

# Smoke Signal



## MOYAONE ASSOCIATION NEWSLETTER

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

VOLUME LXIII

SEPTEMBER 2023

NO. 9

### President's Note:

#### *Dear Friends and Neighbors,*

Greetings, and Happy September. I believe we are entering the absolute best season of the year with its cooler temperatures, lower humidity, and brilliant colors of our forest. Another successful pool season is ending. Many thanks to the diligent efforts of our Pool Committee, Pool Staff, including guards and operators, our manager, Micah Dixon, and volunteers to keep this crown jewel of the Reserve operating. Following the pool closing on Labor Day Weekend we'll have our Moyaone Challenge triathlon on Saturday, September 9. Please join us and participate, either as a competitor or spectator, in this fun fundraising event. Saturday, September 16 is the date for putting the pool away. We're looking for volunteers to help set the cover in place, remove and store furniture, and otherwise set up the pool for its winter hibernation.

Bonds Retreat construction: For those who transit that area, you've undoubtedly noticed the construction clearing along the east side of the roadway. The roadside tree removal was required by Prince George's County for approval of the house site plan and was also approved by the National Park Service. While regrettable to lose some of our majestic trees, on the positive side we'll gain a new neighbor in the Reserve.

Lastly but not least, unfortunately we are losing a couple of our most stalwart residents as Harold and Mary Lee Phelps will be moving away at the end of this month. Mary Lee has been the Chair of our Fundraising Committee and has orchestrated so many of the events which make the Moyaone such an enjoyable place to live. Mary Lee is also active with the Accokeek Artists Alliance as a founding member, outreach coordinator, and supporter of the arts in Accokeek. We have been so blessed to have the Phelps as part of our community. Luckily, they are not moving too far and we hope to see them at future events. We wish them fair



*See page 6 for details on this year's Moyaone Challenge event. Register by Tuesday, Sept. 5.*

winds and following seas as they embark on a new chapter in their lives.

That is all for now. Thank you for your attention and participation in being stewards of the Reserve.

*Respectfully,  
John Rudzis*

*President, Moyaone Association  
MoyaonePresident@gmail.com*

### **Moyaone Association Board of Directors**

*President* — John "JR" Rudzis  
MoyaonePresident@gmail.com

*Vice President* — Chris Aills  
MoyaoneVicePresident@gmail.com

*Secretary* — Jim Wickman  
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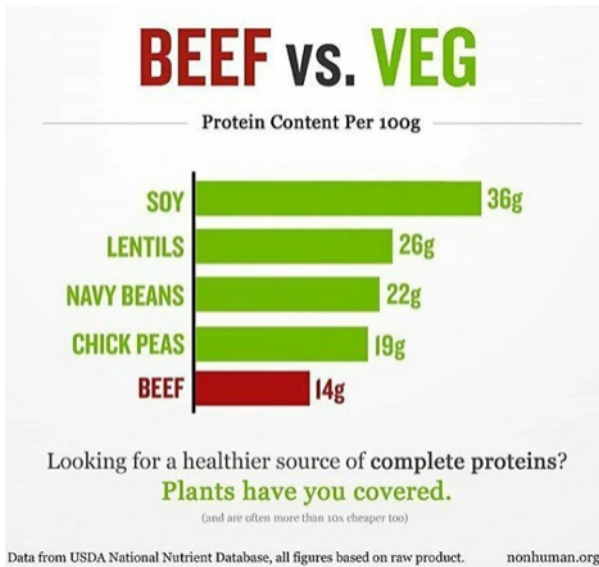


"Uprooted." Watercolor art by Moyaone artist Frances Taylor.

## Protein in a Vegan Diet

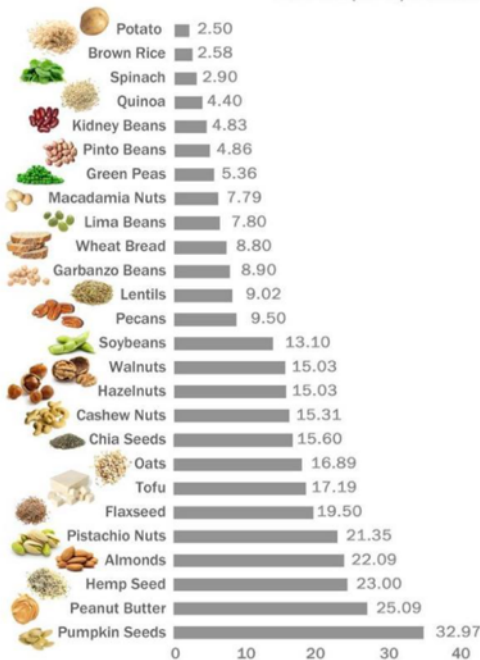
— Amanda Truett

Did you know that a plant-based diet can provide more protein than beef? In fact, there are many other sources of protein from plants that exceed animal sources. See the graphs below. Stay tuned for more factoids from your local Moyaone VEG peeps.



## VEGAN PROTEIN

PER 100G (3.5 OZ) IN WEIGHT



## Native Plant Group Takes Root in the Moyaone Reserve

Meeting & Planning, Sunday, Sept. 10, 8:50 am

### Location

Meet at the Wagner Center parking lot (2311 Bryan Point Rd.) for carpooling to Antonia Bookbinder's property, which has limited parking available. Please text Holly if you are coming — even at the last minute — so that we can best organize carpooling: 240 270-3350.

### Meeting No. 1

- Discussion of our purpose and activities
- Pot up native plants for Moyaone Native Plant SPRING SALE (date TBD)
- Bring narrow shovels, trowels, gloves, gardening clothes, etc.

### Organizers

- Antonia Bookbinder and Holly Wagner
- For more information, please contact: hbwagner1215@gmail.com, 240 270-3350



## A Hike on Sept. 16 for Native Plant Aficionados!

The Maryland Native Plant Society and the Chesapeake Bay Western Shore chapter of Wild Ones are co-sponsoring a moderate, hilly, 1.6-mile nature walk at the spectacular American Chestnut Land Trust in Prince Frederick (Calvert County) on Saturday, Sept. 16 at 2 pm followed by an optional workshop on invasive plants.

Registration is required. For more information and to register (no charge), please see: <https://mdflora.org/event-5379746>. Members of MNPS can register now; non-members can register beginning on Sept. 11 OR by emailing Wild Ones chapter leader: [jody.longhill@gmail.com](mailto:jody.longhill@gmail.com).



## Artists' Blockbuster Show Continues until Sept. 23

— Lona Powell



The Accokeek Artists Alliance (AAA) show at the Harmony Hall Gallery, 10701 Livingston Road in Fort Washington (pictured above), is ongoing until September 23. Our art has never looked so good, so plan to stop by soon

if you haven't seen the show yet — you are sure to be impressed! Gallery hours are: Monday, Wednesdays, and Fridays from 8:30 am to 5 pm; Tuesdays and Thursdays from 8:30 am to 8:00 pm; and Saturdays from 10 am to 4 pm.

### Looking Ahead to Winter Art Market

After our Harmony Hall show, we will again have a local 'Winter Art Market' on November 19, with details to be provided in the coming weeks. AAA thanks everyone for all the community support!

## ALL HANDS ON DECK SEPTEMBER 16! It's Time to Cover the Pool

Every year we rely on our community to close and winterize the pool at the end of the pool season after Labor Day weekend. We will put on the pool cover on Saturday morning, September 16. Many hands make light work. If you can help with the pool closing, please let Hsin-I Russell know: [RusselHC@yahoo.com](mailto:RusselHC@yahoo.com)

## Concerts

### JACQUELINE SCHWAB

• *Friday, Sept. 8.* Lyceum, 201 S. Washington St., Alexandria. 7:30 pm.

<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-Accookeek>

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](http://lynnhollyfield.com)

### LYNN HOLLYFIELD, DAVE ABE, and STEVE WOLF

• *Friday, Oct. 20.* Lyceum. 7:30 pm. Tickets \$20.

<https://ticketstripe.com/Hollyfield>

### TRADITIONAL IRISH MUSIC

• *Sunday, Oct 29.* Lyceum. 3:30 pm, doors open at 3 pm. Uilleann Piper Cillian Vallely, Fiddler David Doocey, and Guitarist Dave Curley represent the best of the new generation of traditional Irish music <https://ticketstripe.com/VallelyDooceyCurley>

### THE DEAD SEA SQUIRRELS

• *Friday, Nov. 20.* Lyceum. 7:30 pm

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. <https://ticketstripe.com/THE-DSS>

For more information, please contact Alex Naar, [alex@morrisdance.org](mailto:alex@morrisdance.org).



**Autumn at the Alice Ferguson Foundation  
Student Visits – Pinot on the Potomac – Kayaking**

**Happy School Year from AFF**

Goodbye summer, hello school! Our educators have been gearing up for another jam-packed school year. We are thrilled to welcome a few new part-time educators to the team and are eager to kick off this fall with a full calendar. This month we'll be connecting students to their national parks through our Bridging the Watershed program and working with 7th graders during the Allegany Outdoor School at Rocky Gap State Park. Both Prince George's and Charles County students will return for visits to Hard Bargain Farm in October. Stay tuned for fun moments from our upcoming learning adventures in nature!



**Join AFF at Pinot on the Potomac**

*Saturday, September 23, 3–6 pm*

Tickets are selling fast! Don't miss the chance to spend the afternoon tasting local wine from the prestigious Maryland wine trails, provided by our friends at the Maryland Wineries Association. Also, enjoy live music and the stunning landscape of our environmental campus overlooking the Potomac River while raising a glass for a good cause.

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

>>> [BUY TICKETS](#) <<<



**Piscataway Kayaking Adventure**

*Saturday, October 7, 10 am–2 pm*

Whether you're a seasoned pro or a beginner, the Piscataway Kayaking Adventure promises unforgettable memories and a chance to connect with nature like never before. Join us and our friends from Atlantic Kayak Company for a scenic paddle of the protected Mount Vernon watershed as you learn about the area's rich natural surroundings and abundant bird life.

Kayaks, life vests, and introductory kayak lessons are included. Tandem kayaks will be used for this adventure only. Bring a friend or family member to explore with you. Or make a new friend while learning on the water. Seat fee: \$100/ person + processing fees.

>>> [SAVE YOUR SPOT](#) <<<

*Alice Ferguson Foundation  
2001 Bryan Point Road, Accokeek  
[fergusonfoundation.org](http://fergusonfoundation.org)*

# Tree Advice from the USDA Forest Service and National Park Service

— Mikaila Milton

Biologist, Resource Management Division  
National Capital Parks–East  
National Park Service  
[mikaila\\_milton@nps.gov](mailto:mikaila_milton@nps.gov)

The USDA Forest Service recently sent out a flyer on bacterial leaf scorch on oaks, and I was reminded of the summary I did several years ago on oak decline. It might be worth reminding homeowners about what they can do to protect their trees. Recommendations include:

- Continue to monitor trees for signs of decline.
- Water trees during periods of drought (any week without substantial rainfall). Casey Trees recommends 1½ inches of water per week for young trees.
- Water trees using a slow trickle from the hose at the trunk that is rotated around the tree once per hour.
- Consult a certified arborist to assess the trees. Certified arborists can be found here: [www.goodtreecare.com](http://www.goodtreecare.com)
- If a treatable pest or disease is identified, consider treatment.
- Do not make rash decisions on removal of trees when the cause is not clear, unless risk of failure and impact is high. Trees may defoliate in response to micro-drought conditions, and may leaf out again in the spring.
- Do not use fertilizer as it promotes leaf growth, the opposite of what you want when the roots are having trouble supporting existing canopy.
- Do use shredded wood mulch up to 3 inches thick — start a few inches away from the trunk and distribute to the drip line if possible. Do not use bark mulch, as bark can contain water-repellent compounds.
- A professional arborist can apply biochar to the soil surrounding trees. Biochar is like charcoal, but it is almost pure carbon. It has a negative charge to hold soil moisture and nutrients. It is injected into the ground and helps decompact the soil, which makes root growth easier and may expand the usable soil volume. Biochar does not decompose, so a single application at any time of year is sufficient. It is expensive and messy, but may help keep trees alive during changing climate conditions. There are also plant growth regulators that will encourage fine root growth and help the tree absorb more water. A certified arborist will need to apply PGRs and Biochar.
- Subscribe to Casey Trees watering alert: <https://caseytrees.org/take-action/water/>

Probably the single biggest thing homeowners can do is to water their trees during micro-droughts. Even large trees need water if it hasn't rained in a week.



Scorch appearance associated with bacterial leaf scorch.  
Photo: William Seybold, Delaware Dept. of Agriculture.

## Bacterial Leaf Scorch Pest Alert

Bacterial leaf scorch (BLS), a common systemic disease, affects multiple woody species in North America. In oaks (*Quercus* spp.), the Gram-negative bacterium *Xylella fastidiosa* subsp. *multiplex* causes the disease. BLS is more severe in red oak group members than white oak group members. The disease causes chronic damage to trees over a period of years that eventually leads to tree death. Increased incidence of BLS on oaks in recent years may be contributing to oak decline.

Sharpshooter leafhoppers and other xylem-sap feeding insects (e.g., cicadas and spittlebugs) transmit BLS to nearby healthy trees. Long-distance spread occurs when humans move infected plant materials.

For more information, see the USDA Forest Service website:

<https://usfs-public.app.box.com/v/CurrentPestAlerts/file/1272386317338>

# 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 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.
- Race begins after Triathlon Challenge has completed.
- Swim-only entry fee: \$15

## BIKE CHALLENGE

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

## SUPER SPRINT CHALLENGE

- 2km foot race on Moyaone roads.
- 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. Or, register online on Eventbrite. See link below.

***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).

***Register online by Sept. 5:***

<https://www.eventbrite.com/e/moyaone-challenge-2023-tickets-694752141357?aff=oddtcreator>

## MOYAONE CHALLENGE REGISTRATION FORM

Name of Event you are participating in (check one):

- Triathlon       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:  Yes       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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Participant(s) or Parent signature(s) if under 18

\_\_\_\_\_

Date \_\_\_\_\_