



Celebrating Over 40 Years - Since 1981.

F O O T N O T E S

N E W S L E T T E R

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

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January 2024 Folksmarch

Date: Saturday, January 13,
9:00—12:00 PM and Sunday,
January 14, 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. – 2024 Board of Directors

Barbara Crane ('24), *President*
Sue Straub ('25), *Vice President*
Adria Ripka ('24), *Secretary*
Brian Noll ('25), *Treasurer*

Other Board of Directors:

Eileen Arnold ('24),

Dawn Bennett ('26),

Erin Cunia ('26),

Lori Newcomb ('26).

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

FM #512 1 Destiny USA Dr., Syracuse, NY 13204 **GPS:** 43.0697° N, 76.1733° W

JANUARY FOLKSMARCH @ DESTINY USA

Once again, we will hold our first Folksmarch of the year at the centrally located mall: Destiny USA. January weather is unpredictable in our area. We may have a relatively warm winter day for Folksmarchers to walk outside along the Inner Harbor and a portion of the Creek Walk which is a short distance from the mall entrance on Hiawatha Blvd. Others may choose to see what's new inside the mall by walking the perimeter of the 4 retail floors in order to complete a 5k.



Folksmarchers will again sign-in on the first floor of the mall near the entrance to Dick's Sporting Goods. This section is known as the Canyon area and has an interesting view of the rope challenge that stands 70 feet tall – the world's largest indoor suspended ropes course. Also of interest is the antique carousel that is located in the food court of the mall.

If this happens to be your first visit to Destiny, you will see why it is New York State's largest destination of its kind with places to shop, dine and be entertained.

The closest parking lot to the Folksmarch sign-in table is on Solar St. From the parking lot, enter the mall 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.



DIRECTIONS - PLEASE NOTE: *there may be changes due to revamping highways or certain roads with bridges – follow signs and your navigation system.*

From the North, South and East take Exit 23 off Route 81 and follow signs to Solar St./Hiawatha Blvd parking lot.

From the West take Exit 8 from Route 1690 E. Continue on Hiawatha Blvd W. to the Solar St./Hiawatha Blvd parking lot.

RECAP OF THE DECEMBER FOLSMARCH: Downtown Syracuse in History & Celebration

Saturday was a gorgeous day to walk around the city of Syracuse and take in the many holiday decorations that various businesses as well as the City put on display for the season. With a warmer than normal temperature and no snow, it was easy to walk outside. Perhaps you took in the various decorations in Clinton Square, even trying out the skating rink, or voting for your favorite window decoration from the many businesses from Fayette and South Salina Streets to Armory Square and back to the Onondaga Historical Association (OHA) by any of several side streets. Sunday was a rainy, colder day when walkers could take advantage of some of the inside events such as the Festival of Trees at the Everson Museum or the Gingerbread House competition at the Erie Canal Museum and, of course, the OHA itself with its impressive exhibits.

Many thanks to OHA for opening early on Saturday for Folksmarch and also for allowing us to stay late to conduct our Annual Meeting at which we offered cookies, cider & soda.

Welcome to First Timers Laurel & Gene M. on Saturday and to Ryan H. and Laura N., who braved the rainy weather to come on Sunday. The 2024 schedule has some new and interesting spots for you to enjoy. Thanks to Sue S. for being the monthly leader for this walk and for the helpers: Bill G., Walt P., Barbara C. and Erin C. – your help is invaluable.

A reminder: it's time to sign up for a 2024 Annual Membership Pass or a Yearly Membership Passport. The price for these has once again remained the same for the new year. Purchasing either is a great way to stay motivated to walk, but the Annual Pass provides the greatest savings for the year.

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. The deadline to get content into the newsletter is the **15th of every month** in order to have time to print and mail copies. Thank you!

(IMPORTANT MESSAGE)

2024 FOLKSMARCH WALK SCHEDULE

This year's schedule can be found on the Folksmarch sign-in table. As usual, we have some interesting walks planned around CNY. Much time and effort goes into planning 12 routes each year. We'd love to see more and more Folksmarchers each month. Even if the weather is less than perfect, it's fun to explore someplace new or enjoy a favorite spot where Folksmarch has been in the past.

If you would like to help circulate the walk schedule, please pick up a few flyers. Suggested locations would be the info table or bulletin board at your place of business, your gym, your church, your senior/community center, daycare center, pet groomer, any club you belong to, etc.

Many thanks to Bill Goodwin who volunteered to distribute the schedule to ALL the Onondaga County libraries. Anyone out there who can drop off a flyer at a nearby county library?

If you know of any events in your area where we can attend and set up a table to promote Folksmarch, please contact Sue @ 315-437-5087 or cnyfolksmarch@gmail.com

2024 WALK SCHEDULE

January 13 & 14 – Destiny USA

February 10 & 11 – Minoa

March 9 & 10 – Rosamond Gifford Zoo

April 13 & 14 – Marcellus

May 11 & 12 – Green Lakes State Park

June 8 & 9 – Sterling Nature Center

July 13 & 14 – Cato

August 10 & 11 – Ceder Bay Dewitt

September 14 & 15 – Clark Reservation

October 12 & 13 – Chittenango

November 9 & 10 – Meadowbrook

December 14 & 15 – Auburn

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

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.

AND THE WINNER IS.....



In 2023 we had 2 challenges for Folksmarchers. The 100-Mile Walk Challenge and the Bingo Coverall. Congratulations to Linda Kendall who is the winner of a 2024 Annual Pass.

The Dunkin Donut \$10 gift card goes to June Joseph – who took part in the “Bring a first-timer to Folksmarch” challenge during the 4 th quarter of 2023. Thanks June. Hope your friend enjoyed the walk and continues to attend.



SUMMARY OF THE 2023 ANNUAL MEETING

Following our Saturday Folksmarch in December, we held our annual meeting at OHA. Cookies and cider for those who attended were provided by Barbara and Sue.

Many thanks went to Erin Cunia, our outgoing President, and a hearty welcome to our new President, Barbara Crane, who has agreed to serve for one year starting January 1, 2024.

Rounding out the officer positions are: Sue Straub (VP), Adria Ripka (Secretary) and Brian Noll (Treasurer). Welcome back to the board for another 3 years: Dawn Bennett, Erin Cunia and our newest member Lori Newcomb, who joins Eileen Arnold which makes up our 8-member board of directors.

We'd also like to extend a huge thank you to a couple of very active Folksmarchers: Elaine Mount who has agreed to stay on as our Sunshine Chairperson; and Sara Noll who has taken over the assembly of our monthly newsletter.

It was good news to hear the Treasurer's Annual Report shows our income covers our expenses (insurance, venues, pins/stamp etc.) The report was approved and is available to Folksmarch members upon request.

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.

The next CNY Folksmarch event will be held February 10 & 11 in Minoa

HAPPY NEW YEAR!

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