



# VOU News for You

VOUCA Management Newsletter/September 17, 2012

## News You Can Use

### Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Tuesday, September 18—Design Review, 7:00 PM

Wednesday, September 19—Social, 7 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](mailto:manager@villagesofurbana.net).

### Yoga Programs

Thursdays at 8 PM at the Natelli Community Center

Fridays at 9 AM at the Natelli Community Center

*continued on p. 2*

## Urbana Friends of the Library Used Book and Media Sale

Friends of the Urbana Regional Library (FURL) will hold its Fall used book and media sale on Saturday, September 22nd from 10 AM to 5 PM, and Sunday September 23rd from 1 to 5 PM in the community room on the lower level of the library, located at 9020 Amelung St., Urbana. More than 3000 used books, organized by subject category, will be offered as well as CDs, DVDs, VHS tapes and children's books. For information call 301-600-7000.

  
The VOU Social Committee Invites You to

# FALL FESTIVAL

**SUNDAY, OCTOBER 14, 2012**  
**5\*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!

## 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

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continued from p. 1

### Zumba

Wednesdays at 9 AM at the Natelli Community Center - Amanda Strand, teacher

Thursdays at 7 PM at the Natelli Community Center - Carol Monroe, teacher

Saturdays at 9 AM at the Natelli Community Center - Amanda Strand, teacher

### Trash Reminder

If you have to dispose of furniture or other items too large to fit in your car, please remember to contact Key Sanitation at 301-668-8282 to arrange for a bulk pickup.

### New Signage Installed

County-ordered signage is being installed on Harris Place and along Ethan Ridge Drive to address parking restrictions.

### Breakfast in the VOU

The Gourmet Gang will be offering a breakfast service to residents at the Shafer's Mill Community Center on September 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.

### 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

## Call for Candidates

The Villages of Urbana Board of Directors is accepting applications for candidates for the Board of Directors. There are three seats open this election. Visit [www.villagesofurbana.net](http://www.villagesofurbana.net) home page for an application. The deadline for nominations is Monday, September 24 at 5 PM. If you are interested in running for the Board, please contact the community manager at [manager@villagesofurbana.net](mailto:manager@villagesofurbana.net).



## New Fitness Program Starting

True Athlete Performance to offer an elite program designed to prepare ALL athletes 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

To register, contact Matt Diener at 440-465-3584 or email [mdiener@trueap.com](mailto:mdiener@trueap.com) with registration questions.

## Tree Planting Update

Beginning in early October, a large-scale tree planting plan is scheduled to begin throughout the community. Tree locations have been flagged and staked. Please ask your children not to remove the stakes and flags, as they provide us with valuable information. The Grounds Committee is finalizing the exact scope of the project. Please note that some trees are not being proposed for replacement at this time, usually because the desired replacement species is not on our planting list for the year. If you have questions about whether or not a tree near you is being replaced, please contact the management office at 301-831-4810 or [vouadmin@casinc.biz](mailto:vouadmin@casinc.biz).

## Physical Assets Update

The Physical Assets Management Committee has approved the painting of second reserved parking spaces for non-garage townhomes in the Singleton Terrace area. Other townhouse areas already have two designed reserved parking spaces for non-garage townhomes. Additionally, some areas near Addison Woods, in Old Mill Condominium, and near the Tavistock tot lot will be painted yellow to designate No Parking restrictions. Proposals are being solicited and the work is scheduled to be performed in October.