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F O O T N O T E S

N E W S L E T T E R

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July 2023 Folksmarch

Date: Saturday, July 8, 9:00—12:00 PM
and Sunday, July 9, 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 #506 (1373 Floyd Ave., Rome NY

GPS: [43.2221312,-75.4228008](#))

July Folksmarch **Location Change:** Griffiss International Sculpture Garden and Nature Trail

JULY 8, 9:00 AM-NOON AND JULY 9, 1:00 PM-3:00 PM –
Griffiss International Sculpture Garden and Nature Trail
(Starting at the Stewart's Shop, 1373 Floyd Ave., Rome NY
13440)

Griffiss Business and
Technology Park in
Rome, NY includes a
lovely trail and sculpture
garden that will be the
focus of this month's
Folksmarch. Griffiss was
a well-known Air Force
base that provided

maintenance and repairs for aircraft throughout WWII and
beyond. It was reorganized for public use in 1995 and is now
considered an economic hub in CNY. The artwork was
added in 2008 and now includes 20 sculptures, benches,
birdhouses and recently a group has erected a very moving
Vietnam Veterans Memorial at the park.

A portion of this Folksmarch includes a city walk from
Stewart's Shop to the actual trailhead in the park. For those
who prefer a shorter excursion - along the paved sculpture
trail only - directions to another parking lot will be provided
once you have registered at Stewart's.



(Continued on next page)



If you are hungry before or after your walk, Stewart's is jam-packed with something for everyone: sandwiches, salads, pizza, hotdogs, pastries, ice cream, beverages, snacks etc. and a few small tables inside and out to relax.

Here are a few more tidbits you should know:

- There are two fairly new roundabouts on Rt. 825 near the Stewart's Shop on Floyd Ave. Observe the Yield signs for smooth entrances and exits. A huge eagle is at the center of the roundabout near the Stewart's Shop, but don't stop & stare if you're driving!
- There are several crosswalks to choose across Rt. 825 to arrive at different points on the trail. Luckily, the traffic isn't excessive in this area and both the roundabouts and crosswalks seem to work fine.
- There isn't much shade along the trail, so sunscreen, hats and water would be a good idea on a sunny day.
- Leashed dogs are allowed. Please bring your own clean-up bags to carry out.

Directions

From Syracuse (easiest route): Take I-90 East (Thruway) to Exit 33 (Verona/Rome) onto St. Rt. 365 East, then take Rt. 49 East about .5 mile, right onto Rt. 46 North (aka Black River Blvd. North) for about .3 mile, and then right onto Floyd Ave. Go about 1 mile and see Stewart's Shop on your left. You can EITHER turn left onto Air City Blvd. and make an immediate right into the Stewart's parking lot, OR go about 200 feet farther on Floyd Ave. before turning left into Stewart's. Stewart's has about 25 parking spaces. There is more parking available if you go on Air City Blvd. and turn right about 50 yards on, where you see covered parking for the residents; FMers need to park in the uncovered spots.

Alternate directions with fewer turns but 2 roundabouts: I-90 East to Exit 33, to St. Rt. 365 East for a little over 10 ½ miles, go past the turn-off for E. Dominick St. and take the exit to Griffiss Business & Technology Park, which puts you on Rt. 825 North. At the 1st roundabout, take the exit to continue on Rt. 825 N, then at the 2nd roundabout, after the first exit take a sharp left onto Floyd Ave. – you'll see Stewart's Shops ahead on the right.

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.

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.

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~~

~~2/11 & 2/12 Beaver Lake Nature Center~~

~~3/11 & 3/12 Village of Manlius~~

~~4/15 & 4/16 Jordan Elbridge Canal Trail~~

~~5/20 & 5/21 Critz Farms, Cazenovia~~

~~6/10 & 6/11 Great Swamp Conservancy~~

~~7/8 & 7/9 Sterling Nature Center~~

LOCATION CHANGE: Rome Art Park

8/12 & 8/13 Dwyer Memorial Park, Preble

9/9 & 9/10 Reed Webster & Empire Trail

10/14 & 10/15 Forest Park, Camden

11/11 & 11/12 Village of Central Square

12/9 & 12/10 Downtown Syracuse

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



BRING A FRIEND TO FOLKSMARCH

WE HAVE A WINNER!!!

Congratulations to **Theresa Wolfe** who is the winner of the very first quarterly drawing for the \$10 Dunkin' gift card. The prize will be available at the Folksmarch sign-in table. Theresa brought 2 new walkers with her to Critz Farms at the May Folksmarch. We hope Kimberly and Monica become regular Folksmarchers, like Theresa.

Now, onto the next quarter....don't forget....when you bring a new, first-time walker to the July, August or September Folksmarch, your name will be entered into the 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 October-November-December. You can win more than once.

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

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 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!

PROMOTING CNY FOLKSMARCH IN THE COMMUNITY



On Thursday, June 22, 2023, Folksmarch had an opportunity to attend one of **Senator Mannion's Veterans Fairs** which took place at the VFW in North Syracuse. **Barbara Crane** and **Adria Ripka** happily display info about our club, while **Sue Straub** takes a couple of photos in between passing out info to the attendees.

We plan to attend more events like this to help promote CNY Folksmarch, including another Veterans Fair on July 29th in Camillus. If you know of any other such events or would like to help expand our membership, just let us know. [call: Sue (315) 437-5087]



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)

Highlights: Nature Trail in Canastota

The Great Swamp Conservancy hosted the Folksmarch on June 10 and 11. Both days were lovely for walking outside and the one benefit of so many rainless days was that, in spite of its name of “swamp,” the trail was all dry! Most people walked the Heron Trail which skirted a small lake where many heron nests provided peeks of baby and parent herons from the blind near one corner of the lake. One Folksmarcher noticed a heron “condo” with 3 heron nests on one tree! A little farther along was the remains of a beaver dam although no beavers made any appearance. In addition to the birds we heard and saw while walking, Rusty (a very helpful volunteer of Great Swamp Conservancy) had a telescope set up to see an osprey at another part of the property. There were also exhibits inside the large barn there, and other animals to see and things to do in and around the various buildings on the site.



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.

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.

The next CNY Folksmarch event will be held August 12 & 13, 2023, Dwyer Memorial Park.

Please be safe and stay healthy. Keep walking!

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

OCTOBER 11 & 12, 2023

Wednesday, October 11

RPEA, P.O. Box 3475, Syracuse, NY 13220-3475