



F O O T N O T E S

N E W S L E T T E R

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

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April 2022 Folksmarch

Date: Saturday, April 9, 9:00—12:00 PM and Sunday, April 10, 1:00—3:00 PM

Annual Membership Pass: \$40 Includes Yearly Passport Membership card and 12 monthly walks.

Yearly Passport Membership: \$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*

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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 #491 (338 McLean Rd, Cortland

GPS Coordinates: [42.5691257,-76.2535857](#))

Folksmarch through Lime Hollow, Cortland

APRIL 9th 9:00 AM-NOON & APRIL 10th 1:00-3:00 PM: Lime Hollow Nature Center provides year-round opportunities for environmental education and recreation using natural elements of the area. It was founded in 1993, starting with 100 acres of land along an abandoned portion of the Lehigh Valley Railroad right-of-way. This nature preserve, which is located just west of Cortland, grew to almost 300 acres by 1998. The Visitor Center, where Folksmarchers will sign-in, was added in 2007.

The area provides over 12 miles of trails that are open year-round for hiking, snowshoeing, cross-country skiing, and snowmobiling. Additionally, the center provides many programs for children and adults, including such things as tree identification, bird watching, animal tracking,

and has the distinction of being the first certified Forest Pre-School in New York State.

Sign-in for Folksmarchers will be at the Visitors Center, 338 McLean Rd., Cortland, NY, 13045.

There will be a 5k suggested route for Folksmarchers that will include many delights for geology buffs, along with some whimsical outdoor art pieces that children and adults are sure to enjoy.



Please note:

- The Visitors Center will NOT be open for observation on Saturday but WILL be open on Sunday for those of you who want to look around.
- Leashed dogs are only allowed along a 1.3-mile portion of the Lehigh Valley Trail.
- Early April might be muddy on the trails...choose appropriate footwear.
- As we enter tick season, please be advised to take precautions:
 - Stay on the trails!
 - Also, it is a good idea to wear long sleeves and long pants - and even tuck pants into socks - and use tick repellent. But remember, if you are bitten, don't panic. The risk of infection is low, but you should seek care in case treatment is needed.

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

Directions to the Lime Hollow Nature Center Visitor Center:

From the North: Rte 81S to exit 12 toward NY-281S/Ithaca; turn right onto Luker Rd., turn right onto McLean Rd.

From the South: Rte 81N to exit 10 toward NY-41/Cortland/McGraw; turn left onto NY-41N; turn right onto McLean Rd.

From the East: I-481S toward Syracuse; take exit toward I-81S to exit 12 toward NY-281S/Ithaca; turn right onto Luker Rd., turn right onto McLean Rd.

From the West: I-695 to I-690E exit toward Syracuse; I-81S exit 12 toward NY-281S/Ithaca; turn right onto Luker Rd., turn right onto McLean Rd.

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

Do you need a walk buddy?

Want to meet new people? We often have solo walkers that would like to walk with another or in a group. Let's meet at 10:00 AM Saturday and anyone who would like to explore as a group can join in.

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.

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)

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.

March Walk in Cazenovia

Unfortunately, due to weather our March walk in Cazenovia didn't start off very well. For safety reasons, it was decided late Friday night to cancel the Saturday walk due to the amount of wind and snow. I'd like to thank our president for thinking of everyone's safety! It seemed like the e-mail notification we sent about the cancellation was received by everyone because we only had one person show up on Saturday (and he lived in Cazenovia so thankfully not a far drive for him). On Sunday weather conditions were much better and we were able to hold the walk. We had twenty-one people in attendance to walk the quaint town of Cazenovia. We even had two new people venture out. A few people visited the bakery on Linklaen Street and bought a sweet treat.

I'd like to thank our wonderful host, Anna Marie Neuland. She is the Chamber of Commerce representative that let us use their office space for our sign-in. She was very friendly and helpful with information about the area.

We hope you all enjoyed the walk, and we'll see you again the next time!! Cheers!

Our Chamber of Commerce host, Anna Marie Neuland was a wealth of knowledge about Cazenovia.



Barbara Crane stopped for a bakery treat.



#QOTD: Things Overheard at Folksmarch

"I never realized Caz was so hilly. That's another great thing about Folksmarch - even in places you're familiar with, you learn something new."

A Folksmarch Challenge – March Update

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! March was tough because we had to cancel our Saturday walk due to poor weather and Sunday was then cold, but congratulations to those who came out! Below are those that have all three (3) monthly walks for 2022!

Shout out to the following Folksmarchers who have completed January, February, and March walks.

Donna Conway	Dawn Mackenzie
Barbara Crane	Brian Noll
Erin Cunia	Sara Noll
Elaine Davis	Stacy Noll
Holly Gang	Carol Phillips
Theresa Grudzinski	Robert Phillips
Mark Johnson	Patrick Santmyer
Betty Klamm	Sharon Zebrowski

Keep it up Folksmarchers!

Folksmarch Trips

Our Trip Coordinator, Dawn Bennett, has put together a schedule of trips for the upcoming months. Please contact Dawn directly with interest. She usually helps check-in at the Saturday walks ☺

TAKE ME OUT TO THE BALL GAME – Wednesday, May 25, 2022 @ 11:00 am. Syracuse Mets vs. Rochester Redwings. Cost \$19.00 pr person includes game ticket; giveaways, if any; \$10 in Conductor Bucks (food coupon) and \$5.00 parking pass (one pass per group ticket request). Reserved seats at 200 level, behind Mets dugout. Elevator to seats available, one step down to seats. In shade, under roof.

CRUISE ALONG THE ERIE CANAL – Tuesday, August 9, 2022. Bus to Lockport, NY. Lunch buffet at Canalside; 2-hour Erie Canal Cruise through the locks; Becker Farms with a wagon ride and a slice of handmade fruit pie and coffee, free time to explore and shop.

LETCHWORTH STATE PARK – Wednesday, October 5, 2022. Bus to Letchworth with lunch at Glen Iris Inn, time to visit William Pryor Letchworth Museum, driving tour through the park, Mount Morris Dam and Recreation area tour.

LANCASTER, PA – Tuesday October 25-Thursday October 27, 2022. Bus trip to Pennsylvania Dutch Country. 2 nights lodging in Lancaster area, 4 meals – 2 breakfasts & 2 dinners, admission to Sight & Sound Theatre show of 'DAVID', guided tour of Lancaster, visit to Kitchen Kettle Village.

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!

#QOTD 5 tips for walking your way to better health

Reporting from January 2022: According to an article from the Mayo Clinic, “Walking is a gentle, low-impact cardio exercise that can ease you into a higher level of fitness and health. It's safe and simple. And regular brisk walking can provide many of the benefits of more vigorous exercises, such as jogging.

There are numerous benefits to a regular exercise walking routine. Walking burns calories and trims the waistline, but it also is important for your lymphatic and immune systems.” ([Read More Online](#))

Follow these 5 tips when getting started walking: 1. Start slowly; 2. Set goals; 3. Plan continually; 4. Don't let the weather get you down; and 5. Plan several different routes, and make walking a social event.

We especially LOVE #5. Make walking a social event! Our monthly Folksmarch is a great opportunity to meet new people with a similar interest of walking various locations throughout Central New York.

The next CNY Folksmarch event will be held May 14 & 15, 2022, at Webster Pond, Syracuse.
Please be safe and stay healthy.

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