



FOOTNOTES

NEWSLETTER

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

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

July 2022 Folksmarch

Date: Saturday, July 9, 9:00—12:00 PM
& Sunday, July 10 1:00—3:00 PM

Annual Membership Pass: \$40

**HALF YEAR SPECIAL: \$20 includes
Yearly Passport Membership card and
the rest of 6 monthly walks.**

Yearly Passport Membership: \$10
prorated quarterly (**July \$5**)

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 #494 Address: 638 Main St., Fair Haven

GPS Coordinates: [43.31771139103027, -76.69732694444095](#)

Folksmarch in the Village of Fair Haven

July 9th 9:00 AM-NOON & July 10th 1:00-3:00 PM:

By Sue Straub

***NOTE CHANGE IN LOCATION DUE TO CONSTRUCTION
AT STERLING NATURE CENTER***

Fair Haven in July has a nice ring to it and it's just down the road from Sterling Nature Center where we had originally planned to walk. Due to the nature center's construction of a new visitor's facility, we have postponed Sterling until next year.

Our 5k walk will begin near Main St. and travel some of the neighborhoods of Fair Haven with glimpses of Little Sodus Bay. Then, back to the quaint summer Village of Fair Haven where you will pass (or stop in) one of the eateries or shops or ice cream stands along the route.

Thanks to Pastor Burgess, we will sign-in at the recreation hall of the Calvary Baptist Church located at 638 Main St., Fair Haven, NY 13064. Parking is available around the hall, with additional spaces on Meade St. next to the church or across Main St. on Cayuga St.



According to the Cayuga County website, the Village boasts that Fair Haven is only one letter away from "heaven." It is also proudly located about a mile from the entrance to Fair Haven Beach State Park that has all the usual activities offered in a park located on Lake Ontario - like swimming, boating, picnicking, etc. and some walking trails. We can look forward to the completion of plans to connect Fair Haven's trails to some of the paths at Sterling Nature Center.

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 Southerly points (Syracuse): Take I-690 W, NY-690 N, NY-370 W and NY-38 N to NY-104A W in Fair Haven. Following NY 690 N, take the NY-31 E/NY-370 exit towards Baldwinsville. Keep right to continue on NY-370 W. Turn right onto NY-38 N. Turn left onto NY-104A E, then left onto NY104A W. Destination is on the left.

From Easterly points (Constantia): Take NY-49 W to Oneida St. Follow Onida St. and Hannibal St. to State Rte 3 W in Granby. Follow State Rte 3 W to NY-104A W in Sterling, then left onto NY104A W. Destination is on the left.

From South-Westerly points (Seneca Falls): Take NY-89N, NY-31 W, and NY-89N to Lawville Rd . in Wolcott. Follow Lawville Rd., Chapman Corners Rd. and Caywood Rd. to NY-104A E, then left onto NY104A W. Destination is on the left.

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.

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	*UPDATED LOCATION* Fair Haven 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

Historical Walk in Liverpool

By Sue Straub

Even though the weather forecast was quite iffy, especially for Sunday, we had gorgeous weather at the June Folksmarch in Liverpool. Over 60 walkers ventured out for the 494th CNY Folksmarch. The library was a perfect location to start the 1-mile trek around the historical homes and shops in the village. It also offered nearby access to the Onondaga Lake trail walk. Along the lake, Folksmarchers had the option to walk another 2-miles or any distance they chose. Many of our members remarked that they appreciated the highly informative map/booklet that the library provided for everyone.

Welcome to first timers: Michael Zalewski, Alma Zalewski, Christian Budda and Ada Belsito. We hope to see you again in Fairhaven.

Many thanks to this month's Walk Leader: Ellen Nowyj and Helpers: Adria Ripka, Barbara Crane, Dawn Bennett, Erin Cunia, Nancy Warner and Sue Straub.



#QOTD: Things Overheard at Folksmarch

"How appropriate that the library has dinosaurs for children to climb on along Story Lane."



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

A Folksmarch Challenge – June 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! Below are those that have all six (6) monthly walks for 2022!

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

Donna Conway

Erin Cunia

Mark Johnson

Betty Klamm

Dawn Mackenzie

Brian Noll

Sara Noll

Stacy Noll

Carol Phillips

Robert Phillips

Patrick Santmyer

Sharon Zebrowski

And these Folksmarchers have at least 4-5 walks in 2022:

Terry Besanson

Barbara Crane

Elaine Davis

Jaclyn Fedrizzi

Holly Gang

Theresa Grudzonski

Ron Male

Lorrie Simiensyk

Sue Straub

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, 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 August 13 (Saturday Only), at Roger's Environmental.
Please be safe and stay healthy.

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