



## A Recreational Non-Competitive Walking Group

### March 2020 Folksmarch

**Date:** Saturday, March 14 start  
anytime between 8—11AM;  
Sunday, March 15,  
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.

Mary Ledford, President  
Sue Straub, Vice President  
Dawn Mackenzie, Secretary  
Larry Webster, Treasurer  
Other Board of Directors:  
Dawn Bennett, Barbara Crane,  
Elaine Davis, Elaine Mount,  
Stephanie Nicholson, Ellen  
Nowyj, Adria Ripka, and  
Barbara Sleight.

A folksmarch is a non-  
competitive walking event  
conducted monthly for people  
of all ages and abilities in  
Central New York.

# FOOTNOTES

## N E W S L E T T E R

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

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

FM# 466 (5575 Meltzer Ct, Cicero **GPS** [43.191840, -76.132719](#))

### Please Note Updated Date and Location: Twin Rinks in Cicero

The Twin Rinks is located at 5575 Meltzer Ct Cicero, NY 13039. They offer public skating, skate and shoot and more, on their Olympic sized rink! Overlooking their rink they have a bar stocked with beer, soft drinks and snacks. They also host a skate clinic and events like figure skating, high school sports and much more. They also have a full fitness center including a gymnasium, a children's fitness program and classes for all ages. The MACC promotes and develops strong healthy futures by providing fun opportunities for individuals to excel and all members to connect through wellness.

You can visit their website at [www.ciceroicerink.com](http://www.ciceroicerink.com)



### Walk Registration

All participants in our monthly walk should be sure to sign in. This way all will be covered by our insurance and will receive the monthly commemorative button.

### Directions

From the South: Take I-81 N to NY-31 W. in Cicero. Take exit 30 from I-81 N. Take US-11 to Meltzer Ct.

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](mailto: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!

## February FM in Eastwood

Eastwood, the “village within the City of Syracuse,” was once again the location for our walk.

On Saturday, we had the pleasure of hearing about changes, additions, and hopes for the future of this neighborhood from Stephen Skinner, who is an Eastwood resident and developer of the neighborhood and owner of the Palace Theatre. The Palace Commons Café on James St. provided a lovely setting for FMer’s to sign-in and a convenient spot for the Board of Directors meeting immediately following the walk. The route included many new eateries, a couple of bookstores, some historic sites, an antique store and even a micro-brewery. Surprisingly, there were over twice as many walkers in the bitter cold on Saturday than there were on Sunday when it was a balmy 34 degrees. In all, 35 FMer’s braved the winter weather.

Thanks to February walk leader and FM’s new President: Mary Ledford and the February team: new Vice-President: Sue Straub, Dawn Bennett, Barbara Crane and Marc Johnson.



## Trips

We currently have two trips we are promoting in conjunction with another organization. Any questions, please contact Dawn Bennett at [dbennett18@twcny.rr.com](mailto:dbennett18@twcny.rr.com) or 315 437-7464. Any checks should be made out to Central New York Wanderers and mailed to Dawn at 242 Cleveland Ave., Syracuse, NY 13208. On all trips Dawn needs names of all participants, address, phone, e-mail and any special needs for bus.

### Syracuse Mets Baseball

Wednesday, May 13, 2020 at 10:30 a.m. Syracuse Mets vs. Rochester Red Wings at MBT Stadium, Syracuse. Tickets are \$18.00 per person and includes your ticket, \$10 food voucher and a parking pass (value \$5.00). An elevator to your seat is available - one step down to seats. We are in the shade under the roof (safe from sun and showers). Deadline to sign up is April 17, 2020.

### Merry Go Round Theater

The Buddy Holly Story, Merry Go Round Theater. Monday, October 5, 2020. This is a bus trip departing from Big Lots Parking Lot, 2413 Brewerton Rd., (Rt. 11), Mattydale, NY at 10:45 a.m. Lunch will be at the Springside Inn with a choice of (A) Baked Virginia Ham with Peach Glaze; (B) Roast Sirloin of Beef with Mushroom Sauce; and (C) Chicken Salad on Croissant served with Fresh Fruit. All served with garden salad, fresh rolls and butter, fresh vegetable, mashed potatoes, dessert of the day, coffee/tea. We will depart for home at 4:30 pm with estimated arrival time of 6:00 pm. The cost is \$133.00 per person. (If 42 or more sign up, each person will be refunded \$10 or more.) A non-refundable deposit of \$25.00 is due by Sunday, March 15, 2020 (to cover ticket purchase – and if trip cancelled because not enough people, will be refunded.) Balance is due September 1, 2020.

More one day trips will be revealed in the Spring.

## Special Occasions and Remembrances

If anyone knows of an FMer who is in need of a Get Well card or other special occasion, 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.

## Meet Our New Officers

Two energetic women have stepped up to lead our walking club through its upcoming 40th anniversary and beyond.

Both are lifelong Central New Yorkers, love walking and are already working as a team.

President Mary Ledford grew up in Lakeland, and has long owned a home in Fulton. She worked in the Accounting Department at Penn Traffic Corporation before moving to her current employer, Carrols Corporation, in 2012. She has long been active in area Moose Clubs and is also the Secretary/Treasurer of the Fulton Moose Club. Mary is an avid dog lover and has given a loving home to rescues. She has a wide variety of interests and hobbies. Mary is very focused on increasing our membership, while retaining those things we have all enjoyed about our club for years. She's very open to new ideas, new suggestions for walk venues, and trip suggestions. Reach out to her.

Vice President Sue Straub recently retired after an impressive 30 year career as a paralegal at the prestigious Syracuse law firm of MacKenzie Hughes LLP. Sue's a longtime Eastwood resident and is known for her varied community involvement there. She was instrumental in obtaining our last walk venue at the Palace Theater/Cafe, in retaining our speaker and in personally composing the directions and background notes for the walk. Like Mary, Sue enjoys a wide variety of interests, to include reading, bowling and Syracuse Stage. Sue would like to raise the public profile of our club, emphasizing the health and fun aspects. She'd like to attract more families to participate. Sue would love to hear member ideas and input on any topic.

## Annual Pass or Yearly Passport

It's time to get your Annual Pass or Yearly Passport to start in January, 2020. The cost of the Annual Pass 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. Or you can get a Yearly Passport for \$10 (pro-rated each quarter) in which you record your mileage and get a stamp of the walk; it is also the other way besides an Annual Pass to become a member of CNY FM. Make checks payable to CNY Folksmarch. You can send a check to our Treasurer, Lawrence Webster, 4908 Bryn Mawr Drive, Syracuse, NY 13215.

Remember also that if you want the Footnotes sent to you by US Mail, sign up in March for \$9.00 to get the 9 months, April-December.

## Monthly Buttons

Many thanks to Eileen Arnold, who arranges to have the monthly pins and stamps made to commemorate each of our walks. Eileen requests that whenever possible we should provide her with a photo taken with a digital camera, rather than a phone. It has something to do with the pixels and usually provides more versatility than a photo from some phones. Sometimes we're able to pull a nice photo from the internet, but we should be sure to have permission from the company before using that photo for our purposes.

## Your Thoughts – Please Vote

Please take a moment at the March and/or April walk to cast your vote on a couple of items. Look for the ballots at the sign-in table.

First: we'd like your suggestions for locations of future walks.

Second: we'd like your input on buttons vs refrigerator magnets to commemorate the monthly walk.

## Good-bye and Hello

A big thanks to outgoing President Lee Mount who has decided to step down from the Board. Also many thanks to retiring board member, Nancy Knaggs.

We'd like to extend a warm welcome to new board members Elaine Davis and Elaine Mount who join us along with our two new officers: Mary Ledford and Sue Straub.

## 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. **Be sure to double check the website for the date and time of walk each month in case of any alterations.**

The route distances are a choice of either 5K (3.1 miles) or with the possibility of also having a longer 10K (6.2 miles) or a shorter modified route for those who choose not to walk the longer distances. 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.

Participants receive a button 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 Mary Ledford at 315-236-6985 or Sue Straub at 315-437-5087 or email [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com).

Find Us! Facebook: <https://www.facebook.com/folksmarch> Twitter: <https://twitter.com/folksmarch>

*The next CNY Folksmarch event will be held in Mexico. NY, April 18-19, 2020*  
**CHECK WEBSITE FOR UPDATES** <https://folksmarch.wordpress.com>