



# 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](#)

### February 2022 Folksmarch

**Date:** Saturday, February 12, 9:00—12:00 PM and Sunday, February 13, 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. – 2022 Board of Directors

Erin Cunia, *President*

Sue Straub, *Vice President*

Adria Ripka, *Secretary*

Brian Noll, *Treasurer*

*Other Board of Directors:*

Eileen Arnold, Dawn Bennett, Barbara Crane, Elaine Davis, Adrienne Kinne, Mary Ledford, Dawn Mackenzie, Ellen Nowyj, 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 #489 (484 S Salina St, Syracuse)

**GPS Coordinates:** [43.0445415,-76.154574](#))

### FEBRUARY 2022 FOLKSMARCH: DOWNTOWN SYRACUSE, NY

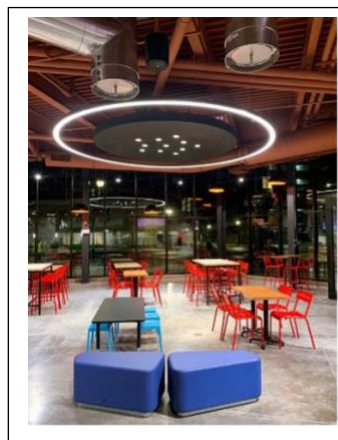
Folksmarch sign-in for the Downtown Syracuse walk will be at the **Salt City Market, 484 S. Salina St., Syracuse, NY 13202** on the corner of W. Onondaga St. The sign-in table will be located near the S. Salina St. entrance from 9:00 A.M. - Noon on Saturday and on Sunday from 1:00 - 3:00 P.M. **PLEASE NOTE OUR NEW SATURDAY HOURS.**

There are several parking lots and garages in the area. A few suggestions: Clinton St. Parking Garage @ 401 S. Clinton St. or Hotel Syracuse Garage @ 100 Harrison St. or the Trolley Lot @ 102 Dickerson St. Parking on the street may also be a possibility. (Meters are free on Sunday.)

Folksmarchers will be offered their choice of 2 Syracuse Walking Tours. Choose either the Historical (Architectural) Tour or the Public Arts Tour. The routes are very similar, but the focus and info provided will be different. Many thanks to the Downtown Committee for providing the maps and booklets.

We are excited and grateful to Salt City Market for being so accommodating. For many Folksmarchers, this will be their first time at the venue, and we think they are in for a treat.

Located on the site of a former, rather blighted, parking lot on the corner of S. Salina and W. Onondaga Streets, it now boasts to be “where the heart of Downtown meets the culturally



rich South and West sides of Syracuse.” The one- and two-bedroom apartments on the upper floors, created for mixed income residents, are currently filled. The Syracuse Cooperative Market (well-known from its Westcott neighborhood location) has opened a second site on the Market’s main floor and is packed with grocery items to accommodate their Downtown neighbors.

The bar/café and the food hall, also on the main floor, celebrated its opening about one year ago, in January 2021, and made dreams come true for many local entrepreneurs.

If you are hungry after your walk, you will have a diverse assortment for something to eat before heading home. Besides the many wonderful eateries along the downtown streets, here’s a list of cuisines you can choose from at Salt City Market: *Baghdad* (Middle Eastern), *Big in Burma* (Burmese), *Cake Bar* (cakes & cupcakes), *Erma’s Island* (Jamaican) closed Sundays, *Farm Girl* (juice & smoothies), *Firecracker Thai Kitchen* (Thai) closed Sundays, *Mamma Hai* (Vietnamese), *Miss Prissy’s* (Soul Food), *Pies the Limit* (sweet or savory pies), *Salt City Bar* (café & bar) and *Soulutions* (Sley’s Southern Cuisine). All of them have a to-go option.

#### **NOTE: COVID19 precautions:**

We will practice social distancing and wear masks when necessary and have sanitizer available at the sign-in table. We will observe all County, local and facility rules for staying safe and healthy. Masks are required indoors and recommended outdoors in groups of 2 or more.

#### **Directions**

*From points North* - Rte 81 South to Exit 19 Clinton St. Head south on Clinton St. to Onondaga St. (if you reach W. Adams St. you’ve gone too far.)

*From points South* - Rte 81 North to Exit 18 Adams St., Turn left onto Harrison St., Turn right onto S. Salina St., Turn left onto W. Jefferson St., Turn left onto S. Clinton St. to Onondaga St. (if you reach W. Adams St., you’ve gone too far.)

*From points East* - Rte 690 West to Exit 11 West St., Turn left onto Fabius St., Turn right onto Granger St., Turn left onto Dickerson St., Turn right onto S. Clinton St. to Onondaga St. (if you reach W. Adams St. you’ve gone too far.)

*From points West* - Rte 690 East; Take Exit 12 toward W. Genesee St/Downtown; Keep left at the fork to continue onto Exit 11 West St., Turn left onto Fabius St., Turn right onto Granger St., Turn left onto Dickerson St., Turn right onto S. Clinton St. to Onondaga St. (if you reach W. Adams St., you’ve gone too far.)

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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## **We Need Help!**

In 2022 we hope to get back to normal with our walks. This includes having monthly walk leaders to help plan the routes and check in participants. This is a great opportunity to meet others interested in walking around CNY. We also need help with the newsletter and social media accounts. Anyone interested in helping to keep this club going please contact Erin Cunia [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com).

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Find us, Like us, Share us! Facebook: [@folksmarch](https://www.facebook.com/folksmarch) Twitter: [@folksmarch](https://twitter.com/folksmarch) Instagram: [@folksmarch](https://www.instagram.com/folksmarch)

## TENTATIVE Walk Schedule for 2022 (subject to change)

Please consider serving as a walk leader. Any help would be appreciated!

1/8 & 1/9	Destiny Mall, Syracuse	7/9 & 7/10	Sterling Nature Center
2/12 & 2/13	Salt City Market, Syracuse	8/13	Rogers Env. Ed. Ctr., Sherburne (Picnic)
3/12 & 3/13	Village of Cazenovia	9/10 & 9/11	Onondaga Lake Park West Shore
4/9 & 4/10	Lime Hollow, Cortland	10/8 & 10/9	Amboy 4-H Env. Ed. Ctr.
5/14 & 5/15	Webster Pond, Syracuse	11/12 & 11/13	Oneida Rail Trail
6/11 & 6/12	Village of Liverpool	12/10 & 12/11	Village of Skaneateles

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

### Destiny – A Winning Spot in January

A good number of FMers turned out on a very cold Saturday morning, with most walking inside where the mall was mainly quiet due to the majority of stores not opening up until late morning. A trio of hardy souls did venture outside to explore the route over to the new bridge on the west side of the lake. Sunday afternoon being a milder day brought another bunch of walkers including 5 First Timers - Welcome Sarah Paul, Bob Ball, Jessica Cohen, Debbie Field and Shelly Field. It was lovely talking with you and we hope to see you all at future walks!

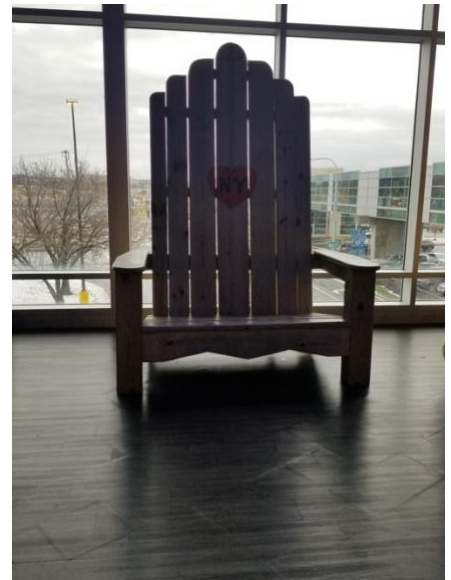
Many people took advantage of buying an Annual Pass which provides 2 free walks plus a yearly Passport in which keeping track of the completed walks is easy because each month gets a stamp with the same design as the button everyone gets for walking. Many thanks to all the helpers: Lori Newcomb, Erin Cunia, Sue Straub and Adria Ripka. While our new president, Erin Cunia, is helping us become more tech savvy, our aim is still to make new friends as we enjoy visiting various places in Central New York.



Family fun in the Destiny Canyon



Former Folksmarchers returning in 2022



I LOVE NY Chair



## CNY FOLKSMARCH 2022 First Quarter Board Meeting

We took advantage of the indoor Destiny location to have our first quarter 2022 Board Meeting. Appreciate everyone that was able to join. One of our discussions involved starting to accept credit card payments for walks, memberships and other purchases. We also decided to change the time of the Saturday walks to 9:00 AM until 12:00 PM. We discussed the need to get volunteers to help with the monthly walks—it is not reasonable to expect one or two people to organize and attend all walk weekends.

Barbara Crane will continue as the Registrar/Membership Coordinator. Adria Ripka will continue as Publicity Coordinator and begin to help with social media. It was suggested that perhaps we hold a “training session” with anyone interested on how to make the most of our social postings. Eileen Arnold will continue as Button/Stamp Coordinator, Elaine Mount as Sunshine Coordinator, and Elaine Davis will continue as Walk Site Coordinator. Dawn Bennett agreed to continue as Trip Coordinator.

We discussed some ideas for increasing participation. Erin will create a larger flyer from the new postcard that can be posted at different venues. Adria volunteered to take flyers and postcards to all the suburban libraries and Sue will take the city branches.

Many of our January walkers purchased their Annual Membership Pass. Paying for an annual membership helps to support this walking club and the planning and logistics that goes into each of our monthly walks, including the facility rental fees and our insurance. It is not too late to invest in our club and in a healthy new year, please consider purchasing your Annual Membership Pass today!

## A Folksmarch Challenge

Let's start our own challenge! We have a total of 12, 5K walks per year. How many of you will complete ALL the walks, 60K in 2022? We can keep a leaderboard and see how many of us can complete the most walks this year!

## Help Spread the Word!

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

- “Like” AND “Share” Folksmarch postings on Facebook, Twitter, Instagram
- Post photos of your Folksmarch walks on Facebook, Twitter, Instagram, etc. and use the hashtag **#cnyfolksmarch** and tag us **@cnyfolksmarch**
- Email a copy of Footnotes to someone who likes to walk and/or discover new places
- Hand-out a few postcards with the walking schedule (pick up a few at the next walk). ➔



Phone a friend and invite them to the next walk Tell your friends how much you enjoy Folksmarch!