



VOU News for You

VOUCA Management Newsletter/July 2, 2012

News You Can Use

Holiday Trash Pick-up

There is **no** change to the trash pick-up schedule due to the Fourth of July holiday.

Management Office Closed

The on site management office will be closed on Wednesday, July 4, for the Independence Day holiday.

Meeting Schedule

Meetings this week at the Natelli Community Center:

Monday, July 2—Pools and Outdoor Recreation Committee, 7 PM

Monday, July 2—Finance, 7 PM,

Tuesday, July 3—Design Review, 7 PM

Pool Hours

Harris Street Pool:
Daily—10 AM to 9 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: Julie Virnelson

Storm Clean-Up

Residents woke to a bit of a mess on Saturday morning. Friday night's storm left a trail of debris and numerous trees down. Management and the landscaping crews are out working to clean up the community as quickly as possible. What can you do?



If a tree has fallen on your property, there are a few things to consider.

- A) Is the tree yours and has it fallen only on your property? If yes, you may call your homeowners insurance company and/or an arborist.
- B) Is the tree yours but it has fallen partly on community property? Please call the management office to clear the debris on community property.
- C) If your home, car or other property has been hit by a tree, please contact your insurer.
- D) If a tree is down on community property, please call the management office.
- E) Most importantly, if a tree has further to fall it is a risk. Please contact management right away if you see a tree that has not fallen all the way to the ground so that it can be quickly addressed.

For issues with your power, water or any other utilities, please call your provider.

The storm on Friday night caught many people by surprise. Here are a few things you can keep on hand to better prepare you and your family in case of emergency:

- A) A three days supply of bottled water, one gallon per day per person
- B) An extra supply of prescription drugs
- C) Three days supply of non-perishable food
- D) Flashlight
- E) Battery operated radio
- F) Written personal preparedness plan
- G) Extra batteries
- H) First Aid kit

News You Can Use

continued from p. 1

Shafer's Mill:
Daily—10 AM to dusk
Closed Mondays

Parking Reminders

Police have informed management that they will be enforcing traffic laws more routinely in the VOU. Please keep the following traffic rules in mind:

- Do not park closer than seven (7) feet from a fire hydrant.
- Do not park closer than twenty (20) feet from an intersection.
- Please always park with the flow of traffic.

Fitness Center Key Fobs

Key fob pick up is moving to the management office at 9023 Harris Street. Fobs can be picked up there, 48 hours after you submit the waiver form.

Pool Pass Schedule

If you still have not renewed your pool pass—please do it soon! To renew your pass, simply mail, email or drop off the renewal form at the on site management office. To get a new picture ID pass, stop by the office any weekday between 10 AM and 4 PM. The office will also be open after hours on Saturday, July 14 from 9 AM to noon.

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

2012 VOU Lazyman Fitness Challenge

Up for a challenge this summer? The 2012 VOU Lazyman Fitness Challenge—the Ironman for Mortals—will run July 7th through August 5th. Pick your goal based on your fitness level and take 30 days to get there.



Half Lazyman: Swim: 1.2 miles, Bike 56 miles, Run 13.1 miles
Full Lazyman: Swim 2.4 miles, Bike 112 miles, Run 26.2 miles
Double Lazyman: Swim 4.8 miles, Bike 224 miles, Run 52.4 miles

Almost everything counts. Doggy-paddle or do water aerobics for those swim miles if you need to. Walking counts for run miles, as do miles done on an elliptical, or even miles spent walking around the zoo with the kids. Don't like riding a bike on the road? An exercise bike counts too. There are no classes to attend. All mileage is reported on the honor system once a week.

Entry is free for VOU residents. Non-residents are \$10. Contact VOURaces@gmail.com to register.

Teen Pool Party

Tuesday, July 24, 2012

5:30 to 8:30 PM

Shafer's Mill Pool

\$10/person

Join us for food, music and fun at the first teens-only pool party. Open to all VOU residents, ages 12-18, and their guests (with pool guest pass).

please RSVP by July 17 to
info@villagesofurbana.net



Inappropriate language and behavior will not be tolerated.