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Official Newsletter of the Broadlands Homeowners Association





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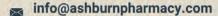


#### WHO WE ARE

We're your friendly neighborhood pharmacy. I'm Mo, the pharmacist, and my amazing wife, Rasha, is the powerhouse behind the scenes and on social media. We're a local, family-owned business dedicated to serving our community with personalized care and top-notch service. Swing by and say hello - we can't wait to meet you!

#### **BECOME A NEW PATIENT**

571-479-4125



43150 Broadlands Center Plaza STE 150

Ashburn, VA 20148



# BROADLANDS



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# Board of Directors Upcoming Virtual Meeting Tuesday, July 9th - 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 June 11th Virtual Meeting Highlights

- Approved the minutes of the May 14, 2024 Board Meeting
- Did not take action on a resident request to clean sidewalks
- Did not take action on a resident request to trim trees
- Approved a trampoline screening appeal
- Approved the proposed amended Design Guidelines for townhouse decks
- Approved the proposed amended Design Guidelines for lighting
- Approved the proposed amended Design Guidelines for landscaping
- Appointed Jennifer Crane as the Conservation Landscape Committee Chair
- Approved an agreement with LoopUp for cloud telephone services
- Approved a playground maintenance proposal from Playground Patrol
- Approved a proposal from Wagner Sports to colorcoat the Stillwater (section 92) tennis courts
- Approved a proposal from Wagner Sports to crackfill and colorcoat the Broadlands Station (section 200) tennis court
- Approved a tax services agreement from Porter & Lasiewicz for IRC Section 501(c)
   (4) tax exemption application services
- Partially approved two violation fee waiver requests
- Held one hearing and assessed violation charges for outstanding violations in accordance with the Virginia Property Owners Association Act
- Discussed a letter from SWHOA regarding Open Band equipment
- Discussed the Blue Chip Tennis Academy Management Agreement

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 https://broadlands.connectresident.com. Owners will need to enter their account number, which can be found on their monthly coupon stubs.

# **JULY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	World UFO Day	Modification Subcommittee Meeting 7:00pm - Virtual	Independence Day HOA Offices Closed No Trash/Recycling Services	5	National Fried Chicken Day
World Chocolate Day	8	Cow Appreciation Day HOA Board Meeting 6:00pm - Virtual	Modification Subcommittee Submissions Due 12:00pm Newsletter submissions due - 12:00pm Events Committee Meeting 6:30pm - Virtual	All American Pet Photo Day Float Night 5:00pm - SW	Bingo 6:00pm - CC	13
Bastille Day (France) National Mac And Cheese Day	15	World Snake Day	Modification Subcommittee Meeting 7:00pm - Virtual	18 Nelson Mandela Day	19	20
21	Southern Walk HOA Board Meeting 7:00pm - CC	23	Cousins Day	Float Night 5:00pm - SW	Summer Olympics Starts	27
Parents' Day	29	International Day of Friendship	National Avocado Day Modification Subcommittee Submissions Due 12:00pm		EQUAL HOUSING OPPORTUNITY	

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

## **Projects and Innovations**

The HOA office buzzes with activity year-round, and summertime amplifies the hustle and bustle with the sun stretching its rays over and heightened utilization of our three pools, extensive trail network, bustling playgrounds, and other amenities. Alongside the routine tasks, summer brings a flurry of projects to our doorstep, from refreshing pools and buildings to rejuvenating tennis and basketball courts and enhancing landscaping, each adding its own vibrant brushstroke to our community canvas. This season is no exception, as we've added several exciting endeavors to our platter.

Progress on the Nature Center conversion has been steady albeit punctuated by unforeseen challenges, yet we remain optimistic about reopening the facility, promising a rejuvenating space for staff to better serve the community. At Southern Walk pool, fresh whitecoat and elegant coping stones breathe new life into the facility, while over at Summerbrooke Pool, a revitalizing facelift included a new beach entry and a freshly cleaned and painted building. We've also made notable changes to our older facilities, the Community Center and Community Center Pool, which benefited from stone column refurbishment, all new windows, and a snazzy coat of paint in the same shade as the Nature Center. Over at the Hillside Park tennis courts, the addition of pickleball courts and nets reflects our dedication to catering to diverse recreational interests. Meanwhile, contracts are executed to revitalize the Villages and Broadlands Station tennis courts with crackfill and color coating later this summer.

Our collaboration with developers and engineers continues as we navigate bond releases for the Demott & Silver phase 1 and Hillside developments, ensuring the integrity of the infrastructure before accepting ownership and maintenance responsibility. Exciting technological upgrades are on the horizon, including a new phone system for the HOA office and a transition to a new payroll and HR provider. Additionally, we're diligently updating the reserve study for all HOA-owned components to ensure prudent financial planning.

Innovation takes center stage as we prepare to introduce an Artificial Intelligence assistant, poised to deliver swift and comprehensive responses to resident inquiries around the clock. Furthermore, we're pursuing 501(c)4 tax status with the IRS to reduce our tax liability.

Amidst these ambitious endeavors, we remain steadfast in our commitment to delivering essential services such as pool pass processing, modification application processing, covenants enforcement, facilities management, contract oversight, budgeting, newsletter publication, event coordination, and beyond. The summer season may be ablaze with activity, but rest assured, we're dedicated to ensuring a seamless and enriching experience for our community members.

Cheers,

## Sarah

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

# **Share Your Milestones** and Ideas

Broadlands Our Neck of the Woods monthly newsletter appreciates our residents' input to the newsletter and the wonderful photos you have submitted. We would love for you to keep submissions coming whether it be photos, a creative writing piece, an idea for a new column, any general interest news article you want to share, celebrate a milestone or even a restaurant recommendation.

Articles should be about 300 words and submitted in MS Word doc format. Photos should be submitted in high quality resolution (min 300dpi). Articles are edited and published at the discretion of the association and are subject to space availability; submission does not guarantee publication.

Email your suggestions, articles and photos to Newsletter@broadlandshoa.com and include a description in the subject line.





# Red, White & Boom

From parades and celebrations to spectacular fireworks displays, there are plenty of ways to celebrate Independence Day in Loudoun County.

# July 3

**★ Parade, Fireworks, & Fun Park • 5:30pm-10:00pm • Lovettsville** 

## July 4

- ★ Celebration & Fireworks 5:00pm-10:00pm Franklin Park Purcellville
- ★ 4th Fest Claude Moore Park 10:30am-3:00pm Sterling
- ★ Independence Day Celebration Park 6:00pm-10:00pm Middleburg
- ★ Independence Day Parade 11:00am-1:00pm Purcellville
- ★ Sparks in the Park Morven Park 6:30pm-9:30pm Leesburg
- ★ Independence Day Parade 10:00am-12:00pm Leesburg
- ★ Live Concert & Fireworks Ida Lee Park 6:00pm-10:00pm Leesburg
- ★ Fireworks Show Lansdowne Resort 5:00pm-10:00pm Leesburg







### **Ask About Our Current Promotions!**

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# **JUNE 6 • JUNE 20 • JULY 11 • JULY 25**



# **Southern Walk Pool** • 5:00 pm - 9:00 pm Bring your floats and join us for games, music & float night fund

Float nights are free to Broadlands Pool Members & their guests. A valid pool pass is required for entry. Only beach ball type balls permitted. Pool management reserves the right to restrict the number of floats in the pool at any given time, as well as floats that may present a safety risk.



# Keep Pets Safe in the Heat How to keep animals cool when temperatures soar

**Sourced From: The Humane Society** 

The summer months can be uncomfortable - even dangerous - for pets and people. It's difficult enough simply to cope with rising temperatures, let alone thick humidity, but things really get tough in areas that are hit with the double blow of intense heat and storm-caused power outages, sometimes with tragic results.

We can help you keep your pets safe and cool this summer. Follow our tips for helping everyone in your family stay healthy while hot.

#### **Practice Basic Summer Safety**

#### **NEVER LEAVE YOUR PETS IN A PARKED CAR**

Not even for a minute! Not even with the car running and the air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die. Learn how to help a pet left inside a hot car, www.humanesociety.org/resources/what-do-if-you-see-pet-parked-car by taking action or calling for help. Local law enforcement can follow this handy guide on how to proceed, www.humanesociety.org/sites/default/files/docs/investigating-heat-related-death.pdf.

#### **Watch the Humidity**

"High humidity amplifies the negative impact of high temperature on your pet—and in combination, these factors magnify the danger zone," says Dr. Barbara Hodges, DVM, MBA, of the Humane Society Veterinary Medical Association. "When animals pant, moisture from their lungs evaporates and helps reduce their body heat. But high humidity conditions hamper that process and their ability to cool themselves, and their body temperature can skyrocket—rapidly—to dangerous, or even lethal, levels." Taking a dog's temperature will quickly tell you if there is a serious problem. Dogs' temperatures should not reach over 104 degrees. If your dog's temperature does, follow the instructions below for treating heat stroke.

#### **Limit Exercise on Hot Days**

Take care when exercising your pet. Adjust the intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours, and be especially careful with pets with white-colored ears, who are more susceptible to skin cancer, and shortnosed pets, who typically have difficulty breathing. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

#### Don't Rely on a Fan

Pets respond differently to heat than humans do. (Dogs, for instance, sweat primarily through their feet.) And fans don't cool off pets as effectively as they do people.

#### **Provide Ample Shade and Water**

Any time your pet is outside, make sure they have protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat—in fact, it makes it worse.

#### **Cool Your Pet Inside and Out**

Whip up a batch of quick and easy DIY pupsicles for dogs. And always provide water, whether your pets are inside or out with you. Keep your pet from overheating indoors or out with a cooling body wrap, vest or mat. Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if they enjoy a cooling soak.

#### **Watch for Signs of Heatstroke**

Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure and unconsciousness.

Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs—like boxers, pugs, shih tzus and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

#### **How to Treat a Pet Suffering From Heatstroke**

Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to their head, neck and chest or run cool (not cold) water over them. Let them drink small amounts of cool water or lick ice cubes. Take them directly to a veterinarian.

#### **Prepare for Power Outages**

Before a summer storm takes out the power in your home, create a disaster plan to keep your pets safe, www.humanesociety.org/resources/pet-disaster-preparedness from heat stroke and other temperature-related trouble.



## **Fireworks Safety**

#### Submitted by Loudoun Fire and Rescue, Public Education Division

Each year, as Fourth of July festivities approach, the Loudoun County Fire Marshal's Office reminds residents to start planning for a safe holiday. According to the Consumer Product Safety Commission, in 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks-related injuries and children younger than 15 accounted for more than one-third of those injuries.

# REMEMBER, THE SAFEST WAY TO ENJOY FIREWORKS THIS YEAR IS TO WATCH A COUNTY APPROVED DISPLAY.

If you choose to use fireworks, **PROCEED WITH CAUTION** and follow these safety tips:

- Purchase legal consumer fireworks from a local business or roadside stand possessing a fireworks retail permit from the Loudoun County FMO.
- In Loudoun County, permissible consumer fireworks, namely sparklers and ground-based fountains, are legal to possess and use on private property.
   These fireworks have been tested to ensure they meet the Consumer Products Safety Commission's requirements.
- Consumer fireworks that rise into the air, explode, travel laterally on the ground or emit projectiles

are illegal to possess or use anywhere in Virginia. Possession and/or use of these materials is a Class 1 Misdemeanor.

- For backyard displays using legally permissible consumer fireworks, wet down the area. Ground- based fireworks should be placed on open, stable, flat surfaces, keeping onlookers 20ft. away.
- Only competent adults should ignite and supervise the use of fireworks. Adults should supervise the use of sparklers as they burn at a temperature of more than 1,200 degrees, hot enough to cause severe burns and ignite clothing. Keep children from running while using sparklers.
- Used fireworks should be placed in a metal container, soaked with water, and allowed to cool overnight in a location that is at least 15 ft. away from any building or structure. Re-check the container in the morning to ensure nothing is smoldering, then properly dispose of the wet materials.
- Never pick up fireworks that were "duds' or did not fire, as they may still be active!
- Wait 20 minutes and treat as spent fireworks, soaking overnight and placing in a metal container with a lid, away from any structure.



# 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
June 26th	July 3rd
July 10th	July 17th
July 31st	August 7th
August 14th	August 21st
August 28th	September 4th

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.



# **Attention Tenants with Pool Passes**

If your lease will be expiring this summer and you plan to renew or extend your lease, please provide an updated Absentee Owner Statement (AOS) signed by the property owner and a copy of the new lease or lease extension. This will allow us to update our records, including pool pass accounts. Tenant pool passes will expire at the end of the lease term unless there is an updated AOS and lease/lease extension on file in our office.

To ensure pool passes remain valid for the entire pool season, please submit the updated documents as soon as possible. You can do so by emailing the AOS and lease/lease extension to info@broadlandshoa.com. You can find the AOS form at broadlandshoa.org/tenant-information. Please allow three (3) business days for processing of all submissions.

Please note that lifeguards and pool assistants cannot provide this service at the pools. New tenants will need to submit an AOS and lease and register for virtual pool passes at broadlandshoa.org/amenities/pool. Please allow 3 business days for processing of all submissions. Access to the pools will NOT be granted until proof of residency and photos have been submitted and processed.

# **Broadlands Live! Volunteer Opportunity**

We are gearing up for our Broadlands LIVE concert series this summer and need volunteers to help out on concert days. Check out the website for the link to sign up and volunteer. www.broadlandslive.com.

## No Trash or Recycling Will be Collected on Thursday, July 4th/ Independence Day

Please be advised that our offices will be closed and no services will be provided on Independence Day, Thursday, July 4th. Services will resume on your next regularly-scheduled pickup day.

Please contact us at customerservice@ patriotdispoalservices.com or by phone at 703-257-7100, option 5, if you have any questions.

Thank you for allowing us to service you.

Your Patriot Disposal Team





## Declaration of Independence

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

## **SWHOA July News**

Next Meetings Scheduled: Monday, July 22, 2024 (In-Person)

#### 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.

To obtain copies of approved minutes, log into your account on FirstService Residential Connect. Owner access to the site is by registration at http://southernwalk.connectresident.com.

# SOUTHERN WALK MONTHLY ASSESSMENTS REDUCED!

As of June 1, 2024

2024 SWHOA Assessments have been reduced to \$20 per month that started June 1, 2024 for the remainder of the year. **There will be no change to the FIOS internet services provided by Verizon.** 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

A copy of the Approved 2024 Budget was mailed to the membership. Owners may also find a copy of the approved budget on the Connect Resident Portal.

#### **BOARD OF DIRECTORS**

**General Inquiries** 

Laura Marshall, Property Manager - info@swhoab.com

#### **President**

Shashi Aadipudi - president@swhoab.com

#### **Vice President**

B. Shekar Setty - vicepresident@swhoab.com

#### **Treasurer**

Michael Simpson - treasurer@swhoab.com

#### Secretary

Dinesh Jadhav - secretary@swhoab.com

#### **Director**

Harish Viswanathan - director2@swhoab.com

#### Director

Anil Yeddu - anilkyeddu@yahoo.com

#### Director

John Otte - ottejv@gmail.com

## July Covenants Corner

The Covenants Department strives to find ways to communicate with our residents in a caring manner, creating partnerships and collaborations. As such, we have implemented new violation procedures hoping to create a better experience for everyone involved.

Over the years, we have had many questions as to why we mailed printed violation letters rather than emailing or calling the homeowners concerning violation issues. We hear you and are acting based on your comments. Whenever a violation issue is noted on a property for the first time, a Friendly Reminder Notice is emailed directly to the homeowner (if we have your email address on file) with the violation attached. If no email address is on file for the property, then a mailed letter must be sent. For second and third notices, both an email and a mailed letter are sent to the resident. Sending notices via email expedites the delivery process. The email also gives you an immediate vehicle to communicate with us to discuss the issue. The biggest problem we have with this system is that we do not have all of your email addresses. If you only receive a mailed letter for a violation and no email, that means we do not have your email address on file. Please provide us with your email address at: Covenants@broadlandshoa.com as soon as possible so we can update your records for any future covenants communications.

Another change we have implemented is to issue a separate letter for every violation noted on a property. We have found that setting up communication this way not only allows us to cite the correct reference from our governing documents, but also allows us to track each violation on an individual basis so we can close out violations that are resolved and, at the same time, monitor the ones that have yet to be resolved.

Lastly, homeowners frequently request recommendations for contractors. We cannot provide a list of contractors, however, we recommend you consider one of our advertisers or classifieds in this publication or visit our forums.

The Broadlands advertiser forum can be found at:

www.broadlandshoa.org/hoaforum/index.php?forums/broadlands-advertisers-forum.21/ or the homeowners Corner at: www.broadlandshoa.org/hoaforum/index.php?forums/homeowners-corner.13/

I hope you have found this Covenants Corner to be informative. Our dedicated covenants department consistently strives to improve collaboration with our homeowners, always aiming to maintain harmonious relationships. It is our hope that residents take pride in being part of our esteemed community.

Broadlands is our cherished oasis, a place we are fortunate to call our own.

Thank you,
The Covenants Team

## **Summer Lawn Mowing Tips**

Summertime is here and it's a good time to analyze your lawn mowing habits to ensure a healthy lawn through the potential drought and heat. When cutting your lawn, you want to think about mowing at a height of 3-4". The height of a healthy lawn will help suppress the amount of weeds in the lawn. It is important to remember not to cut more than 1/3 the length of the blade at a time. A stressed lawn is not a happy lawn, so it's best to take it easy and give your grass a chance to thrive.

# 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 July 10th at 6:30pm. For more details, please contact events manager, Crystal Boswell, at events@broadlandshoa.com.

## **Saint Theresa Donut Sundays**

#### Please join us for Donut Sunday at Saint Theresa's on July 14th

From 8:30am-12:00pm (noon)

The mission of the Donut Sunday Program is to bring people together, create a community and serve others. To date, we have served over 5,700 in Loudoun County. Attendance has grown by 231% in 7 months.



We will be serving Dunkin Donuts, Coffee,

OJ, Apple Juice, Bagels & Cream Cheese, Croissants, Muffins, Fruit, Yogurt Parfaits and much more!

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

Saint Theresa Catholica Church is located at: 21371 St Theresa Lane, Ashburn VA 201477 www.sainttheresaparish.com

If you would like to volunteer, please email: angela.haberland@gmail.com.



## **Sun Exposure**

## Source: Centers for Disease Control and Prevention, cdc.gov/travel/page/sun-exposure

You are at an increased risk of the sun's harmful ultraviolet (UV) rays when traveling near the equator, during summer months, at high altitudes, and between 10:00am and 4:00pm. You can even be exposed to UV rays on cloudy days! Reflection from the snow, sand, and water increases sun exposure, so protect yourself from the sun during outdoor activities, including skiing (snow or water), spending time at the beach, swimming, and sailing.

#### **Protect Yourself from the Sun**

- Stay in the shade, especially during midday hours (10:00am to 4:00pm).
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Drink plenty of non-alcoholic fluids.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen.
  - Use SPF 15 or higher.
  - Look for "blocks UVA and UVB" or "broad spectrum" on the label.
  - Apply sunscreen liberally (minimum of 1 ounce) at least 20 minutes before sun exposure.
  - Apply sunscreen to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
  - Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
  - If you are also using insect repellent, apply sunscreen first and repellent second. Sunscreen may need to be reapplied more often.
  - Throw away sunscreen after 1-2 years.
- Avoid indoor tanning. Getting a "base tan" before your vacation damages your skin and doesn't protect you from sun exposure on your trip.

#### **Treating a Sunburn**

- Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever.
- Drink plenty of water, and soothe burns with cool baths or by gently applying cool, wet cloths.
- Use a topical moisturizing cream or aloe to provide additional relief.
- Don't go back into the sun until the burn has healed.
   If skin blisters, lightly bandage or cover the area with gauze to prevent infection. Don't break blisters (that would slow healing and increase the risk of infection). Apply antiseptic ointment if blisters break.

## Seek medical attention if any of the following

- Severe sunburn, especially if it covers more than 15% of the body.
- Dehydration.
- High fever (above 101°F).
- Extreme pain that lasts more than 48 hours.



**JULY 12, 2024** 

# BROADLANDS COMMUNITY CENTER 43004 WAXPOOL RD

DOORS OPEN AT 6:00PM EACH ATTENDEE MUST GAME STARTS AT 6:30PM PURCHASE A TICKET

\$7 GAME ENTRY INCLUDES A SLICE OF PIZZA AND A BEVERAGE

**ONLINE REGISTRATION:** 

FIRSTSERVICERESIDENTIAL.MYEVENTS CENTER.COM/BROADLANDS

**BROADLANDS RESIDENTS AND THEIR GUESTS ONLY** 

## The Fun and Games of Breath Holding - What You Never Knew About Shallow Water Blackout

- On Wednesday, September 17, 2014, at a YMCA pool, a 24-year-old man blacked out after repeatedly holding his breath underwater for long periods of time. A lifeguard recovered him from the pool, but the man never regained consciousness. He died in the hospital the following day.
- On Saturday, December 26, 2015, at a YMCA pool, a 21-year-old man blacked out after holding his breath for an extended period of time while swimming laps. A lifeguard and bystanders recovered him from the pool, but the man never regained consciousness. He was pronounced dead on the pool deck.
- On Sunday, March 20, 2016, at a YMCA pool, a 43-year-old man blacked out after repeatedly holding his breath underwater for long periods of time. A lifeguard recovered him from the pool, but the man never regained consciousness. He was pronounced dead that evening.

Many of our residents (frequently children) enjoy seemingly innocent games of holding their breath underwater. These are normally done either to play/ swim underwater or compete against one another to see who can hold their breath the longest. Whether playing with friends or challenging themselves, people young and old take on the challenge. While this age old pastime may seem perfectly harmless, it can easily turn into a deadly game. The problem is that swimmers take several deep breaths quickly in succession and forcefully exhale to try to extend the amount of time their breath can be held. This may result in hyperventilation. This is an extremely dangerous practice that can easily lead to shallow water blackout, or the unexpected passing out of someone underwater because there isn't enough oxygen in the blood. Hyperventilation and breath holding trick the body into thinking that it has more oxygen than it does and anyone can blackout. Most blackout victims have no prior medical conditions, they are physically fit, and there is no warning. Swimmers will not struggle to reach the surface; they will simply go unconscious. For these reasons, our guards are trained to put a stop to these games by whistle blowing and speaking to those partaking in this type of activity.

Shallow Water Blackout, also known as Hypoxic Blackout, is killing swimmers all over the country. At least 5 swimmers have died since 2008. At least 18 more have been successfully rescued after losing consciousness following extended breath holding— incidents which

could easily have ended in a fatal result had they not been identified in time. During this same amount of time, 5 children who could not swim died from drowning in YMCA pools—the equal number of deaths seen from Shallow Water Blackout.

For more than a decade, the aquatic safety community has been highlighting the dangers of Shallow Water Blackout. Broadlands Association and High Sierra Pools have banned this practice in our swimming pools. It is important to note that USA Swimming, the largest competitive swimming organization in the world with more than 360,000 participants now bans hypoxic training for competitive swimmers. So does the American Red Cross and the YMCA. The reason why many people are unaware of this particular problem is that when someone dies of Shallow Water Blackout the Coroner simply states "drowning" as the real cause and the problem is swept under the rug. Genetic Drowning Triggers like Long Q-T, RyR2, and seizure disorders are all precipitated by prolonged breath-holding that is competitive and repetitive. As Dr. A.J. Craig stated more than 50 years ago after having watched his Princeton Swim Team Cocaptain kill himself, "One breath, One Time; One Length, One Time."

- Never swim alone. Even when lifeguards are present, swim with a buddy.
- Do not attempt long underwater swims or timed breath-holding.
- No breath-holding competitions, either for time or distance.
- Never hyperventilate prior to swimming.
- Don't resist the urge to breathe: always come up for air when your body tells you to.

# **Ashburn Volunteer Fire and Rescue News**

• July 23rd - Volunteer Interest Meeting: 7:00 to 9:00pm at Station 6, Ashburn Road. Gear up and become part of the action! Administrators are needed as well. Enjoy complimentary training, provided uniforms, and personal protective gear. Benefits include tax savings, retirement benefits, tuition assistance, free training, and much more. Visit www.joinavfrd.com for further details

#### **Save the Date For:**

- September 24th Broadlands Rotary 9-Hole Golf Tournament Fundraiser
- October 5th Open House 12:00pm 4:00pm Follow us on social media:

Instagram: @avfrd

Facebook: www.facebook.com/AVFRD

For more info visit: ashburnfirerescue.org/events/





# The Power Of Patience: The Importance Of Guiding Your Teen Through Emotional Growth Without Losing Your Cool

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

The teenage years are a critical period of emotional development. During this time, teenagers experience rapid changes in their bodies, brains, and social environments. These changes can often lead to emotional turbulence, confusion and poor choices/behaviors. As a parent, understanding the developmental challenges faced by your teen is the first step to providing him or her helpful and loving guidance and support.

While the teenage years can be a challenging parenting time, remember that your son or daughter is going through a lot as they begin to age out of childhood on their journey toward young adulthood. Developmental experts view adolescence as an unfolding identify formation process which involves questioning and often rejecting previously accepted norms and values. The pursuit for a more mature identity can result in mood swings, heightened sensitivity, and a desire for independence that might come across as rebelliousness or withdrawal. For teenagers, hormonal changes also play a significant role in emotional expression, often leading to avoidance, increased irritability and even emotional outbursts.

Much of the research on teen development has shown that patience is the cornerstone of effective parenting. It involves not just waiting passively but actively engaging with your teenager in a calm and supportive manner. Patience helps build a trusting relationship where the teenager feels understood and valued, rather than judged or dismissed.

When parents exhibit patience, they model emotional regulation and resilience for their teenagers. Modeling is crucial because teenagers learn a lot about handling emotions and about how they want to be in the world from observing their parents. Responding to your teen's emotional outbursts or difficult behavior with patience can de-escalate conflicts and open up important lines of communication.

There are several practical strategies for supporting teen emotional growth, with the following being some of the most important ones: active listening, validation, setting clear and loving boundaries, encouraging a healthy expression of emotions, providing consistent support and modeling healthy emotional behavior.

#### **Active Listening**

Active listening is one of the best ways to support a teenager. This means giving your son or daughter your full attention and acknowledging their feelings without immediately jumping in with advice or criticism. Reflective listening, where you repeat back what they have said in your own words, can help them feel heard and understood.

#### Validation

Validate their feelings, even if you don't agree with their perspective. Saying something like, "I can see that you're really upset about this," shows empathy and understanding. Validation doesn't mean you condone their actions but that you acknowledge their emotions as real and important. You can always help your son and daughter with actionable steps to resolve a problem after, but validation is the best way to start.

#### **Setting Clear and Loving Boundaries**

While it's important to set boundaries, doing so with empathy makes a significant difference. Explain the reasons

behind your rules and listen to their input. When teens understand the rationale behind rules or restrictions, they're more likely to respect them.

#### **Encouraging A Healthy Expression of Emotions**

Encourage your teen to express his or her emotions in healthy ways. This might include talking about their feelings, engaging in creative activities like art or music, or physical activities like sports, which can be a good outlet for pent-up emotions.

#### **Providing Consistent Support**

Consistency in your reactions and support helps teenagers feel secure. Knowing they can count on you to be there for them, regardless of the situation, builds trust and reinforces their emotional stability. If you want to be the first person your son or daughter turns to (now and later in life) when they're struggling, being consistently supportive – over being corrective or punitive – will serve to make that happen.

#### **Modeling Healthy Emotional Behavior**

Demonstrate how to handle emotions constructively and share your own experiences and coping strategies when appropriate. This transparency helps demystify emotional struggles and shows teens that it's normal to have emotional ups and downs.

Keep in mind that having patience and understanding as a parent during the teenage years can lead to long-term benefits for a teenager's emotional development. Teens who feel supported and understood are more likely to develop strong self-esteem and emotional resilience. They learn to trust their feelings and are better equipped to navigate future challenges.

Moreover, the skills they acquire during their teen years -- such as emotional regulation, effective communication, and empathy -- are invaluable in later adult relationships and in professional settings. By providing a stable and understanding environment, you as a parent are laying the foundation for your teen to grow into an emotionally healthy, resilient and capable adult.

In conclusion, guiding teenagers through their emotional development requires a deep well of patience and a commitment to understanding their many unique challenges. By actively listening, validating their feelings, setting empathetic boundaries, encouraging healthy emotional expression, providing consistent support, and modeling healthy behaviors, parents can significantly influence their teen's emotional growth. So, the next time you feel yourself becoming upset with your teen, instead of reacting or stating a corrective point or simply punishing, I instead encourage you to take a few deep breaths. Reflecting on a difficult moment or situation with your teen more deeply and then leaning in with loving support is the way to go.

Being a teenager is as difficult as living with one. And we've all been there. Perhaps that's the reason we're so hard on them.

 $\sim$  Melvin Burgess







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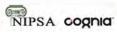
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AUGUST 24TH 6:30PM-9PM SOUTHERN WALK POOL 43081 VILLAGE DRIVE

ALL CURRENT 2024-2025 6TH, 7TH,

AND 8TH GRADE BROADLANDS
RESIDENTS ARE WELCOME!

MIDDLE SCHOOLERS CAN ONLY ATTEND BY REGISTERING!

VALID POOL PASS IS REQUIRED!

NO PARENTS ALLOWED UNLESS YOU ARE VOLUNTEERING!

BROADLANDSHOA.ORG/MSPOOL-PARTY-2024









This donation drive will benefit the non-profit organization "Keep Loudoun Beautiful" whose mission is to maintain the natural beauty and visual quality of Loudoun County.

ALL STYLES OF FOOTWEAR, INCLUDING NEW, GENTLY USED, USED AND UNWEARABLE SHOES, SNEAKERS, RUBBER SOCCER CLEATS AND RUBBER BASEBALL CLEATS

**COLLECTION BINS WILL BE LOCATED AT ALL 3 POOLS** 

QUESTIONS? EMAIL JULIE@BROADLANDSHOA.COM





## **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 JUGGLERS**

The Ashburn Juggling Society meets monthly at the Ashburn Library from 7:00pm to 9:00pm. Meetings are casual and open to jugglers of all skill levels and ages. We can teach anyone! The monthly meeting dates vary so visit www.ashburnjuggling.club for the next scheduled meeting. Email info@ashburnjuggling. club for questions.

#### **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. 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 July 10th 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. This year's concert dates are August 2nd, September 6th and October 4th. The committee relies on volunteers to help make the concert season a success. Email Jason at BroadlandsLive@broadlandshoa.com to volunteer.



#### **BROAD RUN DEMOCRATS**

Come join the Broad Run Democrats! We are a group of likeminded, civically engaged neighbors of all stripes who care about our community. Some of the things we do are: write postcards supporting candidates and voting, discuss current Loudoun County issues, promote candidates via social media, Phone Bank/Text bank, Canvass/Knock on doors, talk to elected officials about issues important to us, work at a polling place handing out sample ballots. We meet on the last Monday of every month. For more info, please email Cory Brunet at cbrunet2@yahoo.com.

#### **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 who 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.

# TENNIS AND PICKLEBALL ADULT SOCIAL



JUST BRING 27 JULY SAT A POTLUCK 1TEM! 6PM-8PM

**REGISTRATION:** 

WWW.COURTRESERVE.COM/ONLINE/PORTAL/INDEX/9662

\*For more info e-mail broadlands@bluechiptennis.net



### **Tennis and Pickleball News**

A Message From the Tennis and Pickleball Director, Jason Goldman-Petri, Blue Chip Tennis

#### Tennis and Pickleball Tip of the Month:

Topspin is used in both tennis and pickleball. Topspin is when the ball spins forward as it goes through the air. This creates a downward force that makes the ball drop which is helpful for numerous reasons. Strategically you can use spin to help when hitting the ball hard so the ball doesn't go too far and therefore out. You can use it to create a ball that dips down low to someone's volley, making for more difficult net play. You can also use it to create better angles for making opponents run, and you can use it to create a more challenging upward bounce. Because topspin is used so much, it is a very important skill to master. If you aren't hitting with spin you'll definitely want to begin implementing this great skill into your repertoire.

#### **Upcoming Events:**

#### July 27th - 6:00pm - 8:00pm, Adult Tennis and **Pickleball Social**

Come join us for a night of fun social doubles. You can sign up for either tennis or pickleball. We will have a doubles round robin match play, music, prizes, food and fun! This social is free for Broadlands HOA residents, everyone please bring a food or beverage item as a potluck style event to help make the evening even better.



swing. Our 2nd 4-week session starts July 22nd so if you have not gotten yourself to one of our adult or junior clinics, make sure to sign up and make the best use of this weather.



We also have

plenty more weeks of summer camp for the kids. This year's full day option with the addition of pool time has been a really big hit with the kids, so make sure to get them signed up soon!

And even though we are in the middle of the summer, fall programming is right around the corner. We will be posting our fall program schedule soon so make sure to check Court Reserve for those updates.

Please check Court Reserve for all the details and to register.

#### **Community Spotlight: Stephanie Place**

Stephanie is highly involved in the tennis community at Broadlands but is also very involved in some great charity work. Stephanie sits on the Board of Directors and is Vice President for A Place to Be; A non-profit that creates community belonging through music therapy. She is on the Board of Directors of The ARC of Loudoun, a non-profit that serves to bring equality to people with disabilities. She is also the Grants Coordinator and founding member for 100 Women Strong, a Loudoun based organization that gives grants to local non-profits. Since 2008 they have granted over 4.6 million dollars. Stephanie is on the committee to build the USTA Mid-Atlantic foundations new facility and she is a long time volunteer of Equine Rescue League. Even with all this charity work Stephanie still finds time to captain multiple USTA league teams out of Broadlands. We are definitely lucky to have great

people like Stephanie in the community!



#### **BROADLANDS POOLS REGISTRATION**



#### Pool season runs Memorial Day Weekend to Labor Day!

If you have already registered for your pool passes, then you're good to go. If not, please follow the instructions to set up virtual passes for your household. You only need to register once, and your passes will remain active until your residency status changes.



STEP 1 - CREATE HOUSEHOLD ACCOUNT: Go to Cellbadge.com/Broadlands/register and under Initial

Add Request, enter the information as a primary resident to create your master household account. Please enter street number and name only, no suffix (i.e., Ct, Court, Ter, Terrace, etc.). Your request will be forwarded to HOA staff for validation. Please allow up to 3 business days for the initial approval to be processed. Once validated, you will receive a text/email indicating that your registration has been added but will remain pending until all 4 steps have been completed.

**STEP 2 – ACQUIRE PIN:** After receiving confirmation of your registration, return to the registration page, and follow the instructions under **Enter or Update Household Members**. Provide your credentials to receive a unique PIN via text/email to continue.

**STEP 3 - ADD HOUSEHOLD MEMBERS:** Enter PIN to access the **Household Members** page to add all household members, ages 5 and older. Be sure to select the appropriate "**Relation**" category when adding members:

- Owners select "Owner-xxx" for ALL household members regardless of age.
- Tenants select "Tenant-xxx" for ALL household members if the owner does not live at the property. Must have AOS/Lease on file.
- Apartment Renters select "Apartment-xxx" for all household members. Must pay first at broadlandshoa.org/pool.
- Nannies/Long-Term guests, select "Other-xxx" as applicable. Must pay first at broadlandshoa.org/pool.

Once finished, check the box to verify you have agreed to the facility terms and click **Complete Registration**. Upon approval (within 3 business days), you will receive a text/email indicating that *your Broadlands HOA registration has been accepted*, however, you must complete STEP 4 (pictures) to gain access to the pools.

#### STEP 4 - PICTURES: Email pictures of all household members aged 5 & up (adults must provide proof of residency):

- Email an \*acceptable photo (jpg or png format) of each member in your household to pools@broadlandshoa.com. Copies of driver's licenses should be used for 18+ members. Recent copies of headshots may be used for children under 18.
- Subject line of the email must be written as: "pool photos registered lastname" (i.e. pool photos Smith)
- Save and attach each photo separately to your email using the naming convention: "address.firstname" (i.e. 42001Ridgeway.Susan).
- All member names must correspond with registered names in your Cellbadge pool account to allow for proper import. Pictures will be
  processed within 3 business days.

#### \*What are acceptable photos and adult requirements?

- NO PHOTOS WITH HATS OR SUNGLASSES. NO GROUP PHOTOS. SINGLE HEADSHOTS ONLY. Lifeguards need to be able to identify members easily for speedy check-in.
- O Adults 18 and over are <u>required</u> to show proof of residency with a **copy of a driver's license** showing the picture, address, name, and date of birth. For security reasons, all other information can be crossed off. If the ID does not reflect the registered address, then settlement papers, utility bills, or a change of address card may be emailed.
- For children aged 5 and older, please email a <u>current</u> headshot or ID. Children aged 4 and under do not require photos.

#### -----ADDITIONAL INFORMATION-----

**ACCESSING THE POOL:** After staff upload photos and confirm your registration is complete, access the pools by checking in with the lifeguard by providing your name or address so they can access your "virtual ID card" in the system to allow entrance. **Once registered, no further action is needed in future pool seasons.** 

**GUEST VISITS:** 10 guest visits will be added to your household account each year at no charge. Additional guest visits can be purchased through our website at broadlandshoa.org/pool. Visits do not roll over to the next season. Only two (2) guests per member are permitted or a maximum of six (6) per household at a time.

**TENANTS:** You must have a <u>current</u> **Absentee Owner Statement (AOS) and lease** on file with the HOA before registering. Please see the information on our website under broadlandshoa.org/tenant-information.

**APARTMENTS:** Tenants of The Arbors and Van Metre Apartments must **purchase a household pool membership before registering** at broadlandshoa.org/pool-information.

HOURS, RULES & CLOSINGS: Please visit broadlandshoa.org/pool for information.

Questions? Email pools@broadlandshoa.com or 703-729-9704 press 4
Broadlands Association, Inc., 21907 Claiborne Parkway, Broadlands, VA 20148

June 2024



## **BROADLANDS POOL HOURS**

#### Pool Season Runs May 25th through September 2nd

2024 POOL HOURS	SUMMERBROOKE 21580 Demott Dr 703-724-9818	COMMUNITY 43008 Waxpool Rd 703-724-7830	SOUTHERN WALK 43081 Village Dr 571-223-1331
During School Hours (May 25-Jun 14)			
Monday – Friday	10:00am – 8:00pm	closed	4:00pm – 8:00pm
Saturday – Sunday	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm
Summertime Hours (Jun 15-Aug 21)			
Monday – Friday	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm
Saturday – Sunday	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm
Lap Swim (Monday – Friday only starting June 17th)		5:00am – 8:00am	
During School Hours (Aug 22-Sep 1)			
Monday – Friday	10:00am – 8:00pm	closed	4:00pm – 8:00pm
Saturday – Sunday	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm
Memorial Day (May 27)	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm
Labor Day (Sep 2)	10:00am – 8:00pm	11:00am – 8:00pm	12:00pm – 8:00pm

#### **Special Events & Swim Meets Affecting Pool Hours**

- Float Nights—Thursdays, June 6 & 20, July 11 & 25, 5:00pm-9:00pm, SW Pool
- Swim Meet—Wednesday, June 19—SW Pool closes early at 4:00pm
- Swim Meet—Saturday, June 29—SW Pool opening may be delayed
- ODSL End of Season Event—Saturday, July 20—SW pool closes early at 4:00pm
- Middle School Pool Party—Saturday, August 24, 6:30pm-9:00pm, SW Pool



## **Hosting A Birthday Party?**



For approval to host a pool party, members are required to fill out a Pool Party Request Form at least 5 days before the event. For details, contact Julie at <a href="mailto:pools@broadlandshoa.com">pools@broadlandshoa.com</a>. Please note that pools and decks are not reservable, and approval for parties is granted on a first-come, first-served basis, subject to factors such as occupancy, availability, and staffing. Pool parties are NOT permitted on the last day of school, during holidays, or on any holiday weekend. Pool Management reserves the right to restrict access at their discretion.

## Sheriff's Office Urges You to Follow the 9pm Routine

As a law enforcement agency dedicated to promoting community safety, the Loudoun County Sheriff's Office wants to remind you of the importance of good practices to keep yourself, your family, and your home safe. One of them is to make the 9 PM Routine a nightly habit.

The 9 PM Routine is a simple effective practice that involves four steps:

- 1. Remove all valuables and key fobs from your vehicles and lock them;
- 2. Close and lock your garage doors.
- 3. Lock your exterior doors and windows; and
- 4. Turn on exterior lights.

Although Loudoun County has the lowest overall crime rate in the metro region, one of the most common types of crimes we see is vehicle tampering and theft. In 2023, there were 542 thefts from vehicles, an increase of 19% over 2022. Many of these are thefts from unlocked vehicles parked on the street or in driveways.

By following the 9 PM Routine, residents of Broadlands can significantly reduce the risk of

becoming victims of thefts and break-ins at home.

A key aspect of the 9 PM Routine is to remove all valuables from your vehicle every time you exit, especially firearms. Leaving any valuables in plain sight makes your vehicle an easy target for vandalism. The temptation of valuables left in plain view is a lure that can also make the surrounding community less safe, especially if a firearm is stolen. Last year alone, 56 firearms were stolen from vehicles parked in Loudoun County. Remember, by making the 9 PM Routine a nightly habit, you will significantly reduce your vulnerability to home and vehicle break-ins and thefts.

To report a crime, make a comment, ask a question, or share a traffic or other concern or compliment, call the Sheriff's Office or visit our website at sheriff.loudoun.gov and look for the "Citizen Feedback," "Report a Crime," and "Report a Traffic Complaint" icons under the main photo. Together we can make Loudoun County an even safer place to live!



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# Free Summer Concert Series Hillside Park \$\frac{1}{2}\$ 43051 Waxpool Road

**\*** August 2nd & September 6th - 5:30-9:00pm **\*** October 4th - 5:30-8:00pm



2024 LINE UP

#### AUGUST 2nd 5:30 - Opening Act 6:45 - Hijynx

Top 40's/rock fun party band featuring today's popular dance and rock music, mixed with some hits from past decades.

#### SEPTEMBER 6th

5:30 - Opening Act 6:45 - 7 Deadlies Band

A combination of 90's classics, 2000's rock anthems, hip hop sing-a-longs, classic rock throwbacks, and top 40 dance pop classics.

#### OCTOBER 4th

5:30 - The Reflex

They'll rewind the clock and take you "back in time" by recreating the sounds, looks, and intensity of the best songs of the 80's.

**BROADLANDS LIVE!** offers the enjoyment of listening to cool tunes in our very own natural amphitheater. Bring your dancing shoes and enjoy the awesome vibes of all the performers! Bring your own picnic or let our

food truck vendors make your evening that much easier with a stress-free night of fun. Don't forget your blankets & folding chairs! In addition, there will be face painters and balloon animals from 5:30-8:00pm.

College Planning

# PRESENTING SPONSOR USAN LOCATION OF THE PROPERTY OF THE PROPE

tream Valley . , \* ++++

BYOB, but no glass premitted. Alcohol must be consumed in the beer garden.

Must be 21 years of age to consume alcohol 
100% ID check

This event is for Broadlands residents and their guests.

NO PETS ALLOWED | NO SOLICITING

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Broadlandslive.com

ENTERTAINMENT SPONSORS:



High Sierra



# Brambleton Library Programs

Crafter's Choice Book Club

**Location:** Meeting Room B

Date/Time: Monday, July 1st, 6:30pm

**Age Group:** Adults

**Description:** Read any book related to this month's theme, "The Music's Hot". At book club, we'll chat about what we read while making clothespin trivets. We suggest reading a book about music or musicians. Find out more at library.loudoun.gov/calendar.

#### **Cultivate a Meditation Practice**

**Location:** Meeting Room A

Date and Time: Thursday, July 18th, 7:00-8:00pm

Age Group: High School and Adult

Empower yourself with tools to navigate your day with greater calm and ease by learning about the different types of meditation with guided instruction by Gretchen Schutte.

#### **Live Music: Project Locrea**

**Location:** Meeting Room A

Date and Time: Friday, July 26th, 7:00-9:00pm

**Age Group:** All Ages

Description: Listen to a combination of sound and instrumentation influences from Bulgaria, Argentina, Peru, China, and Ethiopia with classical, jazz, and contemporary music conventions. Project Locrea strives to bring a better understanding and deeper connection between cultures.

## In Case You Need a Hand . . .

#### **NON-EMERGENCY**

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	800-222-1222
State Police	703-771-2533
Washington Gas	703-750-1000
<b>BROADLANDS COMMUNITY</b>	
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 Cont	tract:
Billing - Laura Marshall, FirstService Residential,	
laura.marshall@fsresidential.com	571-234-5475
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	
County Landfill	
DMV (VA)	
Health Department	
Library (Ashburn)	
Loudoun Transit	
Loudoun Hospital	
Miss Utility	
Metro	
Parks and Recreation	
Loudoun County Commuter Services	
Road Conditions	
School Board	
Street Signs/Storm Drains	
VDOT	
Van Metre Homes	
Wildlife Hotline (local)	
SCHOOLS -BROADLANDS	
	702 057 4400
Briar Woods High School	
Eagle Ridge Middle School	
Hillside Elementary School	
Mill Run Elementary School	571-252-2160



# EARLY EDUCATION/TUTORING MATH RESCUE 911:

We offer tutoring in Pre-algebra, Algebra I & II, Geometry, Trigonometry, Pre-Calculus, and Calculus. We also offer SAT and ACT prep. Tutor at your home or the library. May also do sessions on Zoom. Reasonable rates. Call or text Vincent Chu at (571) 379-3074; email is vchu\_911@ yahoo.com.

#### **HOME SERVICES**

#### **BROADLANDS HANDYMAN SPECIALIST:**

Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never-ending honeydo lists, to projects and much, much more. Including installation and repair of Roofing, Siding, Fencing, and Gutter Cleaning. Free estimates. Please contact Mike at P&M General Contracting: 703-862-0415; Mike. Rosario@verizon.net.

#### **HANDYMAN SERVICES:**

For repairs in your home. Small jobs and odds & ends. Plumbing, electrical, water heater replacement, bathrooms, and more...Free estimates. Call: 571-426-2126.

#### OXEN ACRES PROFESSIONAL LANDCARE:

New, veteran-owned landscaping and lawncare company offering a variety of outdoor services. Please visit www. oxenacres.com to see our services and promotions, and arrange for a free quote!

# MARKETPLACE/PROFESSIONAL SERVICES

#### **MARY KAY:**

Prevent Premature Skin Aging. Summer is here and so is the TimeWise Miracle Set to help reset the pace of skin's visible aging. The Miracle is packed with 14 benefits delivered in a system that delays aging, delivers results, and defends against environmental stressors to improve visible premature skin aging. For a complimentary skin care session or samples, contact Deborah Leben, at 703-217-4583 or deborahlebenmk@gmail.com to customize your gift today! Visit marykay.com/dleben.

#### **PERSONALIZED GUNSMITH SERVICES:**

Cleaning, servicing, and after-market modifications for pistols, shotguns, and carbines from a certified gunsmith at Precision Firearms Training & Gunsmith Services LLC. Please contact Joe at 703-431-5108 or by email at pftgservices@gmail.com.

#### **REAL ESTATE**

#### **PRIVATE OFFICES FOR RENT:**

Broadlands/Ashburn. One Page Lease. Month-to-Month or Longer. \$300 To \$495 per Month. One Month Security Deposit Required. Landlord is an Associate Real Estate Broker in Virginia. Contact Lonnie Stock at 703-201-8579 or llsre@aol.com.



# BROWNS

#### **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

**Director of Resident Services:** 

Stassa Collins \*stassacollins@broadlandshoa.com

**Newsletter Editor:** 

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**

President: David Baroody ◆ dm.cmb@outlook.com, 703-729-6785

Vice President: Eric Bazerghi ◆ eric@thehouse.net, 571-207-6505

Secretary/Treasurer: Dawne Holz ◆ holz.d@icloud.com, 703-362-6727

Directors:

Andre Deazle ◆ 646-729-5973 Kay Dillon ◆ 703-405-4750 John Gallagher ◆ 703-927-6319

John Horner ◆ 703-723-2333 William Kolster ◆ 703-858-2459

Jason Pualoa • 703-340-9828

#### COMMITTEES

**Broadlands Live Concerts:** 

Jason Pualoa ◆ broadlandslive@broadlandshoa.com

**Conservation Landscaping Committee:** Jennifer Crane ◆ email TBD

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**

Primrose School at Broadlands
<b>ENTERTAINMENT</b> StageCoach Theatre Company

#### **HOME SERVICES**

Augustine Roofing	l
Deckscapes of Virginia 17	7
P&M Contracting	
Pond Roofing	7
Service Specialties Inc. (SSI)	5
Zampiello Paint Contractors, Inc	2

Academy Door & Control ...... 11

#### **INSURANCE**

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#### **MEDICAL**

MEDICAL	
Ashburn Pharmacy 2	

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Lori Christ CPA, LLC	31
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#### **REAL ESTATE**

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# 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)	PRICE	PRICE 6+ Months	PRICE 12+ Months
INSIDE PLACEMENTS:	to Month	Prepaid Discount	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 Availabilit	ty):	
• 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			
<b>OUTSIDE COVER PLACEMENTS (Conta</b>	ct for Availab	ility):	
• Quarter Page Horizontal Banner 7.66" wide x 2.75" tall	\$275	\$250	\$240
• Quarter Page (3.75" wide x 5.00" tall)	\$275	\$250	\$240
Half Page		\$455	\$435
Horizontal: 7.66" wide x 5.00" tall			
• Full Page	\$1050	\$950	\$900

#### 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.

7.66" wide x 7.50" tall or 8.50" wde x 8.25" tall

- 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.







## "Modern Medicine, Hometown Hospitality"

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Let us triage and We'll "Better the Bond" treat or stabilize!

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Furry, feathered or scaled pet not feeling well? We will be their doctor too.



Hours of Operation Monday - Friday: 7 AM - 7 PM Saturday: 8 AM - 3 PM

Sunday (boarder pick up only): 5 PM - 7 PM









703.723.1017 42902 Waxpool Road Ashburn, Virginia 20148 www.streamvalleyvet.com



#### Lori Christ, CPA LLC

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- ✓ Small Business Set up
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Lori@LoriChristCPA.com \* 703-304-5173

Certified Public Accountant Serving Northern Virginia Enrolled to Practice before the IRS

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Honey-Do-Lists, Projects, & Much More! Installation & Repair of Roofing, Siding, Fencing, and Gutters!

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Contact Mike at 703-862-0415 or Mike.Rosario@verizon.net

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# BROADLANDS

21907 Claiborne Parkway Broadlands, VA 20148





