



A Recreational Non-Competitive Walking Group

November 2017 Folksmarch

Date: Saturday, November 11, start anytime between 8—11AM; Sunday, November 12, 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# 438 (GPS: 43°13'22.6"N 75°25'12.0"W)

November Walk: Rome NY

The November walk is in Rome, N.Y. at Griffiss Business and Technology Park (formerly Griffiss Air Force Base). There we will walk through Griffiss International Sculpture Garden and Nature Trail. There are 22 sculptures including "Alley Oop". The trail path is completely macadamized, suitable for easy walking with strollers, wagons, etc. Sorry, But NO PETS ALLOWED.

15 Minutes of Fame

Laura Cohen will speak to us about the Sculptures and nature trail at 9:45AM on Saturday.

Please bring canned and/or boxed goods for our Rescue Mission and Salvation Army food pantries.

Directions

From the west, Thruway to Exit 33, Rtes 31 and 5- all lead to Rte 365 East. Exit at Griffiss Business and Technology Park. You will be on Rte 825. Drive to Stewart's, corner of rt 825 and Floyd Ave. Rtes 46 and 49 to E. Dominick St. to Griffiss Exit and follow above directions.



October Walk Highlights

Despite a rainy Saturday last month, many people enjoyed a nice walk around Green and Round Lakes. Fortunately, the construction at Green Lakes did not prevent people from walking all the way around the lake. We had a nice pavilion to enjoy the Folksmarch picnic. Many thanks to volunteers Dawn Bennet, Pat Hart, Sue Blanding, and Jean Eschner. And a special thanks to John Greacen for cookin' the dogs!

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



National Park Coins

For anyone who has been reserving a set of 10 National Park Coins – the 2017 set of ten coins will be available through the courtesy of Jack Kulle. They cost \$10. Jack selects uncirculated coins at a dealership and they will be available at the December Folksmarch at the Downtown YMCA. If you call Walt Price at 315-475-6741 within the next week, Walt will contact Jack and your set will be available for payment and pick up on either December 9 or 10th. (If you are unable to get to the December Folksmarch, please have someone else pick up and pay for your coins.)

Special Cathedral Tour

Just a “heads up” for next month. Msgr. Neil Quartier will provide us with a special 15 minutes of Fame tour of the Sanctuary near the “Y” in Downtown Syracuse. It has recently had a \$12 million dollar renovation and we’ll get to see and hear about this spectacular setting. This has been arranged for our Folksmarch group only at the regular 9:45am time on Saturday morning.

Reminder

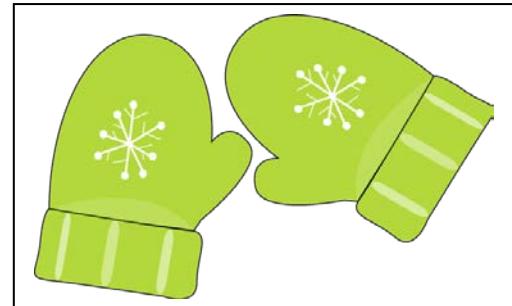
If anyone knows of an FMer who is in need to a Get Well card, please contact Elaine Mount at 315-668-7175. Also, if anyone knows of an FMer who has passed away, please get in touch with any Board Member; provide an obituary and relevant information so we can arrange to have it posted at the next Folksmarch.

UPCOMING EVENTS

In addition to the Syracuse Stage production of "The Wizard of Oz" on December 2, 2017 – see reminder for sign-up at the November Folksmarch - we will begin selling next year's Annual Passes in December at the Folksmarch starting at the downtown YMCA in Syracuse, effective January 2018. Same price as last year, \$40.00 for an individual and \$90.00 for a family. The Annual Pass provides for two free walks and one yearly Passport. After checking with our Treasurer, it looks as though there will be no need to have a Folksmarchathon as long as the same number of people (or more!) who bought Annual Passes for 2017 also buy them for 2018. Make checks payable to CNY Folksmarch.

Also remember that if you want the Footnotes sent to you by US Mail, December would be the time to give us \$12.00 to cover the 12 months of 2018, starting in January.

When taking advantage of holiday sales, remember to plan ahead for the Mittens project coming up in January and February. Hats, gloves, mittens, and scarves help keep heads and hands warm in our cold Central New York winter! If anyone knows of a program or school that could use these items, please let us know.



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 of 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!*

The next CNY Folksmarch event will be held at Syracuse Downtown, December 9 & 10, 2017