



# VOU News for You

VOUCA Management Newsletter/May 21, 2012

## News You Can Use

### Meeting Schedule

Meetings this week at the Natelli Community Center:

May 21, Finance, 7 PM

May 22, Board of Directors, 6:30 PM

### Safety First in Construction Areas

This week Community Management was contacted by the construction foreman for the new condo currently being built. He reported that people were attempting to take scrap material such as pieces of wood, etc. from the site and dumpster areas. Residents are reminded that a construction site can be dangerous and not a place to play. Dumpster diving is very dangerous.

The crew will also be using a crane during construction this week. They are working to minimize the impact on residents. We appreciate your patience.

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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](mailto:vouadmin@casinc.biz)  
Office Hours: 10 AM- 4 PM  
General Manager: Aimee Winegar  
Asst. Manager: Elizabeth Jenkins

## Goats Have Returned to VOU !

Eco-Goats is back in the Villages of Urbana to provide an environmentally friendly method of removing invasive weeds from the forested areas and greenspaces. The goats were extremely effective (and popular) last summer and cleared over four acres of greenspace along Sugarloaf Parkway in three weeks. This year, the goats will be moving around the Villages to clear even more areas.



The goats will be kept in a pen and watched by a goat herd during the day and a security guard at night. Residents are asked to look, but don't touch. If you have any questions, please call the VOU office at 301-831-4810 or [vouadmin@casinc.biz](mailto:vouadmin@casinc.biz)

## No Construction in Reforestation Areas

Community Management has been advised that tree houses are being constructed in the reforestation areas behind homes. The reforestation area is VOU property and is designated as an environmentally sensitive area. As such it is governed by strict rules that, among other things, prohibit construction. Complaints have also been received about the noise and debris generated by the construction activity.



If residents of the area adjoining the reforestation are involved with the construction they are asked to discontinue activity, remove what has been constructed, and remove materials that have been placed in the woods. Any materials remaining after May 24, 2012 will be removed by a VOU contractor at community expense.

If you have knowledge about persons involved in the construction who are not residents of the adjoining area, please contact the community management office by email at [manager@villagesofurbana.net](mailto:manager@villagesofurbana.net) or by phone at 301-831-4810/301-974-0487. Your assistance is appreciated.

## News You Can Use

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### Fitness Center Key Fobs

#### Key fob pick up is moving to the management office at 9023 Harris Street.

Still need your key fob? Waiver forms are available at the Natelli Community Center or on the website. Fobs can be picked up there, 48 hours after you submit the form.

### Honor Our Heros Run/Walk

VOU Races is sponsoring a 8K/5K/2K Fitness Run/Walk on Monday, May 28, 2012 at 8:00 AM at the Natelli Community Center, 9023 Harris Street.

Join us for the first of our series of low-key, fun fitness events. as we run or walk to honor our service men and women. Registration will be on race day only at 7:00 – 7:45 AM. \$5 per entrant, \$10 maximum per household. Past and present service men and women run for free.

Cash donations will be accepted for The Wounded Warrior Project, an organization dedicated to providing support for service men and women injured in combat.

Questions? Want to volunteer?  
Contact: [VOURaces@gmail.com](mailto:VOURaces@gmail.com)

### 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

## Have you Renewed Your Pool Pass?

Pool season is nearly at hand. Please watch for a flyer with the pool pass renewal/application form or go on-line to download the form. You must renew your pass this season to gain access to the pool. If you have any questions, please email [manager@villagesofurbana.net](mailto:manager@villagesofurbana.net). For new passes, please visit the management office at the Natelli Community Center any time during regular business hours (10 AM to 4 PM on weekdays). Additionally, after-hours photo sessions will be available as follows:

Saturdays 9 AM to 12 Noon	Mondays 4PM to 6PM	Tuesdays 4PM to 6PM	Thursdays 4PM to 6PM
May 26 June 2 June 16 June 30 July 14	May 21 June 4 June 11 June 25 July 2	May 22 June 5 June 19 July 3	June 14 July 12

Pools will be open on Saturday, May 26! Get ready now for a season of fun! Don't forget to check the website for information about tennis and races.

## Water Fitness Information at the VOU

Wet Yet Water Fitness will be providing water fitness classes this summer at the Natelli Community Center Pool! Classes run from June 18th—August 10th with no classes Wednesday, July 4th

### Shallow Water Workout

Mondays, 6:30—7:15pm, Wednesdays, 6:30—7:15pm

An energetic workout featuring intervals and other cardiovascular challenges. Great for fat burning!

### Aqua Pilates

Mondays, 7:30—8:15pm

Improve core strength, posture, balance, agility, and coordination with this gentle yet intense class.

### Aqua Zumba

Wednesdays, 10:30—11:15am, Wednesdays, 7:30—8:15pm, Fridays, 10:30—11:15am

The Zumba craze has hit the water! Move to international rhythms for energizing, stress-relieving fun!

Mix and Match classes! You will receive a punch card prior to the classes beginning. Please bring the card to class!

Fees: 1 x week (8 classes): \$56  
2 x week (16 classes): \$96  
3 x week (24 classes): \$120  
4 or more x week (32 classes): \$128

Questions? Please visit the web page at [www.wetyetwaterfitness.com](http://www.wetyetwaterfitness.com) or call Nancy at (301) 990-1846.