

# FOOTNOTES NEWSLETTER



FM# 521 (1223 Salt Springs Rd., Chittenango, NY 13037)

October 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](#)

## October 2024 Folksmarch

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

## OCTOBER FOLKSMARCH AT CLEAR PATH FOR VETERANS

In 2011, Clear Path for Veterans opened its doors to support veterans and their families as they readjust to life after military service. There are a variety of programs and benefits tailored to fit each and every veteran. The Clear Path campus is located in one of CNY's most beautiful areas, especially in October.



The trails, which are open to the public daily, are well-groomed, hard-packed dirt with very few tree roots. Of course they may be covered with damp leaves in mid-October, but they are mostly level with just some slight inclines. Leashed dogs are allowed with owners cleaning up after them as needed.

There will be some repetition along the trails in order to achieve our usual 5k route. But we don't think Folksmarchers will mind after taking in the view from the back of the Clear Path building. Many thanks to Matthew Enders, Marine Corp Veteran and now Peer Mentor at Clear Path, who is opening the doors on the weekend for our Folksmarch to take place.



## DIRECTIONS:

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Take I-690E to the I-481S exit toward Dewitt; take exit 3E for NY-5E/NY-92E toward Fayetteville. Turn slightly left onto NY-5E/E Genesee St/Genesee Turnpike; Slight right onto Salt Spring St.; Turn left onto Salt Springs Rd. Clear Path for Veterans will be on your left. OR use your GPS and watch for road construction.

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## 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: [leemount@gmail.com](mailto:leemount@gmail.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.

# 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](mailto:cnyfolksmarch@gmail.com)**

**OR**

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

# Folksmarch in the Community

## Recap of Senator Mannion's Senior Fairs:

### September 10th:

- 90 +/- vendors greeted over 300 visitors at the SRC Arena. Many of those guests stopped by to talk with Peg Elliott and Sue Straub at the Folksmarch table.

### September 17th:

- 70 +/- vendors attended with over 200 visitors at the Lake Ontario Convention Center in Oswego. Several people stopped by to hear about Folksmarch from Karen Putt and Sue Straub.



## Upcoming Event: Thursday, October 3, 2024, 9:00 a.m. -1:00 p.m.

If you are reading this in time you may want to attend the CNY Retirement Showcase at the Regional Market E-Shed, 2100 Park St., Syracuse. Adria Ripka and Sue Straub will be at the Folksmarch table along with other organizations that offer a variety of opportunities for retirees in our community. The event is sponsored by Community Living Advocates and highlights attractions, classes, volunteer opportunities, part-time jobs, activities, etc for retirees.

## 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>



# SUMMER IN SEPTEMBER AT CLARKS RESERVATION

Both Saturday and Sunday gave Folksmarchers bright and beautiful days for walking at one of CNY's gems of a State Park. Many people stayed with the Mildred Faust trail which was flat and smooth although some ventured beyond. Many walkers came back saying what a nice walk it was. Some FMers ventured onto the more challenging routes and saw some of the interesting geological aspects of the Park, but confirmed that some of the paths especially around the rim, were rocky and required lots of attention and good balance! Our leader Erin thoughtfully brought a cooler with bottles of water which were gratefully accepted by those who needed refreshment after the walk, especially on Sunday afternoon. Several people kept maps so that they could come back with walking sticks and family members to whom they wanted to share this lovely park.

The weekend enticed 60 people to attend, including several First Timers whom are warmly welcomed: Noah D., Kathleen & Michael M., Esther A., and Sheila F. Perhaps this taste of Folksmarch will inspire interest in the next FM at Chittenango's Clear Path for Veterans.

A hearty Thank You to the walk's leader, Erin C. and helpers Brian & Stacy N., Dawn B. and Barbara C.