



VOU News for You

VOUCA Management Newsletter/ January 23, 2011

News You Can Use

Christmas Tree Pick-Up

This is the **last week** Christmas trees and yard waste will be picked up for the season. Please put out your tree on your regular yard waste pick-up day. Yard waste pick-up begins again in March.

VOU Snow Plan on Website

A detailed snow plan for VOU can be found on the website at www.villagesofurbana.net/announcements. By clicking on your street, you can find the plan for snow and ice treatment for your area.

Fitness Center Key Fobs

Beginning January 17, key fobs may be picked up at the Shafer's Mill Recreation Center from 1-4 PM on Tuesdays and Thursdays only. Fobs can also be picked up after hours on the following days:

Monday, Jan. 23, 4-6 PM
Tuesday, Jan. 24, 4-6 PM
Saturday, Jan. 28, 9 AM-12 PM
Tuesday, Jan. 31, 4-6 PM

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
Office Hours: 10 AM- 4 PM
General Manager: Aimee Winegar
Asst. Manager: Elizabeth Jenkins

Snow Removal: Watch Your Back

Oh, No! Snow!! The first ice event of the year has come and, we hope, will be melting soon. So far, we have received comments that the sidewalks should have been cleared sooner and we have conveyed those to our contractor. If you have any other comments, critiques, questions or suggestions, please forward them to the General Manager at aimee.winegar@casinc.biz.

As you are working to keep your sidewalks clear, remember that lower back strain is one of the most common injuries related to shoveling snow. The following measures can help you prevent injuries and keep your back healthy while shoveling:

- Make sure you have a proper shovel. The best shovel is one that is light weight, ergonomic and has a curved handle. Your shovel should also be long enough so that you can avoid bending over while shoveling and short enough so that the load on the blade when you lift it is close to your body.
- Warm up before you start shoveling by walking around for five or 10 minutes, then stretch your arms, legs and back.
- If possible, shovel when the snow is fresh rather than after it has been packed down and is heavier. Keep the loads light, rather than piling large amounts of snow on your shovel blade. If the snow is deep, shovel in layers.
- If the area you need to clear is large, shovel in stages starting with the most critical path first. Switch hands often, and keep your hands separated with one hand closer to the blade.
- Avoid bending and twisting as you lift, and empty each shovel full of snow. When possible, push the snow to one side as you clear the path. Avoid throwing snow off the shovel blade, especially over your shoulder.
- Take a break every 15 or 20 minutes to straighten and stretch your back.
- Stay hydrated.

Valentines Party
Saturday, February 11, 2012
2-4 PM
Natelli Community Center
9023 Harris Street

Free Event open to all Villages of Urbana residents ages 3-12 and their parents.
Please RSVP to vouadmin@casinc.biz by February 5.

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continued from p. 1

If you've already sent in a waiver form, your key fob is ready for pick-up. Additionally pick-up times can be scheduled by calling the Management Office.

Meeting Schedule

Week of Jan. 23:
Finance Committee--Monday,
Jan. 23 at 7:00 PM at the Natelli
Community Center.

Board of Directors Meeting--
Tuesday, Jan. 24 at 6:30 PM at the
Natelli Community Center.

Weight Watchers Meeting

Weight Watchers will begin
meeting at the Shafer's Mill
Recreation Center on Wednesday,
February 1. The weigh-in is at 5:30
PM and the meeting begins at 6
PM.

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 12, please email
vousocial@villagesofurbana.net.

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

Landscaping News

We are preparing for the 2012 landscaping season. If you know of an area that you feel is bare and needs beautification, please send the closest address to the General Manager at aimee.winegar@casinc.biz so that it can be inspected and plantings considered. We want to hear from you!

DID YOU KNOW?

The landscaped utility box areas in the single family neighborhoods are the maintenance responsibility of the adjacent homes, with the exception of the green utility screens. The screens only are the responsibility of the Villages of Urbana. If you have a utility box in front of your home, please make sure that the landscaping is trimmed and cleaned up regularly, and please report any damage to the utility screen to the management office at vouadmin@casinc.biz.

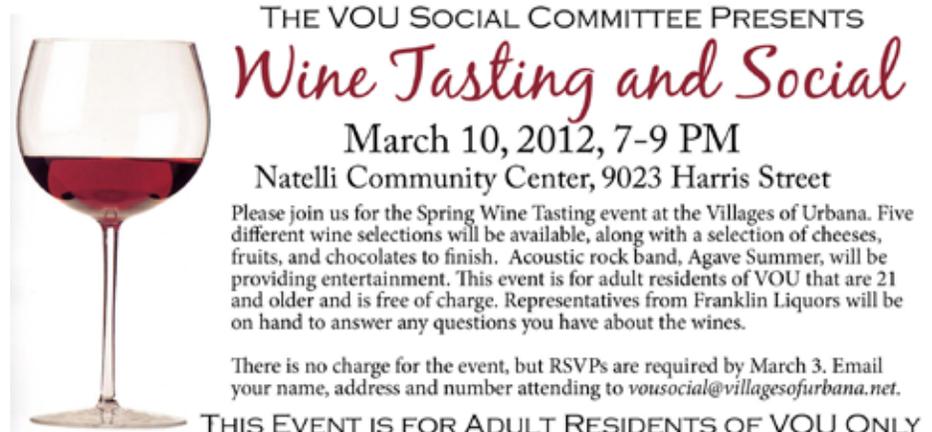
VOU Design Review Committee seeks your input

The Design Review Committee is seeking comments about mailboxes in the single family home neighborhoods. It has been proposed that residents with white mailboxes be permitted to replace them with the standardized black mailboxes that are in use in newer sections of the Villages of Urbana. Please submit your comments on this matter to vouadmin@casinc.biz.



So You Think You Can Paint? Contest

The Villages of Urbana Pool and Outdoor Recreation Committee is sponsoring an art contest to enhance the ambience of the entrance way to the Harris Street pool, through the locker rooms. The contest runs through March 23, 2012, so get your drawings in today. Full details can be found at www.villagesofurbana.net or by contacting the VOU on-site office at 301-831-4810 or email, vouadmin@casinc.biz.



THE VOU SOCIAL COMMITTEE PRESENTS
Wine Tasting and Social
March 10, 2012, 7-9 PM
Natelli Community Center, 9023 Harris Street

Please join us for the Spring Wine Tasting event at the Villages of Urbana. Five different wine selections will be available, along with a selection of cheeses, fruits, and chocolates to finish. Acoustic rock band, Agave Summer, will be providing entertainment. This event is for adult residents of VOU that are 21 and older and is free of charge. Representatives from Franklin Liquors will be on hand to answer any questions you have about the wines.

There is no charge for the event, but RSVPs are required by March 3. Email your name, address and number attending to vousocial@villagesofurbana.net.

THIS EVENT IS FOR ADULT RESIDENTS OF VOU ONLY