

# F O O T N O T E S

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

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

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

### April 2021 Folksmarch

**Date:** Saturday, April 10, 8:00—11:00 AM and Sunday, April 11, 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.

FM #479 (2443 Platt Rd, Marcellus **GPS:** [42.9777988,-76.3355477](#))

### An April Walk at Marcellus Park

Our April Folksmarch takes us to a 52-acre park in the Village of Marcellus, NY. There are over 2 miles of trails with Nine Mile Creek running through the lower section of the park. It is a great place to walk, play fetch with your dog, go for a jog, play tennis or baseball, and enjoy butterflies and wildlife. The park has been managed by the Town of Marcellus since obtaining it from Onondaga County in 1995. About 10 years later, a dedicated group of volunteers formed to help the town maintain and care for the park. Working together, the Parks Department and the Friends of Marcellus Park have provided upgrades to the playground, more electricity at the pavilions, replaced trees, provided a new concession stand and have made improvements to the Welcome Center. They have also arranged several events throughout the years including Olde Home Days, Summer Concerts, an Art Show, and a Fall Festival. Sounds like there is something for every season at Marcellus Park.

*(Continued on next page)*






---

Enjoy a walk along  
Nine Mile Creek.

---



Enter at the Upper Entrance to the park, and check-in will be at the Playground Pavilion to the left. There is ample parking available. The park is dog friendly as long as dogs are on a leash, and please pick up after your pet. The walk is also stroller friendly and families are welcome. Most trails are gravel paths with a few slight inclines throughout the 5K route.

### Directions

#### *From Syracuse and areas East*

Take 690 West to 695 to Route 5 West Auburn. Follow the signs for Route 5 West/Auburn. Take the Camillus exit (to Marcellus) Turn left at the stop sign. You'll enter the village of Camillus. At the stop light in the center of the village turn right. Take your first left turn (before you start up the hill) onto Route 174 South. You'll be on this road for approx. 4-6 miles. It will take you into the village of Marcellus (upon entering the village Route 174 turns into North St.). At the light in the village turn right onto Main Street and then take your immediate left onto South Street. About a half mile down the road you'll see a brown and yellow sign for Marcellus Park. You'll turn left onto Platt Road. The Park will be on your left. The SECOND entrance on your left is the Main Entrance. It is also where the Park Office is located.

#### *From Route 175/Seneca Turnpike*

Route 175 will take you directly into Marcellus. Right before entering the village of Marcellus there is a blinking light. You will turn left here. Drive about a ½ mile to Slate Hill Road. Turn right onto Slate Hill Road and then immediately left onto Platt Road. Marcellus Park is around the bend on your right.

### NOTE: COVID19 precautions:

We will practice social distancing and wear masks when necessary and have sanitizer available at the sign-in table.

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 **15<sup>th</sup> of every month** in order to have time to print and mail copies. Thank you!

### Want a little more?

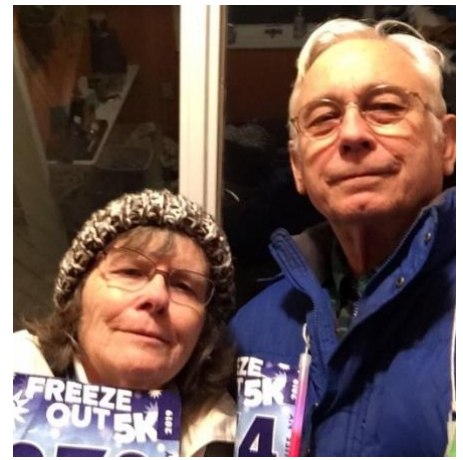
Our official monthly walks are usually the second weekend every month. This month join board member Erin Cunia, Saturday, April 3 for an extra walk of the Marcellus Park trails. We will meet at the Playground Pavilion at 10:00 AM and walk a 5K, approximately 3.1 miles.

Find Us! **Facebook:** [@folksmarch](https://www.facebook.com/folksmarch) **Twitter:** [@folksmarch](https://twitter.com/folksmarch) **Instagram:** [@folksmarch](https://www.instagram.com/folksmarch)

## FM'er of the Month

We have a two-fer this month: Lee and Elaine Mount have been long time Folksmarchers and have both served on the Board of Directors. Lee first served as Treasurer and then President after CNY Folksmarch incorporated. He still acts as the Footnotes Distributor each month. Elaine, who has also stepped down from the board, continues as the Sunshine Committee coordinator.

The Mounts do not recall their exact first Folksmarch, but Lee has a pin from 1985 and Elaine remembers their daughter's Girl Scout troop doing the Folksmarch each month sometime during the 1980s. At that time, their son and daughter were so busy with school and other activities that Folksmarches were occasional events for the Mount's. Both children have grown, become parents and now live out of State.



Elaine and Lee Mount

Lee and Elaine live in West Monroe, a small town in Oswego County, north of Oneida Lake. Lee retired from Carrier Air Conditioning Company after 40 years serving as a mechanical engineer and manager. He also served on the Central Square School Board for 12 years and both Lee and Elaine are active members in their Cicero United Methodist Church. Besides walking and being avid Folksmarchers, they enjoy canoeing.

They were involved in planning for and taking part in the wonderful trips that were offered through Folksmarch in the past including: Scotland, Ottawa, Boston, France, Italy, Mackinac Island, Vermont, Toronto, US Southwest, Chesapeake Bay, Cooperstown, the Canadian Rockies, the Panama Canal, Pittsburgh and New York City. It is no wonder that these delightful destinations are among Lee and Elaine's fondest memories of Folksmarch.

## Fun & Games at Great Northern Mall

The weather was better than expected on the weekend of March 13 & 14 at the Great Northern Mall, but chilly enough especially on Sunday, convincing most people to walk inside. The walk was enhanced by a game that Vice President Sue Straub put together which enticed quite a few participants, most of them not children, proving that adults enjoy a game as much as anyone! And everyone got a tasty prize for participating. (*Continued on next page*)








---

Checking in at Great Northern.

---

Walt & Peg Price stopped by on Sunday and caught up with several FMers. They are excited about FM's 40th Anniversary at Green Lakes in October which is where the very first Folksmarch took place. Thank you to Walt Price for his gracious donation to CNY FM. We are also grateful for those who purchased t-shirts, and to Bob Hopkins for a generous donation, as these funds will help provide for the celebration in October.

Welcome to our two brand new First Timers: Sandra Brown and Chad Evans (hope the first name is correct, couldn't read the sign-in sheet very well), and also to Sheila Togias who came back to FM after being unable to participate for many years and enjoyed being able to talk with Walt & Peg – so good to see you all! Thanks to all who helped out: Mary Ledford, Sue Straub, Marc Johnson and Dawn Bennett – good to have Dawn back after this last year of COVID.

### Who Won the Game?

Quite a few walkers took part in the game we offered at our last Folksmarch at Great Northern Mall. The object was to find as many items as possible located in the mall that begin with each letter of FOLKSMARCH. The participants received extra points if they also listed the location of their finds and another point for uncommon items. The average score was 62.

It was a joint family effort that took first place. At 87 points, Brian and Stacy Noll and their daughter Sara had a score well above the average which included 10 answers that were unique. Second place, with a score of 77 points, went to Loretta Shue of Fulton. Congratulations to our first and second place winners who each receive a \$10 gift card to Dunkin Donuts.



## 40<sup>th</sup> Anniversary Celebration – SAVE THE DATE: October 16, 2021

Our 40<sup>th</sup> Anniversary Celebration is just about 6-months away! We are looking to put together a planning committee for the event.

### Volunteers Wanted!

Please contact Mary Ledford or Sue Straub to volunteer for any of the following positions.

#### Event Team:

- Event Chair/Manager
- Subcommittee Chairs
  - Venue
  - Speakers
  - Entertainment
  - Refreshments
  - Publicity
  - Sponsors
  - Volunteers

## Benefits of Walking

There are many reasons to walk for physical and mental health. A study published in the [British Journal of Sports Medicine](#) found that folks who stick to a regular walking program show significant improvements in blood pressure, slowing of resting heart rate, reduction of body fat and body weight, reduced cholesterol, improved depression scores with better quality of life and increased measures of endurance.

Another [study](#) published with the National Institute of Health found that just 12 minutes of walking resulted in an increase in attentiveness and self-confidence versus the same time spent sitting. [Walking in nature](#), specifically, was found to reduce focusing on negative experiences, which may improve mental well-being.

Invite a friend to walk with us in April!

---

## Publicity Committee Update

The Publicity Committee, which consists of Erin Cunia, Adrienne Kinne, Adria Ripka and Sue Straub, met via zoom on March 21st to discuss plans for rebranding CNY Folksmarch and ways to attract new members to our group. Many, many thanks to Erin who has already redesigned our informational postcard, and also donated the cost of the first batch which includes 750 cards that are ready for distribution. Please pick up a few at the next walk and share with friends, family members, co-workers, etc.



The committee also discussed the need to get approval from the directors at the next board meeting for a budget of about \$400 to cover the cost of a new Folksmarch banner and/or flag, updates to the website, Facebook boosts, and a sandwich board sign.

[Since it has been difficult to have sit-down board meetings this past year, the vote on this may be in the form of an email or a ballot at the next walk.]

We will continue to advertise the monthly walks on local calendars, Syracuse.com, Eagle newspapers, CNY Central and any other free publications that we find. Be on the look-out for an article about Folksmarch in an upcoming 55-Plus magazine that you might find near the check-out of your grocery store or other places where free publications are displayed.

The committee is open to new ideas and new faces. Please do not hesitate to contact us if you have some thoughts about publicizing Folksmarch and would enjoy putting those ideas into action.

Contact Sue (315) 437-5087 or [sue.straub58@gmail.com](mailto:sue.straub58@gmail.com)



## Walk Schedule for 2021 (subject to change)

Please consider serving as a walk leader. Any help would be appreciated! You can Contact Mary Ledford 315-236-6985.

1/9 & 1/10	Destiny Mall, Syracuse	8/14 & 8/15	Community Park, Baldwinsville
2/13 & 2/14	Finger Lakes Mall, Auburn	9/11 & 9/12	Robert G Wehle State Park, Henderson
3/13 & 3/14	Great Northern Mall, Clay	10/16 only	Green Lakes State Park, Fayetteville (40th Anniversary Celebration)
4/10 & 4/11	Marcellus Park, Marcellus	11/13 & 11/14	Pratts Falls, Pompey
5/15 & 5/16	Breitbeck Park, Oswego	12/12 only	Fulton Moose Lodge Holiday Party
6/12 & 6/13	Stone Quarry Hill Art Park, Caz		
7/10 & 7/11	Labrador Hollow, Fabius		

Please be mindful to check each month's Footnotes and our website for location, date or time changes.

---

## Sunshine Committee

If you know of a Folksmarcher who would enjoy a card for a special occasion, please contact Elaine Mount@ (315) 668-7175.

This might include a get-well card or condolences to a family, or wishes for a very happy milestone birthday.

---

## 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 button to commemorate the walk and yearly passport cards are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Pass Membership or a Yearly Passport Card 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).

---

The next CNY Folksmarch event will be held May 15-16, 2021, Breitbeck Park, Oswego.

Please be safe and stay healthy.

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