

# FOOTNOTES NEWSLETTER



FM# 517 (15730 Jensvold Rd., Sterling, NY 13156 (315) 947-6143)

June 2024

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

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

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

## June 2024

### Folksmarch

**Date:** Saturday, June 8th, 9:00 – 12:00 and Sunday, June 9th, 1:00 – 3:00

**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)



## JUNE FOLKSMARCH AT STERLING NATURE CENTER

It has been a while, but happily we will be revisiting Sterling Nature Center this month. The Folksmarch sign-in table will be located at the brand-new visitor's education building.



Along the lakeside trails, you can expect some breathtaking views of Lake Ontario, as well as lovely sights of birds, butterflies and flora on the woodland trails and meadows. This time of year is especially enjoyable as the Great Blue Heron rookery is taking place. The trails at SNC are well-groomed and of varying terrain and degrees of challenge, mostly easy to moderate. Depending on the amount of rain we have the week before our Folksmarch, some areas may be muddy. There are plenty of picnic tables for those who pack a lunch or snack to enjoy at this peaceful place.



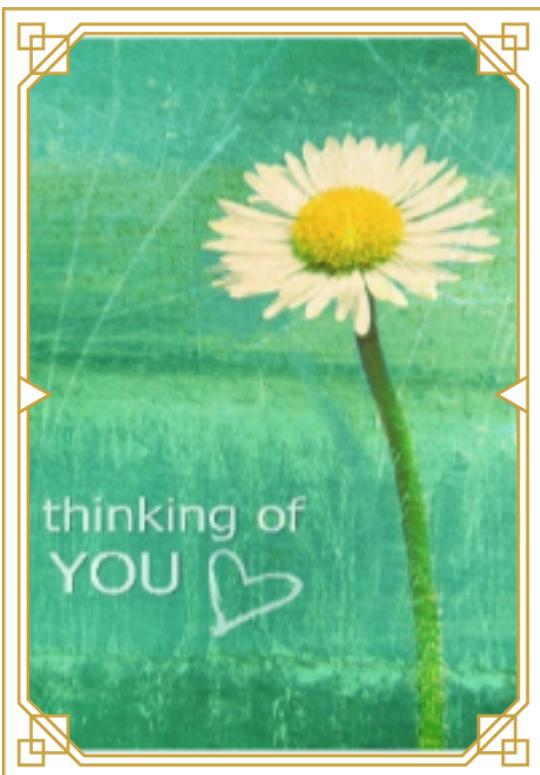
#### A couple of reminders:

- It is a good idea for walkers to use tick repellent – especially when visiting woodsy areas during the warmer months.
- The SNC management stresses that only leashed dogs are allowed and owners must clean-up after them.

# DIRECTIONS

The center is almost an hour's drive (54 minutes) from Syracuse, and well worth the trip. Google Maps provides several route ideas, but suggests this one is the best from Syracuse:

- Route 690W to Lysander; continue onto NY-48N; turn left onto State Route 3W; turn onto NY 104A E; sharp left onto Macneil Rd.; turn right onto County Route E 98/Farden Rd.; slight left onto Jensvold Rd. Follow signs to Sterling Nature Center.



## SUNSHINE COMMITTEE

IF YOU KNOW OF A CURRENT OR FORMER FOLKSMARCHER WHO MIGHT ENJOY A CARD FOR A SPECIAL OCCASION, PLEASE CONTACT ELAINE MOUNT @ (315) 668-7175 OR EMAIL: [LEELAINE@TWCNY.RR.COM](mailto:LEELAINE@TWCNY.RR.COM) WITH THE DETAILS.

THIS MAY INCLUDE A GET-WELL CARD OR CONDOLENCES TO A FAMILY MEMBER OR WISHES FOR A VERY HAPPY MILESTONE BIRTHDAY.

### About Us

Folksmarches are generally held on the second weekend every month. 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.

# BOARD DECISION...ALL IN FAVOR - STARTING IN JULY

We are pleased to announce that the FM Board of Directors unanimously approved offering Folksmarch membership passes for half price again this year starting in July. Since we first offered this option in July 2022, we have found it to be popular for those who usually pay monthly and have not purchased a Folksmarch Passport in the past.

The 6-month Membership Pass is just \$20. That provides you with a Folksmarch Passport to be stamped for the last 6 months of the year and includes pre-paid walk fees for July-December. That equals a \$14 savings.

Now would be a wonderful time to tell your friends, neighbors, relatives, co-workers, etc. about the great deal CNY Folksmarch has to offer.

Remember, come January you can purchase an Annual Membership Pass for \$40 which includes pre-payment for all 12 months of the year, plus the Folksmarch Passport. This option provides an \$18 savings.

Both offers supply incentive to attend Folksmarch each month and explore someplace new, or a favorite place you have been in the past. Either way it is fun for just you, or with friends or family....and it's good for your health.



## 2024 Walk Schedule

<b>January 13 &amp; 14 - Destiny USA</b>	<b>July 13 &amp; 14 - Cato</b>
<b>February 10 &amp; 11 - Minoa</b>	<b>August 10 &amp; 11 - Ceder Bay Dewitt</b>
<b>March 9 &amp; 10 - Rosamond Gifford Zoo</b>	<b>September 14 &amp; 15 - Clark Reservation</b>
<b>April 13 &amp; 14 - Marcellus</b>	<b>October 12 &amp; 13 - Chittenango</b>
<b>May 11 &amp; 12 - Green Lakes State Park</b>	<b>November 9 &amp; 10 - Meadowbrook</b>
<b>June 8 &amp; 9 - Sterling Nature Center</b>	<b>December 14 &amp; 15 - Auburn</b>



# A CLOUDY BUT PLEASANT SPRING WEEKEND AT GREEN LAKES

The May FM at Green Lakes turned out to be a mostly rain-free and pleasantly warm weekend. A large turn-out of walkers enjoyed walking around either just Green Lake or both Green and Round Lakes. On Saturday the park put on two fun races – the first featured children from about 3 to 10 years old with parents sometimes helping out by carrying tired tots! - but our wonderful walkers were happy to share the path and kindly moved aside when racers came by. A very brief rain shower at 11:45 am had workers starting to pick up papers and then taking them out again after the rain stopped, for a walker who arrived 5 minutes later. Sunday was warm but cloudy. No more racers but two sets of husband and wife Mallard ducks visited us and some FMers snacking at a nearby picnic table.



**Picture of Cindy T., Donna S. and Adria R. with two Mallard duck family friends.**

Welcome to this month's First Timers: Rita W., William M., Danny C., and David B. Come back next month to Sterling Nature Center and see the herons nesting not far from one of the trails. Thanks to our helpers: Barbara C., Dawn B., Adria R. and especially to Brian and Stacy N. and family who provided the canopy and sign-in table. Many thanks, also, to an out-of-town passerby, Marjorie S., who chatted with us, then picked up several of the old metal Green Lakes pins and gave us a generous donation even though she was told they were free!

**THE NEXT CNY FOLKSMARCH EVENT WILL  
BE HELD JULY 13 & 14 IN CATO  
CHECK WEBSITE FOR UPDATES  
[HTTPS://FOLKSMARCH.WORDPRESS.COM](https://folksmarch.wordpress.com)**