



**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# 442 (3212 James St. Syracuse, NY **GPS:** 43°04'07.6"N 76°06'06.8"W)

March 2018 Folksmarch

Date: Saturday, March 10, start anytime between 8—11AM; Sunday, March 11, start anytime between 1—3PM

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.

March Walk in Eastwood

We will be visiting Eastwood on March 10 & 11. We will start from the Eastwood Baptist Church at 3212 James St. There is parking behind the church that can be found by turning off James St. on to Homecroft Rd. There also is on street parking on either Homecroft Rd or Mosley Dr. Look for the RED doors with the WELCOME sign. There is either a short flight of stairs up and thru the door or an elevator is on the left when you enter. If using the elevator please make sure the door and gate are close for the elevator to work. Push #2 button to go up, walk through the room to the hall and turn left. Sign up begins Sat. 8-11 a.m. and Sun. 1-3p.m.

Eastwood started out as a village but was annexed to the City of Syracuse in 1926-thus the nickname "The Village within the City." The neighborhood retains a strong sense of community as witnessed by its efforts to maintain the area as a clean, attractive, walkable place. You'll be walking pass some of the 6000 houses in Eastwood most of these homes were built in the 1930s, 40s and 50s. They are located on well-established, tree lined streets. You will also be passing the Eastwood Veterans's Monument across the street from Shotwell/James St. Greenway Park. The Eastwood Assoc. spearheaded a rededication ceremony on Veteran's day 2014, with new flags and new monuments made by Karl Lutz Monuments Co. who has been in Eastwood since 1932(2718 James St.). Other places of interest, The Palace Theatre opened in 1924, the Midler House(2649 James St.) it is presumed to be the oldest residential house in Eastwood.

We encourage you to stop in at one of the many local shops, coffee, Cafe' Kubal for a cup of "The Eastwood", for the reader, Books End or Books & Melodies two of the finest used book stores in CNY, Chase Cigar Store (2701 James St), and for the sweet tooth a new but not typical bakery Crave Dessert Studio (2721 James St.).

There will be no 15 minutes of fame this month.

We are asking that you bring either a can/boxed food item, cereal, Mac n cheese, peanut butter, or paper products i.e. Paper towels, toilet paper, baby diapers or personal items for the neighborhood food pantry that the Eastwood Baptist Church is involved with.

Directions

From points East: Take I-690W to Thompson Rd. exit 16-S-N Rte. 635, GOING NORTH ON THOMPSON RD, (Bristol-Myers will be on your right), go up 4 traffic lights and turn left onto James St. (there will be a WENDYS on your left). On James St. at 2nd traffic light turn left onto Homecroft Rd. Church will be on your left. Use the RED DOORS with Welcome sign.

From points WEST: Take I-690E to Thompson Rd. exit 16- S-N Rte. 635 follow directions above.

From points NORTH: Take I-481 S to I-690 W to Thompson Rd. exit 16-S-N Rte. 635 follow direction above.

From points SOUTH: Take I-81 N to I-690E to Thompson Rd. exit 16-S-N Rte. 635 follow directions above.

Highlights of February Walk at Destiny

After checking in at a new spacious area on the first floor of Destiny USA, many FMers walked inside, hopefully taking advantage of the shopping and eating opportunities in the Passport of Savings that Destiny gave us. With the lovely warm weather, some walkers went outside to the end of Onondaga Lake although no one reported seeing our eagles. Thank you to Laura Bigness and Mary Goodeve and to Joanne Englehardt who entranced their listeners with their adventures on their river cruise through western Europe and hiking trip that visited the picturesque villages along trails in southern Italy for our 15 Minutes of Fame. In addition, heartfelt thanks to the team members and workers who made it all possible: Nancy Warner, Dawn Bennett, Mary Goodeve, Hal and Joanne Gestwick and Ellie Pryor.

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.



Laura Bigness setting off to explore Destiny

Missing Items

The following items are very important for our set-up; please contact Barbara Crane at 315-656-7146 or return at the next Folksmarch: **dolly, knapsack with rolls of ribbons, bungee cords, wooden stands for signs on tables.**

Trips

Bus Trip - Maine Moose Safari – June 2018 (3 nights). Can't give exact dates or all that we will be doing as person who is putting it together is in Korea for the Olympics watching a family member – Erin Hamill – compete in the luge. Nothing is confirmed just yet. Will be ready for sign ups at March Folksmarch.

Bus Trip – Looking at October 2018 for a 1-day train trip on the Arcade/Attica Railroad (about 2 ½ hours) plus lunch.

Winner of 2019 Trip

Labrador/Newfoundland - details when they become available.

2018 Triathalon

At the April Folksmarch, we'll again be registering for the "Y" Triathlon. It'll be a big deal this year as it is the 40th year for this Triathlon. Jennie Hughes, the Director, has implemented several new progressive and helpful systems that will make the Tri run even smoother.

The Tri this year, will be on Saturday, June 9th.

Because of construction at Green Lakes, the Tri will be conducted at a site we used many years ago – Jamesville Beach County Park. It will be fun to return to this park and we need your help in making it successful.

The biggest change for volunteers is that there is a professionally-done website – found at this link:

YMCARaceWeekend.com for you to register your interests.

If you are not into computers, etc. we'll be able to collect the needed info from you at the April FM. But for those who use computers, we'll have cards that will explain just how to sign in.

You are all needed - give Peg or Walt a call at 315-475-6741, if you are unable to attend the FM in April and we can help you get involved with this important volunteer role.

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 March, the cost would be \$9.00 to get it from April 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 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.

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 Fayetteville, April 7, 2018