

MARCH 2024

BROADLANDS

Our Neck of the Woods

Make time to attend the St. Patrick's Day Block Party on the 16th and the Spring Eggtravaganza on the 30th. For more Information see pages 19 & 23

Official Newsletter of the Broadlands Homeowners Association



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Board of Directors Upcoming Virtual Meeting Tuesday, March 12th - 6:00pm

Board Meetings Information

Monthly meetings are generally held 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. Check website for login details.

Board of Directors - February 13th Virtual Meeting Highlights

- Approved the minutes of the January 9, 2023 Board Meeting
- Discussed the CyrusOne Data Center with Supervisors Glass and Turner
- Approved the landscape enhancement proposals from HLS
- Approved the Landscape Maintenance contract for Sections 23 and 202
- Approved a proposal from Bishops Tennis for pickleball lines at the Stone House Tennis Courts
- Approved the contract with SmartWebs for architectural, violations, and work order software
- Discussed the future of Southern Walk HOA with the SWHOA Board President
- Held eighteen hearings and assessed violation charges for outstanding violations in accordance with the Virginia Property Owners Association Act

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.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Groundhog Day			1 Bingo Night 6:30pm - CC	2
3	4	5	6 Modification Subcommittee Meeting 7:00pm - Virtual	7	8 Newsletter submissions due - 12:00pm	9
10	11	12 HOA Board Meeting 6:00pm - Virtual	13 Modification Subcommittee Submissions Due 12:00pm Events Committee Meeting 6:30pm - Virtual	14	15	16 St. Patrick's Day Block Party 3:00pm - CC
17	18	19	20 Modification Subcommittee Meeting 7:00pm - Virtual	21	22 Deadline for submitting BOD nominating forms	23
24 31	25 Southern Walk HOA Board Meeting 7:00pm - CC	26	27 Modification Subcommittee Submissions Due 12:00pm	28	29	30 Spring Eggstravaganza 10:00am - HP

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

Call for Candidates

The most important meeting of the year will be held virtually on Tuesday, May 7th at 7pm– The Annual Meeting of the Membership. This annual meeting is held every year to elect the Board of Directors, as required by the Bylaws for Broadlands Association, Inc. The quorum requirement is at least ten percent of the total number of votes of the association in person or by proxy. You will receive official notification of this meeting via USPS mail around April 1. We have contracted with The Inspectors of Election (TIE Vote) to simplify the voting process and provide an online voting option for residents unable to attend the meeting in person.

Included in this publication is the Call for Candidates, inviting you to get involved by volunteering to serve on the Board of Directors. Please take a moment to review this information and consider submitting your candidate application to serve your community. Volunteering to serve on the Board is a three-year commitment, which includes 12 monthly Board meetings plus the Annual Membership Meeting and Budget Meeting. This year, we have three positions open for election. Monthly Board meetings are scheduled on the second Tuesday of each month at 6pm and last an average of two hours. We are currently holding meetings virtually via the Zoom platform but traditionally hold meetings at the Clubhouse with dinner served but plan to return to that format in the future. Between meetings, you may be requested to review emails and respond to resident inquiries. You are asked to review all board meeting materials in advance of the meetings, which are distributed electronically the week before the meeting.

Some of the powers and duties of the Board include (some of which may be contracted or otherwise hired out):

- Providing goods and services in accordance with the documents and providing for the upkeep of the common area (e.g. mowing the common areas, providing trash services, operating the pools, maintaining the trail system)
- Designating, hiring, and dismissing personnel necessary to provide for the upkeep of the common area and providing goods and services (e.g. approving contracts with the grounds, trash, and pool management companies as well as hiring association employees to oversee contractors and inspect properties)
- Collecting and depositing assessments (contracted to a financial management company)
- Adopting and amending rules and regulations (e.g. approving Design Guidelines, rules for Fitness Center

Use, charters for committees, resolutions for Parking of Vehicles)

- Opening bank accounts (contracted through the financial management company or handled by investment advisors)
- Enforcing provisions of the documents (e.g. holding violation hearings for owners who fail to comply with violation notices)
- Obtaining and carrying insurance (several policies in place for property, liability, officers and directors, workers comp, cyber liability, etc. and are bid out every few years)
- Paying for authorized goods and services (overseen by employees and financial management)
- Charging reasonable fees for the use of the common area (e.g. establishing fee structure for fitness center use, community center rentals, outside pool memberships)
- Suspending the right of an owner or occupant to vote or to use common area (as necessary in accordance with state statute for delinquent owners or those in violation of the covenants)
- Preparing and adopting an annual budget and establishing assessments (partaking in the annual budget review process with the General Manager and Board)
- Employing a managing agent (the association currently employs a full-time General Manager, ten full and part-time administrative employees, and contracts for financial management)

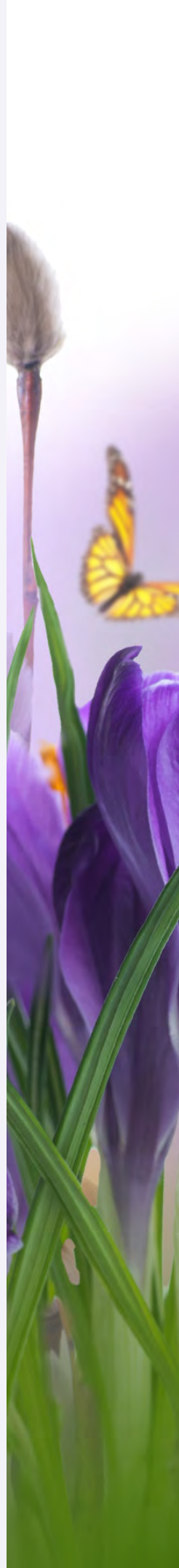
The full list of powers and duties can be found in the Bylaws for Broadlands.

The Articles of Incorporation provide that the Board be comprised of nine people elected to serve in staggered terms of three years. Eligible Board Members include owners, owner's spouses, an officer, trustee, general partner or agent of an owner, the Declarant or designee of the Declarant, or a mortgagee or designee of the mortgagee. Owners or representatives of owners may not be more than sixty days delinquent in meeting financial obligations to the association.

If you have any questions about the responsibilities of serving on the board, please let me know. I can be reached at 703-520-9905 or Sarah@broadlandshoa.com.

Sarah

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



Modifications Information

Per Article 7, Section 7.5 (a) Additions, Alterations, or Improvements by the Owners - "No person shall make any addition, alteration, or improvement in or to any Lot or any portion of the Property... which is visible from the exterior of the Lot or such portion of the Property, without the prior written consent of the Covenants Committee."

If you are unsure if approval is required for your project, contact Robin Crews, Modifications/ Resale Manager at rcrews@broadlandshoa.com or 703-520-9902. The Committee meets virtually at 7:00pm on the first and third Wednesdays of the month March-October and the third week of the month November-February. *If you wish to attend a meeting, contact Robin Crew, rcrews@broadlandshoa.com.* Applications must be submitted by noon on the Wednesday before the meeting by emailing them to rcrews@broadlandshoa.com or delivering them to the Nature Center drop box at 21907 Claiborne Parkway.

Please review the Design Guidelines and submission requirements at broadlandshoa.org/design-guidelines. Failure to include all required information will delay review of your application. Once the Committee has reached a decision, the results will be delivered via email. If an email address is not provided, results will be mailed. 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. Please check your inbox and junk/spam folders or contact the HOA office at 703-520-9902 if you have not received your results within 10 days following the meeting.



Modifications Subcommittee Submission and Meeting Dates

Submission Deadline By Noon	Meeting Date
February 28th.....	March 6th
March 13th	March 20th
March 27th	April 3rd
April 10th.....	April 17th
April 24th.....	May 1st

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

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, deck/fence repair, fresh coat of paint or stain maintenance, mailbox unit repair, removal of any mildew, screen window repair 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, 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 seller's responsibility to rectify all violations found on the property before settlement of the home. If any 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 your resale inspection results, please contact Modifications and Resale Manager Robin Crews at 703-520-9902 or rcrews@broadlandshoa.com.



Design Guidelines Update

In 2023, the Modifications Subcommittee reviewed and updated all necessary design guidelines and submission requirements. The Broadlands website has been updated with these changes which can be found on the following link: broadlandshoa.org/design-guidelines/

The design guidelines and submission requirements are a living document that is reviewed often in order to keep up with the latest trends and technologies; therefore, it is important to review the latest changes when preparing your application for the Modifications Subcommittee.

Modification Guidelines

Before you make any modification change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review. Please refer to Design Guidelines (Modifications), broadlandshoa.org/for-residents/design-guidelines/, for more details and submission requirements.

Apply to be a Lifeguard in Broadlands!

High Sierra Pools is hiring lifeguards for Summer 2024! If you've got good swimming skills and are looking for a fun summer job where you can make a difference in your community, this is the job for you. Flexible summer/seasonal schedules are available including full-time, part-time, and weekends-only work. Apply online at HighSierraPools.com.

Broadlands Fitness Center

Broadlands Residents are invited to join the Broadlands Fitness Center located at 43360 Rickenbacker Square.

The Fitness Center includes: 5 treadmills, 4 elliptical, 5 strength machines, 2 stationary bikes, 2 multifunctional weight trainers, and a row machine.

Access fobs are \$25 each. Tenants, make sure you have an AOS on file from the owner of the property granting you access to the fitness center. Hours of operation are from 5:00am to 11:00pm, 7 days a week.

Children ages 13-17 must be accompanied by an adult fob holder. No children under the age of 13 are permitted at any time in the building. Please refer to Broadlandshoa.org/fitness-center to review the application process and rules.

Patriot Disposal Trash, Recycling, and Yard Waste Collection Schedule

Trash, Recycling, and Yard Waste Collection:

- Place toters out the night before collection day after 6:00pm or before 6:00am the day of pick up.
- Containers should be out of sight by 9:00am on the day following collection.

Trash Collection:

- Trash pick up days are Mondays and Thursdays.

Recycling Collection:

- Recycling pick up day is Thursdays.
- Recyclable materials can be co-mingled.
- Plastic bags CANNOT be recycled. The Nature Center collects bags for proper recycling. Visit broadlandshoa.org, click on RESIDENTS then click on TRASH & RECYCLING for more information.
- Scrap metal – Please call Patriot Disposal to set pick-up day 1-703-257-7100: i.e. foil, pie tins, trays, pots and pans, small car parts, grills, bicycles, swings, etc.

Yard Waste Collection:

- Yard Waste Collection occurs on Mondays from March 1st through December 24th.
- During January & February, yard debris (leaves, grass clippings, brush) may be mixed with trash. Yard waste may not be mixed with recycling.
- Grass clippings and leaves must be set out for pickup in lawn paper bags or in a bin.
- Brush must be less than 4 inches in diameter, cut into 4 foot lengths, and tied in small bundles or bagged.
- Food waste mixed in with yard waste will be accepted, as it can be composted.

Special Pick-ups:

- Please contact Patriot Disposal, 1-703-257-7100 or customerservice@patriotdisposalservices.com, to arrange pickup of special and/or bulk items.
- Special items will be collected weekly. Some items may incur an additional charge.
- Special items include appliances, mid to large furniture and other large items.

Trash Totes/Cans Notice:

- *If trash totes/cans are stored in public view outside of these times, you may receive violation notices and, if it continues, you may be called to a Hearing before the Board of Directors.*



SWHOA March News

**Next Meeting Scheduled:
Monday, March 24, 2024 (Virtual)**

Southern Walk HOA Board of Directors Meetings:

Monthly meetings are held virtually on the fourth Monday of the month at 7:00pm. On a quarterly basis the meetings are held in person at the Community Center. Residents are welcome to observe the public portion of meetings and to address the Board during the "Homeowner Forum" section of the meeting.

Board of Directors February 2024 Meeting Highlights (In person)

- Review of Meeting Minutes
- Review of Delinquencies
- Review of Contracts
- Hearings

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>.

2024 SWHOA Assessments remain at \$75 per month. If you pay by paper check, money order, or online bill pay through your bank, please ensure your payments reflect the correct amount and are mailed to:

Southern Walk at Broadlands HOA
c/o FirstService Residential
PO Box 30403
Tampa, FL 33630-3403

BOARD OF DIRECTORS

General Inquiries

Laura Marshall, Property Manager
info@swhoab.com

President

Shashi Aadipudi
vicepresident2022@swhoab.com

Vice President

B. Shekar Setty
vicepresident@swhoab.com

Treasurer

Michael Simpson
treasurer@swhoab.com

Secretary

secretary2023@swhoab.com

Director

Harish Viswanathan
director2@swhoab.com

Director

Dinesh Jadhav

Covenants Corner March

We in the Covenants Department hope that everyone has had a good winter. As spring approaches, we wanted to share some areas of focus for our upcoming inspections in the Covenants Department.

We will be examining the requirement for prior approval of storm doors. Even storm doors need to be approved as they count as an exterior modification. The storm doors should be of a full-view style, with their color either matching or complementing the entry door or surrounding trim. Additionally, the storm door hardware, including kickplates, must match the entry door hardware in terms of color and finish.

We will also be conducting mailbox inspections in our community. To ensure that your mailbox passes the inspection, it should be in good condition with no faded or chipped paint, no damaged or rotting wood/metal posts, and it should not be leaning. If you need to repaint or replace your mailbox, and you are unsure of the style or color required, please visit broadlandshoa.org/mailboxes/. If your mailbox matches the style and color of your neighborhood, there is no need to apply for approval by the Modification Subcommittee.

In the event of an early spring, we might begin to inspect items that need cleaning such as siding, fencing, trim, and decks.

Finally, we would like to remind residents of the parking rules and regulations in our community. Our parking policies and guidelines are aligned with the Loudoun County Parking Ordinances to ensure compliance and consistency. To name a few, vehicles should not be parked in fire lanes, within 15 feet of an intersection, within 10 feet of a mailbox, and/or in a way that blocks access to public walkways. If any parking violations are noticed on a VDOT street, please contact the Loudoun County Sheriff's Department at 703-777-1021.

Please note that on HOA-owned streets, vehicles parked in fire lanes or in any way that blocks the sidewalk or ramp may be towed without warning. Any vehicle defined in a State Code or County Ordinance as commercial, having company/business logos/ graphics, and/or having exterior racks, compartments or the like will be considered commercial and are not permitted in residential parking areas. However, passenger vehicles, pick-up trucks, or passenger vans used for commercial purposes and having the name (only the name) of the business written on the FRONT DOORS in an area not exceeding two square feet with no exterior racks and/or compartments, may be permitted. For infractions noted on HOA-owned streets, a notice will be placed on the vehicle by the HOA as a reminder. Continued infractions may result in a vehicle being towed. For more information, please refer to the parking resolution that can be found in the "For Residents Section" of the Broadlands HOA website. (broadlandshoa.org/wp-content/uploads/2022/01/Parking-Regulations-and-Enforcement-Procedures-2.1.22.pdf)

Thank you for your cooperation,

Your Covenants Team

Support Broadlands Live! Concert Series by Volunteering

The 20th season of Broadlands Live! is fast approaching. Jump on the volunteer train to make it happen! If you've enjoyed the shows as a spectator over the years, please consider helping our committee out this year.

Involvement can be as great or as small as your schedule allows-- behind the scenes and day of event help is needed. Help acquire local sponsorship for event funding, coordinate services with local businesses and much more.

Please contact the committee by emailing Jason at Broadlandslive@broadlandshoa.com.

Looking to Connect With More People in the Community?

Then you should join the Events Committee! Our group is made up of friendly and enthusiastic people who plan all the amazing events hosted by the HOA throughout the year.

You don't need any experience - just come and be prepared to have a great time. Our next meeting will be held virtually on March 13th at 6:30pm. For more details, please contact our events manager, Crystal Boswell, at events@broadlandshoa.com.

Buy and Sell at the Spring Yard Sale

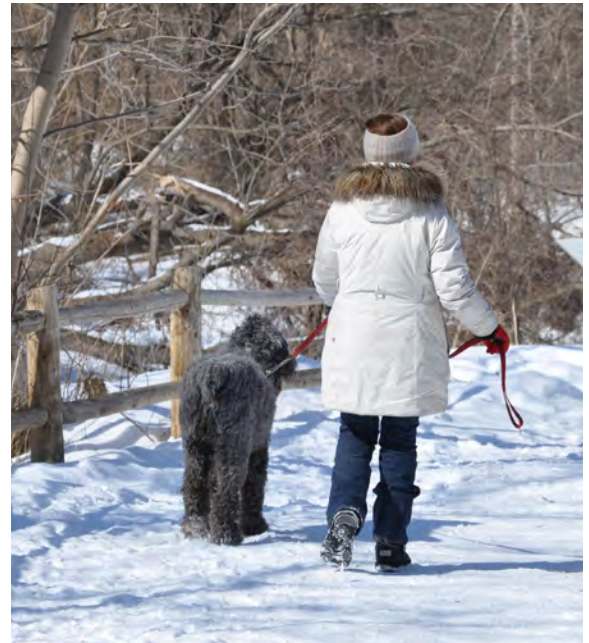
Saturday, May 4th, 8:00am - 2:00pm throughout the Community. Rain or shine, come shop and sell at private residences throughout Broadlands.

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



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

Check out the list of participants to see what's for sale and view the community map to find each unit at broadlandshoa.org/yardsale. The HOA will be publicizing the yard sale in Loudoun Now, The Loudoun Times-Mirror and The Washington Post.



Scoop the Poop...

Residents frequently express concern that not every pet owner 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 over 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.



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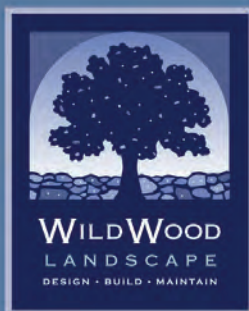
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BROADLANDS

Association, Inc.

Dear Broadlands Homeowner:

The 2024 Annual Meeting of the members of Broadlands Association, Inc. will be held virtually at 7:00pm on Tuesday, May 7, 2024. Please mark your calendars for this important meeting and plan to participate. The purpose of the meeting is to elect members to the Board of Directors, including three (3) members to serve three-year terms expiring May 2027. The Board oversees the business of Broadlands in the collection and expenditure of association funds, selection of contractors, management of facilities, and adoption of policies for day-to-day operations. These volunteer Board Members are a vital asset to the association.

To become a Director, you must be a Unit Owner in good standing. The Board currently meets monthly on the second Tuesday of the month at 6:00pm. Meetings are currently being held virtually.

If you are interested in serving, please complete a Nominating Form and Petition for Candidacy and return both documents to Broadlands Association, Inc. no later than 5:00pm on **Friday, March 22, 2024**. Only the enclosed Elections Committee approved forms may be used, and the nominating form will be published to the membership as part of the official notice. If you would like an electronic copy, you can find it on broadlandshoa.org or may request it via email at sarah@broadlandshoa.com. Due to the nature of holding a virtual Annual Meeting, nominations for candidates will NOT be accepted from the floor. All candidates must submit the approved nomination forms by the deadline.

The Broadlands Association, Inc. Bylaws require that at least three other owners sign the Candidate Petition, which must be received by the Association no less than twenty-five (25) days before the Annual Meeting to be eligible to be included on the Ballot. All members will be mailed a proxy form containing the names of all eligible candidates with the official notice of the Annual Meeting.

As in prior years, the Board has contracted with The Inspectors of Election, LLC to act as an independent third-party election service. This provides the Association's members the option to vote via mail-in paper Proxy Ballots or vote your Proxy online via the TIEiVOTE™ voting website. The online system offers you an easy way to vote in a secure, quick, and cost-effective manner.

The Inspectors of Election will mail the official annual meeting notice and election package on or about April 1, 2024, which will contain unique login information for each unit to access the TIEiVOTE™ voting website. Your login information from a previous year is no longer valid for access. Proxies should either be submitted online via the voting website or will need to be mailed, faxed, or scanned and sent to the Inspectors of Election, LLC. Proxy forms will not be accepted at the HOA Office.

For those of you who submit for candidacy in the election, we thank you for your willingness to assist in the success of your community. Remember to mark your calendars for 7:00pm on Tuesday, May 7, 2024, for the virtual Annual Meeting of Broadlands Association, Inc.

Sincerely,

Sarah Gerstein

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

21907 Claiborne Parkway • Broadlands, Virginia 20148 • 703-729-9704 • info@broadlandshoa.com

BROADLANDS

Association, Inc.

NOMINATING FORM 2024 BOARD OF DIRECTORS ELECTION

I wish to become a candidate for election to the Broadlands Association, Inc. Board of Directors. Please include my name on the BALLOT for this election.

PRINTED NAME: _____

ADDRESS: _____

PHONE(S): _____

EMAIL: _____

SIGNATURE: _____ **DATE:** _____

QUALIFICATIONS: (Pertinent Biographical Information)

AREAS OF INTEREST:

(Why would you like to contribute your time to the community as a member of the Board?)

Return to: Broadlands Association, Inc.
21907 Claiborne Parkway
Broadlands, VA 20148
Email Sarah@Broadlandshoa.com

BROADLANDS

Association, Inc.

PETITION FOR CANDIDACY 2024 BOARD OF DIRECTORS ELECTION

I, _____ wish to become a candidate for election to the Broadlands Association, Inc. Board of Directors and herewith submit the signatures of the following Broadlands Association, Inc. Unit Owners, as required by the Bylaws of Broadlands Association, Inc.

The application must be signed by three Broadlands Association, Inc. Unit Owners. Only one signature per lot is allowed.

OWNER SIGNATURES:

Printed Name	Signature	Address
--------------	-----------	---------

Printed Name	Signature	Address
--------------	-----------	---------

Printed Name	Signature	Address
--------------	-----------	---------

CANDIDATE INFORMATION:

PRINTED NAME: _____

ADDRESS: _____

PHONE(S): _____

EMAIL: _____

SIGNATURE: _____

DATE: _____

Return to: Broadlands Association, Inc.
21907 Claiborne Parkway
Broadlands, VA 20148
Email Sarah@Broadlandshoa.com

*Applications must be returned by 5:00pm on March 22, 2024
for inclusion in the Newsletter, Website, and in the official Annual Meeting notice.*

Saturday, March 9, 2024



@ Broadlands Community Center
Ashburn, VA

Saturday, March 9, 2024

9 AM Start Time

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StageCoach Bandits Improv Show

Registration is open for After School Theatre Classes and
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THE COURTS AT THE NATURE CENTER, 21907 CLAIREBORNE PKWY, BROADLANDS VA 20148

Separate Nest Syndrome: How To Cope When Your Pre-Teen Or Teen Doesn't Want To Spend Time With You

Submitted By: Dr. Michael Oberschneider, Founder and Director of Ashburn Psychological and Psychiatric Services

There is certainly a lot written on the Empty Nest Syndrome, the period of grief that many parents feel after their grown child leaves home, but there are far fewer articles on how parents can best navigate their pre-teen or teen's journey toward independence while still living at home.

The journey from childhood to adulthood is marked by significant emotional and developmental milestones, one of which is the onset of the "Separate Nest Syndrome." This term captures the essence of a phase in a pre-teen or teen's life where they begin to assert their independence, often distancing themselves from their parents and family. The period can be challenging for parents who might feel a sense of loss, confusion and rejection as their once dependable and engaging child starts to pull away. It's a natural evolution in the parent-child relationship, but it can stir up complex emotions for both parties.

It's not uncommon for pre-teens or teens to spend more time in their room or with friends (in person or virtually) and less time communally as a family member, and that can occur in several ways. From pre-teens or teens not wanting to sit down for family meals or not wanting to participate in family activities, to their not even wanting to go on fun family vacations.

While this stage of parenting is understandably a difficult one emotionally for parents, it's important to remember that the quest for independence in pre-teens and teens is a fundamental aspect of their growth – your pre-teen or teen isn't selfishly doing this to you, they're doing this for themselves as part of their development.

It's during these years that our growing children start to carve out their identity, separate from their family. This process involves exploring personal interests, values, and relationships outside of the family unit. The preference for spending time with peers is a healthy developmental sign since friends provide a mirror through which pre-teens and teens can see themselves as individuals, distinct from their role in the family.

In the era of digital connectivity, social media platforms like TikTok have become a ubiquitous part of pre-teen and teen life. These platforms offer more than just entertainment; they provide avenues for self-expression, community building, and identity exploration. While as parents, it might seem that your pre-teen or teen prefers these platforms over family time, it's important to understand that they are using

these spaces to navigate the complexities of social interactions and self-discovery in a digital age.

So, how do we as parents manage the emotional bruising that can occur when our pre-teen or teen pulls away from us or the family? The separate nesting phase of parenting is a time for parents to come to terms with and accept their own feelings of loss or loneliness while appreciating that their pre-teen or teen's independence is a sign of healthy growth. Recognizing and respecting this transition, and not over personalizing it, is the first step in maintaining a positive relationship during this changing time.

Keep in mind too that in any healthy and important relationship communication is key. Thus, it's essential to talk openly with your pre-teen or teen about the changes you're both experiencing. Approach conversations with empathy, an open mind, and a loving heart, ensuring that your pre-teen or teen feels heard and understood. Remember, it's not just about voicing your feelings but also about listening to theirs.

Working together to create the new normal is also a good idea, so during this phase of development finding shared activities is crucial. Engaging in shared interests can bridge the growing gap between your pre-teen or teen and you, providing opportunities for bonding without forcing them into unwanted family time. Be it a shared hobby, a TV show, or a sports event, these activities can foster a sense of connection. As the old proverb goes, "If you can't beat them, join them," so inviting your pre-teen or teen's friends to activities will also likely be a supportive and welcomed move on your part. As you strive to explore and discover activities that both you and your pre-teen or teen can enjoy, the closeness you were missing may likely return in satisfying ways.

It can also be beneficial to preserve family-centered moments, (i.e. family dinners), which give you deliberate time with your pre-teen or teen. Car rides are also a great time to connect with your pre-teen or teen since you have them captive when dropping them off or when picking them up from places.

It's also important to keep things in perspective. Although the separate nesting phase of development may feel bad at times, it doesn't mean that you will no longer see or spend any time with your pre-teen or teen. Rather, it means that the amount of time

Separate Nest Syndrome continued on page 22

BROADLANDS HOA EVENTS COMMITTEE

ST. PATRICK'S DAY BLOCK PARTY



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PARKING LOT**

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ACTIVITIES & ENTERTAINMENT

SATURDAY, MARCH 16TH

3:00PM – 6:00PM

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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 Newsletter@broadlandshoa.com.

ASHBURN TOASTMASTERS

Holding Online Meetings. Please contact our VP of Membership, vpm-703053@toastmastersclubs.org, for the URL to join our meetings. Check our website, ashburn.toastmastersclubs.org for meetings calendar.

BRAMBLETON LADIES GOLF LEAGUE

We are an 18-hole ladies league open to women golfers of all levels. We play on Monday mornings from April through October at Brambleton Golf Course in Ashburn, VA. We also play several major tournaments throughout the season and have fun games each week. You may choose to walk or ride. Starting Tee Times: Apr-May 8:30am / Jun-Jul-Aug 8am / Sep-Oct 8:30am. Sign up at brambletonladiesgolf.org or call Sara Carlin at 703-723-3000.

BROADLANDS EVENTS COMMITTEE

Broadlands has many events throughout the year that need volunteers. All you need to do is show up and be ready to have fun! Plus, volunteering is a great way to get to know your neighbors. *The next meeting will be March 13th at 6:30pm.* All Meetings will be virtual unless otherwise noted. For more information and the zoom link, email Crystal Boswell, events manager, at events@broadlandshoa.com.

BROADLANDS LIVE! COMMITTEE

The Broadlands Live Committee is planning the 2024 concert series. The committee relies on volunteers to help make the concert season a success. Email Jason at BroadlandsLive@broadlandshoa.com to volunteer.

CUB SCOUTS & SCOUTS - BSA

The Cub Scout program is designed for children grades KG-5, and Scouts BSA from grades 6-12. Troop 2970 (<http://troop2970.com>) meets at Our Savior's Way Lutheran; Troop 1154 (<https://ashburntroop1154.trooptrack.com>) meets at Eagle Ridge MS; Cub Scout Pack 1483 (Pack1483.org) meets at Hillside ES; and Cub Scout Pack 1484 (Pack1484.org) meets at Mill Run ES. To learn more about us, please visit BeAScout.org.

GIRL SCOUTS

Girl Scouts provides leadership training through STEM, outdoor experiences, skills badges, community service and entrepreneurship. For more information, please visit girlscouts.org.

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 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 Kirsten Barger at miller.kir@gmail.com or ashburnmomsclub@yahoo.com.

MOMS IN PRAYER - BRIAR WOODS

Briar Woods moms are invited to join us to pray for our children and staff at our high school. We currently meet in person every other Tuesday, 5:00pm-6:00pm 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.

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.



Separate Nest Syndrome continued from page 18

and how you spend that time will change. Balancing their need for independence with the desire for family time can be tricky, but it's important to give them the space and privacy to grow while also being there when they need you.

Also, as challenging as it might be to watch our children grow up and become more independent, this is also a phase of development where parents could encourage responsible independence as part of the changing narrative. Supporting your pre-teen or teen's decisions and providing them with age-appropriate responsibilities could serve to foster a sense of trust, respect and renewed closeness. Asking your pre-teen or teen for help around the house, knocking down home projects together, or participating in community service opportunities or volunteering as a family are great ways to connect.

Even with effort, patience and acceptance, the separate nest phase of parenting can still be a difficult time to get through. If you find it to be especially challenging to navigate this phase, seeking support from other parents is probably a good idea. Sometimes, gaining perspective from others in similar situations can provide comfort and practical strategies for coping. Seeking support from a mental health professional can also be helpful if needed.

Okay, okay just like the Empty Nest Syndrome isn't a clinical diagnosis, the Separate Nest Syndrome isn't one either. It's a fitting term I've coined to describe the very real feelings and natural phenomena that occur when our children begin to outgrow childhood.

This phase of development is a pivotal phase for both a pre-teen or teen's life and a parent's life. It's about adapting to a new dynamic in your relationship, where you support your pre-teen or teen's journey towards independence while maintaining a meaningful connection. Embracing this phase with patience, understanding and good communication can transform these challenging years into an enriching experience for both you and your pre-teen or teen. Remember, whether your child is 2, 14 or 35, he or she will always need you; and, appreciating how they need you differently throughout their development is what's most important.

It is true that the present is powerfully shaped by the past. But it is also true that circumstances of every stage of development can shake up and revise the old arrangements. And it's true that insight at any age keeps us from singing the same sad songs again.

— Judith Viorst

Spring Native Plant Sale at Morven Park

April 13th, 9:00 am - 3:00 pm

Native plants add beauty and interest to your garden year-round and provide an important habitat for wildlife. Loudoun Wildlife Conservancy's Native Plant Sale is the place to buy spring-blooming flowers, vines, trees, shrubs and ferns from four local native plant nurseries: *Hill House Farm & Nursery*, *Nature By Design*, *Seven Bends Nursery* and *Watermark Woods*.

The sale takes place at Morven Park's visitor parking lot (access via main entrance on Old Waterford Road) in Leesburg. Nursery owners will be available to provide expert advice, along with knowledgeable volunteers from Loudoun Wildlife Conservancy. If you have boxes for carrying your plants, please bring them. If you have extra boxes, bring them for others to use.

Community groups including the Loudoun County Master Gardeners and Virginia Master Naturalists, will share information on their programs and how to support local wildlife with native plants. The sale also provides an opportunity to learn more about Loudoun Wildlife Conservancy's programs. Questions: contact nativeplantsale@loudounwildlife.org.

St. Theresa's Donut Sundays

Donut Sunday at Saint Theresa Catholic Church
Please join us for Donut Sunday on March 17th from 7:30am-12:30pm.

This is a great opportunity to meet new people, serve others, develop new friendships and create memories.

We will be serving Dunkin Donuts, Coffee, OJ, Apple Juice, Bagels & Cream Cheese, Croissants, Muffins, Fruit, Yogurt Parfaits, Avocado Toast and much more!

Here is what the community is saying:

- A great event to bring families together. Very pleasant experience all around.
- Everyone was so nice and friendly. Breakfast was delicious.
- Bringing the community together! Thank you
- Great food spread, very friendly volunteers, great tasting food 1000/10 very happy, made my day.
- The decorations and the variety of donuts, snacks, beverages, and muffins/bagels were great!

If you would like to volunteer or donate for Saint Theresa's Donut Sunday, contact Angela Haberland at angela.haberland@gmail.com. Saint Theresa Church is located at 21371 St. Theresa Lane, Ashburn



SPRING

EGGSTRAVAGANZA

Saturday, March 30th

10:00am - 12:00pm

Hillside Park, 43051 Waxpool Road

Please walk or park at the Community Center and Stonehouse parking lots

The parade will begin promptly at 10:00am on the path next to the Community Center. Follow Peter Cotton Tail as he makes his way through the tunnel to Hillside Park where there will be eggs to hunt.

~Stick around afterwards to enjoy attractions~

Baskets are provided by the HOA

~Until baskets run out~

Limit eggs to 10 per child

~So every child gets some~

In the event of inclement weather visit our furry friend at the Community Center to take photos and collect eggs

This free event is for broadlands residents only

Broadlands Tennis and Pickleball



Junior Spring Break Camp, March 25-29

Camp will run 9a-4p Mon-Fri

Cost is \$500 for full day or \$350 for half day (9a-1p)

Early drop off at 815a for \$10 per day

Late pick up at 445p for \$10 per day

Typical camp schedule (just an example, camp may not follow this exact set up) -
 9a - dynamic warm-up
 915 - drills and point play situations/games
 12p - lunch
 1230p - mental training talk
 1p - match play
 3p - athletic fundamentals/physical conditioning
 345p - cool down stretch
 4p - end of day

Sign-up using the court reserve app

*camp will run even if it rains. We will utilize the community center for indoor activities should that happen



Director of Tennis and Pickleball Jason Goldman-Petri
 410-382-8889. JGP@bluechiptennis.net



Women Giving Back's mission is to support women and children in crisis on a first step to stability by providing quality clothing at no cost, assisted by a caring and committed community.

2024

MARCH—APRIL DONATION GUIDELINES

During March and April, donations may be dropped off at the Southern Walk Pool entrance, the **Truck Show on April 20th or any of the other Ashburn Cares locations listed at Broadlandshoa.org/Outreach.**



**Truck Show Info &
More Drop Off Locations**
BROADLANDSHOA.ORG/OUTREACH



MOST NEEDED ITEMS

- ✓ Children's Shoes (all sizes)
- ✓ Children's Clothing (infant to teen boys)
- ✓ Women's Shoes (especially sizes 5-7)
- ✓ Women's Clothing (XS & XXL+ (sizes 22-30))
- ✓ Women's Pajamas
- ✓ Maternity Wear
- ✓ Diapers (sizes 5+6)
- ✓ Baby Wipes
- ✓ Prom Boutique...special request for gently used prom dresses, shoes, and accessories such as jewelry and clutches

In the interest of the health/safety of the families we serve, we cannot accept used socks, underwear, swimsuits, hosiery, and bath robes; household goods; opened diapers, toiletries and makeup; nor baby gear of any kind (e.g., stuffed animals, play structures, strollers, car seats)

**For full details on how you can help,
please visit
womengivingback.org**



ITEMS WE ACCEPT

- ✓ Casual Clothing
- ✓ Professional Clothing
- ✓ Shoes (like new)
- ✓ Maternity Clothing
- ✓ Pajamas
- ✓ Athletic Wear
- ✓ Evening Attire
- ✓ Socks (new only)
- ✓ Underwear (new only)
- ✓ Bras (like new)
- ✓ Coats + Jackets
- ✓ Purses / Bags / Backpacks
- ✓ Jewelry
- ✓ Scarves
- ✓ Medical Scrubs
- ✓ Diapers (sizes 5+6)
- ✓ Baby Wipes
- ✓ New Unopened Makeup + Toiletries

Women Giving Back, Inc. is a 501©3 non-profit. Federal Tax ID # 32-0464606

BROADLANDS TRUCK SHOW

**Saturday
April 20, 2024
12pm-3pm**

**Southern Walk Pool
Parking Lot
43081 Village Dr**

FEATURING SERVICE VEHICLES

FIRE ENGINES, AMBULANCES, LC SHERIFF CRUISERS, TRASH TRUCKS, SNOWPLOWS, LANDSCAPING VEHICLES, THE LIFE SAFETY TRAILER, THE SEAT BELT CONVINCER, AND MUCH MORE!!



EVENT BENEFITS WOMEN GIVING BACK

A collection bin for donations to WGB will be placed at the entrance to the Southern Walk Pool. Donations may be dropped off during the months of March & April, with the last day for donations on April 20th at the Truck Show.



SEE DONATION LIST AT BROADLANDSHOA.ORG/WGB



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FREE EVENT—OPEN TO THE PUBLIC

Questions? Julie@broadlandshoa.com



Briar Woods Athletic Boosters Club Mulch Sale

Support Briar Woods Student Athletes by purchasing your spring mulch from the Boosters Club! Mulch orders will be delivered right to your driveway! (20148 addresses only)



Mulch Delivery Day: Saturday, March 16th, 2024
9:00am - 1:00pm

Order Deadline: Thursday, March 7th, 2024

Questions:

Email us at events@bwboosters.org

3 Cubic Ft. bags of high quality shredded hardwood mulch



2 Cubic Ft. bags of high quality BLACK mulch



Take your pick - \$6 per bag!

Delivered directly to your home by appreciative student athletes

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Loudoun Water (customer service)	571-291-7880
Loudoun Water (after hours)	571-291-7878
Poison Control	800-222-1222
State Police	703-771-2533
Washington Gas	703-750-1000

BROADLANDS COMMUNITY

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HOA Streets	703-729-9704
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Trash Pickup (Patriot Disposal)	1-703-257-7100

Southern Walk HOA – Verizon FiOs Gigabit Internet Contract:

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Verizon Activation (SWHOA Only)	1-800-501-1172
Verizon FiOS Bulk Technical Support 24x7.....	1-888-553-1555
SWHOA FiOS Contract General Information	SWHOA.COM

PUBLIC INFORMATION

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Health Department.....	703-777-0236
Library (Ashburn).....	703-737-8100
Loudoun Transit.....	703-771-5665
Loudoun Hospital	703-858-6000
Miss Utility.....	800-552-7001
Metro.....	202-637-7000
Parks and Recreation	703-777-0343
Loudoun County Commuter Services.....	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
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

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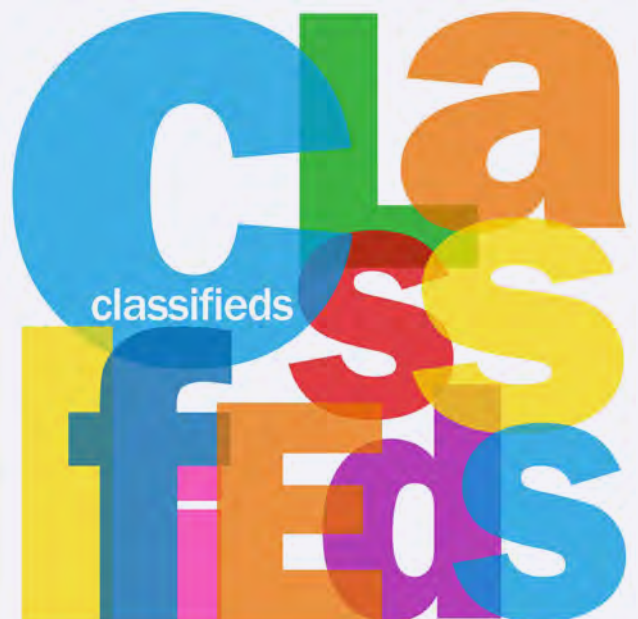
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Healing Conversations Group is a virtual psychotherapy practice specializing in anxiety, depression, career burnout, relationship conflicts, and perinatal/postpartum mood disorders. We are in network with most major insurances including TRICARE. Call us at 703-662-1649 or email hello@healingconversationsgroup.com to learn more.

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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.
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** - \$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 Stassa Collins at stassacollins@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.

Broadlands Blast

Interested in getting up to date community news in between monthly newsletters? Sign up for our e-bulletin, the Broadlands Blast, online at broadlandshoa.org in the upper right corner on our website.

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.

Go Paperless

Go Paperless and Opt Out of hard copies of this monthly newsletter. If you would like to receive electronic copies only of this newsletter, please email OptOut@broadlandshoa.com and be sure to include your property address. You will no longer be mailed a hard copy, but will be emailed a link to the online version. This option saves money and valuable natural resources such as trees. We encourage all residents to enroll in paperless newsletters.

Broadlands Community Info

BROADLANDS ASSOCIATION, INC. TEMPORARY LOCATION:

43360 Rickenbacker Square, Broadlands, Virginia 20148

Main: 703-729-9704

broadlandshoa.org

General Mailbox: info@broadlandshoa.com

HOA Office Hours:

HOA staff is generally available via phone or email from 9:00am to 5:00pm, Monday-Friday, appointments recommended.

ASSESSMENT INFORMATION OFFICE

FirstService Residential: Payments and Resale Docs

Assessments: 703-385-1133 Fax: 703-591-5785

fsresidential.com ♦ ar.dcmetro@fsresidential.com

Mail Payments To:

FirstService Residential P.O. Box 30403 Tampa, FL 33630-3403

BROADLANDS ASSOCIATION STAFF & CONTRACTORS

General Manager: Sarah Gerstein ♦ sarah@broadlandshoa.com

Covenants Manager:

Suzan Rodano ♦ covenants@broadlandshoa.com

Covenants Inspector:

Anders Isaksen ♦ anders@broadlandshoa.com

Modifications and Resale Manager:

Robin Crews ♦ rcrews@broadlandshoa.com

Modifications Assistant & Pool Registrar:

Amy Streater ♦ amy@broadlandshoa.com

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Stassa Collins ♦ stassacollins@broadlandshoa.com

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Natalie Ihanainen ♦ Newsletter@broadlandshoa.com

Aquatics Director and Community Outreach Coordinator:

Julie Holstein ♦ julie@broadlandshoa.com

Events Manager:

Crystal Boswell ♦ events@broadlandshoa.com

Receptionist & Community Center Rentals:

Joanne Hang ♦ joannehang@broadlandshoa.com

BOARD OF DIRECTORS

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COMMITTEES

Broadlands Live Concerts:

Jason Pualoa ♦ broadlandslive@broadlandshoa.com

Events: Crystal Boswell ♦ events@broadlandshoa.com

Modifications: Robin Crews ♦ rcrews@broadlandshoa.com

Swim Team: broadlandsswimteam.org

Technology: Dawne Holz ♦ deholz@icloud.com

Racquet: BroadlandsTennis@gmail.com

Advertising Directory

EDUCATION/INSTRUCTION/LESSONS

Edlin School	20
Primrose School at Broadlands	32

ENTERTAINMENT

StageCoach Theatre Company	15
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HOME SERVICES

Academy Door & Control	31
Augustine Roofing	31
Hodges Windows and Doors	10
Decksapes of Virginia	16
Outdoor Lighting	2
P&M Contracting	15
Service Specialties Inc. (SSI)	16
Virginia Ground Covers	20
Wildwood Landscaping Services	10
Zampiello Paint Contractors, Inc.	2

PETS

Stream Valley Veterinary Hospital	31
Wild Birds Unlimited	32

PROFESSIONAL SERVICES

Lori Christ CPA, LLC	15
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REAL ESTATE

Gallardo Real Estate Group	32
Griffin Owens	15

STORAGE

Morningstar Storage	20
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TRANSPORTATION

Loudoun County Transit	2
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Photo courtesy of Shimpa Dongare

BROADLANDS

Newsletter Advertising Rates and Sizes

COLOR DISPLAY ADS

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 Vertical: 3.75" wide x 10.16" tall			
• Full Page	\$1000	\$900	\$850
7.66" wide x 10.16" tall			

INSIDE COVER PLACEMENTS (Contact for Availability):

• Quarter Page (3.75" wide x 5.00" tall)	\$250	\$225	\$210
• Half Page	\$450	\$425	\$400
Horizontal: 7.66" wide x 5.00" tall Vertical: 3.75" wide x 10.16" tall			
• Full Page	\$1050	\$950	\$900
7.66" wide x 10.16" tall			

OUTSIDE COVER PLACEMENTS (Contact for Availability):

• Quarter Page Horizontal Banner	\$275	\$250	\$240
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			
• Full Page	\$1050	\$950	\$900
7.66" wide x 7.50" tall or 8.50" wide x 8.25" tall			

SUBMISSION INFORMATION FOR DISPLAY ADVERTISERS

- For inquiries, please contact Jeff Walter via email at jwalter@e-gcg.com or 703-818-2700. You may also visit broadlandshoa.org/newsletter
- Email camera ready ad in PDF format to jwalter@e-gcg.com. Ad must be in the 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.



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