



# VOU News for You

VOUCA Management Newsletter/October 9, 2012

## News You Can Use

### Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Wednesday, October 10—Pool and Outdoor Recreation, 7 PM

Wednesday, October 10—Covenants, 7 PM

Meetings at the Shafer's Mill Recreation Center:

Thursday, October 11—Physical Assets Management, 7 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 great price! 9 am to 1 pm.

### Urbana Mamas

Second Tuesday of each month:  
9 to 11 AM at the Shafer's Mill

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

## Fall Festival This Weekend

The Villages of Urbana Social Committee is hosting a Fall Festival this Sunday, October 14 from 4-8 PM at the Natelli Community Center located at 9023 Harris Street. There will be activities for all age groups. Please be aware that parking at the community center will be limited. Please walk or park by the library and use the path between the library and the community center. See you there!

  
The VOU Social Committee Invites You to

# FALL FESTIVAL

**SUNDAY, OCTOBER 14, 2012**  
**4\*8 PM**  
**NATELLI COMMUNITY CENTER**  
**9023 HARRIS STREET**

Please join us for some Fall fun! We will offer hay rides, pumpkin carving, games, music, face painting, a petting zoo, moon bounces and more! Enjoy a cold brew in our beer garden, sample one of our candied apples or pumpkin pies, or fill up on all the other great food we have to offer. At the end of the day, as the sun is setting, we will light up the carved pumpkins for a bright end to a fabulous day.

We hope you can join us!

## News You Can Use

continued from p. 1

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](mailto: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

- Mondays at 9 AM — Amanda  
Strand, teacher
- 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

## Tree Project

A healthy street tree in front of  
a home adds thousands of  
dollars to its value. Beginning  
Tuesday, October 9, a large tree  
replacement program will begin in  
the Villages of Urbana. In preparation  
for this project, the community  
manager and a tree expert inspected  
trees throughout the community  
and recommended removal of trees  
that are failing to thrive, leaning,  
misshapen, have damaged bark, or  
have any of those conditions and  
are also an ash. Ash trees are being  
infested with emerald ash borers, an  
invasive insect that is damaging ash  
trees throughout the east coast. If  
the tree near your house shows signs  
of infestation, even if the tree looks  
healthy, it is being removed and  
replaced.



The existing trees will be removed  
several days before the new trees  
are planted. We will place plywood  
over the holes. If a new tree is  
going in by you, please water the  
new tree when it is planted for the  
next few weeks. This will help it  
get a good start. Your assistance  
with the watering is appreciated.

## 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](mailto: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.

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](mailto:mdiener@trueap.com) with  
registration questions.