

FOOTNOTES NEWSLETTER



FM# 527 (6919 Oxbow Rd. Canastota, NY 13032)

April 2025

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

Web: www.cnyfolksmarch.org

Facebook: [@folksmarch](https://www.facebook.com/folksmarch) Twitter: [@folksmarch](https://twitter.com/folksmarch) Instagram: [@folksmarch](https://www.instagram.com/folksmarch)

April 2025 Folksmarch

Date: Saturday, April 12th, 9:00 – 12:00 and Sunday, April 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. – 2025

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Sue Straub ('25), *Vice President*
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Explore Oxbow Falls Park Near Canastota

Exploring a new location makes Oxbow Falls County Park at 6919 Oxbow Rd., Canastota, NY 13032 a perfect location for the April Folksmarch on April 12 & 13. We'll be signing in at the pavilion at the first of the two entrances to the park, where the Disc Golf Course and large parking lot are located.

The Park "is located on the northern edge of the Helderberg Escarpment, a geological formation that dates back over 350-400 million years to the Devonian period. The escarpment forms a steep cliff of over 100 ft creating 3 waterfalls within the park and a beautiful view of the lowlands to the north" (from the NYFalls website re Oxbow Falls Park). Each of the falls are about 10 ft long but follow a long, very pretty, downhill course with water tumbling over rocks and around twists. One of the falls can be seen from the Disc Golf area and all three from the upper entrance to the Park.



Oxbow Falls is a carry-in, carry-out park so any trash must be put in the garbage bag that FM provides at the Disc Golf pavilion. Pets "under control at all times" are allowed in the Park. The walk at the Disc Golf Course is on grass and the trails at the upper area are packed dirt and most have tree roots and stones. Walking sticks are strongly recommended for the upper area and useful for a few short steep spots on the Disc Golf Course.

Be sure to stop and talk to Jonah Cummings from the CNY Lyme and Tick Disease Alliance who will be with us on Sunday afternoon with the latest information on ticks and what their bites can do to us. After the walk on Saturday or before the walk on Sunday, there are several eateries in the Villages of Canastota and Chittenango available for a lunch.

DIRECTIONS: From Syracuse take Genesee St/Rt 5 through Chittenango to the 2nd light at Canastota, with a Fastrac gas station on the right. Turn right onto Oxbow Rd for about 2.5 miles, right at the Oxbow Falls Disc Golf sign onto Watson Rd and a quick left into the parking lot. Or from the Thruway/I-90 take Exit 34 towards Canastota/Oneida, then turn left onto Peterboro St/NY-13N and follow to the light at the intersection with Rt 5/Genesee St and go straight across the intersection onto Oxbow Rd and continue as listed above.





Ticks are around all year long BUT as it gets warmer outside and as we shed some layers of clothing, we become more vulnerable to being bitten. On Sunday, April 13th, we will be joined by **Jonah Cummings** from the **CNY Lyme & Tick-Borne Disease Alliance**.

Jonah will explain ways to avoid tick bites, how and where to check for ticks, and he will demonstrate what to do if you find one on yourself. He will provide information that is useful to anyone who walks outdoors, especially in woodsy areas like we Folksmarchers often enjoy.

We hoped Jonah would attend both Saturday and Sunday to talk with our Folksmarchers, but his schedule does not allow that. We will hang onto any extra information sheets he can leave with us to share with our members at other upcoming Folksmarches.

For more information, check out their website: cnylymealliance.org



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 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.



SOME NEW INCENTIVE FOR FOLKSMARCHERS

Starting in January 2025, besides the wonderful areas our walkers get to explore each month with Folksmarch, we will be providing some extra motivation to walk with us. We are currently working on designs for some special pins that will be offered after completing 10 walks – 25 walks – 50 walks (and who knows, maybe 75 and 100.)

We hope you will spread the word, bring some friends with you each month and join in this fun new challenge.



2025 Walk Schedule

January 11 & 12 – Village of Cazenovia
February 8 & 9 – Beaver Lake
March 8 & 9 – Village of Liverpool
April 12 & 13 – Oxbow Falls
May 10 & 11 – Village of Cleveland
June 14 & 15 – Lime Hollow

*****Here are our
first 6 walks for
2025. We are still
finalizing details for
July through
August *****

VILLAGE AND LAKE WALK IN LIVERPOOL



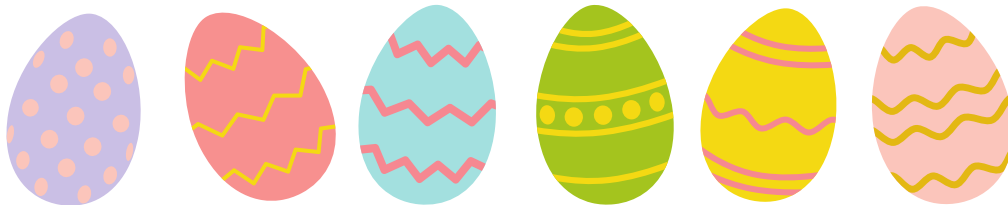
Mother Nature cooperated with CNY Folksmarch for our March walk in Liverpool, NY. Snow ended by 7 a.m. on Saturday, March 8. Sturdy walkers were coming to register even before 9 a.m.! We had sunny but windy weather both days.

The Greater Liverpool Chamber of Commerce and the Liverpool Village Museum hosted our registration at the Gleason Mansion. Most of our Participants stopped in the Village Museum to see the variety of displays and talk with Joan Cregg, Liverpool Village Historian.

The first half of the walk covered the Liverpool Village Walking Tour. Printed booklets, subsidized by the Chamber, provided historical information about the houses walkers would pass on the route. The second half of the walk brought Folksmarchers down to the Onondaga Lake Park walking trail. The route took walkers down to the marina and on to see the new pickleball courts. The return into the village to finish allowed them to pass more local businesses and Johnson Park.



CNY Folksmarch is grateful to Lucretia Hudzinski, Executive Director of the Chamber, for light refreshments and to Joan for making the museum available to walkers on both weekend days. Volunteers Sue, Erin, Adria, and Dawn greeted 10 first-time walkers. Welcome to Dorian, Phyllis, James, Alison, Anthony, Linda, Joyce, Doug, Mischa, and Randy. We hope to see you again at our remaining walks this year.



**THE NEXT CNY FOLKSMARCH EVENT WILL BE HELD MAY 2025 IN CLEVELAND, NY.
CHECK WEBSITE FOR UPDATES www.cnyfolksmarch.org**