

Smoke Signals



MOYAONE ASSOCIATION NEWSLETTER

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

VOLUME LXIV

FEBRUARY 2024

NO. 2

President's Note:

Friends and Neighbors,

Greetings, and Happy February. I hope this finds all enjoying our winter weather and lengthening days, bringing the anticipation of warmer days to come. It was rumored Punxsutawney Phil did not see a shadow on February 2, predicting winter will not extend for an extra six weeks this year. We'll see how that plays out ...

I can also report that, as of the January 31 deadline for paying Moyaone Association (MA) dues this year, we have received a total of 56 payments for the 194 improved properties and 5 payments for the 59 unimproved properties in the Moyaone Reserve. Thank you to all who have paid. These are disappointing statistics, especially given the emphasis we have placed on achieving the revenue needed to pay for our operations this year. I hope residents and property owners reading this letter who have not paid will submit their dues payments to the MA as soon as possible. Thank you for your attention.

On a more positive note, I am pleased to announce the formation of our committee for assembling the slate of

prospective new officers for the MA Board of Directors. Ben Kirkup, Kent Hibben, and Alex Naar have graciously accepted the invitation to serve on the Nominating Committee (see more on page 2). Expect to see an announcement in the March *Smoke Signals* soliciting suggestions for candidates. All five positions — President, Vice President, Secretary, Comptroller, and At-Large Director — will be open for nominations.

Please mark your calendars for the Annual Chili Cookoff scheduled for Saturday, March 16 (more information on page 2). The Fundraising Committee is looking for volunteers to judge the entries, no prior experience required. If you can help, please send an email to: nancyweiman@gmail.com

That is all for this month. Thanks again for your attention, pay your dues, and continue to preserve the Reserve.

*All the best wishes for 2024,
John Rudzis
President, Moyaone Association
MoyaonePresident@gmail.com*

Moyaone Association Board of Directors Monthly Meetings

Meetings will be held on the Fourth Tuesday of each month (unless noted because of holiday or other exception).

6:30 pm, Wagner Center, 2311 Bryan Point Rd.

2024 BOD Meetings are scheduled for the following dates: February 27, March 26, and April 23

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*

Moyaone Board Elections

Your Voice Shapes Our Future

Calling all Moyaone Reserve residents! The Moyaone Association (MA) Board of Directors election is this Spring, and it's a crucial opportunity for you to help shape our community. The Nominating Committee seeks your input in selecting qualified candidates who will represent our diverse needs and aspirations.

Do you yearn for a Board that prioritizes youth engagement? Perhaps you feel the Bryan Point Road residents deserve stronger representation on the Board, or maybe you envision a more balanced voice from the local business community. Whatever your hopes and concerns, the Nominating Committee intends to listen.

Join us for coffee or a beer at one of our homes or down at the Wagner Center at 2311 Bryan Point Road. It's an opportunity to share your perspective in a relaxed setting. Alternatively, you're welcome to schedule a phone call with a committee member by contacting Ben Kirkup, Alex Naar, or Kent Hibben. If you prefer, send your thoughts directly via email to bkirkup@post.harvard.edu, Alex@AlexNaar.com, or KentLHibben@gmail.com. We will be reaching out to each landowner we can identify to invite this kind of engagement.

Remember, while voting requires MA membership, informal input to the nomination process is open to all. Let's build a Board that further embodies the spirit of the Moyaone Reserve through the generations and enables the Moyaone Association to give us a venue for serving each other.

Annual Chili Challenge Cook-off

Saturday, March 16, 5–8 pm

Chefs of the Moyaone: on March 16, it will be time to create some wonderfully delicious pots of chili.

There will be prizes for the best plant-based chili and for the best chili with meat. To submit your entry form for the chili competition, please click here:

Chili Cook-off Application.

Or just come and eat, joining friends and neighbors at the Moyaone Community Center (2311 Bryan Point Rd.). There will be both plant-based and meat chili with all the fixings, cornbread, dessert, and wine. In addition the Moyaone brewers will be providing their especially brewed beer.

Tickets are \$25 per person; children under the age of 10 are free when accompanied by a paying adult. Admission will be waived for all chefs entering the challenge. The Eventbrite link for purchasing tickets will appear in the March issue of *Smoke Signals*. Tickets may also be purchased at the door.

Proceeds will be used to make improvements to the Moyaone Association's Wagner Center grounds and recreational facilities.

PULSE OF THE POOL

Role of the Swimming Pool in Community Life

For decades public swimming pools have played a vital role in America's cities and towns, especially during the summer months. Countless families have fond memories of embarking on aquatic adventures to their local swimming pool. What makes public pool facilities special are the people and programs that work together to provide meaningful experiences for families. The impact can be seen through the countless communities, rural and urban, that have welcomed families, camps, and water safety initiatives. Public swimming pools serve as more than just a place to cool off on hot summer days. They're catalysts for fostering a sense of community. Swimming is a low-impact exercise that benefits cardiovascular health, muscular strength, and endurance. Public swimming pools allow people to engage in physical activity while still enjoying the environment. Public pools play a vital role in enhancing public safety through various initiatives. By offering swimming lessons and general water safety courses, they empower individuals with essential lifesaving skills to navigate water environments confidently. Public pools provide abundant career and volunteer opportunities, fostering growth in various professions. Public pools are instrumental in promoting water accessibility for both urban and rural areas where access to water and water safety education is limited. — Excerpted from *The Impact of Public Swimming Pools in Our Communities - NDPA*.

Volunteers Are Needed

The pool is slated to open Memorial Day weekend. To be clear, the Moyaone Pool is a community pool, and thus, it is only with the helping hands within this community that we can prepare and open the pool for another summer. We are currently recruiting volunteers for the following subcommittees: 1) Pre- and Post-Season Operations and Maintenance, permits, work parties, etc.; 2) Seasonal Staff Operations with Pool Manager, scheduling; 3) Communications for daily updates; and 4) Coordination with Accokeek Swim Team, and groups like summer camps. [Sign up today!](#)

Contributions Are Welcome

If you want to help but don't have the time, please consider making a contribution to help us with large but necessary expenses (lifeguard chair stands, laptop/tablets for electronic sign-in/registration) not covered by the [MA Budget](#): Venmo @MoyaoneComptroller re: FOR THE POOL. We will also be hiring a Pool Manager and lifeguards starting next month.

Signing Up

The 2024 Pool Committee sign-up is <https://forms.gle/HgTadzY3aBZWLrd9>. Email russelhc@yahoo.com, or text 240-383-9708, with questions, comments, feedback, or requests.





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

Perfect for Valentine's Day: Vegan Chocolate Raspberry Cupcakes

— see page 4 for recipe



Dear Herby,

I wouldn't expect milk chocolate to be dairy free, but isn't dark chocolate ALWAYS vegan? Need to know before I buy some for my beloved.

Sincerely, Moyaone Valentine

Dear Val,

Lucky for vegans and lactose-intolerant folks, a lot of dark chocolate is vegan. But not all. And it can be a little confusing. Cocoa butter is an ingredient that frequently shows up in all kinds of chocolate, and happily it only refers to the fat that occurs naturally in a coffee bean. However, milkfat, which IS dairy, is a common ingredient in some dark and nearly all milk chocolate. Most chocolate chips, for example, contain milkfat. But most dark chocolate from Trader Joe's, including their excellent [chocolate chips](#), are dairy free, and typically less expensive than those specifically marketed to vegans and lactose-intolerant people.

There also are some wonderful options available online. Lake Champlain is a personal favorite brand whose [vegan chocolates](#) are especially delicious.

Regarding milk chocolate: this gets a little dicier. Yes, you can find milkless "milk" chocolate, but how does it taste?

Here too, Trader Joe's scores with its new [Oat Chocolate Bars](#). Yummy! But how about "milk" chocolate from Mom's Market? Well, a few of your neighbors got together and tested four of their non-dairy-milk bars. The results: "[Evolved Brownie Batter](#)" — an organic-filled chocolate paleo/keto bar — took the prize! For sure I will be going back for more.

Happy Val's Day to you and yours!
Herby

PS: Fairtrade and Rainforest Alliance certification labels on these products guarantee they have met standards for environmental, social, and economic sustainability. Worth looking for!

PPS: Readers, please email your questions about this column or anything vegan to moyaoneveg@gmail.com.



VEGAN POTLUCK

Join us on Sunday, March 10 for the next vegan potluck dinner here in the Moyaone Reserve at the home of Sheryl Romeo and Matt Schwaller. RSVP to: moyaoneveg@gmail.com

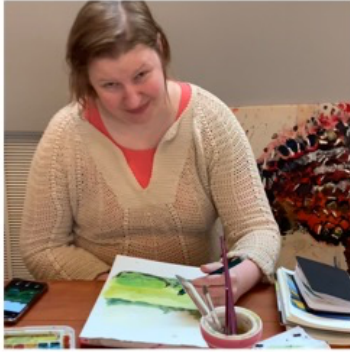
Heart Healthy Plant-Based Diets

Many people adopt a plant-based diet due to concern for animal suffering and/or because animal agriculture contributes greatly to climate change by releasing methane into the atmosphere.

But another reason people adopt this diet is because it's healthier. For example, a recent study conducted by Stanford University, made into the Netflix documentary "You Are What You Eat: A Twin Experiment," followed 22 pairs of identical twins for two months. Half the twins adopted a vegan diet while the others ate an omnivore diet.

The authors said those on the vegan diet "had significantly lower low-density lipoprotein cholesterol (LDL-C) levels, insulin and body weight — all of which are associated with improved cardiovascular health — than the omnivore participants," according to a 2023 Stanford press release of a study published in the *Journal of the American Medical Association's Network Open*.

And the health improvements began to appear in just a month, the researchers found. "Based on these results and thinking about longevity, most of us would benefit from going to a more plant-based diet," one of the researchers said in the release.



Watercolors Were the Focus at January AAA Gathering

The Accokeek Artists Alliance (AAA) had an awesome January meeting, with presentations by four Moyaone Reserve watercolor artists: (above, clockwise from upper left) Jane Gould, Frances Taylor, Julia Paajanen, and Jan Buelow. We got inspired and learned a lot!



Next up will be an arty Valentine exchange on **February 17** at the Wagner Center. AAA Members are now getting ready for their third annual show at the Mattawoman Creek Art Center, which will open in March. This should be a great show. A very fun reception for the show is being planned on St. Patrick's Day, March 17, from 1 to 4 pm, so mark your calendars!

For more information about AAA, please see the website at AccokeekArtistsAlliance.com. Questions can be directed to AccokeekArtistsAlliance@gmail.com.

Vegan Chocolate Raspberry Cupcakes

Chocolate and raspberry, a heavenly combination, perfect for Valentine's Day! This decadent but simple chocolate cupcake recipe is from the fabulous vegan chefs Isa Chandra Moskowitz and Terry Hope Romero, which they shared [here](#). You'll find this recipe in their popular cookbook *Vegan Cupcakes Take Over the World*, along with many other creative and delicious cupcake and frosting recipes. We paired it with a simple raspberry buttercream frosting for Valentine's Day.

Your Basic Vegan Chocolate Cupcake — 12 cupcakes

- Ingredients*
- 1 cup soy milk or your favorite plant-based milk
 - 1 teaspoon apple cider vinegar
 - ¾ cup sugar
 - ½ cup canola oil or your favorite baking oil
 - 1 teaspoon vanilla extract
 - ½ teaspoon almond extract or more vanilla extract
 - 1 cup all-purpose flour
 - ½ cup cocoa powder
 - ¾ teaspoon baking soda
 - ½ teaspoon baking powder
 - ¼ teaspoon salt

- Instructions*
- Preheat your oven to 350°F.
 - Line a cupcake pan with liners (or use silicone baking cups).
 - Whisk together soy milk and vinegar in a large bowl. Add sugar, oil, vanilla extract and almond extract. Beat till foamy.
 - In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder and salt.
 - Add in 2 batches to the wet ingredients. Beat until no large lumps remain (a few tiny lumps are okay).
 - Pour the batter into your liners, filling ¾ of the way.
 - Bake for 18 to 20 minutes, or until a toothpick inserted into the center comes out clean.
 - Transfer to a cooling rack; cool completely before frosting.

Raspberry Buttercream Frosting

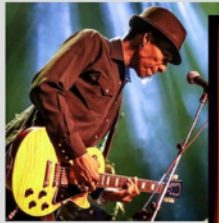
- Ingredients*
- ½ cup shortening, softened
 - ½ cup vegan margarine (such as Earth Balance buttery sticks), softened
 - ¾ cup seedless raspberry preserves or jam (Polaner Spreadable Fruit worked well)
 - 3½ cups powdered sugar
 - A few drops of red food coloring, optional

- Instructions*
- Beat the margarine and shortening together until fluffy.
 - Add preserves and beat until well combined.
 - Add powdered sugar ½ cup at a time, beating well after each addition.
 - If too soft for spreading or piping, add more powdered sugar.
 - Frosts 12 cupcakes.

The Homegrown Coffeehouse



25th Anniversary



Linwood Taylor



Memphis Gold



Steve Wolf

Saturday, 2/17, 6PM
WAGNER CENTER
2311 Bryan Point Road
Accokeek, MD 20607

Suggested Donation: \$25
Lite Supper-homemade soups,
bread, desserts 6:30-7:30PM
Music 7:45-9:45

Appreciative of his roots, yet too young to be completely anchored in the past, his original music moves forward with funky rhythms, odd chord changes and structures, and his own idiosyncratic view of life." www.MemphisGoldblues.com

Future Homegrown Coffeehouse Concerts

Sat., March 23. IONA – celtic

Sat., May 4. Ruthie and the Wranglers – Country/
Americana

For more information, please call 240-305-0876 or click the following link: <https://fb.me/e/gfX7rKpvc>

The HOMETGROWN COFFEEHOUSE Celebrates 25th Anniversary* with Linwood Taylor, Steve Gold, and Memphis Gold Saturday, February 17

Music friends, please join us for our first show of 2024 to celebrate our 25th year of bringing fantastic music to Southern Maryland. This will be a special evening of red hot blues music with three of the most respected blues masters in the Mid-Atlantic region. Suggested donation: \$25.

***PLEASE NOTE NEW LOCATION:** Wagner Ctr./Moyaone Community Bldg., 2311 Bryan Point Rd., Accokeek.

Homemade Soups, Breads and Desserts available. Doors open 6:30 pm; soup served until 7:30; teas/coffee available all evening. Music at 7:45.

Washington native and veteran blues guitarist **Linwood Lee Taylor**, has performed and toured internationally, fronted his own band and did an around-the-world, two-year stint with the Joe Lewis Walker band. Linwood has performed on stage with some of the biggest names in blues: Albert Collins, Lonnie Mack, and Eddie Kirkland, to name just a few. His discography includes a number of his own CDs, as well as numerous cuts on various blues compilation albums. Linwood was featured on the cover of *Washington Post Magazine* in their story highlighting the Year of the Blues.

Bassist **Steve Wolf** has been a fixture on the Washington music scene since the late 60s. He has performed throughout the US and Europe with such DC area notables as Danny Gatton, Tom Principato, Phil Wiggins, The Nighthawks, Catfish Hodge, Deanna Bogart, Bob Margolin, Big Joe Maher, and a diverse group of national artists ranging from Chuck Berry, The Coasters, and Bo Diddly to Doctor John, [Brian Augé](#), and Springsteen sax man Clarence Clemons.

This special concert will also feature the music of **Memphis Gold**, who has graced the cover of numerous blues and music publications, and has shared this uniquely American art form with audiences around the world. The British publication *Blues & Rhythm* describes him: "Memphis Gold stands with one foot in the past and one foot in the present ... [he] could be one of the youngest (and one of the last) to have picked cotton on the Dockery and Stovall plantations.

Traditional Music Series at the Lyceum

Seán Gavin and Colm Gannon

Sunday, Feb. 11. Doors open 6:30 pm; 7 pm show.

Seán Gavin is one of the most highly regarded Irish musicians of his generation. A master uilleann piper and flute player, he is the first and only musician born outside Ireland to win the prestigious Seán Ó Riada Gold Medal. Accordion wizard Colm Gannon's playing is as vibrant and beautiful as the Connemara hills. He won the All Ireland on the button accordion in 1994, has toured widely with Riverdance, Dervish, and DeDannan and even performed with Dolly Parton.

Advanced tickets, Adults \$25; at the door \$30.

Co-Sponsored by the Folklore Society of Greater Washington. Lyceum, 201 S. Washington St., Alexandria VA. <https://ticketstripe.com/gavin-gannon>

The Irish Breakfast Band

Sat., March 9. Doors open 7 pm; Concert at 7:30 pm.

Celebrate St. Patrick's Day early with The Irish Breakfast Band. Irish Breakfast Band performances typically feature 15 or more musicians, often several fiddles and flutes, a guitar or two, a drummer, a hammered dulcimer, banjo, pipes, and at least one vocalist. Proceeds from ticket sales, cash bar, and tips benefit the Office of Historic Alexandria. Advance tickets \$10; \$15 at the door. Children 17 & Under \$5. Free Snacks. Beer & wine for sale.

<https://shop.alexandriava.gov/Events.aspx>

TRADITIONAL MUSIC SERIES – FUTURE CONCERTS

Tues., Apr. 16, 7 pm. Southwest Ramblers

Thurs., May 9, 7:30 pm. Andrew Finn Magill and Alan Murray

Fri., May 17, 7:30 pm. Jeff Warner

Fri., June 7, 7:30 pm. Brian Conway and Brendan Dolan

The Traditional Music Series at the Alexandria History Museum at The Lyceum is a partnership between the City of Alexandria and the North American Morris Dance Organization, a 501(c) (3) organization. The purpose of the Series is to continue the 150-year history of traditional music performance at the Lyceum in an intimate setting.

AFF Is Celebrating 70 Years!



After a spectacular 2023, when even more children, teachers, and community residents took part in our environmental education programs and events, we're excited to invite you to celebrate the Alice Ferguson Foundation's 70th Anniversary in 2024!

We welcome you to join us Saturday, April 6, 9 am–2 pm, for the 36th Annual Potomac River Watershed Cleanup and Open House! Help ensure clean drinking water for all by cleaning up trash along our Living Shoreline and visit our Living Building to learn more about our education programs and sustainable facilities. More details are coming soon!



Summer Adventure Camp Registration is OPEN!

We are thrilled to offer four adventure-filled weeks this July. Featuring a variety of nature-inspired themes with a mix of day and overnight experiences, there is an opportunity for every camper to find joy in nature!

Summer Adventure Camp welcomes campers ages 4–13. Learn more and register at: fergusonfoundation.org/summercamps

Now Hiring Summer Camp Nurse

The Alice Ferguson Foundation is looking for a dedicated seasonal nurse in our community to serve as an on-call camp nurse for our upcoming 4-week Summer Adventure Camp! As a camp nurse, you'll play a crucial role in ensuring the health and safety of campers, providing medical guidance and support to the team. The nurse will be familiar with the organization's health protocol, will review camper health forms, and will be accessible to the team for questions. Join us in creating memorable and safe experiences for our campers as they explore the great outdoors and make lasting memories. Learn more and apply at fergusonfoundation.org/jobs

*Alice Ferguson Foundation, 2001 Bryan Point Road
fergusonfoundation.org*

Join us
**Saturday
March 9
at Noon**

**Brunch and Learn
Untold Stories at
Piscataway Park**

You're invited to a fundraiser for The Accokeek Foundation at the home of Doug Hattaway and Ian Davis

2711 Colonial Rd
Accokeek, MD 20607

- Learn about preserving Piscataway history and culture on this Indigenous cultural landscape
- See the unique light painting in a home designed by an architect, artist and astronomer
- Explore ways you can contribute to care for the land and share its stories

A circular inset image showing a piece of light painting art. It features a dark, teardrop-shaped object, possibly a leaf or a piece of wood, with intricate, glowing patterns of light painted onto its surface. The background is dark, making the light patterns stand out.

Learn more about the Accokeek Foundation:



Brunch and Learn: Untold Stories at Piscataway Park

Moyoane Reserve residents and other interested folks are invited to a fundraiser for the Accokeek Foundation on Saturday, March 9, at noon. The event will include a talk by foundation staff and a walk in the woods with a Piscataway naturalist.

- Learn about preserving Piscataway history and culture on this indigenous cultural landscape.
- See the unique light painting in a home designed by an architect, artist and astronomer.
- Explore ways you can contribute to care for the land.
- Meet neighbors over light refreshments.

Date: Saturday, March 9

Time: 12:00

Place: 2711 Colonial Rd.

(You can read this [New York Times story](#) about the house.)

Suggested donation: \$25

The Accokeek Foundation at Piscataway Park is located at 3400 Bryan Point Road, Accokeek; info@accokeek.org.