



# FOOTNOTES

## NEWSLETTER

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

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

### January 2023 Folksmarch

**Date:** Saturday, January 14, 9:00—12:00 PM and Sunday, January 15, 1:00—3:00 PM

**Annual Membership Pass:** \$40 Includes Yearly Passport card and 12 monthly walks.

**Yearly Passport card:** \$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. – 2023 Board of Directors

Erin Cunia ('23), *President*

Sue Straub ('25), *Vice President*

Adria Ripka ('24), *Secretary*

Brian Noll ('25), *Treasurer*

*Other Board of Directors:*

Eileen Arnold ('24), Dawn Bennett ('23),

Barbara Crane ('24).

A folksmarch is a non-competitive walking event conducted monthly for people of all ages and abilities in Central New York.

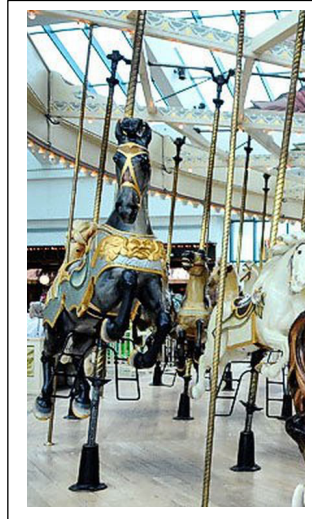
**FM #500** (9090 Destiny USA Dr **GPS:** [43.06776, -76.17092](#))

### OUR 500<sup>th</sup> Folksmarch! New Year Walk at Destiny USA

JANUARY 14, 9:00 AM-NOON AND JANUARY 15, 1:00 PM-3:00 PM

We will be returning to Destiny again this year. We have found it provides the best of both worlds for a January Folksmarch in CNY. For those who like to stay warm, traveling the perimeter of the 4 retail floors of the mall is just about a 5k walk. Others, who prefer to brave the winter elements, have the option of walking to the Inner Harbor area and a portion of the Creek Walk, weather permitting.

Like all malls these days, you will notice that Destiny has had its share of closures and changes. Yet, it remains New York State's largest destination of its kind with places to shop, dine and be entertained. Also, of interest is the antique carousel that has been located in the food court of the mall since opening day in 1990. The carousel was originally part of the Long Branch Amusement Park located on the nearby shore of Onondaga Lake from 1926-1941.



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The Canyon – Destiny USA

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Thanks to the management team at Destiny, Folksmarch will once again be setting up on the first floor of the Canyon area of the mall near the entrance to Dick's Sporting Goods. The closest parking lot to the Folksmarch sign-in table is on Solar St. From the lot, enter the mall property via the up escalator that takes you to the pedestrian bridge over Hiawatha Blvd. Then, you will need to descend to the first floor by the down escalator or the nearby elevator. The Folksmarch table will be in sight once you are back on the first floor.

**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 South and East:* take Route 81N toward Syracuse. Take exit 23-24A-24B for NY-370 E/Park St; Turn left onto NY-370 W/Park St and then left onto Haborside Dr/NBT Bank Pkwy. Turn left on Destiny USA Dr and follow along to the Solar St parking lot.

*From the North:* take NY481S and I-81S to Destiny USA Dr. Take the NY-298/I690W/Bear St exit for I-81S. Keep right to continue on Exit 23B. Follow signs and merge onto Destiny USA Dr. and follow along to the Solar St parking lot.

*From the East:* take I690 E to Hiawatha Blvd W; take exit 8 from I690 E. Continue on Hiawatha Blvd W to the Solar St parking lot.

If you would like to write about your walk or submit pictures, **please submit one week following the walk** to the newsletter editor, [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com). The deadline to get content into the newsletter is the **15<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.

### What a Deal!

Don't forget...it's that time of year when you'll want to motivate yourself (and get a good deal) by purchasing a 2023 Annual Membership Pass or a Yearly Passport membership card. The price for these has remained the same for 2023. The \$40 Annual Membership Pass includes a Yearly Passport card (regularly \$10) and all 12-monthly walks (\$4 per walk). That's a savings of \$18 per person!

### Want to Meet New People?

We need 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).

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)

# Folksmarch Walking Challenges

Congratulations to Betty Klamm and Martha Lacy who have each won an Annual Membership Pass for 2023. We are offering everyone another chance to win an Annual Membership Pass for next year. Please see the attached 100-mile Walking Challenge and cover-all BINGO. We hope you will give one or both of them a try. Even if you don't win, it's a great way to keep track of how much you are walking in 2023.



## Benefits of Walking

There are many reasons to walk for physical and mental health. A study published in the [British Journal of Sports Medicine](#) found that folks who stick to a regular walking program show significant improvements in blood pressure, slowing of resting heart rate, reduction of body fat and body weight, reduced cholesterol, improved depression scores with better quality of life and increased measures of endurance.

Another [study](#) published with the National Institute of Health found that just 12 minutes of walking resulted in an increase in attentiveness and self-confidence versus the same time spent sitting. [Walking in nature](#), specifically, was found to reduce focusing on negative experiences, which may improve mental well-being.

Invite a friend to walk with us in 2023!

## Walk Schedule for 2023 (subject to change)

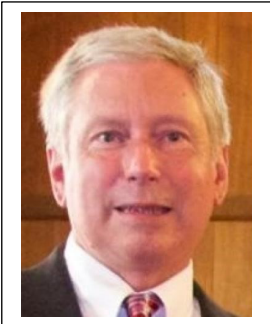
Please consider serving as a walk leader. Any help would be appreciated!

1/14 & 1/15	Destiny Mall, Syracuse	7/8 & 7/9	Sterling Nature Center
2/11 & 2/12	Beaver Lake Nature Center	8/12 & 8/13	Dwyer Memorial Park, Preble
3/11 & 3/12	Village of Manlius	9/9 & 9/10	Reed Webster & Empire Trail
4/15 & 4/16	Jordan Elbridge Canal Trail	10/14 & 10/15	Forest Park, Camden
5/20 & 5/21	Critz Farms, Cazenovia	11/11 & 11/12	Village of Central Square
6/10 & 6/11	Great Swamp Conservancy	12/9 & 12/10	Downtown Syracuse

Please be mindful to check each month's Footnotes and our website for location, date or time changes.

## A Tribute to Bob Hopkins

Sadly, last February, we lost an avid Folksmarcher and genuinely nice man, [Bob Hopkins](#). We miss seeing Bob who walked with the group just about every single month. In his honor, and because of his longtime involvement with Folksmarch, his family made a considerable donation to our club. This generosity will cover the cost of the FM monthly pins and stamp for each location for an entire year. We thank Bob's family for this heartfelt and generous contribution.





## Delightful Dickens Festival at Skaneateles

St. James Episcopal Church in Skaneateles welcomed Folksmarch both days and offered a fantastic view of the lake from the back end of its gathering room. The church is about a half mile from the main downtown-area which is filled with interesting small shops and restaurants, and on Saturday provided a cold but sunny day with sparkling frost on trees and grass to enjoy while exploring the town and side streets. Forty walkers came out on Saturday and many stayed to enjoy the festivities that began at noon, taking horse-drawn carriage rides, listening to carolers, tasting cider and other drinks, and checking in with the many Dickensians walking the streets. Sunday was warmer although a bit drizzly, still worth the effort for the 7 walkers who braved the weather that day. Welcome to First Timers: Laurie L., Tim & Nancy A., Jean L., David P., Mary Anne M. and Joshua F. Many thanks to those who helped out at the FM tables over the weekend. Wishing a Happy New Year to all!

## 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 some 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!

## 2022 CNY Folksmarch Annual Meeting

The Annual Membership Meeting took place on Saturday, December 10, 2022, in Skaneateles.

Coffee and donuts were served. Two nominated board members: Brian Noll and Sue Straub were voted in to serve another 3-year term on the Board. Also at the meeting, the Treasurer's annual report was approved and is available to Folksmarch members upon request.

Regretfully, we say so long to those Directors whose terms have expired and are not renewing: Elaine Davis, Mary Ledford, Dawn Mackenzie, Ellen Nowyj, Barbara Sleight. We thank them for their service and the many contributions they've made to Folksmarch through the years. We hope to see them continue with CNY Folksmarch club as monthly walkers and active members.

Also, we thank those Directors listed on the front page of this newsletter, who continue to serve on the Board and strive to keep our club going month after month. Their dedication and the interest of so many long-time monthly walkers are what keeps Folksmarch going year after year.

As we head into Year #42 (remarkable!!) ***let's each try to enlist one new member for the club.***

We're looking forward to a 50th anniversary party!

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## About Us

Folksmarches are generally held on the second weekend every month. Registration is held between 9 AM and 12 PM 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 distance is typically 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 yearly passport cards are available (for a fee) for participants to record their personal accomplishment after each walk. Purchasing an Annual Membership Pass or a Yearly Passport card is a way to become of member of the CNY Folksmarch walking group.

### Ideas, Comments, Questions?

For more information about the CNY Folksmarch email [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com).

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The next CNY Folksmarch event will be held February 11 & 12, 2023, Beaver Lake Nature Center.

**Please be safe and stay healthy.**

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



## CNY FOLKSMARCH

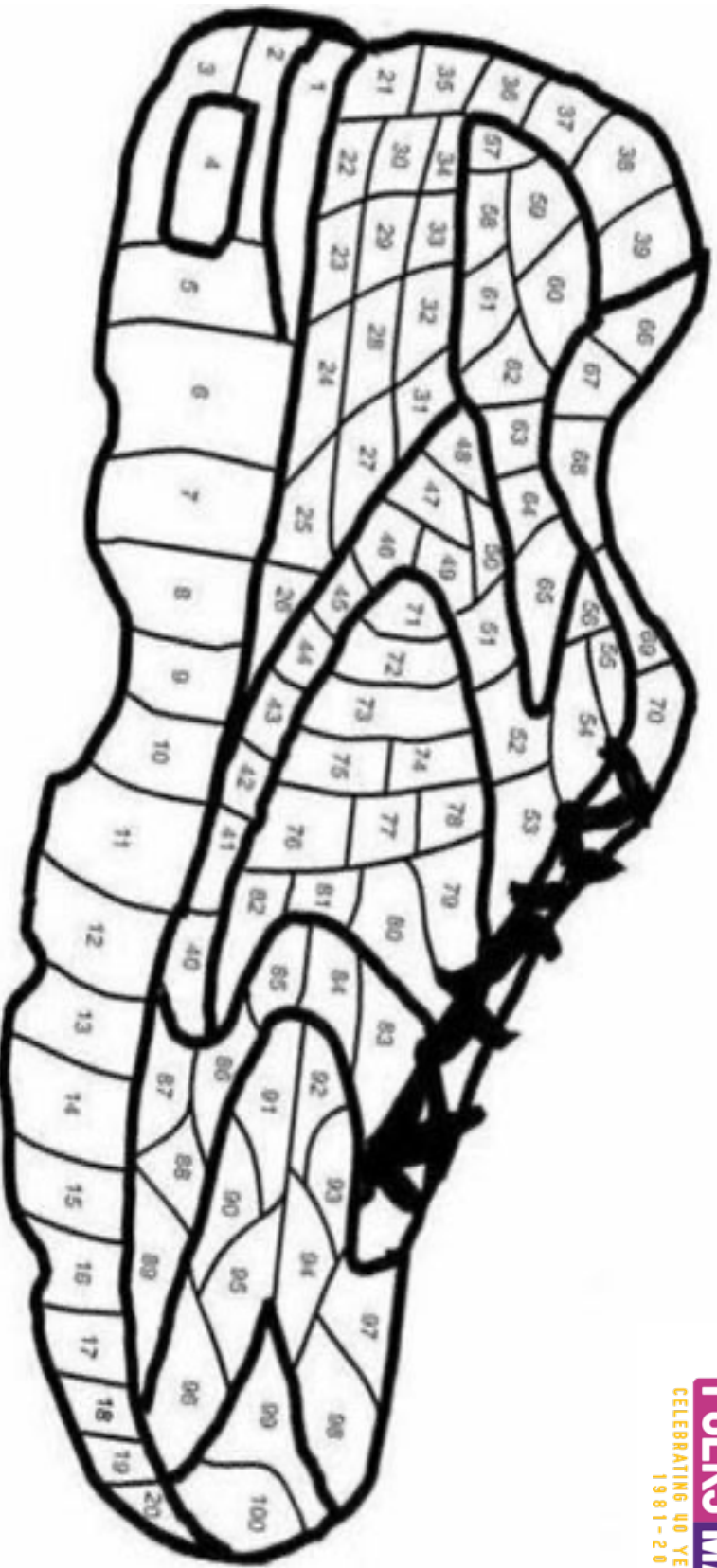
B I N G O				
<b>7-DAY WALKING STREAK</b>	<b>2 WALKS IN ONE DAY</b>	<b>SUNSET WALK</b>	<b>WALKED HALF MY AGE (70÷2=3.5 MILES)</b>	<b>WALKED FURTHER THAN PLANNED</b>
<b>WALKED SOMEWHERE NEW</b>	<b>ATTENDED A MONTHLY CNY FOLKSMARCH</b>	<b>WALKED WITH A FRIEND</b>	<b>30-MINUTE WALK</b>	<b>WALKED WITH NO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

**WHEN YOU HAVE COMPLETED A COVERALL BINGO (ALL ITEMS CHECKED OFF) RETURN THE COMPLETED FORM TO THE FOLKSMARCH SIGN-IN TABLE PRIOR TO THE DRAWING WHICH WILL TAKE PLACE AT THE ANNUAL MEETING IN DECEMBER 2023.**

**(print) Name:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

## 100 MILE WALK CHALLENGE 2023



WHEN YOU HAVE COMPLETED THE 100-MILE WALK CHALLENGE RETURN THE  
COMPLETED FORM TO THE FOLKS MARCH SIGN-IN TABLE PRIOR TO THE DRAWING  
WHICH WILL TAKE PLACE AT THE ANNUAL MEETING IN DECEMBER 2023.

(print) Name: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_