



A Recreational Non-Competitive Walking Group

January 2021 Folksmarch

Date: Saturday, January 9,
8:00—11:00 AM or Sunday,
January 10, 1:00—3:00 PM

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
Brian Noll, Treasurer
Other Board of Directors:
Eileen Arnold, Dawn Bennett,
Barbara Crane, Erin Cunia,
Elaine Davis, Adrienne Kinne,
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>

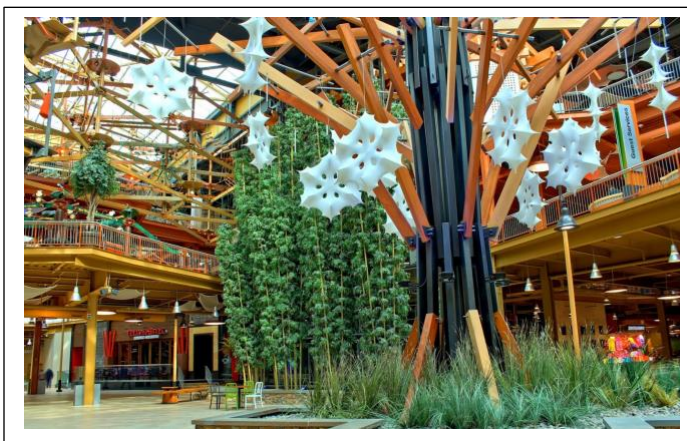
Facebook: [@folksmarch](#) Twitter: [@folksmarch](#) Instagram: [@folksmarch](#)

FM# 476 (9090 Destiny USA Dr **GPS:** [43.069381, -76.1725843](#))

January Folksmarch: Destiny USA

Destiny USA is our host for the January FM again this year on Saturday 1/9 and Sunday 1/10. We will meet on the first floor of the Canyon area between Dick's and Cantina Laredo, same as last year. Please note that although most stores will not open until 11 am, except for a few anchor stores and coffee shops which may open at 10 am,

CNY Folksmarch is being allowed to keep its normal Saturday hours of 8 - 11 am. This means that for inside walkers, we will not run into as many other people in the mall. Our Sunday hours of 1 - 3 pm remain the same. We must



wear masks and maintain social distancing. If you park in one of the large parking lots on Solar Street and enter using the escalator up and across the pedestrian bridge over Hiawatha Blvd., you then need to go down to the first floor. There is an escalator nearby and an elevator a little farther along. There is usually a display of some sort in that area, and there might still be post-Christmas sales going on. Remember to sign up for your Annual Pass or your membership Passport. And if you want the Footnotes mailed to you via the US Post Office, sign up for that, too – or send a check payable to CNY Folksmarch in the amount of \$12.00 to Barbara Crane, 143 Wilson Dr., E. Syracuse, NY 13057.

Walking the perimeter of all 4 floors of the Mall is a full 5k. Or you can walk the perimeter of 1 level of the Mall plus going outside via the pedestrian bridge, along the sidewalk over the bridge on Hiawatha Blvd. and left along the Creek Walk to the Inner Harbor and back. If you choose to walk farther, you could continue on the Creek Walk on sidewalks all the way to the city of Syracuse!

NOTE: COVID19 precautions:

We will practice social distancing and wear masks when necessary and have sanitizer available.

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!

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

December Walk, by Marc Johnson

Ever mindful of the desirability of finding locations for walks in the future, this one time my daughter Brianna and I decided instead on a walk into the past. Many times through the years I brought my kids to this place for walks, shopping and meals. With the imminent departure of their last anchor store, who can know how long Great Northern Mall will be there? All of the restaurant closures across the area led us to walk across the parking lots to the spot where a new restaurant will actually open next year. In early 2021, our region will have another IHOP, after some years without. Then indoors. So many stores we once knew and enjoyed are now gone. Hollow empty storefronts. The once bustling food court now entirely silent, dark, abandoned. Few shoppers or walkers pass by us on our hike from one end of the mall to the other. But some old friends remain open. Claire's, a once irresistible magnet for daughters. Old Navy and a gym next to it are busy. So is Hallmark, with a full selection. A long line awaits entry into Bath & Body works. Then our downfall - the Shoe Dept is in a new location. Well, we both needed items for Winter walks... Yet another mall walk comes to a close with large packages from a shopping detour. Some things, indeed, never do change.

**CNY Folksmarch Annual Meeting**

On December 13, 2020, a small number of Folksmarchers were able to hold our required Annual Meeting via Zoom. President Mary Ledford called the meeting to order at 1:05 p.m.

One of the main items on the agenda included voting in new board members: Erin Cunia, Adrienne Kinne, Brian Noll and returning for another 3-year term: Dawn Bennett.

We welcome them and thank them for serving. Another item discussed was Folksmarch financial statement which can be made available to Folksmarch members upon request. We also talked about the new t-shirt design that will help us celebrate 40 years of Folksmarch. See below for ordering information. We are planning to continue conducting monthly walks in 2021 - either together, or virtually if need be.

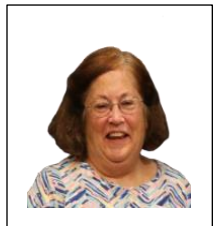
My December Walk, by Mary Ledford

My December 12th walk took me to the largest city in Cattaraugus County. Olean is in the southern tier region of New York State with a population of 14,452 people as of the 2010 Census. With a 3 hour drive for me, a nice lunch at Perkins and an hour walk through part of the city and a drive through the remainder. I have never been to a city with so many of the new circles that they are now incorporating into inter sections to weed out stop lights and not having cars idling for long periods of time. St Bonaventure was a beautiful college, I was able to see. I also noticed the city hosts many squirrels throughout the city. All in all it was a beautiful day and the weather was very nice.



FM'er of the Month

Dawn Bennett joined Folksmarch in 1983 and took part in her first walk with the group at Highland Forest. It was just 3 years ago that Dawn joined the Board of Directors and just last month was voted in for another 3-year stint on the Board. Dawn recalled a couple of trips with Folksmarch from a while back that stand out in her mind: (1) Ottawa where it was so cold you had to be checked for frostbite going out and coming back from cross-country skiing; and (2) Toronto where the fire alarm in the hotel went off at least 3 times in a row and everyone had to exit. Dawn was on the 16th floor. Luckily, it was not a fire, but the exhaust from the buses waiting for the Folksmarchers to board.



Dawn is retired from her job with New York State and lives in Syracuse with her 2 cats - Roxie and Tucker, who are brother and sister. These days she likes to read and travel and before Covid enjoyed seeing and talking to everyone at the monthly Folksmarch. We all look forward to doing that again.

Sunshine Committee

We thank Elaine Mount who has completed her term on the Board of Directors and has chosen not to sign on for another 3-year term. We are happy to announce that she will continue as the Sunshine Committee coordinator. If you know of a Folksmarcher who needs a Get-Well card or if you know of a sympathy card that should be sent to a family of a Folksmarcher, or if someone is celebrating a very special occasion and would appreciate a card from Folksmarch, please contact Elaine @ (315) 668-7175.

CNY FOLKSMARCH CELEBRATING 40 -- YES -- 40 YEARS!! IN 2021

It is rare that any organization (especially one like a walking club - a not-for-profit organization, made up of all volunteers that holds a *monthly* event year after year and asks for Leaders and Helpers every single month) could last for 40 years. But Folksmarch will have that distinction in October 2021.



Things have changed some since the early days. Back then it was common to have hundreds of walkers attend each weekend gig. But 40 years ago, Central New Yorkers did not have the variety of events being offered every weekend that we enjoy now. Also, back then and up until 3 years ago, if you belonged to the Y you were automatically a member of Folksmarch. In 2017, Folksmarch became its own entity, and walkers had to choose to be a part of CNY Folksmarch. Currently, there are just over 50 active members, but with a mailing list of over 200. We are hoping the idea of celebrating 40 years will bring some of those former members back to the group as well as impressing some new walkers and having them become members.

2020 has been a challenging year to try and expand membership, but we are hopeful that 2021 will bring in some folks who have been walking anyway - so they may as well join a walking club and be introduced to some new areas and some new people. So, as we kick-off a new year, we are also kicking off our 40th year with a snazzy new t-shirt design that might draw some attention and

pique some interest.

We are asking for a \$21 donation for the shirt with the proceeds going toward our 40-year celebration in October. Some shirts will be available at the January walk at Destiny, or you can order one via email: sue.straub58@gmail.com or call Sue (315) 437-5087.

Thank you for donations to the Food Bank

We were able to give a donation of 90 pounds of food to help support the Food Bank mission. "Your donation will help us make a difference in the lives of many hungry neighbors throughout central and northern New York." Thank you. www.foodbankcny.org



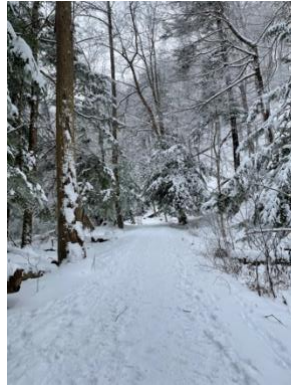
Reflect and Renew, by Erin Cunia

I thought I might take some editorial liberties this month. I am fortunate to be able to usually take the week between Christmas and New Year's off for vacation from work, so the week is usually a good time for reflection on the year and planning for the next. 2020 was quite an unusual year for all of us. I've been a pretty avid walker the last few years, and I had been walking, and snowshoeing even, with a friend this past winter when the pandemic hit and we stopped meeting. I don't believe I am a particularly paranoid or anxious person, but I'm not too proud to share that this pandemic has really affected me in ways I did not necessarily expect. I've been fortunate to be able to work from home since March, but I've also been raising my granddaughter, so I found myself working full-time while also facilitating full-time "remote learning" this spring, and decided to keep my granddaughter home 5-days a week this fall. All of that work and frankly stress added to the "COVID weight gain" and lack of

motivation to continue my walks. I'm happy to say I've started to get some of that motivation back. My walking friend and I started meeting on Saturdays again, and this past month I've walked the paths around the Amphitheater near Onondaga Lake and hiked some of the paths at Green Lakes. I encourage you to view 2021 in a new light and get outside, walk, explore, and appreciate what we have. Happy New Year.



Images from Green Lakes
State Park December 19



[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.



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The next CNY Folksmarch event will be held February 13-14, 2021, location TBA.

Please be safe and stay healthy.

CHECK WEBSITE FOR UPDATES <https://folksmarch.wordpress.com>