

# FOOTNOTES

## NEWSLETTER

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

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

### November 2021 Folksmarch

**Date:** Saturday, November 13, 8:00—11:00 AM and Sunday, November 14, 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.

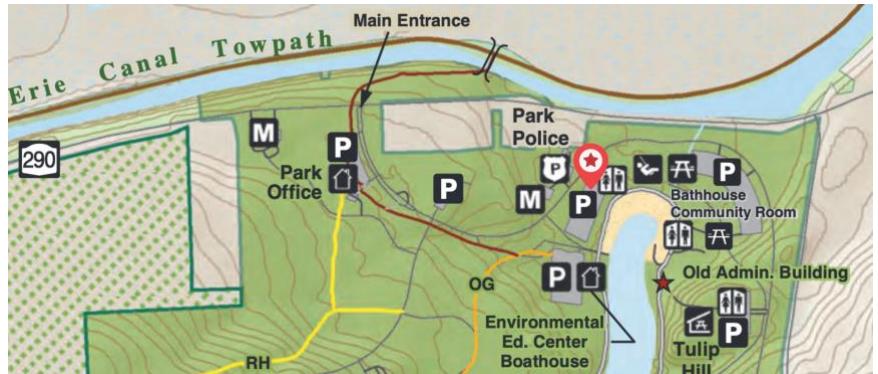
FM #486 (7900 Green Lakes Rd. **GPS:** [43.058,-75.973](https://www.google.com/maps/place/43.058,-75.973))

### November Walk at Green Lakes

As a follow-up to our 40<sup>th</sup> Anniversary Walk and Celebration, our November walk takes us back to one of our favorite spots, Green Lakes State Park.

Green Lakes State Park's outstanding features are its two glacial lakes surrounded by upland forest. Both Round and Green Lakes are meromictic lakes, which means that there is no fall and spring mixing of surface and bottom waters. Such lakes have a high potential for evidence of ancient plant and animal life. Round and Green Lakes are 2 of the just 17 meromictic lakes in the United States. Glacier Lake at Clark's Reservation is also a meromictic lake as well as Ballston Lake in Albany and Devil's Bathtub in Rochester.

Join us as we [walk the lake trails](#) of Round Lake (.9 mi) and Green Lake (1.9 mi) and the Tween Lakes Trail (.4 mi). We will meet near the West Beach Restrooms.



### NOTE: COVID19 precautions:

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

## Directions

*From the South/East:* Take 81N toward Syracuse. Take exit 16A for Interstate 481 N toward DeWitt. Take exit 3E for NY-5 E/NY-92 E toward Fayetteville. Turn right onto NY-5 E/NY-92 E and use the middle 2 lanes to turn slightly left onto NY-5 E. In the Village of Fayetteville, turn left onto NY-257 N/N Manlius St. Continue onto NY-290 E. Turn right onto Green Lakes Dr. Continue along Green Lakes Dr. to the West Beach Parking lot. The restrooms are to the far left of the lot.

*From the North/West:* Take NY-481 S to DeWitt. Take exit 5E from I-481 S. Merge onto Kirkville Rd. Turn right onto Fremont Rd. Turn left onto NY-290 E. Turn right onto Green Lakes Dr. Continue along Green Lakes Dr. to the West Beach Parking lot. The restrooms are to the far left of the lot.

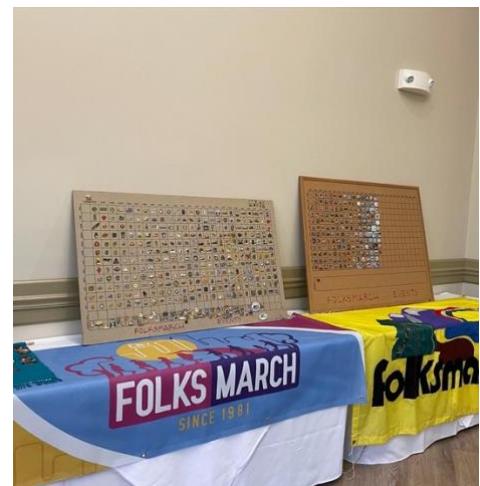
If you would like to write about your walk or submit pictures, **please submit one week following the walk** to the newsletter editor, Erin Cunia, [ecbcunia@gmail.com](mailto:ecbcunia@gmail.com). The deadline to get content into the newsletter is the **20<sup>th</sup> of every month** in order to have time to print and mail copies. Thank you!

## 40th Anniversary Celebration a Huge Success

An enthusiastic gathering came to the Rosamond Gifford Zoo on Saturday, October 16 to celebrate 40 years of Folksmarch. In spite of the wet weather, about 70 FMers, some with friends and family, attended the event, with all starting the walk together at 10 a.m. They wandered at will, enjoying the many redesigns and upgrades to the Zoo made in the last several years.

At the sign-in table, President Mary Ledford generously presented her gift of a special FM mask to each attendee. Then, when our walkers returned, they found their way to a table for 6 (keeping social distancing in mind). Displayed in the banquet room were both of our FM banners - the original yellow background flag, along with the new blue background flag that marks our kick-off to the next 40 years. Also on display was a sample of Folksmarch medals mostly from Germany (where Walt Price got the idea for Folksmarch), and two boards with pins and buttons from our very first walk in October 1981 up to the medal that everyone received for the 40th Anniversary celebration.

Vice-President Sue Straub started the program with an overview of Folksmarch, and gave a heartfelt thank you and gift to President Mary who guided us through a most difficult 2020-21 season and introduced us to several new places to walk. Even with a pandemic, Folksmarch can proudly boast that there was a walk every single month, for the past 40 years! Our Footnotes editor, Erin Cunia, did a marvelous job of keeping everyone informed every month about our FMers' virtual walking experiences during the height of Covid. It's no wonder this group has been around for 40 years!





Our special guest, County Executive Ryan McMahon, spoke about the wonderful parks in Onondaga County and the possibility of new projects that could benefit all of Central New York. He had words of praise for our group who, long before a pandemic, have been appreciating CNY parks and walking areas and continue to enjoy the great outdoors.

Catering at the Zoo provided a plentiful, delicious, deli-style buffet lunch that everyone seemed to enjoy while visiting with each other and listening to the mellow tunes provided by musician Lou Sacco. There was also a trivia test for each attendee to fill out for a chance to win a 2022 Annual Pass (a \$40 value) with 2nd and 3rd place receiving a commemorative 40-year FM t-shirt. After lunch, Sue recited a poem in honor of Walt and Peg Price, our beloved organizers who started Folksmarch and shepherded the group through its first 35 years. Meanwhile, Mary Ledford and Erin Cunia placed crowns on Walt & Peg's heads and presented them with a gift card and a seasonal plant as tokens of our appreciation for all they have given to the Folksmarch program.

Many thanks to the Zoo for all their help and the FM committee who put this event together: Barbara Crane, Erin Cunia, Mary Ledford, Brian Noll, Adria Ripka, Sue Straub.

Last, but not least, the day ended sweetly with everyone enjoying each other's company, along with a slice of delicious marble cake decorated with whipped cream frosting displaying the two FM banners. What a day!

## FM'er of the Month



This month we are spotlighting long time member Ron Male, who has been a Folksmarcher since the early days. It was his mother, Lois Keough, that encouraged him to join Folksmarch back in 1991. After all these years, Ron is still a very frequent participant who attends the walk just about every month.

Ron lives in Cazenovia with his wife Bonnie. Their son, Patrick, lives in Westchester County with his family and teaches school in Manhattan. Ron worked for the U.S. Postal Service in Cazenovia. He has numerous hobbies and interests that keep him busy: walking of course, plus swimming and canoeing in Cazenovia Lake, cross-country skiing, bowling, bicycling and sometimes Ron can be seen on his motorcycle on route to a Folksmarch.

What Ron loves about our group is the venues that are chosen - places that one might not visit if not for Folksmarch.



## RESULTS OF THE TRIVIA TEST

It turns out the exam that was distributed at the 40-year anniversary event may have been a little too tough for many of our Folksmarchers. Questions about the zoo, and even some about Folksmarch, stumped many. The average score was 50. We appreciate the efforts of everyone who took part and gave their best guess at the answers to some of the more difficult queries.

We promise to have an easier quiz at the Golden Anniversary party in 2031.

If you are interested in seeing all the answers, they will be on display at our November walk.

The winner, with an outstanding score of 75% is Jaclyn Fedrizzi who will receive a 2022 Annual Pass. 2nd and 3rd place go to Linda Showens and Barbara Crane who can pick up their Folksmarch t-shirt at the next walk.

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## Should I Become a Folksmarch Member in 2022?

We have about 300 names on our email/contact list and/or Facebook followers, but only about 60 actual Folksmarch members. That's great! We love having participants attend the monthly walks, even if they are not a member, but we would like it even more if many of those people became a member.

Here's why:

- (1) We have expenses for the walks - our insurance, the venues, the pins, refreshments. It would be helpful, for planning purposes, to have enough actual members to easily cover those charges. Members join for the year, usually in January or February, which gives us a pretty good idea of how much income we have to cover our costs.
- (2) The more members we have, chances are better that we have enough volunteers to help with one of the 12 weekends a year that we hold a Folksmarch. Our membership is getting to that point where it's the same few people helping with the monthly walks. It would be great to see some new faces and hear some new ideas.
- (3) You might feel more committed to attend each monthly walk if you are a member of Folksmarch. You might be apt to devote that 2nd Saturday or Sunday every month to walking - getting some exercise and fresh air or checking out the surroundings and seeing old or new friends when it's an indoor walk.

So, now that you are convinced you would like to become an official Folksmarch member, you are wondering how to do that.

Here's how:

- (1) Purchase an Annual Pass for 12 monthly walks at a reduced cost per walk. The best time to purchase an Annual Pass is in January or February. Plus, a passport (record book) is included. You also have membership voting rights and would have first dibs to participate in any trips organized by Folksmarch.

(2) Purchase a Yearly Passport. You pay for walks separately for each month you attend, but you receive a passport (record book) to keep track of your walks. You also have membership voting rights and would be eligible to participate in any trips organized by Folksmarch.

We hope you will consider becoming a Folksmarch member in 2022. Either way, we are happy to see all who enjoy the exercise, the locations, and the camaraderie that Folksmarch has to offer.

## Help Spread the Word!

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

- 1) "Like" AND "Share" Folksmarch postings on Facebook, Twitter, Instagram
- 2) Post photos of your Folksmarch walks on Facebook, Twitter, Instagram, etc. and use the hashtag **#cnyfolksmarch** and tag us **@cnyfolksmarch**
- 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!



The next CNY Folksmarch event will be held December 12, 2021 (one day only),  
at Fulton Moose Lodge, includes Holiday Party.

Please be safe and stay healthy.

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