



**A Recreational  
Non-Competitive  
Walking Group**

**June 2017 Folksmarch**

**Date:** Saturday, June 17, start anytime between 8–11AM;  
Sunday, June 18, start anytime between 1–3PM

**Annual Pass Membership \$40**  
Includes Annual Passport and  
12 monthly walks

**Annual Passport \$10**

**Monthly Walking Rates**

First Time Walkers FREE!

|             |              |
|-------------|--------------|
| Adults      | \$4.00       |
| Youth 6–18  | \$1.00       |
| 5 and under | FREE         |
| Family      | \$9.00 (max) |

**CNY Folksmarch, Inc.**

Barbara Crane, President  
Stephanie Nicholson, Sec.  
Lee Mount, Treasurer  
Other Board of Directors:  
Dawn Bennett, Nancy Knaggs,  
Ellen Nowyj, Adria Ripka,  
Barbara Sleight, and Judy  
Sokolowski.

A folksmarch is a non-competitive walking event conducted monthly for people of all ages and abilities in Central New York.

# FOOTNOTES

## NEWSLETTER

Web: <https://folksmarch.wordpress.com>  
Facebook: <https://www.facebook.com/folksmarch/>

FM# 433 (GPS: 42 degrees 47' 12" N, 76 degrees 05' 37" W)

### **June Walk at Heiberg Forest**

Svend O. Heiberg Memorial Forest in Tully NY and Tully Field Station of ESF (SUNY Forestry College)



SSSHHH! Don't tell anyone...we recently stood 637 feet about the town square of Tully, NY, and had a strange sensation. We couldn't hear anything until a beagle and a Pomeranian barked at our dog. Nothing! Not even a traffic jam on Rt 81 far below.

At our lookout at the top of Heiberg Memorial Forest we couldn't see anything but trees and farm land. We looked down on Song Mountain at only 1332 feet. We were at 1892 feet.

Svend Olaf Heiberg (1900-1965) was a fanatic about the forest reserves of the world. Yale educated, he traveled the world on a tour and then established a forest named for him with 1650 acres in 1948 while working for our College of Environmental Science and Forestry at SUNY.

Today it features 3,900 acres. One can hike and ski the 12 miles of hiking trails through hundreds of acres of Alleghany Hardwoods and Conifer





Plantations. There is also fishing by permit for rainbow and brook trout on 6-acre Padget Pond and 3-acre Sargent Pond.

How about relaxing and enjoying the sounds of “silence,” a million-dollar view, and seeing where the foresters train and do forest research.

Come join us at the top of the world. Four-leggers would love a walk on their leash here. Pavilion available for your picnic baskets.

## Fifteen Minutes of Fame

Our guest speaker this month is Jacob O'Connell from SUNY ESF.

From Jacob: “I’m a Program Coordinator at SUNY-ESF in the Outreach Office and my work focuses on K-12 science enrichment and programs for adult learners and professionals. On the K-12 side, I work with a dual-enrollment program at ESF known as ESF in the High School, where high schoolers from schools in over 30 counties take ESF courses from their teachers for college credit.”



## Directions

Approximately 20 miles south of Syracuse exit Interstate Rt 81 at Exit 14. Turn east (left) onto NYS Route 80. Proceed into the village of Tully, through traffic signal and turn right at the first street (Railroad Ave.) Continue to stop sign, turn left and then right to cross the railroad tracks on Grove Street. Proceed approximately 1.8 miles to Maple Ridge Road, the forest entrance. (right turn) The forest parking and classrooms are about 1.25 miles on this road.



## Last Month's Highlights: Walk at Beaver Lake

We had 2 days of beautiful walking weather at Beaver Lake. On Saturday there was a large plant sale & bake sale taking place also.

Our speaker, John Cecil, shared much of his experiences & other interesting information. He brought pictures, books & even real ticks in a jar for us to see.

Both days we welcomed "First Timers" and on Sunday we enjoyed having Ed & Eric, with Betsy Edinger there to hand out pins & stamp passports.

Thank you to each volunteer and to our terrific committee, Mickie Lorenz, Lorrie Simiensk, Ruth Credno, Peg Bailey, Carol Maracalchi & Barb Sleight, our board oversight.

Each one was so supportive and dependable. A special thank you goes to Mickie & Lorrie for handling the pin & newsletter. It was a fun weekend.

Thank you for the privilege of working with each of you. —Jack & Donna Kulle



If you would like to write about your walk or submit pictures, please submit to the newsletter editor, Erin Cunia, [ecbcunia@gmail.com](mailto:ecbcunia@gmail.com).

## CNY Folksmarch Trip planned for September

CNY Folksmarch trip to The Wild Center (Natural History Museum of the Adirondacks), Tupper lake, NY is planned for Wednesday, September 13, 2017.

The trip includes round trip motorcoach; an animal encounter (maybe an owl or a hawk); Lunch with choice of sandwich plus chips, cookie and beverage. Time to explore on your own inside at the glacier wall to see how the lakes of the Adirondacks were formed. You can also see live exhibits of sea otters, fish, turtles and other creatures that call this area home. In the theater you can view multi-media films. Outside you can walk the trails, sit by the pond or visit Wild Walk (elevated trail across the treetops). Accessible for all ages and abilities.

Sign up will be at the July Folksmarch with a check for \$99.00 made out to CNY Folksmarch.

We need a minimum of 35 members to schedule the trip, and a maximum of 54. Must be a CNY Folksmarch member (with 2017 annual pass or 2017 passport).

## About Us

Folksmarches are generally held on the second weekend every month. Registration is held between 8 am and 11 am on Saturdays, and from 1 to 3 pm on Sundays of the event. Participants walk at their own pace, and the purpose is strictly for fun, fellowship and exercise.

The route distances are a choice of either 5K (3.1 miles) or 10K (6.2 miles). Routes vary at each location, but normally include a combination of paved walkways and natural settings. Routes are marked and a map is provided to each walker. A shorter modified route is always available to those who choose not to walk the longer distances.

Participants receive a pin to commemorate the walk and passports are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Pass or a Yearly Passport is a way to become a member of the CNY Folksmarch walking group.

### Ideas, Comments, Questions?

For more information about the CNY Folksmarch contact Barbara Crane at

[Barbara.crane143@gmail.com](mailto:Barbara.crane143@gmail.com)

*CNY Folksmarch -  
Come walk with us!*

***The next CNY Folksmarch event will be held in Chittenango, July 8 & 9, 2017***