

FOOTNOTES

CNY Folksmarch

Newsletter • January 2017

FM# 428 (GPS:9000 Destiny Dr. Syracuse, NY 13204)

See us on Facebook: [Facebook.com/Folksmarch](https://www.facebook.com/Folksmarch)



THE "BASICS" THIS MONTH.

DATE: SATURDAY, JAN. 14TH

START ANYTIME BETWEEN 8-11 AM.

FIRST TIMERS ARE FREE. \$4.00 FOR ADULTS, \$1 FOR YOUTH 6-18. 5 AND UNDER ARE FREE. \$9 MAX. FOR A FAMILY.

SEE OUR CNY FOLKSMARCH WEBSITE

FOLKSMARCH@WORDPRESS.COM

IDEAS, COMMENTS, QUESTIONS?

FOR MORE INFORMATION ABOUT THE FOLKSMARCH CONTACT BARBARA CRANE, AT:

BARBARA.CRANE143@GMAIL.COM

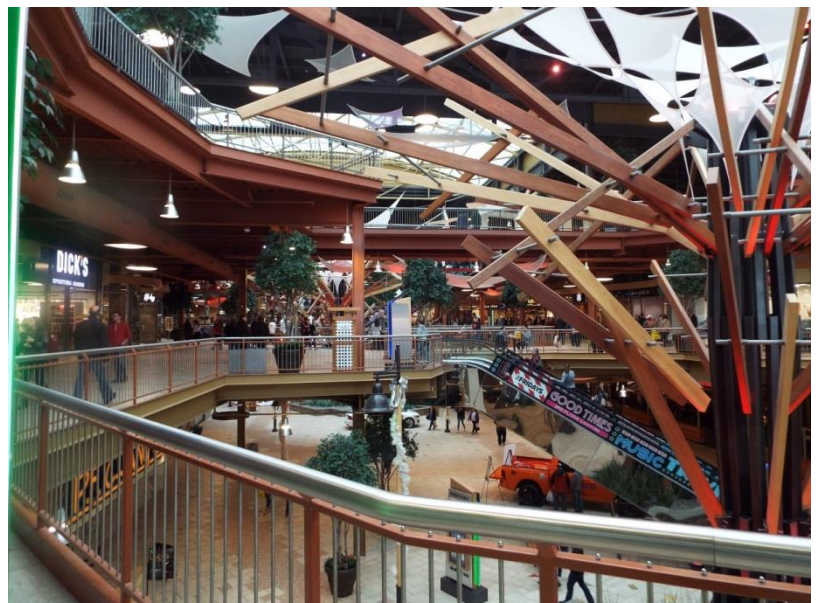
Destiny USA – a great place to walk in Winter!

Happy New Year! A time for new beginnings, resetting goals; trying new things, learning, living and challenging yourself. The New Year gives us a clean slate on which to write our hopes and dreams.

For us, 2017 marks our first walking event as an independent walking group, "CNY Folksmarch, Inc."

We are drawing from the experiences we have gleaned over the past 35 years as a walking group under the umbrella of the YMCA and the expertise of our now retired leaders, Walt and Peg Price.

January can be a very cold and blustery month! What better place to hold a winter walk but in the largest enclosed mall in New York; Destiny USA, offering us the



opportunity to walk in a climate-controlled environment. The mall is large enough to offer 3.1 miles (5K) of walking distance (providing you walk the perimeters of all four levels)

It's location also avails those willing to weather the elements, to walk part of the Creek Walk. The Onondaga Creek Walk measures 2.6 miles, providing a serene yet urban setting, the trail is currently complete from the historic Armory Square district in Downtown Syracuse to the southern shore of Onondaga Lake. Following the Creek Walk from the mall to Onondaga Lake inlet may bring an opportunity to spot one of the eagles residing in the area (1 mile round trip).

Since Destiny offers so many eating and snack venues, we will not be providing refreshments. We encourage you to support one of the many places to eat.



This month and next month, we are sharing our event with CNY Orienteering (CNYO).

Orienteering is a competitive sport in which participants find their way to various checkpoints across rough terrain with the aid of a map and compass, the winner being the one with the lowest elapsed time. Courses can be enjoyed as a walk in the woods, with difficulty levels from beginner to expert offered at most events.

Some fun facts about Destiny USA:

- *If you spent just 10 minutes at every store in the mall, it would take you 38 hours to visit the entire facility. Keep that in mind as you begin your walk!*
- *Destiny USA is the 6th largest mall in the US, yet ranks 2nd to the number of annual visitors each year – (29 million) . The Mall of America boasts the most visitors.*
- *Destiny USA's rainwater harvesting system conserves 4 million gallons of water annually.*
- *Moscow's Red Square could fit into the expansion of the mall.*

➤ ***Don't forget to bring mittens and hats to be donated to Mary's Pantry Immaculate Heart of Mary/St.Joseph's the Worker Parish in Liverpool, New York.***



Our "15 minutes of Fame" this month will be to give further information on the new organization for Folksmarching and to answer all your questions. Meeting at 9:45 near the Registration area.

Remembering Skaneateles

The December Team of 5 was chaired by Pauline Lynch Shostack with team members: Sharon Osika-Michaels, Barb Sleight, Mary Clay and John Braun. Zak Shostack assisted with trail marking also. There was beautiful wintry weather to compliment the holiday festivities in town. Many walkers enjoyed the Dickens Christmas characters, holiday shopping, and treats during their walk. Thanks to all who helped.

The personable Amy Klein, from the OCC Physical Education faculty gave us some appropriate helpful tips on stress reduction during the holidays for the "15 minutes of Fame" presentation. We are appreciative to the Skaneateles "Y" for accommodating us on a very busy weekend!

The March 2017 "Team of Six", with Ellen Nowyj, Chairperson, will meet at 9am at Destiny to plan for the Liverpool Folksmarch. It will start at the Liverpool Library on March 11th.



There are three ways to participate in the Folksmarch program.

1 Purchase an Annual Pass for \$40

An annual pass for 12 monthly walks costs \$40, 12 walks for the cost of 10. Annual Pass holders are members of CNY Folksmarch, they receive an Annual Passport, they will receive an annual pin at the end of the year, they have the right to vote at the annual meeting and they are eligible to participate in any Folksmarch trips.

2 Purchase an Annual Passport for \$10

Annual Passport holders are members of CNY Folksmarch and have the same benefits as Annual Pass holders as listed above except they will pay \$4 per walk that they participate in.

3 Pay for Walks Separately for \$4 each

Anyone is welcome to participate in the monthly walks. They are not members of CNY Folksmarch, do not receive an Annual Passport, do not have a vote at the annual meeting and are not eligible to participate in Folksmarch trips. If anyone not a member of CNY Folksmarch wants to participate in a trip, they may purchase an Annual Passport at that time.

Passports

Folksmarchers are encouraged to purchase an annual passport. The passport serves as their membership card as well as a place to document their walks for the year. Members receive a new passport each year. If someone decides to not become a member, they can use their old passport until all the boxes are filled.

An important message for those who receive Footnotes by US Mail:

There are three options for you starting in March.

1. If you have email, or access to it (other family), let us know that you are choosing to receive Footnotes that way. We need your response by February 15th. Please send your email to: jhujar@twcny.rr.com

2. To continue receiving Footnotes by US Mail, send a \$12 check to Barbara Crane, 143 Wilson Dr. E. Syracuse, NY 13057. Thank you.

3. If you do not wish to receive Footnotes in the future, or do not respond by Feb. 15th, your name will be removed from our lists.

*CNYFolksmarch –
Come Walk with us!*

The next CNYFolksmarch event will be at Shoppingtown – February, 11th, 2017