



A Recreational Non-Competitive Walking Group

July 2019 Folksmarch

Date: Saturday, July 13 start anytime between 8–11AM;
Sunday, July 14,
start anytime between 1–3PM

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

Yearly Passport Book \$10
prorated quarterly

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.

Lee Mount, President
Dawn Mackenzie, Secretary
Larry Webster, Treasurer
Other Board of Directors:
Dawn Bennett, Nancy Knaggs,
Ellen Nowyj, Adria Ripka,
Barbara Sleight, Stephanie
Nicholson, and Barbara Crane.

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# 458 (4007 Bishop Hill Road, Marcellus **GPS: 42.965070, -76.344393**)

Baltimore Woods Walk

Baltimore Woods Nature Center fosters environmental stewardship of our natural world. The center comprises 180 acres of meadow and woods with both level and hilly terrain. The Woods is a mature hardwood forest interspersed with hemlock. There are plans to add 90 adjacent acres of land in the near future as part of a joint acquisition with the Central New York Land Trust.

The trails are open from dawn to dusk. We will be using the outdoor shelter for registration. Our last visit to Baltimore Woods was in August of 2016. The interpretive center will be open on Saturday from 10 to 4. Be sure to check out Miss Hiss, a 6 ½ foot long pine snake who is 20 years old. Water is available in the interpretive center but be sure to bring your water bottle on Sunday. “Facilities” will be available both days.

There will be a bird banding event on July 13, (rain date July 14). The bird banding is sponsored by Onondaga Audubon and the banders usually

work between 6 am and 11 am. They will be happy to answer



questions as time allows. You can check their facebook page for last minute confirmation of the date and time; www.facebook.com/OnondagaAudubon/ . Ask at registration where the banders will be working.

Baltimore Woods is the first of 48 natural areas that Central New York Land Trust has acquired since 1972. The nature center was built in 1975 and the John A. Weeks Interpretive Center was opened in 2003. The center is operated by both professional staff and a large group of volunteers.

Dogs are not allowed on the property. Dogs will be welcome at our next two walks, Radisson and Port Byron.

Directions

4007 Bishop Hill Road, Marcellus, NY. From downtown Syracuse go south on Salina Street, turn right on Seneca Turnpike (Route 173) and bear left on Route 175, go past OCC, go straight onto Route 174 down into Marcellus. Turn left on South Street just past the light and then bear right on Bishop Hill road to the Nature Center. Parking is available on the right at the center.

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. The deadline to get content into the newsletter is the 15th of every month in order to have time to print and mail copies. Thank you!

A Note From The President

CNY Folksmarch is an all-volunteer led organization that is dependent on active participation of its members. We will be electing three board members at the end of this year including a new president. It's preferable to have a different leader for each walk. Please seriously consider volunteering to be a board member for next year.

Walk Schedule for 2019

Please consider serving as a walk leader or volunteer on walk day.

1/12 & 1/13	Destiny Mall, Syracuse	7/13 & 7/14	Baltimore Woods, Marcellus
2/9 & 2/10	Fingerlakes Mall, Auburn	8/17 & 8/18	Aspen House, Radisson
3/9 & 3/10	Downtown YMCA, Syracuse	9/14 & 9/15	Canal, Port Byron – PICNIC Sat 11am
4/13 & 4/14	Onondaga Lake Park, Liverpool	10/12 & 10/13	Great Swamp Conservancy, Canastota
5/18 & 5/19	Erie Canal Park, Camillus	11/9 & 10/10	Drivers' Village, Cicero
6/15 & 6/16	Vanderkamp, Cleveland	12/14 & 12/15	Skaneateles YMCA, Skaneateles

Annual Passes and Passports

January is the time of the year when we renew our membership in Folksmarch and purchase annual passes. The passport is our "membership card" and provides a place for the stamp at each walk. The cost is \$10. The Annual Passes cost \$40 and cover the cost of all 12 walks. You can send a check to our Treasurer, Lawrence Webster, 4908 Bryn Mawr Drive, Syracuse, NY 13215.

Board Meeting Notes for June

A board meeting was held after the Saturday, June 15 walk at Vandercamp. Eight people attended. The treasures report was reviewed and it was decided that Lee Mount and Barbara Crane would do an audit. Walking venues for 2020 were discussed. We also talked about what to do about organizing future trips. The interest among CNY Folkmarchers hasn't been good so we are going to try and collaborate with a group (Retired Public Employees Association) that Dawn Bennett does trips for and see if that sparks some interest. We also need to find a person who would step up and be our president. Lee Mount's term is up and we appreciate all he has done. Finally, we discussed our annual meeting which will be after the September walk at Port Byron, all are asked to bring a covered dish.

Highlights of June

Folksmarchers in June were greeted by lush vegetation in the forests of Vanderkamp in Cleveland. But they learned that finances at the retreat center and Christian summer camp aren't so abundant.

Penny James, who with her husband, Bill, serves as executive director of Vanderkamp, gave a history of the property, established in 1901 in the style of an Adirondack Great Camp.

She shared that the center ran a budget deficit last year and is facing challenges remaining sustainable. Some Folksmarchers signed a petition to the Presbyterian and Lutheran churches that own the property asking, if the churches should decide the center is no longer feasible, to work with Vanderkamp supporters to create a nonprofit to manage it, rather than close the center. Penny is working to put the petition online, and when she does, she has promised to send us a link.

In the meantime, interested Folksmarchers can reach Penny through Vanderkamp's website, vk.org..

Addendum:

In September of 2014 Folksmarch celebrated the 400th walk at Vanderkamp. In honor of the event a serviceberry tree was planted on the grounds. At our June walk we found the tree to be alive and well but the dedication sign was gone. It has been broken by the lawn mower.

A new sign was purchased and placed at the base of the tree. Its stainless steel construction should survive a hit by the lawn mower.



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.

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 Lee Mount at leelaine@twcny.rr.com or 315-668-7175.

The next CNY Folksmarch event will be held at Aspen House, Radisson, August 17-18, 2019