



VOU News for You

VOUCA Management Newsletter/October 1, 2012

News You Can Use

Columbus Day October 8

The management office is closed on October 8 for Columbus Day; however, there is **no change** to the trash collection regular schedule.

Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Monday, October 1— 2013 Budget Meeting, 7 PM—open to the public. Please attend.

Tuesday, October 2—Design Review, 7 PM

Thursday, October 4—Grounds, 6:45 PM

Breakfast in the VOU

The Gourmet Gang will be offering a breakfast service to residents at the Shafer's Mill Community Center on October Saturdays and Sundays. Bring your friends and come enjoy a delicious hot breakfast on the terrace at a

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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

Dog Etiquette

The Villages of Urbana is home to hundreds of pet dogs. In order to ensure that they are happy and healthy, and that their neighbors are also happy and healthy, we ask that all dog owners take a moment to review Dog Owner Etiquette:



1. Your dog must be visibly leashed whenever it is off your property. Dogs on electronic leashes can be frightening to children or others who do not understand that the dog is controlled.
2. Please do not let your dog leave your property without you. Management has received reports of dogs running into neighboring yards, causing distress to those families and pets. This is a violation of community rules and Frederick County law.
3. Please do not let your dog urinate on other people's lawns. Some areas in the VOU have very small front yards and repeated urination causes the grass to yellow and die. Please be considerate of your neighbors and their yards.
4. Please clean up after your dog every time, right then. There are numerous dog waste stations throughout the VOU. When you are out walking, please grab a bag and dispose of your dog's waste properly. This is also required by Frederick County law and community rules.
5. Dogs must be attended when they are outside. If they bark or cause a nuisance because of noise, Animal Control will be asked to investigate.

Residents who know the identity of dog owners who are not following these guidelines should contact Frederick County Animal Control at 301-600-1544.

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great price! 9 am to 1 pm.

Urbana Mamas

Second Tuesday of each month:
9 to 11 AM at the Shafer's Mill
Recreation Center
Fourth Tuesday of each month:
3 to 5 PM at the Shafer's Mill
Recreation Center. For more
information contact the
community management office at
manager@villagesofurbana.net.

Yoga Programs

All classes held at the Natelli
Community Center except where
noted.

- Wednesday at 10 AM—Kayla
McCourtney, teacher (held at
Shafer's Mill Recreation Center)
- Thursdays at 8 PM—Terri Becker,
teacher
- Fridays at 9 AM—Stacy Mallow,
teacher

Zumba

All classes held at the Natelli
Community Center

- Wednesdays at 9 AM — Amanda
Strand, teacher
- Thursdays at 7 PM — Carol
Monroe, teacher
- Saturdays at 9 AM — Amanda
Strand, teacher
- Sundays at 8:30 AM — Carol
Monroe, teacher

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

The VOU Social Committee Invites You to

FALL FESTIVAL

SUNDAY, OCTOBER 14, 2012

4-8 PM

NATELLI COMMUNITY CENTER

9023 HARRIS STREET

VOU Fall Mixed Doubles League

This league is for beginning to
intermediate players (2.5, 3.0,
3.5 players). Team Captains
are assigned players by a drawing
based upon information we have
regarding player abilities. This is a
Level-Specific League, so you will
be playing against other line ups of
similar abilities. Each player may
make only one preferred partner
request to be included on the
same team (for example, spouses, friends, or regular partners may request
assignment to same team if they would like). Matches are Sundays 10:30am.
AND 4:00pm depending on the schedule. Registration closes October 12.
First Match is an All Teams Social on Sunday, October 14 at 10:30am.
Questions? info@tennis-in-urbana.com



New Fitness Program Starting

True Athlete Performance to offer an elite program designed to prepare
athletes ages 7-16 for their upcoming or current season. These clinics
will work to improve first step, reaction, linear speed, agility, quickness,
and explosive power while helping to prevent injury. This program will be
conducted by NSCA Certified Strength and Conditioning Specialist, Matt
Diener, and his True AP training staff.

Overview: Each session lasts 1 hour and consists of the following
components:

- Dynamic Flexibility Warm-Up
- 2-3 Speed, Agility, and Quickness Drills
- Functional Strength Routine
- Core Strength/Injury Prevention Routine

DATES: October 2nd - November 27th (No session on 11/22)

DAYS/ TIMES: Tuesdays and Thursdays from 5-6pm

LOCATION: Outdoor Basketball Court (corner of Route 80 and Campus
Drive) - Frederick, MD

PACKAGES: 8 Sessions = \$50 and 16 Sessions = only \$75!

TO REGISTER: Contact Matt Diener at 440-465-3584 or email
mdiener@trueap.com with registration questions.