



FOOTNOTES

NEWSLETTER

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

Facebook: [@folksmarch](https://www.facebook.com/folksmarch) Twitter: [@folksmarch](https://twitter.com/folksmarch) Instagram: [@folksmarch](https://www.instagram.com/folksmarch)

February 2023 Folksmarch

Date: Saturday, February 11, 9:00—12:00 PM and Sunday, February 12, 1:00—3:00 PM

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

Yearly Passport card: \$10 prorated semi-annually

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 #501 (8477 E Mud Lake Rd, Baldwinsville **GPS:** [43.180,-76.404](https://www.google.com/maps?ll=43.180,-76.404))

Winter Walk Around Beaver Lake

FEBRUARY 11, 9:00 AM-NOON AND FEBRUARY 12, 1:00 PM-3:00 PM

CNY winters seem to be getting more unpredictable, but we can usually count on at least a couple of big snowstorms each season. Because of that, almost all county parks have discontinued allowing groups to reserve a time for a pre-planned event. The staff at the parks just can't guarantee road access to the area or ensure that there will be clear, safe trails in the parks.

Of course, individuals are welcome to hike/walk at Highland Forest, Pratts Falls, Onondaga Lake Parkway, etc, but organized groups like Folksmarch are no longer permitted.

Except for... Beaver Lake Nature Center.

Unless we get totally bombarded with snow, BLNC boasts at least 3 of their trails are likely to be open - even in February. The tree coverage along the trails is so dense that even during the snowy winter months some of the trails are walkable.

Another option might be to bring your own cross-country skis where you'll have access to even more trails. Snowshoes are also approved. You can use your own or rent them for \$5 per hour.

The usual Folksmarch rates will be in place, but we are pleased that BLNC has graciously offered to waive their typical \$5 parking fee.

(Continued on next page)



We hope you will embrace the outdoor winter walk, but if it turns out to be unseasonably warm in mid-February, well...that's fine too. Beaver Lake Nature Center is beautiful at every temperature.

Sign-in will be inside the Visitors Center where the gift shop and snowshoe rentals are also located. Snacks, along with hot or cold beverages, will be available to purchase from BLNC.

Some tidbits from the center's website:

No Smoking; No Pets; No Bicycles; No Collecting of any kind; No Fires (including grills). Please walk, never run, by another visitor.

Directions

From South (Syracuse): Rte 690W & 690N to NY-31W/NY370W exit; continue on NY370W to E. Mud Lake Rd. Turn right; follow signs to BLNC.

From the North (Fulton): Rte 48S to Wyborn Rd. to Rte 14; turn onto E. Mud Lake Rd.; follow signs.

From the East (Cicero): NY Rte 31 W to NY 370 W; turn right onto E. Mud Lake Rd.; follow signs.

From the West (Cato): Rte 370; turn left onto E. Mud Lake Rd.; follow signs.

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.

*****In upcoming Footnotes, we'd love to include some brief testimonials, photos and thoughts from more of our Folksmarchers. Let us know what you enjoyed most on your walk.

*****For our Facebook and social media enthusiasts - don't forget to "check-in" at your Folksmarch location and tag yourself and friends each month. #cnyfolksmarch and @cnyfolksmarch

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.

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



Please Help Keep Folksmarch Going!

We are so appreciative of all the **Walk Leaders and Helpers** who show up before, during and after each month's event. Some of these folks (most of them) have been doing it for too many years to count. We definitely need a few more willing volunteers in order to continue our walks month and month, year after year.

Wondering what's involved? It's mainly confirming details with the venue, planning a route, checking-in participants. Ideally, we would have 12 teams so everyone is only responsible for one month each year, but any amount of new folks would be great. Any one of the Board of Directors is always available to assist with any questions or snags that may come up. Besides helping your walking club to continue, being a Walk Leader provides an opportunity to meet more of your fellow Folksmarchers. Please give it some thought. Any questions or if interested, please contact CNY Folksmarch President Erin Cunia @ cnyfolksmarch@gmail.com

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 Cold Winter Weekend but a Warm January FM at Destiny



Destiny was warm and welcoming on a cold and bright Saturday when walkers signed in. With no snow on roads or paths, several people braved the outdoor option of the walk while others took their time to window shop as they wended their way through the mall since most shops did not open until 10 am. The Sunday walkers enjoyed a warmer but cloudier day. It was especially nice to see Walt Price who stopped to chat before walking in

the mall. Several of the 56 people who attended admired our new sandwich board with eye-catching bright colors on both sides.

Welcome to the First Timers who joined us in January: Phil M., Rosemary F., Richard H., Peg & John E., Pam S. and Gordon E. There is often so much to try to absorb the first time someone comes that it's actually hard to get really comfortable, especially in January when people at the tables are also busy with necessary paperwork - so next time you come, feel free to chat us up or join another person/people walking. It can be fun to add a comment to someone else's overheard conversation and maybe start up a new friendship!

To our workers: Erin, Dawn, Adria, Barbara, Sue, and Kathy, thank you so much for your help. Many thanks, also, to all those who purchased an Annual Pass or a yearly Passport to help support CNY Folksmarch for another year. **Keep Walking Folksmarchers!**

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). ➔



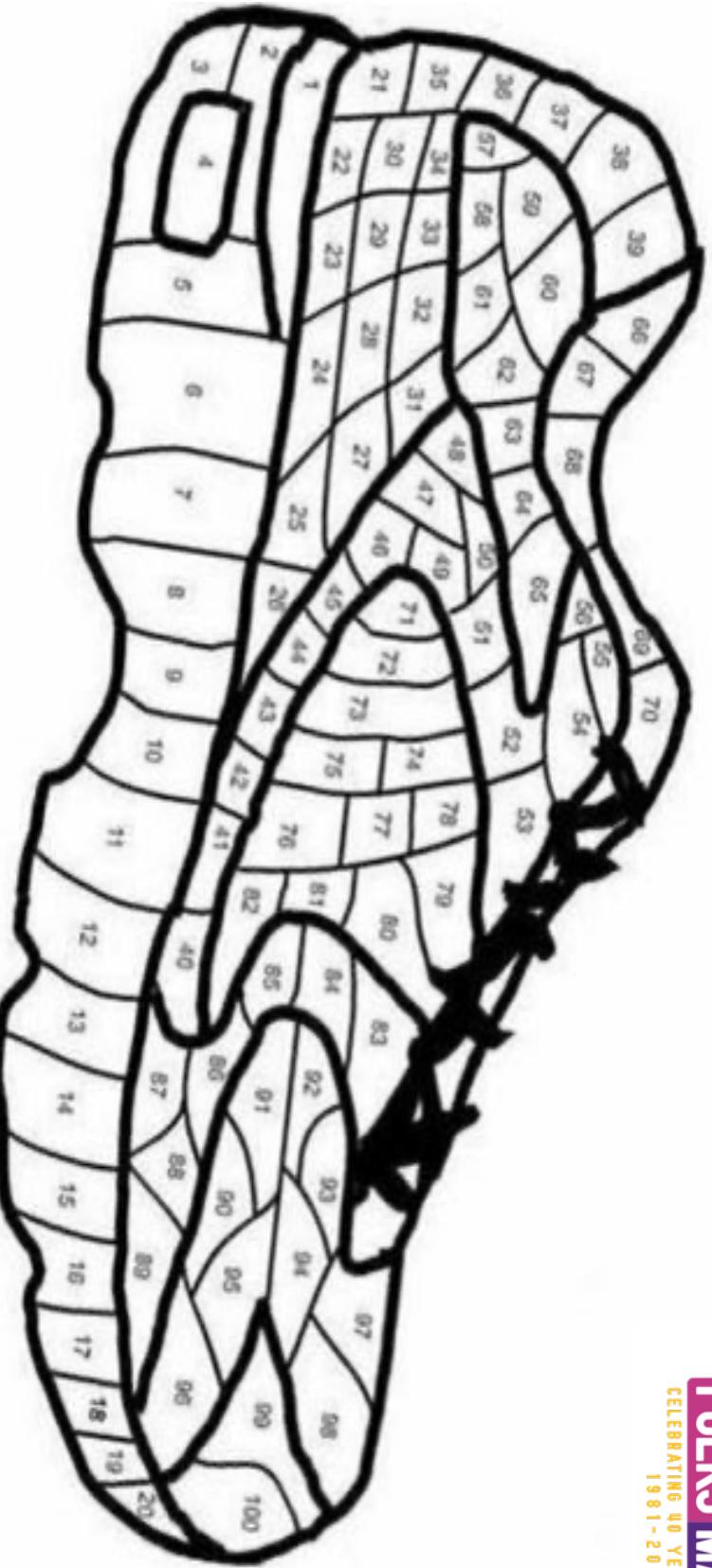
Phone a friend and invite them to the next walk Tell your friends how much you enjoy Folksmarch!

The next CNY Folksmarch event will be held March 11 & 12, 2023, Village of Manlius.

Please be safe and stay healthy.

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

100 MILE WALK CHALLENGE 2023



WHEN YOU HAVE COMPLETED THE 100-MILE WALK CHALLENGE 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: _____



CNY FOLKSMARCH

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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	ATTENDED A MONTHLY CNY FOLKSMARCH	WALKED WITH A FRIEND	30-MINUTE WALK	WALKED WITH NO HEADPHONES
1-HOUR WALK	WALKED YOUR AGE (i.e. 58=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)	ATTENDED A MONTHLY CNY FOLKSMARCH	WALKED WHEN I DIDN'T WANT TO
ATTENDED A MONTHLY CNY FOLKSMARCH	3-MILE WALK	URBAN WALK	INDOOR WALK	WALKED IN THE RAIN

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: _____