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# 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)

### June 2023 Folksmarch

**Date:** Saturday, June 10, 9:00—12:00 PM and Sunday, June 11, 1:00—3:00 PM

**Annual Membership Pass:** \$40 Includes Yearly Passport card and 12 monthly walks. HALF PRICE SALE! Now just \$20

**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 #505 (8375 N Main St Canastota**

**GPS: [43.1192118,-75.7902846](https://www.google.com/maps/place/43.1192118,-75.7902846)**

### June Folksmarch in the Great Outdoors

JUNE 10, 9:00 AM-NOON AND JUNE 11, 1:00 PM-3:00 PM  
— Great Swamp Conservancy

<https://www.greatswampconservancy.org>



A restored farmhouse will be our sign-in location for the June Folksmarch at the Great Swamp Conservancy in Canastota. This year GSC is celebrating its 26th anniversary and continues to display natural surroundings during all four seasons. The staff maintains seven miles of trails that go through fields, beaver ponds, forested lands and flooded wooded swamps. *Boots are generally the thing to wear when visiting this site.* Our Folksmarch this month will most likely be along the Heron Overlook Trail where the blue herons and their babies are nesting this time of year before going out on their own, probably in July. There are also other trails and opportunities to enjoy nature at the conservancy. Well-behaved leashed dogs are allowed on most (but not all) of the trails. Please bring your own clean-up bags.



*(Continued on next page)*

## Directions

**From Syracuse** (easiest route): Take I-90 (Thruway) to Exit 34 for NY-13 toward Canastota/Oneida; turn right onto NY-13N; turn left onto Warners Rd.; turn left onto Pine Ridge Rd.; turn right onto N. Main St. Destination will be on the left.

**From points North and West of Syracuse:** Head east on NY-31E (Lake Rd.); Continue through Bridgeport into Madison County and Lakeport. Turn right on N. Main St. Destination will be on the right.

**From points South and East of Syracuse:** Take NY-173E; Turn right onto Tag Rd.; turn left onto Gee Rd.; turn right onto Pine Ridge Rd and left onto N. Main St. Destination will be on the left.

### ATTENTION:

- (1) PLEASE BE AWARE THAT THE THRUWAY BRIDGE AT THE CANASTOTA EXIT MAY BE CLOSED AND ARROWS WILL DIRECT YOU INTO THE VILLAGE.  
WATCH FOR THE SIGNS.
- (2) ON SUNDAY FROM NOON-2:30 THE BOXING HALL OF FAME PARADE WILL BE ON PETERBORO ST. IN CANASTOTA. IT SHOULDN'T AFFECT YOUR DRIVING ROUTE, BUT THERE MIGHT BE MORE TRAFFIC THAN USUAL IN THE VILLAGE.

*Please note: Anyone who is not using GPS or another navigation system, please do not rely totally on these directions. Double check on a map or whatever you usually use when travelling.*

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).

### 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.

## HALF PRICE SALE

Still time to get your 2023 Annual Membership Pass or a Yearly Passport membership card and now they are HALF PRICE. The Annual Membership Pass, just \$20, includes a Yearly Passport membership card (regularly \$10) and the remaining monthly walks (\$4 per walk). If you just want the Yearly Passport card to collect the remaining monthly stamps it is just \$5 plus the monthly walk fees.

## 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.

Find us, Like us, Share us! Facebook: [@folksmarch](https://www.facebook.com/cnyfolksmarch) Twitter: [@folksmarch](https://twitter.com/cnyfolksmarch) Instagram: [@folksmarch](https://www.instagram.com/cnyfolksmarch)



## **BRING A FRIEND TO FOLKSMARCH**

Don't forget....when you bring a new, first-time walker to the June Folksmarch, your name will be entered into the April-May-June quarterly drawing for a \$10 gift card to Dunkin'.

**Be sure to let the Walk Leader know that you brought a first-timer so that your name gets entered for the prize drawing.** We'll offer this again for July-August-September and October-November-December. You can win more than once.

This quarter's drawing will take place just before 3:00 p.m. on Sunday, June 11, 2023. You don't need to be present to win, but make sure we have your name in the "hat" if you brought a new Folksmarcher in April, May or June.

Any questions? Call Sue (315) 437-5087 or email [sue.straub58@gmail.com](mailto:sue.straub58@gmail.com)

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## **PLEASE HELP PROMOTE CNY FOLKSMARCH**

This summer Folksmarch will be setting up an info table at two of Senator Mannion's Veterans Resource Fairs. If you can spare a little time to help promote our group, please contact Sue Straub who will be attending both fairs, but would like at least one other Folksmarcher at the table with her. Call Sue @ (315) 437-5087 or email: [sue.straub58@gmail.com](mailto:sue.straub58@gmail.com) if you can help with either of these events.



The dates are:

**JUNE 22, 2023 THURSDAY 11:00 AM - 2:00 PM IN NORTH SYRACUSE**

**and JULY 29, 2023 SATURDAY 11 AM - 2:00 P.M. IN CAMILLUS.**

The Senior Fair we attended last September brought many folks to our table and resulted in a few new Folksmarchers at our monthly walks. This photo was taken during a rare lull in the action.

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## **Volunteer and Meet New People!**

We need some volunteers for a nominating committee and to scout walk locations for 2024.

Please contact CNY Folksmarch President, Erin Cunia, [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com) if you can help.

CNY Folksmarch has over 150 individuals that walk throughout the year, but we need volunteers like you to continue.

Please help!

## Highlights: Tasty Treats at Critz Farms

The May FM at Critz Farms in Cazenovia turned out to be lovely the entire weekend since the rain on Saturday held off until late in the afternoon and Sunday was a sunny, warm day. The white trail a/k/a the Trillium Trail lived up to its name as there were many large patches of Trillium still in bloom over the weekend. Many walkers continued with the blue trail in the woods on the upper part of the farm, navigating around some horse droppings on the trail that showed up after the trail had been marked. Everyone made it back to the Tasting Room where they assuaged their thirst with either the hard cider sampler or the home-made root beer float, some relaxing at the tables outside the Tasting Room with the breeze reminding us of lazy summer days. Several people also took advantage of the food truck on both Saturday (an extra day especially for us!) and Sunday.

Welcome to three First Timers: Denise V., Kim K. and Monica K. This was CNY FM's first time at Critz Farms and we hope you enjoyed it as much as we did.

The Critz Farm personnel made us feel right at home and were very helpful in getting us set up inside the Tasting Room on both days. Thank you so much, we are ever so grateful. Thanks also to our FM helpers who signed in & helped a large turn-out of walkers, with smiles and friendly greetings: Shirley & Jim W., Pat P., Barbara C., Jaci & Joshua F.

## 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 **@folksmarch**
- 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! Any questions or comments please contact CNY Folksmarch President, Erin Cunia, [cnyfolksmarch@gmail.com](mailto:cnyfolksmarch@gmail.com).

The next CNY Folksmarch event will be held July 8 & 9, 2023, Sterling Nature Center.

**Please be safe and stay healthy. Keep walking!**

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