



VOU News for You

VOUCA Management Newsletter/July 1, 2013

News You Can Use

Management Office Closed

The management office will be closed on Thursday, July 4 in observance of Independence Day.

Holiday Trash Schedule

Because of the July 4th Holiday, normally scheduled Thursday trash pick up will be on Friday and normally scheduled Friday trash pick up will be on Saturday.

Meeting Schedule

Meetings to be held this week at the Natelli Community Center:

Monday, July 1—Pools and Outdoor Recreation, 7 PM

Tuesday, July 2—Design Review, 7:30 PM

Upcoming Meetings:

Monday, July 8—Grounds, 7 PM

Wednesday, July 10—Covenants, 7 PM

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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: Julie Virnelson

Kids Summer Games

Calling all VOU kids ages 5-12!

Join us for the VOU Kids Summer Games featuring obstacle courses, volleyball, kickball, soccer, basketball, sack races, and more!!!

When:

10-11:30 AM

July 11,

July 25, and August 8

Where:

Natelli Community Center

9023 Harris Street

Come out and Play!

Community Policies Update

At its meeting on June 6, 2013, the Villages of Urbana Board of Directors approved for publication to the residents two draft policies, which are posted on the web site. The policies are summarized below:

1. Modifications to the Policy on Books and Records to permit the distribution of documents electronically. These changes are shown in bold red type at the end of the document.

2. Following a judicial decision at the Maryland state level, property owners are now subject to strict liability for certain dogs when those dogs are present on their property. This decision applies to associations. Consequently, a policy has been developed to limit the presence of pit bulls on community property.

Both of these policies are being published for resident consideration and comment for a period not less than 30 days. The Board will be considering adoption of these policies at its July 23 Board meeting, which is also open to all members. Please submit comments on the policies to the community manager at manager@villagesofurbana.net or by regular mail at 9023 Harris Street, Frederick, MD 21704.

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Summer Yard Waste

Yard Waste Recycling Pickup is now the FIRST trash day of the week. Depending on when your regular trash day is, please place your yard waste out for collection on Monday or Tuesday with your trash by 7 AM. **Trash must be left out for collection ONLY in closed trash bags inside lidded plastic containers. Trash must be left out for collection at the end of your lead walk or driveway— not on community property!** Remember that yard waste should be left at the curb where you place your trash, in recyclable bags only.

Pool Pass Photo Schedule

The management office is open every day from 10 AM to 4 PM.

Keep Our Ponds Clean

You can help keep the ponds in the Villages of Urbana clean by keeping litter out of the ponds by keeping the curbs clean around your house.

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

Summer Fitness Classes

Several fitness classes will be beginning soon. Here's a quick recap of some of them:

YOGA in the VOU

With summer here and people on vacation and busy with summer activities, we are scaling back the yoga schedule a bit. The summer schedule for yoga with Stacy Mallow will be as follows:

Fridays, 9-10am: July 12 and 26
Sundays, 7-8pm: July 28 and August 25

All classes are held at the Natelli Community Center off of Harris St. Regular class schedule will resume in September. Email small63@me.com for more information. Private classes also available.

Off Season Athletics, LLC, Summer Boot Camp

Get ready for the upcoming season with Off Season Athletics, LLC. Improve your resistance, stamina, foot speed, and agility with these intense special OSA designed workouts. Tell us what you want/need and we will deliver.

Age: Incoming 5th thru 12th graders, Boys and Girls

Dates: Sessions start the week of July 8th-12th, Week of 15th-19th, Week of 29th-Aug 2nd, Week of Aug 5th-9th, Week of Aug 12th-16th
Days for workouts are Mondays, Wednesday, and Friday.

Time: 9-11 am

Where: Urbana District Park (outside weather permitting), 3805 Urbana Pike, Frederick MD 21704

Cost: \$300.00/15 sessions (\$20.00 a session) Drop in rate: \$35.00

Any questions please contact Mike McMiller 301 448 7220 or Ravilia McMiller 240 848 3429. Email: osaoffseasonathletics@yahoo.com

Water Fitness Classes

Check out our summer classes at the VOU community Pool that run from June 17th—August 7th

Shallow Water Workout: Mondays/ Wednesdays 6:00—6:45pm. Exercises are performed to lively, motivating music and are effective and easy to follow. 16 classes: \$96.00 (Register for 8 classes: \$60.00).

Deep Water Workout: Mondays/ Wednesdays 7:00—7:45pm. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. 16 classes: \$96.00 (Register for 8 classes: \$60.00). Questions? Please visit our web page at www.wetyetwaterfitness.com or call Nancy at (301) 990-1846.