



A Recreational Non-Competitive Walking Group

January 2018 Folksmarch

Date: Saturday, January 13, start anytime between 8—11AM; Sunday, January 14, no formal walk this day, but feel free to walk on your own

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

Yearly Passport Book \$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# 440 (GPS: 43°11'18.9"N 76°13'28.5"W)

Happy New Year and Welcome to Great Northern Mall

It's a new year and a new spot to walk. On Saturday, January 13, 2018 – one day only this month - we'll explore Great Northern Mall located on Route 31 in Clay. It's only one level so no need to worry about stairs. Hardy souls can walk outside 3 circuits around the mall, but most of us will do 4 circuits inside and get to do some post-Christmas shopping as well as stay warm. While there are some unfilled store fronts, most of the mall is filled with some wonderful stores, and it is totally walkable. Make one circuit and you know where you want to stop the next time around! There will not be any speaker this month, and coffee and snacks will be available in the mall. There is a food court with a Friendly's, and right near the entrance an ever popular Gertrude Hawk Chocolates. Also many restaurants on Rt. 31. Lots to enjoy!



Directions

From the South: Take Rt. 481N to Exit 12. Turn right onto Rt. 31, go to 2nd light and turn left into mall entrance where you see the Regal Cinemas 10 sign. Go to the door closest to Dick's. The door has Great Northern Mall and a star, all in blue, and is marked Entry #4. Enter, turn left at Gertrude Hawk Chocolates and go down 6 doors (counting Gertrude Hawk as the 1st door) towards Dick's, on the left side.

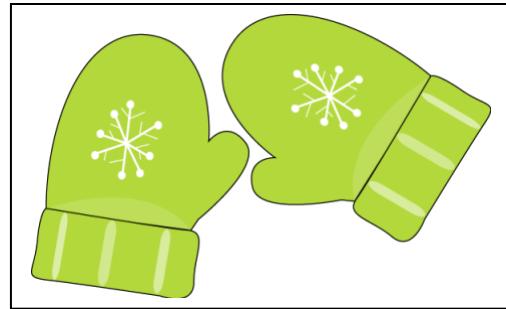
From North: Take Rt. 481S to Exit 12. Turn left onto Rt. 31 and continue as above.

From the West: (Camillus) Drive from NY-5, I-690 W, John Glenn Blvd. and Morgan Rd to Clay. There is an entrance to the mall on Morgan Rd. past the Rt. 31 light, or turn left on Rt. 31 and continue as above.

From the East: (Verona, Lakeport) Head West on NY-31 W and continue as above.

Mitten and hats

We thank you for remembering that in **January** we collect **mittens and hats** as our donation for those in need. Some adult hats and mittens are also welcome as the Samaritan Center serves many in our area.



A Stroll Downtown: December Highlights

The December Folksmarch began at the YMCA in Downtown Syracuse. Our headquarters was the newly renovated Writer's Center at the Y in which adults and young writers gather for readings, and instruction. Thanks for the many who provided mittens, gloves, and hats which were distributed to the Huntington Family Center, Ed Smith Elementary School, the Samaritan Center, and to Elmcrest Children's Center. Father Neil Quartier and one of his parishioner guide gave us a wonderful tour of the restoration of the interior of the Cathedral sanctuary for our "15 Minutes of Fame". We appreciate the willingness of our FMers, Laura Bigness, Mary Goodeve, Barbara Crane and Ellen Nowyj, who graciously relinquished their moment on their travels, to be presented at another time.

This was also the month for renewing Annual Passes and it will be continued in January at the Great Northern Mall.

Thanks to those volunteers who staffed the tables over those two days also!

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

2018 Annual Passes

It's time to think about getting your Annual Pass to start in January, 2018. The cost is \$40.00 for an individual and \$90.00 for a family (consisting of up to 2 adults and all children under 18 years of age). The Annual Pass provides two free walks and one yearly Passport. After checking with our Treasurer, as long as we get as many people buying Annual Passes as in 2017, it looks like there is no need to hold a Folksmarch-a-thon in December. More money for your pocket for Christmas! Make checks payable to CNY Folksmarch.

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.

Update on CNY Folksmarch

CNY Folksmarch finished up its first year and is grateful for all you walkers who continue to make this the friendliest, wonderful organization that it is. We know there have been some glitches and we appreciate your patience. It has been a learning experience for all of us – we never knew all the little details that Walt and Peg Price took care of so–seemingly–easily! Most of all, we would not have made it without the support of all you volunteers who organize and work at the monthly walks. Thank you, thank you, thank you!

Since we received our incorporation this last March, we will hold our Annual Meeting in March of 2018. At that time we need to vote on officers and members for the Board of Directors. Board officers and members must be members of CNY Folksmarch, i.e. they must have either an Annual Pass or a yearly Passport.

Vote for Your Choice of 2019 Trip

There are two possibilities for a major trip in 2019 - hopefully something new and different – and you get to decide which one it will be: (A) Iceland or (B) Labrador/Newfoundland

It's up to you to vote on which trip you prefer, majority wins. There will be sheets to write in your choice at the January FM. They both look intriguing!

By the way, information on 2018 trips coming out soon: a 1-day trip with a ride on the Arcadia-Attica Railroad, and a multi-day trip for a Maine Moose Safari. Watch for news!

Proposed Sites for 2018

Most of the sites for our walks in 2018 have been selected, but we are still working on the last three. Here is what we have so far:

Jan 13 – Great Northern Mall

Jul 14 & 15 – Pulaski /Am. Legion

Feb 10 – Destiny

Aug 11 & 12 – OCC

Mar 10 & 11 – Eastwood /Baptist Church

Sep 8 & 9 – Highland Forest /Torbert Shelter
Picnic

Apr 14 & 15 – TBA

Oct 13/14 Baldwinsville

May 19 & 20 – Auburn /St. Alphonsus Church

Nov 10 & 11 – TBA

Jun 16 – Beak & Skiff

Dec 8 – Empire Brewery, Cazenovia

Triathlon

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!*

The next CNY Folksmarch event will be held at Destiny Mall, February 10, 2018