



THE MOYAONE RESERVE • LISTED IN THE NATIONAL REGISTER OF HISTORIC PLACES

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President's Note:

Dear Friends and Neighbors,

Greetings, We are entering the last month of our pool season and currently enjoying(?) those "Dog Days of Summer," of which Wikipedia readily supplies this definition:

"The **dog days** or **dog days of summer** are the hot, sultry days of summer. They were historically the period following the heliacal rising of the star system Sirius, which Hellenistic astrology connected with heat, drought, sudden thunderstorms, lethargy, fever, mad dogs, and bad luck." — Wikipedia

I hope no one has suffered the worst of maladies — mad dogs, fever, and bad luck — though we have had a share of heat, drought, and thunderstorms. Not to worry, by the time you read this, the Dog Days will be closing in on their expiration on Friday, August 11.

We had a magnificent pool party this year on July 15. Many thanks go to Mary Lee Phelps and her volunteers from the Fundraising Committee, who organized the entire event; Maria Femia, for her delicious fare; the excellent music provided by Good Gravy; and all attendees providing much needed donations to the Moyaone. You missed a real treat if you did not attend. Please save a spot on your calendars for next year's event. Also, please keep an eye out for announcements regarding our Oktoberfest and Homes Tour in the coming months.

Congratulations to the Moyaone Gators Swim Team who are now the Division Champions. Go Gators!

This month, in honor of the National Park Service's 117th birthday on August 25, at right is a message from one of our Piscataway Park partners, the Accokeek Foundation. Thank you for your stewardship and all you do to preserve our forest!

Respectfully, John Rudzis President, Moyaone Association MoyaonePresident@gmail.com



Dear Neighbors in Nature,

My name is Anjela Barnes and I'm the newly appointed executive director of the Accokeek Foundation here in Piscataway Park. While executive director is a new role for me, this place and landscape are certainly not new. As a lifelong Marylander and Piscataway Indian, it has been an honor to work for over 14 years protecting these lands and the stories held within that are near to my heart.

Your stories are near to my heart. As a neighbor sharing this landscape, your stories are part of this land as well. Whether you have deep roots in this community or have newly branched out to find your home here, you are a part of this place, and this place is a part of you.

Each of us has a unique story about why Moyaon or Piscataway Park is special to us. Different reasons and seasons have brought us here and no two histories would read quite the same. But I believe we all share a dedication to the present and future of this land.

'Moyaon' is an Algonquian word that means "everything is here." Every day, this land provides this community with a resource that no other place in the world has because no other place has Piscataway Park. The place where you walk

NEIGHBORS IN NATURE

- continued from p. 1

your dog, catch a Potomac sunset, stroll with family, or bring your kids to release some energy is utterly unique in its blending of waterways, forests, wetlands, and meadows. The life here is *of* here and can only *be* here. This place is an inextricable part of all those who call it home.

And that is worth protecting.

In the 1950s, this community came together for that very reason—to protect this landscape from development. But the work isn't done, and this land needs us to remain vigilant against new threats. Climate change, rising sea levels, coastal flooding, and invasive species are just a few of the issues affecting the park and its future. Today, the Accokeek Foundation is thinking seven generations ahead with the strength from and appreciation of the generations who came before. We aim to deepen understanding and appreciation for our shared heritage, forging a path toward healing and restoring relationships with our plant and animal communities while also caring for our human relations. We practice generosity, sharing, reciprocity, respect, and stewardship. And we work with the land to protect it because the future of this place is important.

Our efforts include monitoring shoreline erosion, eradicating invasive plant species, preserving biodiversity, removing trash from the shoreline, and re-establishing native plant communities. Through citizen science projects, education programs, and work with local partners we are thinking beyond the view and diving deep into the understory, to ensure the health of the land from the ground up.

We humbly ask that you join us in this work.

Join the invasive removal volunteer team (they meet every Friday from 9:30 to 1:30 am), volunteer for a citizen science project (like bluebird monitoring, which runs February—August), attend the Public Lands Day Open House (Saturday, September 23), or become a Green Thumb and assist in the gardens. There are so many ways to get involved, and the land calls for us all to be in good relation working together to sustain the place we love. Please help us in this work.

Our stories intertwine in our care for the land. Where we come together once again to protect this incredible landscape we are blessed to be part of. Everything is here.

Anjela Barnes Executive Director Accokeek Foundation at Piscataway Park

Accokeek Heritage Tourism Study Final Report Now Available

Judy Allen-Leventhal

In 2021 the Greater Accokeek Civic Association, the Accokeek Foundation, and the Alice Ferguson Foundation applied to the Prince George's County Planning Department's Planning Assistance to Municipalities and Communities program to undertake the Accokeek Heritage Tourism Study. As the final report —just completed — summarizes: "This study identifies and analyzes heritage tourism resources in Accokeek, Prince George's County, Maryland; the challenges they face; and provides recommendations to make them known or better known using best practices. The study identifies common heritage themes and 34 action steps to enhance connectivity and accessibility, without threatening the resources themselves or the community's quality of life."

The Accokeek Heritage Tourism Study Final Report is now available online at https://www.mncppcapps.org/planning/ publications/BookDetail.cfm?item_id=424&Category_id=2

The report provides important background and a sound foundation to enable greater Accokeek to realize numerous recommendations that will benefit and strengthen our diverse community. We are very grateful to have this important resource.



Our neighbor and current Moyaoner, Michelle Sullivan, is the Executive Director of All Ages Read Together (AART), the beneficiary of this golf tournament. The organization has been named one of the best small nonprofits in the region for 2023 by Spur Local (formally Catalogue for Philanthropy).



Jeannette Finkbeiner 1940–2023

Omnipresent Wife, Mom, (Great)Grandmother, health/tree/self-made champion of those less lucky, joins her husband in the reaches above.

Legacy Apple Valley Moyaone Reserver, Jeannette Finkbeiner, passed on peacefully on a somber recent Thursday, surrounded by her children – their parents' torches, *both* now handed forward, cast onward a tightly-knit light on the four(!) generations they were blessed to see thrive.

Fully embracing her matriarchal role, she helped design and build their family home, which *still* shelters her offsprings' offsprings' offspring.

Lucky at cards and lucky in love, Jeannette met her husband on a blind date, delighting in 61 years of hiking, folk dancing, woodworking, and sailing (between her painting and photography passions).

Ever locally active, she fought Lyme-laden ticks and gypsy moths, and advanced awareness of ADA options in Accokeek. In more than 50 years of community meetings, she sat in the first two rows, actively ensuring that the voice of the underserved was heard.

Certainly, in honor of her well-wielded paintbrush, the family tree, once drawn as a mere sapling, now graces a great wall of branched names and boughed families, confidently charging into their tomorrows!

In lieu of flowers, the family asks that contributions be made in Jeannette's memory to Amblebrook's Neighborhood Early Aid Response Program), or to Hospice & Community Care; Hospice and Community Care).

A private Celebration of Life will be scheduled in the coming weeks. For details, please contact the family at: rjf.celebration@gmail.com.



Roman Holiday at the Moyaone Pool Weathered the Storm

It requires flexibility to live in the woods, and we thank all of our very flexible neighbors for their ability to dash for drier ground. Even with a change in location, the music, food, and good cheer continued.

Many people made the night a success, and we thank:

- Maria Femia for her wonderful catering;
- Emma Hollyfield, Tina Shotwell, Scarlet Vincent, and Brenda Wright for volunteering as servers;
- Chris Aills and Good Gravy for keeping the music going;
- Jeanie Ciscowski and Jan Goldstein for providing plantbased options;
- Penelope Breese for the donation of a beautiful ham.
 It was a fun night with good neighbors.

Moyaone Association Board of Directors

President — John "JR" Rudzis
MoyaonePresident@gmail.com
Vice President — Chris Aills
MoyaoneVicePresident@gmail.com
Secretary — Jim Wickman
MoyaoneSecretary@gmail.com
Comptroller — Linda Witkin
MoyaoneComptroller@gmail.com

Director-at-Large — Bobby Gheen MoyaoneDirectorAtLarge@gmail.com

Pulse of the Pool

- Hsin-I Russell

It has been quite the summer! Each year we have approximately 100 days to enjoy this outdoor community pool.

It's important to remember that our goal is to keep this community resource open every single day of the pool season. However, there are several circumstances, some typical and some not, where patrons must exit the pool for public safety. Thus far, the pool has closed temporarily for passing afternoon thunderstorms (usual) and for filter cartridge substrate repair and replacement (unusual and only in the morning). Speaking of unusual (circumstances I'd like to thank the following for their subject matter expertise over the past eight months, including Chris Aills, Rita Bergman, Crystal Garcia, Ben Grenoble, Rhonda Hanson, John Hollyfield, Logan Kistler, Christine Kucab, Michael Leventhal, Alex Naar, Corey Sanna, Tina Shotwell, Russ Strathern, and Nancy Weiman.

Due to the unfortunate number of wildfires up north, we have had several days of unhealthy air quality. Based on <u>AirNow.gov</u> index and municipal guidelines, it has been

determined that when the Air Quality Index (AQI) is purple, the pool will be closed, and when the AQI is red, the decision to remain open or to close is at the Pool's Manager discretion. For the pool's status on unhealthy AQI days, please call the pool phone at 301-292-6321 for the latest update. Muchos gracias to Ruth Gaumond (10+ years as newsletter editor), Kent Hibben, Rose Kim, and Valerie Volcovici for helping to disseminate the latest pool updates.

The next summer holiday is Labor Day weekend. We will be holding a social and potluck on Sunday, September 3, starting at 4 pm on the Commons. Meats and breads will be provided courtesy of the Moyaone Association. If you are interested in helping the grill team or setting up, please RSVP here. Please bring a dish to share and BYOB. After the triathlon on September 9, we could use help putting on the pool cover and storing furniture. The work party is scheduled for September 16 (rain date September 17); here is the sign up form.

To help with weekly grass-cutting and weed-whacking around the pool and Commons, please RSVP here, https://forms.gle/eGkFF5Mj8ohFqeNy7, or email russelhc@yahoo.com or text 240-383-9708.

MOYAONE POOL HOURS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	7:30-9am	Early Mornin	g Adult Swim		
9:30-11	9-11	9-11	9-11	9-11	9-11	9:30-11
Early	Swim	Pool	Swim	Pool	Swim	Early
Morning	Team	maintenance	Team	maintenance	Team	Morning
Swim						Swim
11am-81	om Recreation	onal Swim (1 la	p lane, excep	t Tue & Thu 1	lap lane until	6pm)
		6-8pm		6-8pm		
		Swim team		Swim team		
		in 4 lanes		in 4 lanes		
		8-9pm		8-9pm		
		Adult Swim		Adult Swim		

⁻ Adult swim is for ages 18 and older.



"Uprooted." Watercolor art by Moyaone artist Frances Taylor.

What Do Vegans Eat?

News from Your Local VEG (Vegan Eating Group). Did you know ... that the Moyaone Reserve is home to a number of plant-based recipe connoisseurs who are eager to share what they know with you? The VEG folks will also be providing samples of their favorites at a few of the Moyaone social events that you may be visiting. Can you tell the difference? Some of our suggested recipes can be found at vegan cookbook author Nava Atlas's website: http:// TheVeganAtlas.com. Watch for more articles about vegan eating in future issues of *Smoke Signals*.

Learning More about Plant-based Cooking

- Jeanie Ciskowski

You might not know that there are free local venues for learning more about plant-based meal options. One recent program was the July 18 Healthy Eating Demo at the LaPlata Library.

By the time the instructor greeted us, the basement room of the La Plata branch of the Charles County Public library was surprisingly full—a diverse group of 30 people interested in learning more about vegan cooking. Three members of your local Vegan Eating Group were among them.

Rosaline Law—health coach, herbalist, and instructor for the evening—is an energetic woman who obviously enjoys cooking, teaching her skills to others, and seeing the happy looks on people's faces when they eat her delicious vegan food.

She kept up a running dialog of food facts and humorous stories as she prepared two dishes for us, Chickpea Salad, and Fried Quinoa and Rice with Tofu. We each got a generous taste of each dish, and we heard the exclamations of "yum!" all around the room.

Throughout the evening she stressed how easy it is to incorporate healthy food into our busy lives with simple recipes and timesavers like purchasing a container of prechopped onions, carrots, and celery (that magic trio that the French refer to as mirepoix).

Here is one of the recipes she made for us:

Curried Chickpea Salad

Ingredients:

- 1 16-oz can garbanzo beans
- 1/4 onion, diced
- 1 stalk celery, diced
- 1 large carrot, diced
- 1 tsp curry powder
- 1/2 cup Veganaise or other vegan mayo
- 1 tsp Dijon mustard
- 1 tsp lemon pepper
- 1 tsp cumin
- 1/4 tablespoon rice vinegar

Directions:

Rinse/strain beans and place in a large bowl. Using a potato masher, mash beans to resemble tuna. Add all the ingredients and mix well. Serve on whole grain bread, crackers, or a crisp lettuce leaf. Enjoy!

Nutrition Facts:

4 servings. 257 Calories/Serving-Fat:108 Cal-Carbs: 114 Cal-Protein: 35 Cal-10% Daily Value

Recipe from Rosaline D. Law, health coach and herbalist. To learn more, please check out her website: https://www.heavenlybodieslive.com



Accokeek Artists Alliance



If you haven't made it to the Fairy Trail at the National Colonial Farm (3400 Bryan Point Road), yet, you are in for the treat of several charming fairy houses constructed by Accokeek Artists Alliance (AAA) members. Pictured above is the *Tulip Tree Tea Party* by Laura Elena and Julia and Annette Paajanen.

Upcoming Art Shows

Next up, the long-awaited AAA art show at the MNCPPC's Harmony Hall Art Gallery, 10701 Livingston Road, Fort Washington, will open on August 19. The show runs through September 23. The opening reception will be on August 19 from 2–4. Please join us!

After that, our Winter Art Market will be a one-day event on November 19. We already have several exciting donations to our Winter Market Silent Auction so be sure to save the date.

At our summer meeting, AAA members enjoyed revisiting the historic Bellevue estate and talked about their works in progress. There is so much artistic diversity in the group, from stained glass to woodworking to sewing projects and watercolor and everything in-between. Joining is easy – just visit accokeekartistsalliance.com and click 'Join Us'.

Moyaone Community Garden

Located on the Moyaone Association grounds, next to the Wagner Center building, is the Moyaone Community



Garden. Moyaone Association members in good standing (who have paid their annual consolidated fees) can inquire about the availability of plots. To find out more about fees and garden policies, please send an email message to:

moyaonegarden@gmail.com

Concerts

JACQUELINE SCHWAB

- Friday, Sept. 8. Lyceum, 201 S. Washington St., Alexandria. https://ticketstripe.com/JSchwab-Lyceum
- Saturday, Sept. 9. National Colonial Farm, 3400 Bryan Point Rd. Doors open at 7:00 pm, concert at 7:30 pm. Advanced tickets: \$25; ages 12–17, \$12. https://ticketstripe.com/JSchwab-Accokeek

The evocative playing of pianist Jacqueline Schwab infuses the oft-aired soundtracks of Ken Burns' films, including his Grammy-winning Civil War, Baseball, Lewis and Clark, Mark Twain, The War, and The National Parks, as well as the PBS documentary The Irish in America and others. She has performed at the White House for President Clinton, and she has accompanied Scottish singer Jean Redpath on public radio's A Prairie Home Companion and on CBS' Late Show with David Letterman. She recently collaborated with The American Pops Orchestra, for their Oct. 29, 2022 American Roots PBS special. As a solo pianist, she has performed vintage American music in almost every State of the Union. In concert, Jacqueline enjoys sharing her wide repertoire of familiar old tunes, what Mark Twain would have called "remembrancers," and speaking about the power of music to transport us into our own past and on to new horizons. https://www.jacquelineschwab.com/about

LYNN HOLLYFIELD

• Sunday, Sept. 17. "Mattawoman Forever," Mattawoman Creek Art Center, Smallwood State Park, 5565 Upham Place, Marbury MD. 3–4 pm. lynnhollyfield.com

LYNN HOLLYFIELD, DAVE ABE, and STEVE WOLF

• Friday, Oct. 20. Lyceum. 7 pm. Tickets \$20. https://ticketstripe.com/Hollyfield

THE DEAD SEA SQUIRRELS

• Friday, Nov. 20. Lyceum. https://ticketstripe.com/THE-DSS

The Dead Sea Squirrels (featuring Cathy Mason on fiddle; Craig Edwards on fiddle, banjo, and mandolin; and Henry Yoshimura on guitar) play widely for contra dances and are known for their danceable tunes arranged in medleys. They tend to push the boundaries of the southern style with fiddle and fiddle/guitar harmonies.

Other possible future shows include Frankie Gavin, Irish Fiddler; Brad Kolodner, Banjo; Donna Long, Piano/Fiddle; and Peter Brice, Accordion. We welcome ideas for future shows. For more information, please contact Alex Naar, alex@morrisdance.org.

MOYAONE CHALLENGE 2023

Accept the Moyaone Challenge and demonstrate your athletic abilities in your area of expertise. Sign up for the triathlon, swim contest, bike challenge, or the super sprint. Race day is **Saturday**, **September 9** and all races originate at the Moyaone Commons, 2311 Bryan Point Road.

Each race will have 3 categories: *Youth* – ages 10 to 18; *Adult* – ages 18 to 59; *Senior* – ages 60 and over.

TRIATHLON

- The race will include a 250m (10 lengths of the pool) swim, 8km (5 miles) bike ride through Moyaone roads (bike helmet **STRICTLY REQUIRED**), and a 2km (1.2 miles) run.
- Participants may enter as individuals or as a relay team with each team member racing in one or more elements of the triathlon. Transition time from one element of the race to the next is included in the total race time.
- Race begins at 8 am at the Moyaone Pool.
- · Entry fee: \$25

SWIM CHALLENGE

- 250m (10 lengths of the pool). All strokes are accepted including walking.
- Race begins after Triathlon Challenge has completed.
- · Swim-only entry fee: \$15

BIKE CHALLENGE

- 8km (5 miles) over Moyaone roads. Bike helmet **STRICTLY REQUIRED** for participation.
- · Race begins at approximately 8:45 am at Wagner Center.
- · Bike-only entry fee: \$15

SUPER SPRINT CHALLENGE

- 2km foot race on Moyaone roads. (Again, walking is permitted too.)
- Race begins at approximately 8:50 am at Wagner Center.
- Run-only entry fee: \$15

REGISTRATION

To enter, complete the registration form below, sign the Participant Waiver on page 9, and submit it with your entry fee in the box at the Moyaone Pool.

All registration forms must be received by Tuesday, September 5, 2023.

The funds raised from this event will be used to make improvements to the Moyaone Commons.

If you have any questions, please contact Rhonda Scott (rhondabscott@gmail.com), or Mary Lee Phelps (mlgp42@msn.com).

MOYAONE CHALLENGE REGISTRATION FORM					
Name of Event you are participating in (check one):					
Triathlon Team Relay	Triathlon Team Relay				
Swim Race Only Bike Race Only	Super Sprint Only				
Age Category:					
☐ Young Adult (10–18) ☐ Adult (18–59) ☐	Senior (60 and up)				
Name (or names for triathlon relay):					
Address:					
Email:					
Phone Number: Mobile	Home				
Emergency Contact Phone Number					
Assigned Bib #					
Moyaone Association or Moyaone Pool Member: Ye	s No				
Names of Sponsors (if any):					
We encourage participants to get sponsors to help fund the entry cost.					

Participant Waiver for Moyaone Challenge 2023

WAIVER/RELEASE, REQUIRED: I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE MOYAONE CHALLENGE.

- 1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
- 2. I understand and acknowledge the physical and mental rigors associated with triathlons, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury. sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages. liabilities, losses or expenses which I incur as a result of my participation in the Event.
- 3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- 4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the Event Organizers, Race Directors, Local Organizing Committees, and Property Owners upon which the Event takes place, (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and

reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim. I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Parental Consent

(required if the participant is less than 18 years of age) As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and conditions of this Agreement on behalf of the minor in connection with the minor's participation in the Event(s). If, despite this Agreement, I, or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred.

Participant Name	(or names for relay, please print
Particinant(s) or F	Parent signature(s) if under 18
articipant(3) or r	arent signature(s) if under 10
Date	



Coming Soon at the Alice Ferguson Foundation: *Pinot on the Potomac*

Pinot on the Potomac

Get your toast-worthy tickets today for Pinot on the Potomac! Join us on September 23 at 3 pm to raise a glass for our environmental education programs.

Enjoy wine tastings provided by Maryland Wineries Association, live music entertainment, a silent auction, and photo opportunities complete with a gorgeous sunset over the Potomac River. It's the fall event you don't want to miss!

General admission is \$50/person — or purchase a premiere pass! Premiere Passes include early admission, food, wine, and table reservations. Check out our options using the link below. See you in September!

>>> BUY TICKETS <<<



Vote for AFF in Washington Parent's Best of 2023 Contest!

Thanks to you, our friends and supporters, we are thrilled to share that we have been recently selected as a top finalist in FIVE categories in Washington Parent's Best of 2023 Contest —STEM Programs, Hikes & Nature Discovery, STEM Camps, Day Camps, and Fairs & Festivals.

The final voting round is now open! Vote for the Alice Ferguson Foundation in the categories mentioned above daily through August 31. *Thank you!*

>>> VOTE FOR AFF HERE <<<



Join Our Team at AFF

The search is on for a full-time Environmental Education Program Coordinator and part-time educators for the upcoming school year.

If you love the outdoors and enjoy working with children, apply today! Learn more at fergusonfoundation.org/jobs

Alice Ferguson Foundation 2001 Bryan Point Road; fergusonfoundation.org