



# FOOTNOTES

## NEWSLETTER

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

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

### August 2021 Folksmarch

**Date:** Saturday, August 14, 8:00—11:00 AM and Sunday, August 15, 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 #483 (Lions Parkway, B'ville **GPS:** [43.1463179,-76.3259522](#))

### Baldwinsville Community Park

Our August walk takes us west to Baldwinsville, NY.

Community Park is a nice suburban park on the Seneca River in B'ville. It has paved bike and running paths that go to the bridge and downtown B'ville. This park's boat, canoe and kayak ramp, picnic tables, and ball fields are all supported by the Lions Club. A quiet place that says "open until dark" and is being upgraded consistently.



#### Directions

*From the east,* take 690 west to Van Buren Rd., go right off the exit, Take it to the end and then turn right onto Route 48 and the park is your 2nd left.

*From the north or west,* Take 690 east to Van Buren Rd., go left off the exit, Take it to the end and then turn right onto Route 48 and the park is your 2nd left.

*From the south*, Take 81 north to 690 west to Van Buren Rd., go right off the exit, Take it to the end and then turn right onto Route 48 and the park is your 2nd left.

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

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## 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	TBA
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.

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## Labrador Hollow Highlights

While the pleasant but cloudy weather on Saturday morning drew many Folksmarchers to Labrador Hollow Unique Area, the sprinkling of raindrops which became an actual rain shower on Sunday afternoon did not stop several determined walkers. The boardwalk with a view over Labrador Pond was a favorite with many people, including four visitors from "The Empire" – a storm trooper, Yoda (aka James who signed up to get our newsletter) and two henchmen who all graciously posed for a picture with our president, Mary! Another popular spot was Tinker Falls which had a nice amount of water after the recent rains. There were even some hardy adventurers who crossed the stream, made their way up the 100 or so stone steps and ventured behind the falls.

We welcomed 12 First Timers: Jimbob Waugh, Heidi Buda, Clarissa Melita, Alecsis Buda, Samantha Melita, Nicole McGovern, Elyah Handler-McGovern, Abigail Handler-McGovern, Karen Bloom, Ed Amelio, Laurie Trudell, and Gisela Omiecinski.

Thanks to helpers Dawn Bennett, Jaclyn Fedrizzi, Terry Grudzinski, Dawn MacKenzie, Shirley and Jim Wilcox, Mary Ledford and Barbara Crane.





In a galaxy far, far away... our president got to hang with some characters from out of this world!

## Bus Trip

Tuesday, November 16, 2021. Viva Voca 'Jingle All the Way' Christmas Show at the Shadow Lake Golf & Racquet Club in Rochester, NY with world class entertainers. Price includes bus, show and lunch. \$90.00 per person – if we get over 35 people, you will get some money back. We will leave Syracuse around 10:30 am and return at approximately 6:00 pm. All must be vaccinated and you will be asked to submit a copy of your covid vaccine document showing the vaccination dates along with your payment. Complete information will be available at Folksmarch events. Or call Dawn Bennett at 315 437-7464 or email [dbennett18@twcnny.rr.com](mailto:dbennett18@twcnny.rr.com) for more information.





## Get your 40<sup>th</sup> Anniversary T-shirt while supplies last!

**Celebrating 40 Years in CNY 1981-2021** Get your anniversary t-shirt before they are gone! A \$21 donation for the shirt helps support our 40-year celebration in October. Most sizes are still available. To reserve a shirt call Sue @ 315-437-5087



Ellie Pryor

## FM'er of the Month – Two for One!

Ellie Pryor has been a Folksmarcher since April 1990 and Louise Dean since March 1995. Most months we see these sisters arrive and walk together.

Louise is a widow with “lots of grandchildren and great-grandchildren.” She lives in Radisson and is retired from GE. Louise says she always has a good time at Folksmarch and enjoys visiting new places for the walks.

Ellie lives in Baldwinsville and has retired from the Fulton Plant of Armstrong Industries after 33 years. Her daughter and son-in-law were also Folksmarchers at one time. Besides walking, Ellie enjoys playing cards and doing crossword and jigsaw puzzles. She also took part in many of the wonderful trips that Folksmarchers enjoyed years ago. Like many Folksmarchers, Ellie has quite a collection of commemorative pins - over 300!



Louise Dean

## 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.



## SOMETHING TO THINK ABOUT:

One good thing about the pandemic - quite a few people have been walking more than ever and many have rediscovered Folksmarch!

In the past year, at least 15-20 walkers have returned to the monthly Folksmarch after a long hiatus. Plus, many new walkers have found Folksmarch for the very first time.

We are so happy to welcome all of them and hope that they continue to join us and bring others with them. Our goal, as we approach our 40-year celebration, is to have 100 participants attending the walk each month in 2022 and beyond.

You can help spread the word so that Folksmarch can continue for another 40 years! Wouldn't that be something! But for that to happen, we need to keep growing and getting new people interested and involved.

Here are some easy ways for you to help raise awareness about our group:

- 1) "like" or "share" Folksmarch postings on Facebook;
- 2) post photos of your Folksmarch walks on Facebook, Instagram, etc.
- 3) email a copy of Footnotes to someone who likes to walk and/or discover new places;
- 4) hand-out a few postcards with the walking schedule (pick up a few at the next walk);
- 5) phone a friend and invite them to the next walk;
- 6) tell your friends how much you enjoy Folksmarch.

Next month we will be seeking nominations to the Board of Directors and also looking for volunteers to help on our committees. We promise not to overburden anyone who would like to be more involved! As we grow, we need some help with publicity items, website maintenance, some techy stuff, correspondence, securing new walk locations and mapping the routes to name a few things.

Maybe you have some new ideas - we would love to hear them. If you have questions, comments, need more info, please contact Sue @ 315-437-5087 or email: [sue.straub58@gmail.com](mailto:sue.straub58@gmail.com)



## Enjoy a summer walk



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

## 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 September 11-12, 2021, Robert G Wehle State Park

Please be safe and stay healthy.

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