



**A Recreational
Non-Competitive
Walking Group**

FOOTNOTES

N E W S L E T T E R

Web: <https://folksmarch.wordpress.com>

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

FM# 441 (GPS: 43°04'24.6"N 76°10'20.2"W - 900 Destiny USA Dr., Syracuse)

February 2018 Folksmarch

Date: Saturday, February 10, start anytime between 8—11AM; Sunday, February 11, 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.

February Walk at Destiny USA

Brrr! It's still cold and snowy in spite of our 1 day 60 degree January thaw, so we have another inside site to walk, at Destiny USA, the largest enclosed mall in New York State. This month will be another wintertime one-day only walk, on Saturday, February 10 from 8 -11 am. This amazing mall has over 150 stores plus many restaurants and eateries, entertainment for both adults and children, and service facilities. While walking, be sure to take advantage of the discounts in the leaflet Passport of Savings that the mall is so generously giving us. Since we'll be inside, no pets allowed. Our 5k consists of walking the perimeter of all 4 levels. There is also an option to walk outside to the edge of the water where one can occasionally see one or more of our resident eagles.

We have a new meeting place this year since New York State has taken over our old spot. But be sure to stop by there and look over all the good information about places to visit and more at the New York State exhibit. This year we will gather to sign in and out on the first floor in the lower Canyon area, basically below last year's spot, close to Dick's, P.J. Chang's, Cantina Laredo, The Melting Pot, and G&B Brewery Restaurant. It's in a center area, a short way in from the door to the outside sidewalk, close to the bottom of the escalator. Parking would be in the same lot as before, next to the Pedestrian Bridge that connects the parking lot to the mall. Take the escalator up, cross the pedestrian bridge, then take the escalator down to the first floor. Or if you get there early, you might be able to park in the lot closest to the ground floor entrance to the building, cross the street that circles the mall and follow the sidewalk to the 1st floor entrance. There is also an entrance through Dick's, but that doesn't open until 10 am.

15 Minutes of Fame

At 9:45 am a few of our own Folksmarchers will tantalize us with short talks of some of their travels. Laura Bigness and Mary Goodeve will tell us about their Viking River Cruise from Amsterdam to Budapest with an extension to Prague. Then Joanne Englehardt and John Greacen will speak about their hiking trip in Cinque Terre, Italy. May dreams of travel follow us home and urge us on to our own adventures!

Directions

From the **north**, take Interstate 81 South to exit 23B (Destiny USA Dr.)

From the **south**, take Interstate 81 North to exit 23 (Hiawatha Blvd.)

From the **east**, take Interstate 690 West to I-81 North to exit 23 (Hiawatha Blvd.)

From the **west**, take Interstate 690 East to exit 8 (Hiawatha Blvd.)

New York Thruway: take I-90 to exit 36 (I-81 South) and follow above directions from the north)

January Highlights

January's walk at Great Northern Mall finally took place on 1/27 after being postponed from 1/13 due to hazardous icy road conditions. Thanks to Peg and Rick Bailey, and Carole Marascalchi and a few Folksmarchers who pitched in to help, especially Ellie Pryor, Louise Dean and Nancy Knaggs. With a clear, relatively warm day, some FMers walked the perimeter of the building on the outside while others browsed as they walked inside. The Gertrude Hawk chocolate shop was too enticing to pass up! There was a nice collection of hats and mittens that will be delivered to Chadwick Residence, a not-for-profit organization that provides homeless women and their children with housing and training for employment skills, continuing education, and practical life management principles that helps them towards self-sufficiency.



Doug & Gail Nielsen signing in with Carole Marascalchi.

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

In 2017, our primary source of income was Annual Passes, totaling \$3,360.

If you haven't already purchased an annual pass, please consider doing so at the February walk at Destiny. The cost is \$40 for 12 walks, a \$44 dollar value. Even if you can't make all the walks, it's a great way to support our program.

Board of Directors

The CNY Folksmarch Board of Directors currently has 9 members divided into classes as follows.

2017	Dawn Bennett	2019	Adria Ripka
	Barbara Crane		Barbara Sleight
	Judy Sokolowski		Lee Mount
2018	Nancy Knaggs		
	Ellen Nowyj		
	Stephanie Nicholson		

At our February walk FM Participants will elect the class of 2020 for a 3-year term. The following persons have agreed to serve: Barbara Crane, Dawn Bennett, Larry Webster, and Elaine Mount. There is no limit to the number of directors and we would very much like to have more men represented. Anyone willing to serve as a Director should contact Lee Mount at 315 668-7175 leelaine@twcny.rr.com.

We expect to have 4 Board meetings in 2018, usually immediately following a walk. Board members usually provide oversight for 1 or 2 walks to answer any questions and insure that the walk leader and team are on track.

The Board will elect a President, Secretary and Treasurer at the March meeting.

Footnotes by US Mail

Remember also that if you want the *Footnotes* sent to you by US Mail, you must let us know and pay the fee which is equivalent to \$1.00 per month. So if you sign up and pay in January, the cost would be \$11.00 to get the newsletter starting in February through December. And if you sign up and pay in February, the cost would be \$10.00 to get it from March through December, etc. If you have any questions, call Barbara Crane at 315-656-7146.

Footnotes by Email

Anyone who has signed up to receive Footnotes by email please contact Joanne Hujar at jhujar@twcny.rr.com to confirm your current email address.

Reminder

If anyone knows of an FMer who is in need of 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.

Walk Sites for 2018

We have confirmed sites for this year's walks:

Jan 13 – Great Northern Mall

Feb 10 – Destiny

Mar 10 & 11 – Eastwood /Baptist Church

Apr 7 – Fayetteville

May 19 & 20 – Auburn /St. Alphonsus Church

Jun 16 – Beak & Skiff

Triathlon

Jul 14 & 15 – Pulaski /Am. Legion

Aug 11 & 12 – OCC

Sep 8 & 9 – Highland Forest /Torbert Shelter
Picnic

Oct 13/14 Baldwinsville

Nov 10 & 11 – Oakwood Cemetery, Syracuse

Dec 8 – Empire Brewery, Cazenovia

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 in Eastwood, March 10 & 11, 2018