



# 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](#)

### October 2022 Folksmarch

**Date:** Saturday, October 8, 9:00—12:00 PM, Sunday, October 9, 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 #497 Address:** 748 State Route 183 Williamstown

**GPS Coordinates:** [43.2124, -76.3007](#)

### Folksmarch at the Amboy 4-H Environmental Education Center

OCTOBER 8, 9:00 AM-NOON AND OCTOBER 9, 1:00 PM-3:00 PM

October is a beautiful time of year in CNY. If we have a sunny Autumn weekend (fingers crossed) we will be surrounded by beautiful foliage on all 3 trails at the Amboy Environmental Center (Yes, there is another Amboy - in Onondaga County, but this one is in Oswego County). The walking/hiking paths include several foot bridges over streams throughout the woods that range in difficulty from quite easy to somewhat challenging with several options.

Our walk will begin at the Paul & Theresa Schoeck Education Building that you will see on your right once you pull into the parking area. Many thanks to **Linda Brosch** of Cornell

University Cooperative Extension for helping to arrange our Folksmarch this month.

You can expect to see many acres of wetlands, wildlife, woods, and a beaver pond observation deck. The trails are aptly named: Beaver Marsh, Trout Brook, and Woodpecker Wood.

Leased dogs are allowed on the trails with the usual clean-up and behavior rules. Pet owners are asked to be courteous of walkers and wildlife.



### 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 and points southerly:* Take I-81 North to Parish; exit 33 (Rte 69) East for 9 miles into Amboy Center. Turn left onto Rte 183. Go North for 4 miles; entrance will be on the right.

*From Oswego and points westerly:* Take Rte 104 East until it ends at the junction of Rte 13. Turn right onto Rte 13; Take Rte 13 South to Williamstown. Turn right onto Rte 183. Go about 1 mile; entrance will be on the left.

*From Pulaski and points northerly:* Take Rte 13 South to Williamstown. Turn right onto Rte 183. Go about 1 mile. Entrance will be on the left.

*From Camden and points easterly:* Take Rte 13 North to Williamstown. Turn left onto Rte 183. Go about 1 mile; entrance will be 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](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<br><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                                             |

## 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.

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 at the West Shore of Onondaga Lake

The lake was busy in September with many fishing boats, and we spotted some crew teams doing practice. Folksmarchers walked along the west shore towards the city, to the foot bridge. Some were able to spot an osprey nest near the bridge. Thank you to Lee and Elaine Mount for organizing September's walk.

## 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. It's a great volunteer opportunity for an organization we all hold dear.

## 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 November 11 & 12, at Oneida Rail Trail  
**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:

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Address:

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Occupation/Skills/Hobbies:

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Reason for nomination:

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Nominated by:

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Nominator's Contact info:

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Any other info you want to share:

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