

Stoneybrooke

OF FAIRFAX COUNTY CITIZENS ASSOCIATION, INC.

SENTINEL
NOVEMBER 2022

Letter from the Board

Happy November Neighbors!

Fall is in the air, and the leaves are on the ground. And with the cool temps dropping in, do you know the best kind of vest to wear in the fall? A Har-Vest.

Stoneybrooke Trick or Treat was, although a bit rainy, a huge success this year. Thank you neighbors for participating; the word that comes to mind when we think back to walking around with our children throughout the evening is: community.

We hope to continue to build a sense of community and kindness throughout our neighborhood as we enter the holiday season. Speaking of building, we are desperately in need of a web site guru. If you or anyone you know is available 2-3 hours a month, please let us know.

Have an unbeLEAFable November.

-SCA Board



WEB DEVELOPER/DESIGNER SOUGHT

The SCA Board is seeing the help of a web designer/developer to assist the Board in keeping the neighborhood website up to date and functional. If you are interested in assisting the community with this endeavor, please reach out to any board member or email us at scaboard@stoneybrooke.org

-Thanks!

Community News

New Running Bamboo Ordinance

Running bamboo is a fast-growing, invasive grass with a complex, horizontal root system called rhizomes that aggressively spread underground, as much as 15 feet per year. Once planted, running bamboo can eventually take over yards and travel across property lines, creating issues for adjacent property owners and local jurisdictions. Starting January 1, 2023, running bamboo must be contained on an owner's property.

The new ordinance requires property owners to contain running bamboo on their property and prevent it from spreading beyond their property line. Property owners may incur penalties if they allow bamboo to spread beyond their property.

Find out more by visiting: www.fairfaxcounty.gov/topics/running-bamboo

Silver Line Opens November 15th

Opening day is set for the Silver Line Extension - Tuesday, November 15 – connecting Metrorail customers to Washington Dulles International Airport and Loudoun County for the first time.

On opening day, customers who visit the six new Silver Line stations - Reston Town Center, Herndon, Innovation Center, Washington Dulles International Airport, Loudoun Gateway, and Ashburn – will be greeted by Metro teams handing out commemorative pennants, a Metro tradition that started when the first station opened in 1976.

The extension completes the final phase of the full 23-mile expansion that began construction in 2009, opening the first segment five years later. This final segment provides a long-awaited connection to Washington Dulles International Airport giving visitors a direct connection to destinations around the region and will be a short walk from the baggage claim via an underground tunnel in less than five minutes.

Be Part of the Fairfax County Community Cookbook

Fairfax County Public Library is becoming a book publisher! We want to publish books that will feature diverse traditions and stories from our community.

For our first anthology book series, we will collect and publish recipes and the stories behind these beloved dishes. We are calling this eBook anthology Fairfax County Cooks: A Community Cookbook.

Recipes should be submitted online. The online submissions form is available from October 1 to November 23, 2022. Submissions will not be accepted by mail or in person.

If your recipe is selected to be in our anthology, you will be contacted early December, and we will invite you to participate in our in-person "Cook and Share" library program (TBD on date and location).

Visit the project website at www.fairfaxcounty.librariescreate.com/fairfaxcooks to learn more and submit your recipes.

Experience Fall at MGM National Harbor

If you're looking for a way to welcome the cozy, colorful season, consider a short trip across the river. MGM National Harbor is fully embracing the change in season with new menu items and cocktails at their restaurants and a stunning new display in the conservatory.

The display features an 18-foot-tall cornucopia, a 24-foot crescent-moon, a birch bridge and multiple water features. Two oversized fairies grace the display with skirts made of 50 glass leaves. Over 18,800 fall florals, plants, pumpkins and gourds fill the exhibit. Giant leaves, butterflies and dragonflies are suspended above your head against the conservatory's glass ceiling.

At the end of your visit, stop by and marvel over the Fall Chocolate display at Bellagio Patisserie inspired by a traditional farmer made with 234 pounds of chocolate. Learn more about MGM National Harbor by visiting mgmnationalharbor.mgmresorts.com.

Bob Hope Exhibit Opens at National Museum of the U.S. Army

The museum on Fort Belvoir will open a traveling exhibit dedicated to Bob Hope's interactions with service members.

A traveling exhibit dedicated to comedian and actor Bob Hope has opened at the National Museum of the United States Army. The exhibit, titled "So Ready for Laughter: The Legacy of Bob Hope," comes from the National WWII Museum with sponsor Bob and Dolores Hope Foundation. The exhibit, open through January 2023, centers around Hope's 50 years performing United Service Organizations shows to millions of military service members.

Highlights of the exhibit include nearly 50 artifacts, an 11-minute documentary, rare and unpublished photographs of Hope, wartime correspondence between Hope and service members, World War II-era relics engraved to Hope, videos of Hope's traveling wartime troupe, programs and scrapbooks for the Hollywood Victory Caravan fundraiser tour, an interactive touch-table and a video wall.

Orangetheory Fitness to Open Mount Vernon Studio

Florida-based boutique fitness franchise Orangetheory Fitness is getting ready to open a location in Mount Vernon Plaza.

The business was founded in 2010 and since then has expanded to 1,400 locations and counting across the globe. There are currently five studios in the Alexandria area.

Orangetheory Fitness describes itself as a combination of science, coaching and technology to help members reach their fitness goals. The hour-long group classes focus on the heart rate for a full-body high-intensity interval training (HITT) workout. The classes incorporate treadmills, rowing machines and weight training.

An opening date for the new Orangetheory location off Richmond Highway has not been announced but the studio is offering special founding member rates for those interested in becoming members. Find out more at the studio's webpage www.orangetheory.com.

True Rest Float Therapy Spa Under Construction

Construction has started to turn the closed BB&T Bank branch at 1640 Belle View Blvd., near the intersection of Fort Hunt Road and Belle View Boulevard, into True Rest Float Therapy Spa. The building is in the Shops at Belle View shopping center.

True Rest Float Therapy Spa is a place where people can go float in a high-salt bath, which can help a person's blood pressure, immune function and more.

"True REST® (Reduced Environmental Stimulus Therapy) is a zero-gravity environment that allows the mind and body to completely let go, relax, and reset. Using 1,000 pounds of Epsom Salts, the buoyancy of the water makes floating on water feel like floating on air. By eliminating the forces of gravity pulling on the musculoskeletal and nervous systems, you can effortlessly relieve pain, relax, recover, and improve sleep in this unique state," the company's website explains.

Key Sources

Alexandria Living | <https://alexandrialivingmagazine.com/>

Fairfax County | <https://www.fairfaxcounty.gov/>

Kingstown Patch | <https://patch.com/virginia/kingstowne>

Old Town Patch | <https://patch.com/virginia/oldtownalexandria>

Southeast Fairfax Development Corporation (SFDC) | <http://www.sfdc.org/>

Reminders

Stay Connected

Stay up to date on neighborhood happenings by visiting the Stoneybrooke SCA website (www.stoneybrooke.org/), which includes a blog for highlighting recent events and publishing upcoming SCA related events.

Residents can also join on-line community on Facebook (www.facebook.com/groups/Stoneybrookcommunity/) for residents of Stoneybrooke, in Alexandria, VA. It is designed for members to connect and share information. Posts containing lost and found, requesting referrals for paid services or items, help with a project, borrowing, ride sharing, announcing yard sales or interesting events in Alexandria area, neighborhood alerts and concerns, giving away items or volunteering your time and any non-profit related posts are welcomed here.

Additionally, a Facebook group exists to advertise events and service or share recommendations here (www.facebook.com/groups/1034208403392227/).

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MEMBERSHIP INFO

Why join?

1. It's easy and inexpensive!
2. It funds the community directory, our monthly newsletter, and our website.
3. It funds year-round social activities for adults and children.
4. The association is the best source of local information including transportation and school initiatives.
5. Strong membership builds credibility with other local associations and local politicians.
6. Your involvement promotes improved property value and neighborhood safety.

Payment Options:

1. Make out a \$20 check payable to 'SCA'
2. Note your name, address, and email address* on the check.
3. Deliver your check to our Stoneybrooke Treasurer Margaret Canilang @ 6903 Stonebridge Court

Or:

1. Send \$20 thru PayPal or Venmo by scanning one of the QR codes below.
2. Include your name, address, and email address* in the details.



venmo



Please choose the Friends and Family option.

* To receive your copy of the Stoneybrooke Sentinel by email. Not for public distribution.