



A Recreational Non-Competitive Walking Group

August 2017 Folksmarch

Date: Saturday, August 12, start anytime between 8—11AM; Sunday, August 13, 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# 435 (GPS: 53 State Street, Phoenix, NY; 43 deg 13' 40.80" N, 76 deg 17' 56.04" W)

August Walk: Phoenix

The starting point is the Phoenix Bridge House near Lock #1. This is a very interesting area to visit. The Bridge House includes a small Museum on all three floors and the home of the Bridge House Brats. The Bridge House Brats welcome boaters to Lock 1 and provide services such as cleaning boats, walking dogs, Wi-Fi and rides to local stores. The Brats also maintain the museum.

In addition to the lock, there is a unique trunion bridge over the canal. We plan to use the Henley Park picnic shelter for registration and sign-in. There are restaurants and a very good ice cream stand nearby.

Our walk will take us over the grunion bridge to Lock Island and then through village streets. The route will pass by the Schroepel Historical Society museum which will be open by special arrangement and is well worth a visit,

15 Minutes of Fame

At 9:45, Folksmarcher Barbara Dix, Village and Town Historian and former County Historian, will tell us about the very interesting history of Phoenix.



Directions

The Bridge House is at 53 State Street. There is ample free parking along State Street and the adjacent village streets. From the South via Route 481, take the Route 57A exit and go left to Route 57 (State Street) and then right. From the North via Route 481 take the Route 264 exit and go right to Route 57 (State Street) and then go left. From the East, take Route 12 which becomes Bridge Street and takes you directly to the Bridge House.



Remembering July's Walk in Chittenango

Despite an early thunderstorm, many Folksmarchers braved the weather on Saturday morning in Chittenango. It did clear up and stayed sunny and beautiful for Sunday. The walk led over to the Chittenango Landing Canal Boat Museum where FMers could get in at half price, and back to walk through some of the side streets of the Village. The Canal Landing provided a fascinating look at the building and repairing of the canal boats that were so significant to the early economic development of the area. There was a canal boat cut into sections to explore, a large barn-like building housing carpentry and other necessary equipment with artisans showing how everything worked, and outside exhibits explaining how the canal boats were brought into drydock for repairs. Thanks to all volunteers and especially to team leader Dawn Clark and team members Vicki Cain, Cheryl Roth and friend Joyce Vanvolkenburgh, who coordinated with the Village to discover a list of historic homes and sites in Chittenango that walkers could locate, including the birthplace of L. Frank Baum, author of The Wizard of Oz, and other sites on and near the main street of Chittenango. The team also raised \$100.00 to donate to Clear Path for Veterans!



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

Reminder

If anyone knows of an FMer who is in need to a Get Well card, please contact Elaine Mount at 315-668-7175. Also, if anyone knows of an FMer who has passed away, please get in touch with any Board Member, provide an obituary and relevant information so we can arrange to have it posted at the next Folksmarch.

Day Trip to The Wild Center – Now Open to Non-Memebers

CNY Folksmarch trip to The Wild Center (Natural History Museum of the Adirondacks), Tupper lake, NY is planned for Wednesday, September 13, 2017. There are seats available on the bus. Sign up by contacting Dawn Bennett, dbennett18@twcny.rr.com or 315-437-7464, to get a registration form.

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.

The cost is \$99.00 for members of CNY Folksmarch and \$105.00 for non-members. Make checks payable to CNY Folksmarch.

The first 54 people to sign up will go, and anyone after that will be on a waiting list. The last chance to sign up will be at the August 12 & 13 Folksmarch in Phoenix.



Save the Date for a Picnic

All walkers are invited to a picnic on Saturday, October 7 at the Folksmarch at Green Lakes.

Watch for more information in next month's *Footnotes*.



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 or 315-656-7146.

*CNY Folksmarch -
Come walk with us!*