

NEW CLUBHOUSES | SPRING CHECKLIST | LOCAL EXPERIENCES

# *the* Quarterly

LOUDOUN VALLEY II

23443

LVII  
LOUDOUN VALLEY II

SPRING 2017

# Your On-Site Team



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**CESAR VERALA**

Janitorial



## Other Important Contacts

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Speeding Complaint Hotline 703.771.5798

## The Quarterly

### March 2017/Volume 2/Issue 1

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Please check the website for legal and official notices, minutes, etc. or come by the HOA offices for any requested documents. Call to set up a date and time for viewing any records or documents.

Loudoun Valley II  
43100 Barnstead Dr. Ashburn, VA 20148  
703.723.4819 | LoudounValleyHOA.net

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**SPRING 2017**



Two new clubhouses  
to open in May!

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# YOU'RE INVITED TO OUR NEW RESIDENT ORIENTATION

**Welcome to the neighborhood!** Learn all about living in the Loudoun Valley II community. Don't miss your chance to meet the on-site management team. Light refreshments will be served. Please email the HOA Office at [r.gill@cardinalmanagementgroup.com](mailto:r.gill@cardinalmanagementgroup.com) to RSVP.

You may also pick up your gym access fob at this time. If you choose to do so, please bring proof of residency AND a check for deposit (\$20/fob).

The next orientation date:

**Wednesday, April 26th**  
**6:00 pm-7:00 pm**  
**Main Clubhouse**  
**43100 Barnstead Drive**



## ENJOY THE NEW LVII POOLS!

We are so excited to have our new pools opening on Memorial Day weekend. We know all of you will enjoy many opportunities this summer to meet neighbors, soak up some sun on the deck, and take a dip.

Please review our updated

**POOL REGULATIONS** at

[LoudounValleyHOA.net](http://LoudounValleyHOA.net) or call the HOA office to schedule a time to review on site or make alternate arrangements to review.

08: Spring Fest  
26: New Resident Orientation  
29: Spring Yard Sale

MAR

APR

# SAVE THE DATE

LV II hosts numerous activities each month, including kids classes/camps, fitness programs, 21+ parties, a variety of clubs, and much more!

Make sure that you are signed up for the weekly HOA e-mail blast, which provides important notifications and event information. If you have any questions regarding events, please contact the **Lifestyle Office** at 703.726.6205.

Please check the full Events Calendar online at **LoudounValleyHOA.net** for date rescheduling and confirmation.

MAY

27: Polynesian Pool Party



*Valued Customer,*

In response to the industry-wide change in yard waste collection, effective March 1, 2017, Republic Services will no longer service yard waste in plastic bags – clear or dark. Yard waste should be placed in reusable containers or biodegradable paper bags, which can be obtained at many area grocery stores as well as home improvement retailers. We will service up to 10 bags/containers and/or bound bundles of limbs and branches that are 4ft and under and bound with rope or twine.

GRASSCYCLING, MULCHING, and COMPOSTING are wonderful methods of recycling yard waste. Please visit [loudoun.gov](http://loudoun.gov) for more information on alternate methods of recycling your yard waste.

Sincerely,

**Republic Services HOA Team**



# Spring Yard Sale

**Saturday April 29th 8am-12pm**

It's time for spring cleaning! To participate  
please register online.  
[www.loudounvalleyhoa.net](http://www.loudounvalleyhoa.net) > Events Calendar

# DEFINING COMPLIANCE

By Jalisa Dade, HOA Assistant Manager

## Compliance /kəm'plīəns/ n.

**Synonyms:** consent, conformity, acquiescence, amenability, deference, observance

The act or process of complying to a desire, demand, or proposal.

### HOW CAN I HELP MAINTAIN THE AESTHETICS OF THE COMMUNITY?

Trash, parking, pet waste, and yard maintenance violations can detract from the overall aesthetics of the community. It is important for everyone to maintain and take pride in their homes. The community is periodically toured for compliance. If you receive a violation notice, please take the time to correct the issue. This not only helps maintain the integrity and visual appearance of the community, but it is required by the rules of the HOA.

### HOW CAN I ENSURE MY HOME IS IN COMPLIANCE?

Spring has arrived and is a great time to clean up! Take a look around the outside of your home for areas that may require special attention. If you need a refresher on the rules of the community, check out the “Resource Center” on [LoudounValleyHOA.net](http://LoudounValleyHOA.net)



### WHY IS COMPLIANCE IMPORTANT?

Everyone working together to maintain the beauty of the community will not only keep Loudoun Valley II a desirable place to live but protect your biggest investment—your home! If you see a neighbor in need of some assistance, extend a helping hand.

You can even win a \$100 gift card by maintaining your lawn and keeping it in compliance! If you are interested in showing off your beautiful property, visit page 22 and enter the “Yard of the Season” contest.



# Nurturing Cooperation and Teamwork in Young Children

Cooperation and teamwork are important life skills that can contribute to professional and personal success, so parents and educators should encourage these behaviors as early as possible. Learning and practicing cooperation at a young age is also shown to increase self-esteem and motivation, help foster emotional health and result in greater sensitivity and trust with others.

At Primrose, we believe who children become is as important as what they know. That's why our exclusive *Balanced Learning*® approach emphasizes character development and life skills, like cooperation and teamwork, along with intellectual, creative and physical skills. Nurturing a balance of these important developmental areas can help ensure that children are prepared for school and for life.

"We want children to learn to work well with others as a way of life," said Mike Hummer, Franchise Owner of Primrose School at Moorefield Station. "We help children develop this skill by facilitating experiences that encourage them to work together and by modeling behaviors they can imitate. We also partner with parents so cooperation is reinforced in the classroom and at home."

► **At Primrose,  
we believe who  
children become  
is as important as  
what they know.**

Every day, there are numerous opportunities to demonstrate what cooperation and teamwork look like to children through fun and purposeful lessons and activities. At Primrose School at Moorefield Station, teachers model positive behavior and teach children about different character traits with the help of our Primrose Friends puppets. Primrose Friend Katie® the cat helps children learn about cooperation and developing friendships. With Katie's help, Primrose teachers read books that emphasize cooperation, and Katie encourages children to think of real examples of cooperation to make connections to their own lives.

As part of our Mud Pies® nature program, children practice essential skills for teamwork, such as patience, planning and responsibility, as they tend to a Primrose Patch garden. Children discover the exciting world of science and ecology by exploring the garden and working together to identify seeds, bulbs, soil and plants.

Every Primrose child — infant to Kindergartener — also participates in our Rhythm and Notes® music program. Songs, dances and musical games enhance children's creative and intellectual development, and children learn to work together by clapping in unison, listening to one another and sharing instruments.

**Create an environment for learning. Cooperation and teamwork can seem like big concepts for little ones to grasp, but with the right approach, parents and educators can set the stage for these skills early on.**

Learn about the **Primrose Schools® *Balanced Learning*®** approach and **Primrose School at Moorefield Station** by visiting **PrimroseMoorefieldStation.com** or calling **703-726-9306**.

**High-Quality  
Preschool  
Experiences  
Lead to Future  
Success in School  
and Life**



**Balanced  
Learning®**





# PET ETIQUETTE GUIDE:

## SCOOP THE POOP



Keeping pet waste off the ground is an important responsibility held by all pet owners. If not addressed, the presence of waste can quickly become a major point of conflict among neighbors. In fact, it is the single most talked about problem in homeowner association and community manager board meetings across the country.

Managing pet waste takes an entire community. Here are some simple tips for both pet owners and non-pet owning residents alike to help keep doggie doody from bringing your community down:

### Keep an eye out.

If you notice pet waste accumulating in certain areas, let your community manager know about it. These are called “hot spots,” and they tend to attract more waste the longer they go unaddressed.

When taking your dog for a walk, always **keep a couple doody pickup bags with you**. Even if you don't expect Fido to go, you never know. Or a neighbor may need to borrow yours.

### Make use of community pet waste stations.

If you have suggestions for additional station locations, send them to your community manager.

**If you forget a bag** and your dog does do his business, head to the nearest pet waste station for a bag, then go back and pick it up.

**If you find a station in disrepair** or in need of servicing, notify your community manager. Most repairs are simple fixes.

## So what's the big deal?

Keeping pet waste off the ground protects the environment, your family and the community. In 1991, dog waste was labeled a non-point source pollutant by the Environmental Protection Agency, along with herbicides and insecticides; oil, grease and toxic chemicals; and acid drainage from abandoned mines. According to the EPA, two or three days' worth of droppings from a population of about 100 dogs can contribute enough bacteria to temporarily close a bay and all watershed areas within 20 miles to swimming and shell fishing.

Unattended waste can also harm your health. While many of us don't realize it, dog waste often carries bacteria, worms, and other parasites that can be transmitted directly to humans and make them sick.

*Article Sourced from DoodyCalls*



# SPRING *Fest* 2017

**Saturday, April 8th**

12-3PM • Egg Hunt begins 1PM

**43100 Barnstead Drive, Ashburn VA 20148**

Must RSVP Online + Check-In Upon Arrival

FACE PAINTING • PONY RIDES • PETTING ZOO  
BALLOON ARTIST • EGG HUNT • POPCORN BAR



# COMMUNITY CLUBS

## Join the LVII Dinner Club!

### Dining In and Dining Out

→ **For the foodies out there** who are also interested in making new LVII friends, join Dining In and/or Dining Out, two food-related activities for adults!

Dining In themed dinners are held in the homes of LVII residents quarterly. Everyone brings a dish or two to share with the group. Throughout the past year, Dining In members have hosted a festive St. Patrick's Day themed dinner, a Cinco De Mayo party, an elaborate Christmas Holiday meal, an Oscar Awards banquet, and an outdoor Summer BBQ.

On the other hand, Dining Out dinners are held in local restaurants. Dining Out has visited Passion Fish, Black Finn Ameripub, and Barcelona, among others. What a fun way to experience new eateries!

Dining In is hosted on select Saturdays, and Dining Out is hosted on select Fridays. If you're interested in being included on the email list for Dining In and/or Dining Out, please email **Garima Singh** at [garima15@gmail.com](mailto:garima15@gmail.com). We look forward to feasting with you!



## LVII Professional Networking Group

The goal of the LVII Professional Networking Group is to create a think tank within the community targeting areas of HR, Finance, IT, Product Management, Marketing, Sales, and PR/Media in an effort to provide:

- Networking and referral opportunities
- Career management and career change counseling
- Opportunity to learn new skills or enhance an existing skill set

Several training workshops and presentations related to project management are conducted. Each month, a new topic of discussion unfolds! Members of this group are enthusiastic people who are willing to learn and help others learn. The group is still evolving. Please join us!

Meetings take place the last Thursday of each month in the Clubhouse. For more information, please contact **Garima Singh** at [garima15@gmail.com](mailto:garima15@gmail.com).

Upcoming LVII Professional Networking Group meeting dates:

<b>MAR</b> 30	<b>APR</b> 27	<b>MAY</b> 25
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## A Welcome

# Spring

*By Rippy Gill, HOA Site Manager*

Spring is just around the corner, and 2017 is already bringing some thrilling additions to the community. Not one, but two, fabulous Clubhouses and pools are being incorporated into Loudoun Valley II. We delight in seeing LVII grow, bringing in more “family” members (we love meeting everyone), and showing them how to enjoy the delightful lifestyle of those already here. If it has been a while since visiting the main Clubhouse, please stop in and re-introduce yourself. We love to spend time with residents and hear all about what’s new with you.



# SPRING CHECKLIST

*This winter has been a good time to hunker down. As the crocuses give way to daffodils and the trees begin to blossom and bud, prepare your home for spring. The steps you take now can help avoid costly maintenance and repairs later. Here's what to do inside and outside your home!*

- ☐ **Inspect the roof and gutters.** Check the roof for damage; it's been taking a beating all season. Then clear gutters of debris; a clog can lead to water damage.
- ☐ **Check the HVAC system.** Hire a professional to clean and service your system. You also should clean or replace filters; it'll help ensure your system is running efficiently, keep energy costs in check, and remove extra allergens from your home.
- ☐ **Clean and repair driveways, fences, decks, and patios.** Spray away salt, sand and deicers. Then fill any cracks, holes, or gaps.
- ☐ **Examine windows, doors, and seals.** Look for damage. Sealants can crack in extreme cold, leading to water damage and drafts. Clean the window panes, drapes, and blinds, too.
- ☐ **Inspect paint inside and outside.** Make any necessary paint repairs or try a fresh look. (Note: exterior color changes require approval.)
- ☐ **Replace smoke detector batteries.** If you didn't do this when daylight saving time began, do it now.
- ☐ **Steam-clean floors and carpets.** Remove salt, sand, and deicing chemicals.
- ☐ **Examine your chimney.** Hire a chimney sweep to check the exterior for damage and clean the flue.
- ☐ **Vacuum underneath and behind your refrigerator.** A dusty, dirty fridge increases electric bills.
- ☐ **Clean out the refrigerator, freezer, and pantry.** Toss expired foods, clean surfaces and reorganize.
- ☐ **Declutter closets.** Donate, repurpose, recycle, or set aside clothes for the LVII Spring Yard Sale on Saturday, April 29.
- ☐ **Prepare lawn equipment.** Make sure your lawn mower and weed whacker are clean, gassed up, and ready for the first

Not to mention there is so much offered here for your enjoyment. This spring, try to attend at least one community event, such as the annual Spring Fest on April 8th. Attend a fitness class, join a club, or register your kids for a class. Make spring 2017 the season that you get involved!



— 2 NEW —  
*Clubhouses*  
 on the way!



Evergreen Clubhouse



A children's play area



The Evergreen Clubhouse across from Stone Middle School



The Evergreen Fitness Center awaiting to be filled with gym equipment



The Evergreen Clubhouse pool In progress



Main Room in the Evergreen Clubhouse



Yes, a new Clubhouse coming our way at the Ridges!  
 Behind Stone Middle School



We are excited to share with you the progress on the construction of two new clubhouses—one on Festival Woods Terrace and the other on Legions Ridge Terrace. We expect both buildings to be open by May 5, assuming there are no weather delays.

At the Evergreen Clubhouse, we will be installing new fitness equipment, including four treadmills, two ellipticals, and two stationary bikes, as well as weight machines. Basically, you will have access to everything you need

for a full workout.

The Fair Ridge Clubhouse at The Ridges will feature a group exercise room, equipped with yoga mats and exercise balls.

And each clubhouse will have a club room with a pool table, shuffleboard tables, card tables, as well as a lounge area with a fireplace.

We know you are going to love these community areas. Stay tuned for more updates!



# Loudoun

By Kacie Ward, HOA Lifestyle Coordinator

# Spring Experiences

*"Spring is nature's way of saying LET'S PARTY"*

— Robin Williams

Flower buds are blooming, and the temperature is ever so slowly rising. It's the perfect time to come out of hibernation and enjoy the best that spring has to offer. Loudoun County is home to endless gardens, parks, and markets. Explore one today!



**Loudoun Co. Master Gardener Demonstration Garden:** If you come on a Tuesday or Thursday morning from mid-March to mid-October, Master Gardeners will be on-site to share gardening skills and answer your questions.

## Gardens to Enjoy

LEESBURG  
Virginia

**Loudoun Co. Master Gardener  
Demonstration Garden**  
60 Ida Lee Drive  
Leesburg, VA 20175

### OTHER LOUDOUN GARDENS

*Blooming Hill Lavender Farm*  
19929 Telegraph Springs Rd  
Purcellville, VA 20132

*Oatlands Historic House & Gardens*  
20850 Oatlands Plantation Ln  
Leesburg, VA 20175





## Hike, Bike, Picnic, & Play

*Elizabeth Mills Riverfront Park  
44105 Heron Way  
Lansdowne, VA 20176*

*This park features 122 acres of forest buffer that runs along the Potomac River. You can stroll along the riverfront trail, canoe downstream, or simply enjoy a quiet picnic.*

### OTHER LOUDOUN PARKS

*Claude Moore Park  
21544 Old Vestal's Gap Rd  
Sterling, VA 20164*

*Mickie Gordon Memorial Park  
23229 Carter's Farm Ln  
Middleburg, VA 20177*

## Eat Fresh & Local

*In season this spring: asparagus, broccoli, cabbage, carrots, garlic, peas, rhubarb, and strawberries. Get cooking!*



### LOUDOUN FARMERS' MARKETS

*Cascade Farmers Market  
21060 Whitfield Pl  
Sterling, VA 20164*

*One Loudoun Farmers Market  
20626 East Hampton Plaza  
Ashburn, VA 20147*

*Leesburg Farmers Market  
20 Catoctin Circle & Fairfax St  
Leesburg, VA 20175*



# MON

Tabata Bootcamp 5:00pm-6:00pm  
Kid's Yoga 6:10pm-6:50pm  
Yoga 7:00pm-8:00pm

# TUES

Zumba Express + Abs 11:00am-11:45am  
Pilates 6:30pm-7:30pm

# WED

Story Time Yoga 9:30am-10:15am  
Chair Yoga 10:30am-11:30am  
Zumba 7:40pm-8:40pm

# THUR

Zumba 8:00pm-9:00pm

# FRI

Tabata Bootcamp 10:30am-11:30am  
Yoga 12:00pm-1:00pm

# SAT

Yoga 7:00am-8:00am

# SUN

Functional Core 9:00am-9:45am

# FITNESS CALENDAR

## NEW!

## Fitness Classes Added for 2017!

Check the HOA Website for Details



Classes are subject to change. Please check the Events Calendar online at [LoudounValleyHOA.net](http://LoudounValleyHOA.net) for any updates or new offerings. Classes take place in the Clubhouse at 43100 Barnstead Dr. In addition to fitness classes, the gym is accessible with a key fob from 5am-11pm.

# JOIN US!

# FITNESS CLASSES

## Tabata Bootcamp

Check out this new type of high-intensity interval training, which is designed to get—and keep—your heart rate up and burn more fat in less time. This energetic class combines cardio with strength training and can be modified for various fitness levels.

## Chair Yoga

This yoga class is done seated in a chair. This practice is suitable for seniors, those with limited mobility, and those interested in a gentle practice. Various yoga poses will be modified allowing participants to experience greater support and stability while practicing yoga. Emphasis will be on deep breathing, gentle movement, balance, and the development of strength and flexibility.

## Functional Core

Exercising muscles around the core, this class provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports. It's the glue that holds everything together.

## Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Intensity can be increased over time as the body adapts to the exercises.

## Zumba Express + Abs

“Ditch the workout, join the party!” Zumba is a fitness program that combines Latin and international music with fun dance moves. Zumba Express + Abs is a shortened, 45-minute version of the class, which incorporates an abdominal cool-down session.

## And More!



# WINTER RECAP



St. Paddy's Day



Santa Visit



Santa Visit



St. Paddy's Day





Mardi Gras



Mardi Gras



Instructors at Fitness Expo



Fitness Expo - Zumba Demonstration for Residents

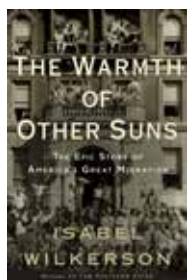


# BOOK CLUB

*By Ellen Grimley, Book Club Co-Chair*

The Loudoun Valley II Book Club has been in existence for 3 years. The club meets in the main clubhouse on the second Wednesday of each month at 7 pm. Membership is open to all adult residents, both male and female.

Each month, the group discusses one fiction or non-fiction book that the group chooses. Book titles are recommended by individual members and then voted upon by the entire book club. Below are the titles and dates for spring 2017. You're encouraged to join - even if you haven't had a chance to finish the current book!



**APRIL 12TH - 7PM**

## **THE WARMTH OF OTHER SUNS: THE EPIC STORY OF AMERICA'S GREAT MIGRATION**

BY ISABEL WILKERSON

*Non-fiction*



**MAY 10TH - 7PM**

## **SMALL GREAT THINGS**

BY JUDI PICOULT

*Fiction*

## INTERESTED IN JOINING THE BOOK CLUB?

Contact Nancy Carter at [nancy.a.carter@gmail.com](mailto:nancy.a.carter@gmail.com) for more information.

# YARD<sup>of the</sup> SEASON *Contest!*

## PRIZE

Twice per quarter (Winter & Spring), one lucky household will be awarded LVII "Yard of the Season." **The winner will be proudly featured in our community magazine and will receive a \$100 gift card to a local gardening store.**

## RULES

*A household can only win the "Yard of the Season" once per year. Photos will be judged by the Architectural Committee and then verified in-person. Winners agree to have a photo taken in front of their home to be published in the magazine.*



## Spring "Yard of the Season"

**Photo due: April 20, 2017**

To enter, please email a photo, along with your name and address, to [j.dade@cardinalmanagementgroup.com](mailto:j.dade@cardinalmanagementgroup.com).

**CONGRATULATIONS** to the **Bambardekar Family** of Addlestone Place. Winner of the Winter "Yard of the Season."





## Viperfish Swim Team

Online registration for 2017  
opens March 1. For more  
information visit [lvviperfish.com](http://lvviperfish.com)  
or email [viperfishlv@gmail.com](mailto:viperfishlv@gmail.com).

## Summer Camps at LVII

Sign your child up for some  
summer fun! Just visit  
[LoudounValleyHOA.net](http://LoudounValleyHOA.net) and click  
on the "Events Calendar" to view  
all of the options. Camps and  
classes will take place on-site  
throughout the summer.

SATURDAY, MAY 27TH  
10AM-12PM

POLYNESIAN  
**POOL  
PARTY**

43100 BARNSTEAD DRIVE, ASHBURN VA 20148

Hula Dancers  
Fire Eater  
Fun & Games  
Temporary Tribal Tattoos  
Food Truck

LET'S MAKE A SPLASH IN CELEBRATION OF SUMMER!

FOR MORE INFO VISIT [WWW.LOUDOUNVALLEY4HOA.NET](http://WWW.LOUDOUNVALLEY4HOA.NET)

## Get Your **Key Fob!**

The Lifestyle Office will be open until 8PM each Friday (March & April).

Please bring proof of residency AND a check for a deposit. Individual key fobs are required for each resident age 4 and up. There is a one time fee of \$20 for each key fob. Applications can be found at [LoudounValleyHOA.net](http://LoudounValleyHOA.net). Tenants must secure owner signature on the key fob application.

**LVII Lifestyle Office | 703.726.6205**



HOA Office  
43100 Barnstead Drive  
Ashburn, VA 20148

**08  
APR**

**SPRING  
FEST**

**29  
APR**

**SPRING  
YARD SALE**

**27  
MAY**

**POLYNESIAN  
POOL PARTY**



SEE PAGE 5 FOR MORE EVENTS

