

Smoke Signals



MOYAONE ASSOCIATION NEWSLETTER

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

VOLUME LXV

JANUARY 2025

NO. 1

President's Note:

Brrr. It's been cold outside. I hope everyone has enjoyed the snow ... and a warm fireplace.

Here's an update from your Moyaone Association Board of Directors:

• Consolidated Fee notices are going out soon. You can, of course, pay before you receive your written notice. Here's how:

1. Visit Moyaone.org.
2. Click on the big yellow button labeled "click here to pay your association dues."
3. Select payment method and follow directions.
4. Have a problem? Contact the Comptroller: Comptroller@Moyaone.org.

Having fees in by Feb. 1 will help fuel our committees and their important work.

• We have followed up on the December Budget meeting discussion about the Consolidated Fee being linked to inflation. There is no May or December membership meeting record of a passing vote where the Fee is raised annually by

the inflation rate in perpetuity. The Fee was raised by the inflation rate by member vote at the December 2024 meeting, though. The Bureau of Labor Statistics annual inflation rate for the period ending in Nov 2024 was used.

- A HUGE thanks to Ruth Gaumond who has served our community as *Smoke Signals* editor for over a decade. Ruth and her husband, Charlie, are headed to Connecticut.
- A HUGE thanks to Julia Paajanen, who has agreed to serve as our new editor beginning with the February issue.
- For those trying to reserve a space at the Moyaone Commons, Kim Allen is our calendar scheduler. You can reach her at: allenkim8761@gmail.com.
- Kudos to Tom Garcia and the Roads Committee for snow removal management.
- Kudos to John Hollyfield and Buildings & Grounds for staying on top of winterizing the community buildings and arranging major tree work.
- A reminder to folks using the Community Center: Last one out should LOCK the door.

— Paola Addamiano-Carts

FEBRUARY 5 BOARD MEETING*

6:30 pm social with light snacks
7 pm business starts

Wagner Center, 2311 Bryan Point Road

*There is NO board meeting in January 2025.

Moyaone Association Board of Directors

President — Paola Addamiano-Carts

President@Moyaone.org

Vice President — Mike Nelson

VicePresident@Moyaone.org

Secretary — Karen Heys

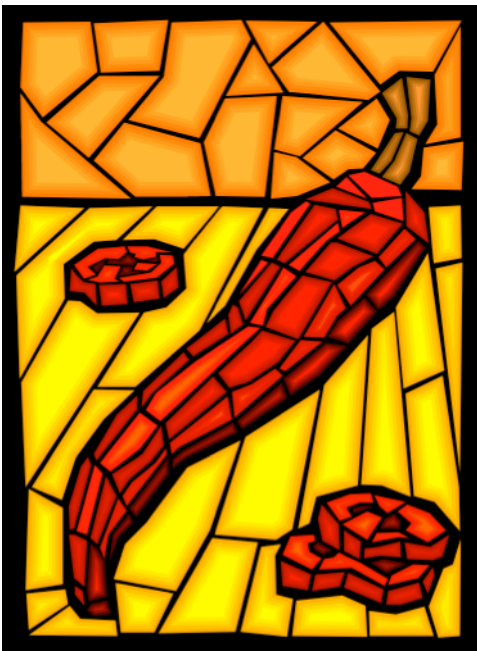
Secretary@Moyaone.org

Comptroller — Linda Witkin

Comptroller@Moyaone.org

Director-at-Large — Holly Wagner

DirectorAtLarge@Moyaone.org



Annual Chili Challenge Cook-off Saturday, March 8, 5 pm–8 pm

Chefs of the Moyaone Reserve: on March 8, 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. All recipes are accepted – exotic and creative to warm and traditional. To submit your entry form for the chili competition, please click here: [Chili Cookoff Application](#). In order to be judged, all entries must arrive at the Wagner Community Center, 2311 Bryan Point Rd., by 3:30 pm on March 8.

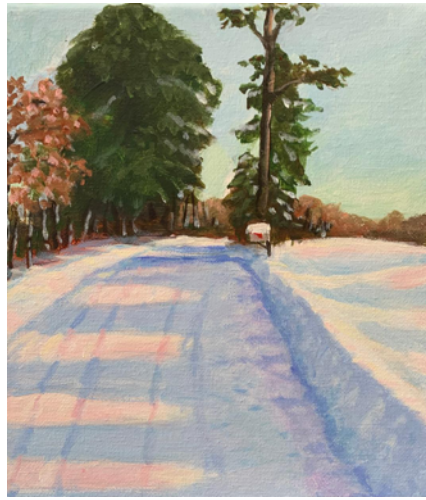
Complete the entry form by March 5.

Admission for all chefs will be waived.

Or just come and eat, joining friends and neighbors at the Community Center. Both plant-based and meat chili, with cornbread, chili toppings and non-alcoholic beverages will be available. There will also be free Homebrew tasting from the Moyaone Mashers Homebrew Club. Admission is \$25 for adults (16 and up) and \$10 for children age 10 and over. Under 10 free with paying adult. This family event is a fundraising event to benefit the Moyaone Commons.

Use this Eventbrite link for purchasing tickets: [Chili Cookoff](#).

Or use the QR code below to purchase tickets or to access the contest application form.



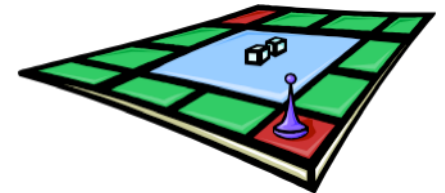
Experience Art in All Seasons with AAA

The wintry weather has enabled some members of the Accokeek Artists Alliance to have the fun of painting snowy landscapes, but by now that fun has grown old and we would all appreciate some melting! The weather has caused our January meeting date to be rescheduled to Jan. 26, 2 pm to 4 pm, at the Wagner Community Center (2311 Bryan Point Rd.).



After that, we look forward to our popular Valentine’s Day art exchange on Feb. 8, 2 pm–4 pm, at the Wagner Center, and a cold-wax painting workshop with Daniel Wise on Apr. 19. Further down the road we are planning a membership meeting at Accokeek’s lovely historic Bellevue mansion in May and a workshop in Shibori (that’s a Japanese dying technique) with Peggy Reichard in June (this one is already filled). To get in on the fun, just join up. We welcome new members, who can join via the website at accokeekartistsalliance.com.

NEW GROUP FORMING: Table Top Gaming



A Table Top Gaming Group is forming for adults in the area! A place and time will be agreed on. One hopes it will be regularly reoccurring. If you or people you know are interested in trying/playing some games: D&D, Ticket to Ride, most anything, then send an email to: dciskowski@yahoo.com.

MOYAONE ASSOCIATION POOL COMMITTEE

If you’d like to submit a pool update, or join the 2025 Pool Committee, email russelhc@yahoo.com, or moyaonepool@gmail.com. The Pool Committee meets the 3rd Tuesday monthly at 5:30 pm between the months of February and October (the rest of the months are optional). Our next meeting is Tues., Feb. 18.



Some Historical Notes on Ship's Knees

I was recently going through old photos and came to this one taken by Gordon in a museum in Vermont (1994). This led to the naming of the as yet unnamed Ships Knee Drive. Gordon (and perhaps a few others) saw this form of growth in many trees in the area of the road (Stan Fetter may remember this discussion — Gordon at the time was Roads Committee Chair for the Poplar Hill/Steamboat and Old Landing roads). Gordon was maybe a little biased — he worked for the US Navy for many years, specifically on ships. The text below is from the museum plaque next to the ship's knee display.

— Eileen Watts

Knee from the Steamer *Vermont I* Vermont, 1815 wood

A knee on a boat supports the deck and is one of the boat's main structural timbers. Knees were made from a naturally grown tree form. Fragments of knees can be seen in the model of the *Phoenix I* [elsewhere in the museum]. The steamer *Vermont I* was built in 1809 in Burlington, Vermont and sank due to mechanical failure in the Richelieu River near Isle aux Noix, Canada on October 15, 1815. The boat was raised in 1952 and brought to the New York shore where it rotted. This knee was probably removed from the boat at that time.

Although no drawings or engravings of the *Vermont* have been preserved, she is described as a canal boat with a smokestack and paddlewheels similar to the illustration used on the broadside for the *Phoenix I* exhibited in the hallway.

— Gift of Ralph Nading Hill



MID-YEAR AUDITIONS

CCYO, ENCORE BAND, ENCORE STRINGS, AND PRELUDE STRINGS

WHERE

CHRIST CHURCH
112 CHARLES ST, LA
PLATA, MD

WHEN

FEBRUARY 8
9:30AM - NOON

SCAN TO SIGN UP



Auditions for the spring 2025 season of the Charles County Youth Orchestra (CCYO) will be held Sat., Feb. 8 from 9:30 am to 12 pm at Christ Church, 112 Charles St., La Plata. All levels and instruments, except piano, are warmly encouraged to audition! Scan the QR code in the poster above for details and sign-up, or see the CCYO website: charlescountyyouthorchestra.org/auditions.

For more information, please contact Dr. Osman Kivrak, Director, Charles County Youth Orchestra (301 375-7109; charlescountyyouthorchestra.org).

AD: Elliptical for sale

I have a Proform 675 elliptical for sale for \$300.
301-283-2161



**RECOGNIZING THE TRAIL-BLAZING,
PROLIFIC SWIMMING CAREER
OF NANCY HUNT WEIMAN;
Congressional Record Vol. 170, No. 187
(Extensions of Remarks – December 17, 2024)**

[Pages E1289-E1290]

*From the Congressional Record Online through the
Government Publishing Office [www.gpo.gov]*

RECOGNIZING THE TRAIL-BLAZING, PROLIFIC
SWIMMING CAREER OF NANCY HUNT WEIMAN

HON. GRACE F. NAPOLITANO of California in the House of
Representatives

Tuesday, December 17, 2024

Mrs. NAPOLITANO. Mr. Speaker, I rise to recognize the trail-
blazing, prolific swimming career of Nancy Hunt Weiman.

Clearwater Beach, Florida, two weeks after the second
devastating hurricane in a matter of days, hosted the 2024
Master's National Artistic (Synchronized) Swimming
Championships. More than 300 Master's swimmers
competed, the largest number of participants — all ages —
for this Master's meet since the Master's program was first
established some five decades prior. Nancy Hunt Weiman
competed in five events and medaled in all five.

Immediately after Labor Day, Nancy went to San Francisco
to train and to prepare for the competition. Daily workouts--in
the pool and land drills — with her Redwood Empire

teammates (some of whom Nancy swam with back in 1969
to 1973). She decamped in Pacifica with her current duet
partner and fellow member of the International Swimming
Hall of Fame, Margo McGrath.

Nancy began her synchro career in St. Paul, MN when she
was nine. In 1969, Nancy moved to San Francisco to swim
with the nationally and internationally famous San Francisco
Merionettes. Four years later, in 1973, she “retired” after
some 15 years of amateur competition.

She got hitched a year later and moved to Washington, DC.
A year later, in 1975, now some 49 years ago, Nancy was
one of the founders of Master's Synchronized Swimming. At
that first meet, she performed “triple duty” as a swimmer,
coach, and judge.

At the time, the Master's program was a step-child in the
Synchroworld. As such, few judges were willing to attend a
“Master's Meet.”

So, at that very first meet, held in Reading, PA, Nancy was
needed to judge. She wore “Judge's whites” as required,
but had her swimsuit on underneath it. When it was her turn
to compete, she took off her judge's uniform, went on deck,
waited for the whistle and then swam her event — scores
provided by the remaining judges. As soon as she
completed her routine, still wet, she put her on her judge's
whites and climbed back on the judge's chair to continue
judging. Nancy also wrote the first set of official rules that
governed that competition. Over the past 49 years, Nancy
competed in almost every national and criss-crossed the
globe for international competition, doing so in six different
age groups from in her 20s to now, in her 70s.

Along the way, Nancy has met wonderful people from
around the world and had a few unique experiences. A year
ago, after preliminaries in Japan at the World Master's
Championships, the meet was halted for several days as a
typhoon roared through. Nancy's flights home were canceled
and to get home, she was routed to Tokyo, Paris, New York,
and then back to DC. She flew around the world to attend,
compete, medal, and then work her way home. Luggage,
phone and medals arrived about a week after she did.

Today, there is one major difference when she competes:
she swims with two new hips and a new knee. Her surgeon's
office keeps a framed photo of Nancy in their waiting room.
Synchro, now Artistic Swimming, has come a long way since
Reading. So Nancy is still practicing, still swimming and still
competing. Meets in Canada and Singapore are now on the
schedule in 2025 and beyond.

Mr. Speaker, I urge all my colleagues to join me in
recognizing the contributions Nancy Hunt Weiman has made
to Synchro (now called “Artistic” Swimming).



POTLUCK

Join us on Sunday, March 9 for the next VEG potluck. Details to follow in the February edition of *Smoke Signals*. Stay informed about VEG events by joining the email list at moyaoneveg@gmail.com

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

Cozy Winter One-Pot Vegan Meals

Winter is a great time for one-pot recipes when you want something warm and comforting. If you are craving hearty dishes with veggies, legumes, grains, and spices that are satisfying and healthy, but only want one pot to wash, we've got you covered.

Here are three collections of one-pot vegan meals to make your life easy and your tastebuds happy:

The Minimalist Baker



One Pot Pumpkin Yellow Curry from the Minimalist Baker

The Minimalist Baker is a reliable site that strives to keep great cooking simple: all recipes are 10 ingredients or less, one bowl, or take 30 minutes or less to prepare. Try one of these plant-based one-pot dinners:

<https://minimalistbaker.com/12-plant-based-1-pot-dinners/>

Forks Over Knives



Asparagus, Potato, and Butter Bean Soup from Forks Over Knives

Forks Over Knives was created to spread the word about the disease-reversing power of a plant-based diet (stream the award-winning documentary for free!). Enjoy one of these easy healthy one-pot meals:

<https://www.forksoverknives.com/recipes/vegan-menus-collections/healthy-vegan-one-pot-meals/>

Veg News



Vegan Lemon Zucchini Orzo from Veg Nes

Veg News began as a monthly print magazine that focused on plant-based living, which has now expanded to include a podcast and extensive website that covers all aspects of vegan living. Explore their [collection of one-pot recipes](#).

DID YOU KNOW ... that most gorillas are herbivores (aka vegans)?

The only exceptions are a few species that may supplement their diet with invertebrates like snails, termites, and ants. And they are not the only plant-only eaters around! **About 32% of present-day non-human animal species are herbivores!***

Who are some of the others? Take this quiz and find out!

QUIZ TIME

- | | | |
|----------------------|---|---|
| 1) Alpacas | Y | N |
| 2) Anteaters | Y | N |
| 3) Bison and Buffalo | Y | N |
| 4) Cats | Y | N |
| 5) Dogs | Y | N |
| 6) Elephants | Y | N |
| 7) Foxes | Y | N |
| 8) Geese | Y | N |
| 9) Hippos | Y | N |

See bottom of page for answers.

*ALL mammals on this list breast feed until weaned, of course.

QUIZ TIME ANSWERS

Herbivore — Y/N?

- 1) Yes. Diet consists primarily of grass and other plants which they digest in their three-chambered stomachs, much like cows who are also herbivores.
- 2) No. Guess what they like to eat?
- 3) Yes. Adults typically graze for nine or more hours a day.
- 4) No. Cats are obligate carnivore hunters who need some amount of animal protein to thrive.
- 5) No, not herbivores, but are NOT obligate carnivores (required to eat animal protein), as they can and do thrive on a balanced vegan diet like V Dog or Natural Balance.
- 6) YES! Is that "wild," or what?
- 7) No, they are omnivores who, in addition to meat, fish and eggs, do include fruits, berries, nuts and seeds in their diet.
- 8) Yes and no. Primarily herbivores, geese have been known to eat insects and fish on occasion.
- 9) Yes, they thrive on the short grass of the savanna. Lots of it!

Pulse of the Pool

— Hsin-I Russell, Pool Committee Chair

We had a bit of crisis the week before the presidential inauguration. Several inches of snow had been melting slowly so the water level in the main pool was high enough to submerge the tile coping. If that water freezes, it could crack those tiles amounting to costly repairs and delay. So, we want to recognize Ben Grenoble for starting the pump, John Hollyfield for spotting the issue and checking on it midday with Jake Ellena, and John Mitchell for shutting it off. Yes, it takes a village, but what matters is that when help was requested, the response was multi-pronged and inclusive.

This month's pool update comes from one of our long-time neighbors, David Weiman, who along with many neighbors patronizes our pool and provide observations, insights, and feedback on pool operations each season. Here is Dave's op-ed.

At the Moyaone Budget Committee meeting, sitting in the back of the room and listening to the barely comprehensible spreadsheet analysis, I became increasingly agitated. Spreadsheets and graphs dominated. Any sense of "community" was all but lost. The Moyaone pool and the Wagner Center are the closest thing we have to a "City Hall."

The budget and spreadsheet presentation, bracketed with an arbitrary 3-minute rule produced what I considered, given many of its numerical errors or omissions, to be a "fake budget."

The pool is a living place. It breathes. It's alive. The pool doesn't talk about diversity, it practices it. And it serves so many – AFF camps, swim team, swim lessons, lap swimming, recreational swimming, morning swim, evening adult swim, host for Moyaone fundraisers, and rehab swimming (that's me).

One young boy, I think, 9, was new to the community. He and his family came to the pool almost daily. He quickly adapted to splashing in the shallow end, but didn't know how to swim. The splashing, however, brought him joy. And he began to learn to swim – slowly and tentatively. Towards the end of summer, he was ready for his swim test (but he didn't believe it). One afternoon, he was being coaxed to take the test but steadfastly resisted. I was in the water and shouted (okay "barked") for him to get in and do the test. What happened next represented the very best of our "pool community." All the pool "rats" – the kids (all ages) – who are ever-present daily, came over to the side of the pool, energetically began chants of his name, over and over, louder and louder. They urged him on. That support was critical. He passed. And oh, the grin – the sense of pride – overwhelmed, deservedly so – for him and shared by so many.

Back at the budget meeting, amid the cold spreadsheet numbers and graphs that could barely be seen from where I was seated, much was lost. So much more needed to be shared.

That compelled me to comment. The community needed to know what took place one afternoon with a near-death event. Lifeguards Kayla and Shay were exceptional – exceptionally well-trained. Their excellence in an

emergency was a reflection of your Operational Leaders. Several days earlier that week, Nan[cy] and I were at morning swim when an in-service training took place. A few days later, an emergency occurred – a 3-year-old stopped breathing in her father's arms. Micah called out for Kayla and dialed 911, stayed on the phone with the call center until the ambulance arrived. Nan, during those critical minutes, stood next to him, listening and carefully observing Kayla and Shay as they went through procedures, step-by-step. One unrelated mother rushed over, pushed people aside and *insisted* the girl needed Gatorade. She was *wrong*. Well-intentioned, but did not know what she was doing. Kayla blocked her and continued administering relief. This young girl was revived. She was transported to the hospital, checked out, and released. She's fine.

In one respect, Kayla and Shay did the extraordinary. In another, they simply executed what they were taught and what they trained for – as required by Rhonda and Nancy.

This event – and all that it represented – did not show up in [the Board's] spreadsheets. To me, it represented an oversight of considerable significance. In my opinion, this story needed to be shared, and I told it. After the meeting, more than a half-dozen of our neighbors, only some of whom I knew, thanked me for sharing the story and all that it represented.

Oh, as for the proposed budget, there were lots of numbers. And there was a group of numbers that somehow never got mentioned – excluded. A sampler:

- Nancy spent about \$500 to get her pool operator and lifeguard licenses.

- John Mitchell got his pool operator's license – about \$300.

- Neither charged a penny nor received a salary (in lieu of guards serving in that capacity) for a season's savings to the Association of approximately \$2,000.

- An acknowledgement was made of Nan's "fundraising" by getting a contribution of two refurbished guard chairs. These hand-me-downs saved the Moyaone Pool more than \$10,000 – the number is closer to \$14,000.

Budgets are not limited to numbers or spreadsheets. From my vantage point, the presentation was incomplete.

Thank you and all the Pool Committee members for your service to your/our community. I hope this gives you a better understanding of what this "puddle" represents to so many in the community.

— Thank you, David M. Weiman

A note from the MA Board:

The Moyaone Association Board of Directors has prioritized building community through invigorating committees, funding Welcome & Membership, working to improve communications, etc. The December Budget Meeting is the time and place for the membership to scrutinize how our consolidated fee contributions are to be spent. Irresponsible spending of Moyaone Association funds would certainly result in loss of community spirit.



Happy New Year from the Alice Ferguson Foundation

Happy New Year, neighbors and friends! We couldn't be more excited for our full calendar of programs for students and upcoming events for our community to enjoy. Take a look at what's happening this year and make a note — we hope you'll join us!

January 26 — 71th Annual Member Meeting
See membership details below!

April 5 — 37th Annual Potomac River Cleanup & Open House
July 2025 — Summer Adventure Camp
Registration is OPEN!

October 4 — 11th Annual Pinot on the Potomac in partnership with the Maryland Wineries Association

We can't wait to see you at Hard Bargain Farm soon!

Become a Member of the Alice Ferguson Foundation

It's not too late to join our member community. Our membership benefits feature five tiers with exclusive discounts and access to visit our beautiful property. Hard

Bargain Farm is the perfect place to spend quality time in the great outdoors and make unforgettable family memories that will last a lifetime.

NEW FOR 2025! Our Outdoor Experience Package features unique experiences in nature every season — cow milking, night hikes, birding, and more! More details coming soon.



Scan the QR code or visit fergusonfoundation.org/membership to join the AFF family!

NOW OPEN: Summer Adventure Camp Registration
Get ready for an unforgettable camp season with new weekly themes and exciting activities for exploration and learning. Your camper will enjoy weeks filled with hiking through the forest, creating with nature, finding critters, splashing at the pool, and making new friends. Space is limited — [check out the camp details here](#) and save your camper's spot today!

Alice Ferguson Foundation
2001 Bryan Point Road
fergusonfoundation.org