

# FOOTNOTES NEWSLETTER



FM# 518 (11256 South St., Cato NY 13033 (315) 415-8366)

July 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](#)

## July 2024

### Folksmarch

**Date:** Saturday, July 13th, 9:00 – 12:00 and Sunday, July 14th, 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)

## JULY FOLKSMARCH IN CATO



The Civic Heritage Historical Society will be our sign-in location this month. The center features historical exhibits for the Cayuga County towns of Cato, Ira, Victory and Conquest. Additional parking is available at Mott Park, which is right next to the center on Millard Ave.

Cato is an agricultural town and considered a bedroom community with many folks being employed in Auburn and/or Syracuse. Its scenic hills and picturesque waterways make it an ideal location for outdoor activities like hunting, fishing, boating, hiking, snowmobiling AND a fun location for a Folksmarch!

Some of the village history volunteers will be available on Saturday and Sunday to identify several points of interest. Folkmarchers will encounter along the course.

The route will consist mainly of village sidewalks with some rural roadways and some hilly areas. Leashed dogs are allowed, with owners doing any clean-up needed.

Some suggestions for food within ½ mile from our sign-in venue: Cato Diner 11256 South St., (closes at 2:00 p.m. on Sunday); NY Pizza, 11376 Main St.; Terry's Food Market (hot and cold deli), 11344 South St.; or just 2.4 miles down the road is Happy Days Drive In, 3022 State Route 370, Meridian.

# DIRECTIONS FROM SYRACUSE (2 OPTIONS)

(1) NYS Thruway west to exit 40, Weedsport. Turn left at the exit and drive north on State Route 34 for roughly 8 miles. The Historical Society will be on your right.

(2) Route 690 West to exit for Route 360 West. The village of Cato will be about 12 miles west. At the only intersection in the village (Cato Diner), turn left onto State Route 34. The Historical Society building will be on your left past Terry's Food Mart.



## 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 a member of the CNY Folksmarch walking group.

# FOLKMARCH IN THE COMMUNITY

## Another Visit to Planet Fitness



Once again, Folksmarch had the opportunity to display info at the newest Planet Fitness location on S. Salina St. in Syracuse.

Lori Newcome and Sue Straub were on-hand from 5:00 - 7:00 p.m. on June 11th to distribute info about our walking group.



This event was geared toward students ages 14-19 who are being offered free Planet Fitness membership until August 31 st .

Senator Rachel May was there to promote the importance of exercise and a healthy lifestyle to the teens (and others) who attended the gym that evening.

Many thanks to Jesse, one of the Planet Fitness managers, who has been offering this opportunity for Folksmarch to get the word out about our organization.

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## Upcoming Senior Fairs

We are planning ahead and wondering if anyone is available to help staff the Folksmarch table at either of the events listed below. Both of Senator Mannion's events draw quite a few Senior citizens and friends to hear about opportunities available for them in their communities. The Folksmarch display usually has a steady flow of visitors.

4th Annual Senior Fair (in Onondaga County)  
September 10, 2024, Tues, 9am-11am  
SUNY OCC, SRC Arena

2nd Annual Senior Fair (in Oswego County)  
September 17, 2024, Tues, 2pm-4pm  
Lake Ontario Event & Conference Center



If you would like to help, please call Sue (315)437-5087 (landline) or [sue.straub58@gmail.com](mailto:sue.straub58@gmail.com).

# **REMINDER:** **HALF-YEAR FOLKSMARCH MEMBERSHIP** **@ HALF-PRICE (JULY - DECEMBER)**



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.

You can purchase online and pay with a credit card or in person with cash or credit at the July Folksmarch in Cato.

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## **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>





# SERENE FOREST PATHS AT STERLING NATURE CENTER

Two beautiful days provided Folkmarchers an opportunity to enjoy walking quiet forest trails, viewing nesting herons or overlooking Lake Ontario from cliffside observation spots. On Saturday morning Jim from the Nature Center was so kind as to set up a tripod with binoculars so that walkers could get a closer view of the nesting herons. One very interesting path, the Bluff Trail which follows the edge of the cliff above the shoreline, unfortunately was closed due to erosion from wind and water damage. Worth a return visit when the trail is repaired! Some walkers observed the many different birds that live in the various forest and field habitats, as briefly described by the signs posted along the trails. Other FMers explored the spacious new Visitor Center with its many exhibits of local birds and animals.

Many thanks to the Sterling Nature Center employees who went the extra mile to make our visit so enjoyable. Thanks also to our FM helpers: Adria R., Sue S. and Barbara C.

Welcome to First Timers: Jan P., Asia W., Michelle and Brian W. and Madden S. Also welcome to Debbie M. who came back after a hiatus due to family obligations. Our next FM is in Cato where we hope to see you all again!

**THE NEXT CNY FOLKSMARCH EVENT WILL BE HELD AUGUST 10 & 11 IN DEWITT  
CHECK WEBSITE FOR UPDATES [HTTPS://FOLKSMARCH.WORDPRESS.COM](https://folksmarch.wordpress.com)**