



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](#)

June 2022 Folksmarch

Date: Saturday, June 11, 9:00—12:00 PM & Sunday, June 12, 1:00—3:00 PM

Annual Membership Pass: \$40

HALF YEAR SPECIAL: \$20 includes Yearly Passport Membership card and the rest of 7 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 #493 Address: 310 Tulip St, Liverpool

GPS Coordinates: [43.1027807,-76.2100607](#)

Folksmarch in the Village of Liverpool

June 11th 9:00 AM-NOON & June 12th 1:00-3:00 PM:

By Sue Straub

Our June Folksmarch will begin at the Liverpool Library and will take us on a 5k walk along a portion of the Onondaga Lake trail and also on a tour of many 19th century homes and businesses. If you're looking for someplace to eat after your walk, no trip to Liverpool seems quite complete without a stop at the famous Heid's stand for a hot dog or coney and a chocolate milk.

Like so many of the wonderful villages located in and around CNY, Liverpool has an abundance of history, activities, and special places to explore. If you are looking for ways to entertain out-of-town guests, family, or friends, they might enjoy a pleasant stroll, jog, skate or bike ride along the east shore of Onondaga Lake, or a tour via the tram could be a lovely way to view Onondaga Lake Park, but currently runs Monday - Friday only.

You might also stop at the Salt Museum and find out the origin of salt potatoes and why Syracuse is known as the Salt City. One of the other nationally known products from the area, as recent as 1971, was basketry. The Willow Bay picnic area was named for the abundance of willow bushes and the area became known for its production of laundry baskets and furniture.



Please note: Service dogs only are allowed in the Liverpool Library. Leashed dogs are allowed along the Shoreline Walking Trail at Onondaga Lake, but not on the East Shore Trail (wheels only.) Also, the Good Dog Park is located at the north end of Onondaga Lake Park.

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 Northerly points (Fulton): Rte 481S to exit 12 for NY-31 toward Cicero/Baldwinsville; keep right at the fork toward Soule Rd; continue straight onto Soule Rd; use the left 2 lanes to turn left onto Oswego Rd.; turn right onto Vine St.; turn right onto 2nd St.; destination will be on the left.

From Southerly points (Syracuse): I-81N to exit 23-24A-24B for NY-370W; keep left to continue on Exits 24A-24B; follow signs for NY-370 W/Liverpool; keep left to continue on Exit 24A, follow signs for NY-370 W/Onondaga Lake Pkwy; use the left lane to turn slightly left onto 2nd St.; destination will be on the left.

From Easterly points (Canastota): I-90W (follow signs for Buffalo); take exit 37 for Electronics Pkwy toward Liverpool; keep left at the fork, follow signs for County Rd 148; turn left onto County Rd 148/Electronics Pkwy; turn right onto Old Liverpool Rd.; use the middle lane to run slightly right to stay on Oswego St.; use the left lane to turn slightly left onto 2nd St.; destination will be on the left.

From Westerly points (Camillus): NY-695 toward I-690/Fairgrounds/Syracuse; I-690 W exit toward I-90/Baldwinsville; take exit 4 for John Glen Blvd; turn right onto NY-370 E; Destination will be on the right.

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! 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.

Great Turnout at Webster Pond

By Barbara Crane

What a record turnout: 78 walkers at Webster Pond, with 42 walkers on Sunday beating the Saturday numbers! The weather helped, being sunny and warm both days, at least until a short rain shower arrived on Sunday about 20 minutes before our regular closing time. Some walkers said it was a challenging walk, and when it was later found that someone had removed a few arrows and all except one orange tag within the Rand Tract, you brave people were challenged much more than planned! Apologies for that. Many of the planned paths were comfortably wide and relatively smooth. Hope

you were able to enjoy where you walked and were able to find your way back to Webster Pond without too much trouble. Webster Pond itself was the victim of some vandalism in the last year, but the volunteers are working hard to get everything back to normal so this lovely spot that Syracuse.com calls a “hidden city treasure” can be enjoyed by everyone.

Welcome to our 17 First Timers: Marie de C., Jean W., Tom G., Susanne K., Mary B., Jackie W., Colleen K., Dave B., Christine and Thomas M., Sondra and John A., Leah M., Karen and Mark S., Andi and Esmeralda B. And thanks to this month’s volunteers who made the walk possible: Dawn B., Erin C., Sue S. and Barbara C.

Thanks to Deb Gunther for sending along some of her pictures!



#QOTD: Things Overheard at Folksmarch

"Oh, here's another orange tag on a tree; we must be going the right way!"

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.

Find us, Like us, Share us! Facebook: [@folksmarch](#) Twitter: [@folksmarch](#) Instagram: [@folksmarch](#)

A Folksmarch Challenge – May 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! May was hot and the trails were dry, until the thunderstorms started on Sunday! Below are those that have all five (5) monthly walks for 2022!

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

Donna Conway

Sara Noll

Erin Cunia

Stacy Noll

Holly Gang

Carol Phillips

Mark Johnson

Robert Phillips

Betty Klamm

Patrick Santmyer

Dawn Mackenzie

Sharon Zebrowski

Brian Noll

And these Folksmarchers have at least 4 walks in 2022:

Terry Besanson

Ron Male

Barbara Crane

Lorrie Simiensyk

Elaine Davis

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@twcnny.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

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!

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.

About Us

Folksmarches are generally held on the second weekend every month. Registration is held between 9 AM and 12 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 usually a 5K (3.1 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 passports are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Pass or a Yearly Passport is a way to become of member of the CNY Folksmarch walking group.

The next CNY Folksmarch event will be held July 9 & 10, 2022, at Sterling Nature Center.

Please be safe and stay healthy.

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