and Insurance

## Looking to Make a Difference in the Life of a Student?



Eagle Ridge Middle School FACS 8 is looking for guest speakers (virtually) to present their career. Our 8th grade students will be choosing high school classes soon and it is always helpful to have a direction on a career path.

Hearing about different careers can really inspire our students to choose a career that will fit their interests and skill sets. We will begin our unit in January. If you are interested in being a speaker, please reach out to [beth.newport@lcp.org](mailto:beth.newport@lcp.org). I look forward to working with you.



## AVFRD January News

***Tis the Season and We're Busy, Busy, Busy at AVFRD:***

**Chili Cook Off:** usually held in January - has been canceled. We will take a look at how COVID-19 solutions progress and see if we can reschedule for some time later in Spring. Stay tuned for more details on all our events at <https://ashburnfirerescue.org/events>.

**Virtual prospective members meeting on Tuesday, January 26, 7:00-9:00pm:** learn more about volunteering with AVFRD. Admin and Operations members needed. Many benefits. See our website for details for more information and how to apply, <https://ashburnfirerescue.org/volunteer/process>.

**Virtual Bingo in December:** our first event in December was very well attended so we are planning another event in the coming months. Follow us at <https://ashburnfirerescue.org/events>.

**Save the date for a Picnic to Go Drive-thru featuring BBQ on Saturday, March 13th:** our first event was so popular that we're doing it again! Look for more details on our website, <https://ashburnfirerescue.org>. This is a great opportunity for good eatin', no cooking and, a safe solution to the pandemic.

**Founders Hall at Station 6:** the perfect event & meeting space. With space for 225 people, modern amenities and simple rental terms. This is the right choice for your event, large or small. Accessible, friendly, and fun for you, family, friends and more! For more information go to: <https://ashburnfirerescue.org/facilities-apparatus/founders-hall/>.



## Flag Etiquette continued from page 9

- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.

- The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

- The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

- When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

- The flag should be cleaned and mended when necessary.

- When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner. Please remember that US flags, no matter where they came from, should always be treated respectfully, never allowing them to touch the ground and be properly disposed of if they become unserviceable.

If you need to retire a flag, please call the HOA offices at 703-729-9704 to make an appointment to stop by the Nature Center to drop it off in the American Legion Post bin located in the lobby. For more details on proper flag etiquette, please visit <https://www.chamberofcommerce.org/usflag/flagetiquette.html>

"Standing tall as an emblem of justice, perseverance, valor and honor, the American flag is an intricate part of what makes citizens proud to be American."

## 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
Towing (Battlefield Towing) .....	703-378-0059
Trash Pickup (Patriot Disposal) .....	1-703-257-7100

#### Southern Walk HOA – Verizon FiOs Gigabit Internet Contract:

• Billing – Laura Goguet, FirstService Residential	
• laura.goguet-@fsresidential.com .....	703-385-1133
• Verizon Activation (SWHOA Only) .....	1-800-501-1172
• Verizon FiOS Bulk Technical Support 24x7 .....	1-888-553-1555
SWHOA FiOS Contract General Information.....	SWHOAB.COM

### 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 TUNING:**

Ashburn Piano Service, Jeff Bishop, RPT. Contact at 703-786-6248, Jeff@ashburnpianoservice.com, ashburnpianoservice.com.

**VIRTUAL PIANO LESSONS:**

Loudoun County Piano Teacher providing virtual (zoom) piano lessons. 20+ years teaching experience with all ages and abilities. Please call or text 410-971-0955. Annual Recital, Local Piano Festivals, and National Guild participation optional. \$25 for 30 minutes. No contract required.

**TUTORING & EARLY EDUCATION****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.

**FITNESS/WELLNESS****EXERCISE WHILE YOU ISOLATE:**

Don't let social distancing sidetrack your fitness! Join me through FaceTime for private personal training sessions in your home at a HUGE DISCOUNT! No special equipment needed! Get ready to sculpt, tone, strengthen and increase flexibility with my 30+ years' experience to be your healthiest in 2021 and beyond! Individualized programs; weight loss/nutritional guidance, pre-natal/post-partum; Yoga/Pilates; all ages/fitness levels. Safe and effective. Free phone consultation. Stephanie Gotfried 703-542-2595 or stephaniegotfried@gmail.com; Fitnessstogova.com.

**TRADITIONAL MARTIAL ARTS TRAINING:**

Change yourself and change your world by learning authentic kung fu, not the local strip mall variety. Whether developing your fighting skills or increasing your health and wellness, come learn a proven skillset. Contact Sifu Brock at novahunggar@gmail.com. Follow Nova Hung Gar on Facebook and Instagram.

**HOME SERVICES****ASHBURN ELECTRIC:**

Specializing in Recessed Light Installation & Services. Licensed & Insured. Contact: Craig Fladager at 703-858-7332. Broadlands Resident.

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# 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](http://broadlandshoa.org/newsletter).
2. Classified ads are limited to 40 words maximum and the text should be emailed to [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com).
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** - \$15.00 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.*



those dreaded and never-ending honey-do lists, to projects and much, much more. Including installation and repair of Roofing, Siding, Fencing and Gutter Cleaning. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415 or email Mike. Rosario@verizon.net.

### **HANDYMAN SERVICES:**

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### **HOME REPAIRS:**

All Interior & Exterior Work, bathrooms, carpet, roofing/siding, screen decks, decks (new/repairs), driveways (blacktop), hardwood floors, windows, glass repairs, gutters, kitchens, plumbing repairs. Call Vince at Belmont Construction at 571-209-0332.

## **MARKETPLACE**

### **MARY KAY:**

New Mary Kay Hydrogel! It's time for an eye awakening. Instantly reviving, shimmery pink gels deliver a refreshing burst of hydration to tired eyes. You'll see benefits by using these for just 20 minutes, twice a week, making "me" time a lot easier to find: Hydrate, Cool, Depuff, Soothe. <https://youtu.be/3vIGkz9Up-8> Contact me to give this product a try! Independent Beauty Consultant Deborah Leben, [debatmarykay@gmail.com](mailto:debatmarykay@gmail.com), 703-217-4583 or [marykay.com/dleben](http://marykay.com/dleben).

## **PROFESSIONAL SERVICES**

### **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](mailto:sophear.uoy@sophearcpa.com).

## **Broadlands Community Info . . .**

### **BROADLANDS ASSOCIATION, INC.**

21907 Claiborne Parkway Broadlands, Virginia 20148

Main: 703-729-9704

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

#### **HOA & Nature Center Office Hours:**

Closed to walk-ins due to COVID-19

**General Mailbox:** [info@broadlandshoa.com](mailto:info@broadlandshoa.com)

**Nature Center Hours:** Suspended due to COVID-19/Coronavirus. Normally open first & third Saturdays, 10:00am to 2:00pm

### **ASSESSMENT INFORMATION OFFICE**

#### **FirstService Residential: Payments and Resale Docs**

Assessments: 703-667-5987 Fax: 703-591-5785

[fsresidential.com](http://fsresidential.com) ♦ [ar.dcmetro@fsresidential.com](mailto:ar.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](mailto:sarah@broadlandshoa.com)

#### **Covenants Manager:**

Suzan Rodano ♦ [covenants@broadlandshoa.com](mailto:covenants@broadlandshoa.com)

#### **Newsletter Editor & Events Committee Liaison:**

Natalie Ihanainen ♦ [events@broadlandshoa.com](mailto:events@broadlandshoa.com)

#### **Newsletter Advertising Manager & Resident Services Director:**

Stassa Collins ♦ [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com)

#### **Modifications and Resale Manager:**

Robin Crews ♦ [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com)

#### **Community Outreach Coordinator, Pool Liaison:**

Julie Holstein ♦ [julie@broadlandshoa.com](mailto:julie@broadlandshoa.com)

**Reception:** Joanne Hang ♦ [joannehang@broadlandshoa.com](mailto:joannehang@broadlandshoa.com)

**Naturalist:** Rachel Merino ♦ [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com)

### **BOARD OF DIRECTORS**

**President:** David Baroody ♦ [dm.cmb@outlook.com](mailto:dm.cmb@outlook.com), 703-729-6785

#### **Vice President:**

Heidi Eaton ♦ [eaton.h@icloud.com](mailto:eaton.h@icloud.com), 571-232-1830

#### **Secretary/Treasurer:**

Dawne Holz ♦ [holz.d@icloud.com](mailto:holz.d@icloud.com), 703-362-6727

#### **Directors:**

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David Eiseman ♦ 703-928-6986

Cliff Keirce ♦ 703-729-7320

William Kolster ♦ 703-858-2459

Tania Marceau ♦ 571-331-4381

Joseph T. Wagner ♦ 571-333-0821

### **COMMITTEES**

#### **Broadlands Live Concerts:**

Jason Pualoa ♦ [broadlandslive@broadlandshoa.com](mailto:broadlandslive@broadlandshoa.com)

#### **Conservation Landscape:** Oya Simpson ♦ [osimpson@broadlandsnaturally.org](mailto:osimpson@broadlandsnaturally.org)

703-725-8040\*see Clubs & Groups

**Events:** Natalie Ihanainen ♦ [events@broadlandshoa.com](mailto:events@broadlandshoa.com)

**Swim Team:** [broadlandsswimteam.org](http://broadlandsswimteam.org)

**Technology:** Dawne Holz ♦ [deholz@icloud.com](mailto:deholz@icloud.com)\*see Clubs & Groups

**Tennis:** Brad Marcus ♦ [bradmarcus@gmail.com](mailto:bradmarcus@gmail.com)

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# BROADLANDS

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### SUBMISSION INFORMATION FOR DISPLAY ADVERTISERS

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- Email camera ready ad in PDF format to [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com). Ad must be in our specs shown above.
- Make payment on our website by clicking on the Buy Now button to use a credit card or your Paypal account. Checks should be made payable and mailed to Broadlands Association, Inc.
- Ad, Payment and Insertion Order Form are DUE by the 1st of the month prior to the month of publication to guarantee insertion. Example: Total submission requirements due January 1st for placement in February's issue.
- Newsletter is printed in full color. Rates shown are monthly. No cancellations after the initial deadline are permitted.



## Broadlands Homeowners Association

21907 Claiborne Parkway • Broadlands, Virginia 20148

703-729-9704 • [broadlandshoa.org](http://broadlandshoa.org) • [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com)





Cardinal photo courtesy of George Painumkal



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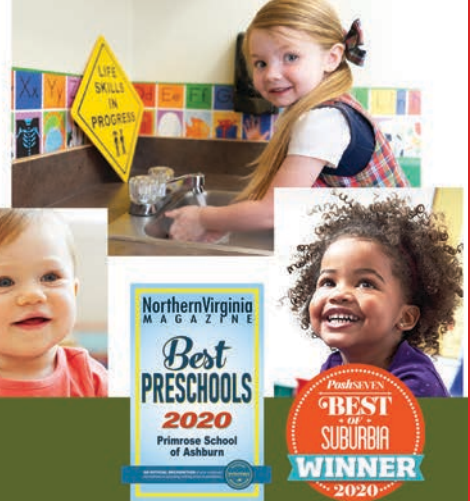
# BROADLANDS

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BROADLANDS: 21367 Shale Ridge Court | 703.724.4200 | [PrimroseBroadlands.com](http://PrimroseBroadlands.com)

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Just Chillin'... *How to Help Birds in Winter*

**Hurry In! Good thru January 2021**

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\*Valid only at the Ashburn Wild Birds Unlimited location. One discount per purchase. Cannot be combined with other offers. Offer not valid on previous purchases. Offer expires 1/31/21.



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*Proud to be part of the Broadlands area community for 21 years!*

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