

FOOTNOTES NEWSLETTER



FM# 520 (6105 E Seneca Turnpike, Jamesville, NY 13078)

September 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](#)

September 2024

Folksmarch

Date: Saturday, September 14th, 9:00 – 12:00 and Sunday, September 15th, 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)



FOLKSMARCH at CLARK RESERVATION STATE PARK

When entering the park from Rt. 173 (E. Seneca Tpke.), bear right into the parking lot and check in at the FM table under the canopy. No more than 2 dogs per person, with dogs on a 6-ft or less leash. Trails are mostly dirt but also include some challenging broken rock along part of the Cliff Trail which skirts part of Glacier Lake. Interestingly, Glacier Lake used to be called Green Lake until the name was changed to avoid confusion with the large lake at Green Lakes State Park.

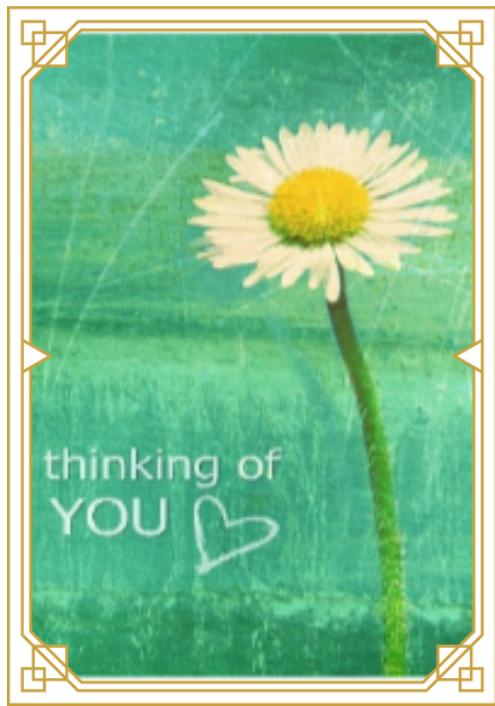
Clark Reservation was originally part of Onondaga Nation land, then divided in the late 1700's into tracts for returning Revolutionary War soldiers, then sold a few times before finally becoming a State Park in 1926. It is known for its many ferns, especially the American hart's tongue fern which is quite rare in North America and designated a protected species.

The lake at Clark Reservation was created about 10,000 years ago at the end of the last ice age, when glacial water rushed over the limestone capstone in a waterfall of originally 180 feet, creating a plunge basin below. When the glacier retreated, the waterfall ended, leaving the meromictic lake at the bottom of the basin, where the water layers do not mix, as at Green Lakes. The Reservation currently encompasses 75 acres featuring rugged cliffs, rocky outcrops, woods, meadows and a wetland. The Friends of Clark Reservation run a Nature Center and organize events during the summer. No wonder fishermen, bird watchers, naturalists and hikers like Folkmarchers love this park!

DIRECTIONS:

From Syracuse take I-481 to the Jamesville exit (exit 2), then go south (up the hill) on Jamesville Rd. to the light in Jamesville, turn right onto E. Seneca Tpke. (aka SR 173), and then take a right into Clark Reservation.

Or use the GPS on phone or in car. Watch for road construction.



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 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.

NOMINATIONS FOR FOLKSMARCH BOARD OF DIRECTORS (start date: Jan. 2025)

It is that time of year again when we are seeking nominations for new directors on the Board. The term is for 3-years and begins January 1, 2025, and ends December 31, 2027. Please see the attached form for details and keep in mind that we need new members on the board AND on our committees such as: Publicity, Social Media, Walk Sites, etc. Currently, we have 8 active directors and would like to increase that number to 12. We hope you will consider nominating yourself or someone else.



A Board position with Folksmarch is not considered overly taxing. We usually meet quarterly: Jan., April, July, Oct. Plus, the Annual Meeting in December. Board members (and ALL Folksmarch members) are mainly asked for ideas to increase monthly participation, Leaders and Helpers for our monthly walks. Tech skills and knowledge of Social Media are all greatly needed for Folksmarch to continue. If you have any time to help our organization to keep going, please consider a term on the Board.

WANT TO GET MORE INVOLVED?

We are seeking nominations for the Board of Directors. We are looking for people who enjoy walking, of course, but also those who have some new ideas and energy to share. You can nominate anyone you feel would be a good fit, which even includes nominating yourself. Directors are elected for a 3-year term and can be re-elected.

The Nominating Committee will review and consider all nominations and present the slate for a vote of the entire membership prior to the beginning of the Official Year which is January 1st.

FOLKSMARCH BOARD NOMINATION [PLEASE PRINT]

Name of Nominee: _____

Address: _____

Phone: _____ Email: _____

Occupation/Skills/Hobbies: _____

Reason for Nomination: _____

Nominated by: _____

Nominator's Contact info: _____

Any other info you want to share: _____

**Please email your nomination by OCTOBER 15th to: cnyfolksmarch@gmail.com
OR**

Mail to: FM Nominations c/o Sue Straub, 200 Nichols Ave., Syracuse, NY 13206

CALLING ALL SENIOR CITIZENS

Senator John Mannion is offering 2 Senior Fairs with beneficial information for senior citizens in Onondaga and Oswego Counties. Dozens of vendors and workshops are available at each fair. Folksmarch will be in attendance to offer information about our walking group, which is helpful for everyone, including seniors. If you attend either of the events, we hope you will stop by the CNY Folksmarch table to say hello.



Tuesday, September 10, 2024 9:00 - 11:00 a.m.
SRC Arena @ OCC, 4585 W. Seneca Turnpike, Syracuse, NY 13215

Tuesday, September 17, 2024 2:00 - 4:00 p.m.

**Lake Ontario Event & Conference Center,
26 E. First Street, Oswego, NY 13126**



2024 Walk Schedule

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

AUGUST RECAP: 15 MILES ON THE ERIE CANAL . . .

. . . just kidding - most of us only went about 3 miles along the trail.

We were lucky to have two beautiful summer days without the rainy effects of Hurricane Debby reaching us until about 2:45 on Sunday afternoon. Lucky again to have almost all of our Folksmarchers back from their walk before it rained.

Some of our group went east along the trail to North Burdick St. and beyond. Others traveled west to Ryder Park around the pond and the Dewitt municipal buildings.

We welcomed 3 First-Timers on Saturday: Ann, Bob and Chris; and 1 on Sunday: Tom, who enjoyed a good old-fashioned ride on the swing set before leaving Cedar Bay Park.

Many thanks to our volunteers this month: Dawn B., Peg E. and Sue S.



THE NEXT CNY FOLKSMARCH EVENT WILL BE HELD SEPTEMBER 14 & 15 AT CLARK RESERVATION

CHECK WEBSITE FOR UPDATES [HTTPS://FOLKSMARCH.WORDPRESS.COM](https://folksmarch.wordpress.com)