



# VOU News for You

VOUCA Management Newsletter/January 14, 2013

## News You Can Use

### Town Courier Online Survey

Please take a moment to fill out the 10-question online survey at <http://www.surveymonkey.com/s/D5DMBDH>. It's anonymous and your answers will help to ensure that the Courier better suits our community's needs.

### Call for Vendors at Spring Fling

If you have a home-based business and would like to exhibit at the upcoming VOU Spring Fling on May 18, please complete the 2013 VOU Spring Fling Community Expo Registration form, which can be found on the VOU website under Resources>Eforms>2013 VOU Spring Fling Community Expo Registration. We are accepting applications starting at 10 AM on January 9, 2013 and will finish accepting applications at 10 AM on January 28, 2013. The registration deadline is May 10, 2013.

*continued on p. 2*

### Questions? Concerns? Contact Us

On-site Office: 9023 Harris St.  
Frederick, MD 21704  
Phone: 301-831-4810  
Fax: 301-831-4811  
Email: [vouadmin@casinc.biz](mailto:vouadmin@casinc.biz)  
Office Hours: 10 AM- 4 PM  
General Manager: Aimee Winegar  
Asst. Manager: Julie Virnelson

## Villages of Urbana Selected for Solarize Frederick County Project

The Villages of Urbana and Myersville were recently selected as pilot communities for the Solarize Frederick County initiative. Solarize Frederick County is a special initiative of Frederick County Government's Green Homes Challenge, which is operated by the Office of Sustainability and Environmental Resources. The initiative will offer volume purchasing discounts and a limited number of incentive grants for both solar photovoltaic (PV) systems and solar hot water systems. While marketing and educational efforts will be concentrated in the pilot communities through grassroots efforts during the limited enrollment period, any Frederick County household will be able to participate and take advantage of discounts and incentive grants.



When the Solarize program coordinator, Lisa Orr, and Solarize Green Ambassadors volunteers held site visits with these two finalist communities, each of the communities had so many positive attributes that the team decided they had to include both. "We think we will learn a lot by offering this pilot project in two very different communities," said Orr. "It will be a fun challenge to see which community ends up with the higher percentage of participating households."

Both Solarize Frederick County and the related incentive grants for purchased solar PV and hot water systems are funded by a Climate Showcase Communities grant from the U.S. Environmental Protection Agency. Incentive grants of \$750 or \$1,000 will be available only for solar hot water systems purchased through Solarize Frederick County; likewise grants of \$2,000 or \$2,500 will be available for purchased solar PV systems. T

To keep informed about the Solarize Frederick County Initiative, or to learn how to become a Certified Power Saver, visit the Green Homes Challenge Solarize Frederick County webpage at [www.FrederickCountyMD.gov/GreenHomes](http://www.FrederickCountyMD.gov/GreenHomes). To express interest in participating in the initiative, complete the Solarize Interest Form on the Solarize web page, email Lisa Orr at [LOrr@FrederickCountyMD.gov](mailto:LOrr@FrederickCountyMD.gov) or call at 301.600.6864.

## News You Can Use

continued from p. 1

### Christmas Tree Disposal

Christmas trees are not to be disposed of on community property. Please do not put your Christmas tree in the woods. YARD WASTE recycling will be removed on the first trash day of the week. As a reminder: **Holiday decorations must be removed by January 30.**

### Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Monday, January 14—Grounds, 7 PM

Wednesday, January 16—  
Information Task Force, 7 PM

Tuesday, January 22—Board of Directors, 6:30 PM

### Community Policies

Updated Community Policies for Resident Review have been posted on the website. You can access them by clicking the link on the homepage.

### Spring Maintenance Plans

We are finalizing our Spring maintenance plans and want your input! Please call the office if you have concerns about any community property near your home.

#### Whom Do You Call?

Frederick County Sheriff's Office  
Non-Emergency Number: 301-600-2071  
Washington Gas: 800-752-7520  
Allegheny Power: 800-255-3443  
Frederick County Water and Sewer:  
301-600-2187 M-F; 301-600-2194 after  
hours and holidays  
VOU After Hours Emergency:  
888-788-2678



## Kids Crafternoon

When: Wednesday, January 23, 2:30 to 4 PM

Where: Natelli Community Center  
9023 Harris Street

**Join us for Cocoa,  
Cookies, and Crafts Galore**

### Fitness in the VOU

Several new health and fitness programs are beginning at the Villages of Urbana Community Centers:

**Soccer Bugs**—starting January 25

Friday afternoons, Shafer's Mill Recreation Center

This is a program for children. For more information contact Luis Rodriguez at [luisGRsoccer@gmail.com](mailto:luisGRsoccer@gmail.com)

#### Dedicated Fitness

Tuesdays and Thursdays, 5:30 AM, Shafer's Mill Recreation Center

Saturdays, 8 AM, Shafer's Mill Recreation Center

Jump start your New Year's health and fitness resolutions with Dedicated Fitness Personal Training Services. If you are trying to lose weight and want to get in better shape, join us for the 2nd-8week VOU Winter Strength and Conditioning program. New classes begin Tuesday, February 5th. Space is limited! For more information, contact Dewey Barnes: [Dewey@DedicatedFitness.net](mailto:Dewey@DedicatedFitness.net)

#### Weight Watchers

Wednesdays, 5:30 PM, Shafer's Mill Recreation Center

#### Yoga

Wednesdays, 10 AM, Shafer's Mill Recreation Center

Thursdays, 8 PM, Natelli Community Center

Fridays, 9 AM, Natelli Community Center

Sundays 7 PM, Natelli Community Center

Sundays 10 AM, Natelli Community Center - Mommy and Me Yoga

#### Zumba

Zumba is a dance fitness program that involves both dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Zumba is all about letting loose and having fun. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba.

Mondays, 9 AM, Natelli Community Center

Wednesdays, 9 AM, Natelli Community Center

Thursdays, 7 PM, Natelli Community Center

Saturdays, 8:30 AM, Natelli Community Center

Sundays, 8:30 AM, Natelli Community Center