



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](#)

September 2022 Folksmarch

Date: Saturday, September 10, 9:00—12:00 PM, Sunday, September 11, 1:00—3:00

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 #496 Address: 280 Restoration Way, Syracuse, NY

GPS Coordinates: 43 Deg 04' 22.44" N, - 76 Deg 12' 16.92" W

Folksmarch Along Onondaga Lake

SEPTEMBER 10, 9:00 AM-NOON AND SEPTEMBER 11, 1:00 PM-3:00 PM

Our walk will begin at the Honeywell Onondaga Lake Visitor's Center adjacent to the Onondaga Lake Boat Launch. There is ample parking and restroom facilities are located within the center.

From the deck of the center there are good views of Syracuse, Destiny and Liverpool.

Years ago, the lake was highly polluted but thanks to the work done by Honeywell and major improvements of the Syracuse water treatment facility the lake is now clean enough for fishing. There is information in the visitor center about how the lake was cleaned up.



We will walk along a path that is part of the Erie Canalway Trail / Empire State Trail. The surface is nicely paved and level. It starts out kind of noisy due to traffic on I-690 but soon veers away from the road and is quite peaceful. When Elaine and I walked the route we saw geese, ducks, a bald eagle, and other birds that we didn't identify. There were abundant wildflowers along the way, there are 4 or 5 benches spaced along the route. The round-trip distance to the foot bridge is 2.8 miles, however you can continue over the bridge if you wish.

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

The Onondaga Lake Visitor's Center is easy to find. From Syracuse take I-690 West to Exit 7. (This is the exit for the Orange State Fair parking lot). At the light, take a right and the visitor center parking lot is just a very short distance on the lake shore.

From the west, take I-690 to the exit for NYS Fairgrounds Main Gate on State Fair Boulevard. Left on State Fair Bvd and the first left toward the entrance to the Orange State Fair parking lot. Go straight ahead at the light and the visitor center parking lot is just a very short distance on the lake shore.

(Please note: There is a sign at the parking lot entrance stating that parking is for boat launch and fishing only. All others will be towed. You can disregard this notice as it is intended to prevent State Fair goers from using this lot.)

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

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)

Great Day for a Walk and a Picnic

It was a perfect day for a walk and picnic. Thanks to all who were able to join us. Next time we will have to do a recipe exchange!



Thank you to Simon Solomon, the Executive Director of Friends of Roger, and our walk sign in helpers.

Nominations for Folksmarch Board of Directors

It is that time of year once again when we are seeking new board members. The term is for 3-years and begins January 1, 2023. Please see the attached form for the details. Let us know if you or someone you know would like to be considered for a board position.

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.

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!

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 October 8 & 9, at Amboy 4-H Env. Ed. Ctr.

Please be safe and stay healthy.

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

WANT TO GET MORE INVOLVED?

We are seeking nominations for the Board of Directors. We are looking for people who enjoy walking, of course, but also those who have some new ideas and energy to share. You can nominate anyone you feel would be a good fit, which even includes nominating yourself. Directors are elected for a 3-year term and can be re-elected.

The Nominating Committee will review and consider all nominations and present the slate for a vote of the entire membership prior to the beginning of the Official Year which is January 1st.

FOLKSMARCH BOARD NOMINATION **[PLEASE PRINT]**

Name of Nominee:

Address:

Phone: _____ Email: _____

Occupation/Skills/Hobbies:

Reason for nomination:

Nominated by:

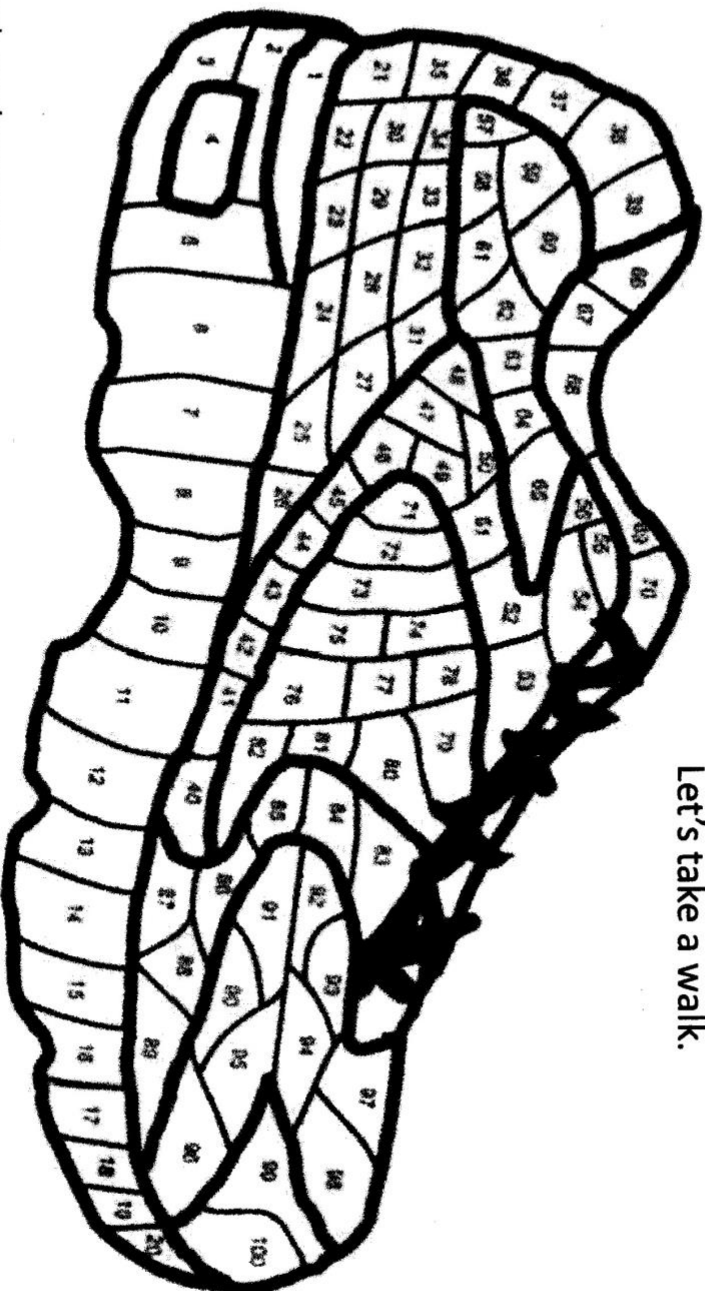
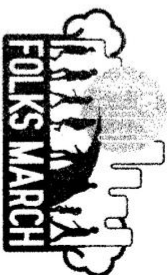
Nominator's Contact info:

Any other info you want to share:

**Please email your nomination by OCTOBER 15TH to: cnyfolksmarch@gmail.com or
Mail to: FM Nominations c/o Sue Straub, 200 Nichols Ave., Syracuse, NY 13206**

100 Mile Walk Challenge

One day at a time.
One mile at a time.
Let's take a walk.



<https://folksmarch.wordpress.com>

(PRINT) NAME: _____

EMAIL: _____

TELE # _____

When you have completed the 100 Mile Walk Challenge return the form to the Folksmarch sign-in table. You will be entered into a drawing for a prize at our Annual Meeting in December 2022.

FOLKSMARCH

B I N G O

7-DAY WALKING STREAK	2 WALKS IN ONE DAY	SUNSET WALK	WALKED HALF MY AGE ($70 \div 2 = 3.5$ MILES)	WALKED FURTHER THAN PLANNED
WALKED SOMEWHERE NEW	EARLY MORNING WALK	WALKED WITH A FRIEND	30-MINUTE WALK	WALKED WITH NO HEADPHONES
1 HOUR WALK	WALKED YOUR AGE (i.e. $58 \div 5.8$ MILES) CAN BE SPLIT INTO MORE THAN 1 WALK	REST DAY FREE SPACE	WALKED WITH AUDIO BOOK ON HEADPHONES	TRAIL WALK
WALKED PARTLY UPHILL	SNAPPED A FEW PHOTOS ON THE WALK	FAST 1 MILE WALK (FAST IS DIFFERENT FOR EVERYONE)	INTERVAL WALK	WALKED WHEN I DIDN'T WANT TO
ATTENDED A MONTHLY CNY FOLKSMARCH	3-MILE WALK	URBAN WALK	INDOOR WALK	WALKED IN THE RAIN

(PRINT) NAME: _____

Email: _____ **Tele #:** _____

When you have completed a *Coverall* Bingo (all items checked off) return the form to the Folksmarch sign-in table. You will be entered into a drawing for a prize at our Annual Meeting in December 2022.