



# FOOTNOTES

## NEWSLETTER

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

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

### August 2022 Folksmarch

**Date:** Saturday, August 13, 10:00—12:00 PM, NO Sunday walk this month

**Annual Membership Pass:** \$40

**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 #495 Address:** 2721 NY-80, Sherburne

**GPS Coordinates:** [42.6834372,-75.5189273](#)

### Folksmarch & Summer Picnic in Sherburne

AUGUST 13th 10:00 AM-NOON followed by picnic:

NOTE CHANGE IN TIME – Park does not open until 10:00

There are a few different ways to arrive at Rogers Environmental Education Center in Sherburne. All of them could be considered “the scenic route.”

The trails are well-groomed and well-marked with lovely views and a variety of habitats to enjoy along the way. The route we’re suggesting is 2.5 miles of mainly flat and shaded trails that are considered easy to moderate. There is an opportunity to skip a small portion that some might find slightly challenging. The

walking surfaces are made up of packed earth with some roots, wood chips, a few railroad ties to step over, and grass that leads to a sunny spot with a bench to view the Chenango River. You can also expect to see various birds, wildflowers, lily pads and maybe a frog or two. If you are determined to complete a full 5k walk, another loop around the south trail or possibly a walk to and from the trout pond area or the bird house will be needed.



**Please note: NO pets are allowed.**

Once you have achieved your goal, we hope you will stay for the annual Folksmarch picnic which will start at Noon. We plan to have some great food, along with friendly conversations and beautiful views from the pavilion. Also,

we're hoping Simon Solomon, the Executive Director of Friends of Roger, will join us for a brief talk about the center.

When you reach the destination on Route 80, there will be 2 brown signs. Enter via the sign marked: Friends of Roger - Rogers Environmental Education Center - Visitors Welcome



From the main parking lot, follow the short footpath over the bridge toward the Visitor's Center. Warning: watch out for goose droppings in this particular area. Depending on the weather, FM sign-in will either be at an outside picnic table or inside the center if raining or windy.

The usual walk fee or membership will apply - nothing extra for Folksmarchers to partake in the **picnic luncheon which will run from Noon - 2:00ish**. You may choose to walk first and then have lunch when you return, OR you may decide to eat first and then walk it off.

Thanks to everyone who has offered to bring a favorite dish to pass. Plus, we'll have other foods to eat and water to drink. We may even have a couple of games to play. We're sure to have some fun! Hope to see all of you there!

**Please RSVP by August 6th at [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com) or call Sue (315) 437-5087.** Let us know what you will bring to share. So far, we've got potato chips, pasta salad, cabbage salad, baked beans, water, cups, plates, napkins, and plasticware. Hope you can join us!



#### **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.

#### **Directions**

*From Syracuse area:* Rte 690E to Rte 481S to Exit 3 for NY-5/NY-92E; continue on NY-92; turn left onto US-20E; turn right onto NY-13S/Rippleton Rd., turn left onto NY-13S/NY-80E; turn right onto NY-80E/State Hwy 80/State Rte 26S; turn left onto NY-80E.

*From Fulton/Oswego area:* Rte 481S to Exit 3 for NY-5/NY-92E (then follow directions from Syracuse)

*From Auburn area:* US-20E to Apulia Station; turn onto NY-80E.

*From Jamesville area:* NY-91S to Fabius; turn onto NY-80E.

*From Oneida area:* US-20E to NY-46S (becomes NY-12B) turn right onto William Rd., turn left onto NY-80E.

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).

## 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 <del>Sterling Nature Center</del>
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

## Sunny Days in Fair Haven

With two glorious sunny days, Folksmarchers turned out in large numbers (61) to enjoy the summer in the Village of Fair Haven. Many walked the full 5k route which provided views of Little Sodus Bay, and then some took advantage of being next door to Fair Haven State Park where they could swim or just relax on the beach after their walk. Luncheon spots, both in and near the Village, provided sustenance while an ice cream parlor near the end of the walking route tempted indulgence!

Welcome to First Timers: Jon & Karen H., Barbara C. and her lovely dog, Tom C., Paul B. and Debbie O. Also, welcome back to those who haven't walked with us in a while: Walt & Jennifer Z. and Al & Cindy C-S. Making new friends and/or getting back together with old friends is a treasured part of what Folksmarch is all about!

Thanks to Pastor Burgess who allowed us to sign in at the impressive recreation hall of the Calvary Baptist Church. Also, many thanks to our helpers Evelyn & Bill Baldwin, Dawn Bennett, Erin Cunia, Barbara Crane, Brian Noll and Sue Straub.

## 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

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)



## 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.

A special thank you to Scott Hopkins, son of our Folksmarcher, Bob Hopkins, who passed away earlier this year, shortly after we saw him at our February walk. Scott has made a lovely donation in honor of his father and we will be adding some kind of virtual plaque to our website to commemorate. Thank you again Scott, and for sharing your father with us.



The next CNY Folksmarch event will be held September 10 & 11, at Onondaga Lake Park.  
**Please be safe and stay healthy.**

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