



# 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](#)

### May 2022 Folksmarch

**Date:** Saturday, May 14, 9:00—12:00 PM & Sunday, May 15, 1:00—3:00 PM

**Annual Membership Pass:** \$40

**HALF YEAR SPECIAL: \$20 includes Yearly Passport Membership card and 8 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*

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 #492 Address:** 2004 Valley Drive., Syracuse

**GPS Coordinates:** [42.99616, -76.15289](#)

### Folksmarch around the Webster Pond and Rand Tract area (Onondaga Valley)

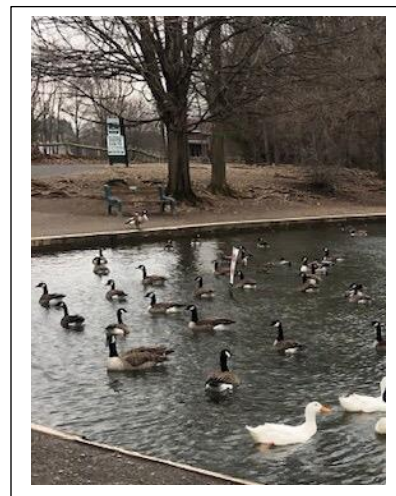
MAY 14th 9:00 AM-NOON & MAY 15th 1:00-3:00 PM:

By Barbara Crane

This month we visit Webster Pond located at 2004 Valley Drive., Syracuse, NY 13207. Located on the south side of Syracuse, Webster Pond is a small sanctuary for birds and wildlife, open to the public year-round. Originally maintained by the Anglers Association of Onondaga who raise funds by selling bags of feed for the birds on the pond, a new non-profit, Friends of

Wildlife, recently has been instituted to allow the group to apply for grants to repair and maintain the area. The Anglers Association offers a Junior Fishing Program and offers concerts by outside vendors during the summer and fall.

Volunteers sell bags of corn to feed the ducks, geese and other wild birds on the pond. Visitors are asked not to toss bread as the yeast in bread causes a vitamin deficiency which can harm or cause death. One can see squirrels and occasionally other wild animals in the environs, especially now that there is a path on the south side of the pond leading into the wooded Rand Tract which also has openings near the adjacent St. Paul's United Methodist Church and into the Onondaga Valley Cemetery.





The trail around Webster Pond is wide and handicapped accessible, with seating available at various points. On the south-end of the pond there is access to a narrower path in the wooded Rand Tract which constitutes the major portion of our walk. Because Webster's Pond has only a small parking lot, with a few spaces available on the side of the road near the Pond, there is other parking available at the nearby St. Paul's church just a little farther down the road. Our check-in will be a table near the top of the Pond's small parking lot, but after picking up the map, one could also start the walk from the church and (almost) end at Webster's Pond.

We suggest that walkers wear sturdy shoes and bring a walking stick. The trails in the Rand Tract are mostly packed earth but there are some inclines and declines. Note that Webster's Pond has only a porta-potty available. You might consider making a stop at the Subway on the corner of E Seneca Tnpk and S Salina St or there are a Dunkin and Burger King a little way down S Salina St. When finished walking, consider making a stop at Gannon's Isle Ice Cream which is at the corner of Valley Dr. and Rt. 173 (E Seneca Tnpk) or the Artic Island & Café across from Meacham Field.

#### **Please note:**

- Leashed dogs are only allowed in the Rand Tract area NOT around Webster Pond.
- Early May might be muddy on the trails...choose appropriate footwear and bring a walking stick or poles.
- As we enter tick season, please be advised to take precautions:
  - Stay on the trails! They are narrow in spots, but well-trodden and no reason to venture off 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. TIP use lint rollers to check your clothing after any outdoor walk or hike.

#### **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 Webster Pond & Rand Tract:

*From the North & East:* Take Rt. 481 to the Brighton Ave. exit (exit 1), turn left onto Brighton Ave, then right onto Rt. 173 (aka E. Seneca Tnpk), and then left at a light onto Valley Dr. (Rt. 80), and about .42 miles to Webster Pond on the right. St. Paul's Church is the next right after that.

*From the West:* Follow Rt. 173 east and turn right at the light onto Valley Dr.



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!

### 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! PLEASE

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).

## April Folksmarch in Cortland

By Erin Cunia

The Lime Hollow Nature Center trails were great even though the weather was a bit cold and rainy. In fact, Saturday after everyone had left, I went out for my hike and the sun came out, and then it disappeared, and then the snow started. Great. But I enjoyed my walk anyway! We had 20 walkers Saturday and 15 Sunday. I saw many of our regulars and some new to me faces including Carol Eichler and Pat Fisher on Saturday and Ron and Madeline Bort and their son Jamie joined us on Sunday. WELCOME ALL! Lime Hollow has over 12-miles of trails and we only saw a little over 3 miles (well some of us saw more than that). The Eric Kroot Art Trail at the beginning and end of our route was interesting. I saw a band of turtles and lizards, some totem poles, and maybe the Loch Ness monster? What did you see?



### #QOTD: Things Overheard at Folksmarch

"Erin, I think we're lost." It happens, but it made me realize we really need to have contact numbers available at every walk. When you check-in, be sure you have the number of someone you can call in case you lose your way.

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.

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## A Folksmarch Challenge – April 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! April was still a bit cold and wet but many still came out to enjoy the trails. Below are those that have all four (4) monthly walks for 2022!

**Shout out to the following Folksmarchers who have completed all January -- April walks.**

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

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**And these Folksmarchers have at least 3 walks in 2022:**

Terry Besanson	Lorrie Simiensyk
Barbara Crane	Sue Straub
Ron Male	

**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 ☺ or you can call her, 315-437-7464 or email, [dbennett18@twcny.rr.com](mailto:dbennett18@twcny.rr.com), to reserve your spot or get more information. Please do this EARLY so the bus companies don't cancel for low interest—you will get any money returned to you if the trip is cancelled so no lost deposits

~~SOLD OUT TAKE ME OUT TO THE BALL GAME—Wednesday, May 25, 2022 @ 11:00 am.~~

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!

The next CNY Folksmarch event will be held June 11 & 12, 2022, at Village of Liverpool.

**Please be safe and stay healthy.**

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