



**A Recreational  
Non-Competitive  
Walking Group**

**July 2017 Folksmarch**

**Date:** Saturday, July 8, start anytime between 8–11AM; Sunday, July 9, 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# 434 (Chittenango American Legion: 707 Legion Dr, Chittenango, NY 13037)

### July Walk in Chittenango

This month's Folksmarch is in the Village of Chittenango, starting at the American Legion room in the Town of Sullivan Parks and Recreation building at 707 Legion Dr. The name Chittenango is thought to be derived from the Oneida Indian word for Chittenango Creek, and means "where waters run north." The Village grew with the completion of the Chittenango Canal Boat Landing which had a dry dock where canal boats for the Erie Canal could be built and repaired. Admission to the Canal Boat Museum on Lakeport Road, part of the FM route, is free to Folksmarchers on both Saturday and Sunday.

The Village was incorporated on March 15, 1842 and continued to prosper not only as a canal town but also adding several business, stores, and inns. St. Paul's Church is listed on the National Register of Historic Places. Folksmarchers can check out the historic homes and buildings in Chittenango, several of which are along our route, using a leaflet prepared by the Village. Chittenango is also the birthplace of L. Frank Baum who wrote "The Wonderful Wizard of Oz" and other Oz stories, as well as the home of an annual Oz festival called Oz-Stravaganza. Be sure to note the yellow brick sidewalk in the Village!

In addition, we are holding a fund raiser for Clear Path for Veterans this month. Clear Path, located just outside the Village of Chittenango, is based on the concept that it is "the responsibility of communities to help those who serve." It provides a comfortable, family oriented facility where service members, veterans and their families receive holistic warrior care through several different services many of which are provided free of charge to veterans. The idea is to ensure financial, social, emotional and physical wellness through community collaboration and strategic services. In particular, their inaugural program, Dogs2Vets, "helps participants find relief from their post-traumatic stress (PTS), traumatic brain injuries (TBI) and military sexual trauma (MST) symptoms in the form of a service or emotional support dog." Our fundraising will accept both money and donations.

### Directions

Meet at the American Legion room in the Town of Sullivan Parks and Recreation building located at 707 Legion Dr., Chittenango, NY 13037. From the west (Syracuse), take Rt. 5 East into Chittenango. At the light where you see Community Bank on the left, turn right (still Rt. 5), then at the next cross street, turn left onto Legion Dr. Go straight through a 4-way stop, and then turn right into the driveway and parking lot in front of the American Legion door.

From the Thruway, take the Canastota exit and then turn left onto Peterboro St. (aka Rt. 13) through the village to the light at Rt. 5. Turn right onto Rt. 5 West and go about 6 miles into the Village of Chittenango. Go past the Post Office and hardware store (on your right) and turn right onto Legion Dr. Go straight through the 4-way stop, then turn right into the driveway and parking lot of the American Legion.

## Last Month's Highlights: Heiberg Forest

It may have been two really hot days but with the beautiful wind and bright sun, it was still pleasant at Heiberg. Jacob O'Connell came to speak about the history of forestry and how it all began with James I in England. It seems that the forests of England had disappeared and there was a need for replenishment of lumber which was found in the New World. Ships were built with this wood. England became more aware of forestry conservation because of all of this. He also spoke of his career, Heiberg, brought a book of the old timers and their interest in forestry. Elmon Radway, of Pompey, was instrumental in bringing pure blue spruce seeds from Colorado in the 1930's. He took the time to meet us all and answer any questions we might have had. We thank him profusely for this.

Thanks also to all our volunteers on our team. We couldn't have done this without you! Pat Parker, Kurt Knudsen, Rick and Karin Acker were outstanding. We truly appreciate each one of you. Jim and Shirley Wilcox

**Lost pair of sunglasses at Heiberg:** If found, please contact Doris Preston, [dvpreston@outlook.com](mailto:dvpreston@outlook.com).

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).

## Day Trip to The Wild Center – Sign-up at July FM

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).

*CNY Folksmarch -  
Come walk with us!*

***The next CNY Folksmarch event will be held in Phoenix, August 12 & 13, 2017***

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