

The Lily Pad



The Newsletter of Friends of Reinstein Woods

Share In Nature's Harmony

Summer 2015

Buffalo's Backyard Wilderness BBQ

**Saturday, June 13
4 pm to 7 pm**

**Tickets are now available
for the Friends' 10th
annual spring fundraiser!**

- Krolick's chicken BBQ
- Live music by Doug Yeomans' Bluegrass Trio
- Basket and other raffles
- Nature walks, and more!



Creekbend performed at the first Friends' spring fundraiser in 2006. Doug Yeomans' Bluegrass Trio will perform at this year's event.

Buy tickets online, at Reinstein Woods or mail in the order form below. For more information, call Reinstein Woods (716) 683-5959. To purchase tickets online, please visit <http://reinsteinwoods.org/events/buffalos-backyard-wilderness-bbq/>

Presale: \$25 adults, \$10 kids age 10 and under, free for kids 2 and under
At the door: \$30 adults

2015 Buffalo's Backyard Wilderness BBQ Presale Ticket Order Form

Number of Adult Tickets: _____ x \$25 = \$ _____

Number of Child Tickets: _____ x \$10 = \$ _____

(Children age 10 and under; **Total** = \$ _____
free for kids 2 and under)

Name: _____

Address: _____

E-mail: _____

Phone Number: _____

Please make checks payable to Friends of Reinstein Woods

Detach this order form and drop off or mail to: 93 Honorine Drive, Depew, NY 14043

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Introducing the Mustard Maulers

Reinstein Woods is all about nature, the changing seasons and team work. Teamwork is an important part of a favorite American spring pastime: baseball. Reinstein Woods and baseball may not seem to tie together, but this year there's a definite parallel: I'd like to introduce our new board of directors' Garlic Mustard Challenge team "The Mustard Maulers."

Most sports are based on traditions, and at Reinstein Woods we conduct an annual Garlic Mustard Challenge as an important tradition. Baseball has a season, and a league. Our season runs from April 18 to June 18 and we are part of the Invasive Species league. Baseball games are generally played in stadiums; most of our "games" are held at places like Flattail Lake, Secluded Swamp and Muskrat Marsh.



Nicknames play a big role in baseball and throughout the years I recall names like "The Babe," "Rocky," "Catfish" and "The Mick." Our roster includes, "Vida Blue Vinod," "L A Banks," "Terry the Pirate" and "Casey" our leader, to name just a few.

Our team "The Mustard Maulers" held opening day on Sunday, May 17 when we pulled 40 pounds of garlic mustard from Reinstein Woods. Our team color is, naturally, mustard yellow. We have a young [?] talented team, we play to win, but we are *not* Hot Dogs. The Garlic Mustard plant is a tough opponent!!!

The GMC continues through June 18, so there is still time for you to join the league. More information is available at the League office, 93 Honorine Drive Depew, NY or by calling Matt at (716)683-5959.

Mike Gettings [aka, Johnny Mustard Seed]

Nature Sightings & Summer Programs

Are the lilies blooming yet? Have any baby geese been spotted at Reinstein this year? If you want to know what's been seen recently at Reinstein Woods, check out the new "Nature Sightings" posts in the "News" section of reinsteinwoods.org. Every month we'll list what's happening in the Woods.



Registration is also open for summer programs. View the list of programs in the back of your newsletter and be sure to call 683-5959 to register!

Contact
Friends of
Reinstein Woods

Reinsteinwoods@yahoo.com

716-683-5959

Hours of Operation

Education Center
M - F 9 am - 4:30 pm
Sat. 1 pm - 4:30 pm

Summer Camps Nearing Capacity!

There are still spots available for some weeks of "Kids in the Woods" summer day camp at Reinstein Woods- but hurry, they're filling up fast! These week-long programs get kids outside and connect them with nature. Register by June 30, 2015.

Summer Science Safari: A great way to end the summer!

For the third year in a row, we are collaborating with Penn Dixie and Evangola State Park to offer a unique nature adventure: Summer Science Safari camp for kids age 8 to 12. Dig for fossils, explore the world of the pond, swim at a beach, build a survival shelter and more! We offer two weeks of safari camp, and the second week, August 24 to 28, is a week when few other camps are in session. It's a great way to wind up a summer with fun! Download the brochure for more information and a registration form at:

<http://reinsteinwoods.org/wp-content/uploads/2015/01/Summer-Science-Safari-Camp-2015.pdf>

For questions about any of these camp offerings, contact Brittany at 683-5959 ext. 205.



Thank You Earth Day Volunteers and Donors

A big thank you to all the volunteers who helped rake trails, plant wildflowers, and pick up trash as part of our "Earth Day in May" event that was held May 2.

Many people also donated to the clothing drive during the week leading up to May 2, and the bin in the parking lot needed to be emptied the day before the Saturday event! At the event itself, donors gave more than 500 pounds of clothing and textiles for reuse or recycling.



Earthday Volunteers



Left: Textile recycling

Right: Garlic Mustard Removal



If you missed that event, you can recycling clothing and textiles on any visit to Reinstein Woods by placing them in a tied plastic bag and putting the bag in the red Hearts for the Homeless collection bin in our parking lot.

Polar bears, minivans and an elephant: Reinstein Woods helps Buffalo Students recycle!

“Our students have been so excited to see all of the materials that they are helping to recycle. Many teachers and parents have also commented on how great this was.”

– Teacher at BPS 33

You may recall from the last newsletter that New York is making a push to keep clothing out of landfills by raising awareness about what to do with old clothing and textiles. To help promote this effort, Friends of Reinstein teamed with the City of Buffalo, DEC and the WNY Coalition for Donated goods to sponsor an “Earth Day Clothing Drive” in Buffalo Public Schools.



BPS 45 mascots get kids excited to recycle!

Students from eleven Buffalo public and charter schools collected clothing that was removed for recycling or reuse by the WNY Coalition for Donated Goods, a collaboration of nonprofit organizations whose goal is to promote both the community and the environment through the donation of clothing and other goods.

DEC Region 9 Director Abby Snyder and Deputy Mayor Dr. Ellen Grant congratulated students at a ceremony at School 45 (International School). Some of the schools competed to see which class in the school could collect the most clothing. The winning class received a pizza party from Hearts for the Homeless and the City of Buffalo, and the runner-up class received Smencils courtesy of Reinstein Woods. Olmsted School 64 had the highest collection total, saving more than 3,605 pounds of clothes, bedding, and related textile accessories from ending up in a landfill.

Overall, the eleven schools collected 11,244 pounds of clothing. How much is that? It’s equivalent to the weight of:

- **5 polar bears,**
- **2.5 minivans, or**
- **1 elephant!**

Kudos also goes to Grand Island High School and Huth Road Elementary School in Grand Island, who organized an Earth Day clothing drive too and collected an additional 1,704 pounds of clothing that was given to the Coalition for recycling.

Support Reinstein Woods While Shopping!

If you shop online at Amazon, you can designate Friends of Reinstein Woods as your official charity. Your prices stay the same, but Amazon will donate 0.5% of the cost of all your future purchases to the Friends of Reinstein Woods. You only need to sign up once and the process takes less than 30 seconds. To sign up, visit <http://reinsteinwoods.org/donate/amazon-smile-program/>. Thank you for your support!



What Happens When You Flush?

Warning: This story may gross you out. But it will leave you with a greater appreciation of our water resources, so keep reading!

When you flush a toilet at Reinstein Woods, the waste heads through pipes all the way to the Buffalo Sewage Authority's Bird Island Treatment Plant, located on an actual island just off shore from Buffalo's Westside and Black Rock neighborhoods. The plant is the second largest sewage treatment plant in the state, and it accepts waste from the city of Buffalo as well as some surrounding suburbs and some septic and grease collection companies.

Thanks to Friends' board member Denine Jackson, who works in the laboratory at the plant, the Reinstein Woods staff recently toured the plant to better understand the water systems we discuss with students during our popular "Watershed Works" program. On the day of our visit, the plant was anticipating about 120 million gallons of wastewater to flow through the plant, just on that day. The plant is rated to accept up to 560 million gallons per day.



Clarifying tank at Bird Island Treatment Plant

The tour of the plant was fascinating, and staff encountered sewage industry terms like "mixed liquor," "sludge cakes" and "scum beach" that refer to things that are pretty much as disgusting as they sound. We toured the tallest building on site called the "Megastructure," a name that made me think we were entering a superhero movie ride, except the only thing taking a ride inside of it was sewage sludge. Sewage sludge is basically all the "solids" in a wastewater stream. The sludge moves through pipes and on conveyor belts through the Megastructure, removing water along the way until eventually the solids end up in an incinerator.

The incinerator is powered by methane collected from "digesters," giant round tanks where microorganisms break down waste, giving off methane in the process. By the time the wastewater stream has gone through the digesters, the Megastructure and all of the other treatment steps, most of the human waste and other solids have been removed from the water itself, and the water is eventually discharged into Lake Erie.

None of this, however, is the part that should gross you out. The plant workers take their jobs very seriously and do a heroic job of dealing with waste that the rest of us would like to forget is a part of daily life. They make the water as safe as they can before discharging it back into Lake Erie.

The gross part, what I found upsetting about the tour, was the amount of non-human waste that is in the waste stream. We women are especially bad culprits: plastic tampon applicators were EVERYWHERE. And I mean everywhere; at certain stages the wastewater is in giant outdoor tanks that are open to the air, and birds would pluck objects that float out of the tanks and drop them around the grounds. You get the picture. Even near the end of treatment, a couple steps before the water is chlorinated and released into Lake Erie, workers still have to fish applicators out of the water stream.

Considering we use Lake Erie and the Niagara River for important things like drinking water, we can all do ourselves a favor by not flushing anything down the toilet that isn't human waste or toilet paper. And I think the plant workers will thank us too!

– Meaghan Boice-Green, Reinstein Woods Center Director

Welcome New Members!

Mark & Venera Abeler, Amos Acree, Valerie Antos, Jason & Mary Baier, Jacob Bajdas, Rebecca & Michael Banks, Dennis Bartkowiak, Christopher Bieda, Briana Bizier, J. Craig Brockway, Robert Brown, Mandi Caldwell, Jerry & Maureen Courneya, Heather DiDomenico, Angela Dilorio, Ann Dissek, Adrienne Dornink, David Dubnicki, Ann Duvi-
viers, Shannon Ferro, Richard Ford, Mary Gloss, Nathan Godson, MaryAnn Gurgol, Regina Hanchak, Peter & Michelle Hapeman, Dave & Joyce Hodgson, Melanie Inda, Nancy Jager, Gregory Johnson, Nathan & Libby Kersh-
ner, Joseph & Kristen Killian, Heather Kim, Janine Maciejewski, Tom & Kelly Mann, Clare Martin, S. David Miller, Andrew Moon, Patricia Mrozek, Stephanie Nelson, Jeremy Oczek, David Oestreicher, Brie Olearczyk & Brian Si-
monson, Eric Overholt, Gerald Paolino, Dave Peruzzini, Debbie Premielewski, Robynn Prestia, Mark & Mary Rivard, Marianne Sanfilippo, Logan & Diane Scott, Melissa Sexton, Shirley Shannon, Lori Stilwell, Laura Szczesni-
ak, Carlos Vaca, Stacy Ann Walker, Natalie Zent, Deanna Zinno.



Spring Donors Help Trees and more!

Friends of Reinstein Woods extends a huge thank you to all the folks who donated generously to the "Spring It On" campaign (raising funds to protect ash trees at Reinstein Woods) and to the Friends' Annual Earth Day Appeal. The two efforts have netted thousands of dollars in support for Reinstein Woods!

If you haven't yet, it is not too late to donate to the Annual Appeal. To make an online donation, please visit <http://reinsteinwoods.org/donate/annual-appeal/>
Thank you for your support!

You can view a list of donors here: <http://reinsteinwoods.org/spring-donors-trees-more/>

Member Events planned for Summer

Bugs by Nightlight

Date: Thursday, June 11
Time: 9:30pm – 11:30pm
Place: Reinstein Woods

Dr. Wayne Gall, regional entomologist with NYS Department of Health, will reveal the fascinating world of night insects. Observe night-flying beetles, moths, etc. attracted to a mercury vapor light and white sheet, learn about their identifying features and natural history. **Registration is required, please call (716) 683-5959 to register.**



Canoeing at Beaver Meadow

Date: Saturday, July 25
Time: 10:00am – 12:00pm
Place: Beaver Meadow Audubon Center (North Java)

Join us as we canoe around the beaver ponds at Beaver meadow Audubon Preserve. Enjoy observing water birds, dragonflies, and turtles from the comfort of a canoe. We will supply canoes, paddles, and life preservers, but you are welcome to bring your own equipment. Space is very limited. **For Adults and children ages 10 and up. Registration is required, please call (716) 683-5959 to register.**

Summer 2015 Programs

**** Advance registration is required for these programs.
Please call 716-683-5959 to sign-up for a program.**

Registration is required for programs unless otherwise noted. Dress for the weather! In the event of inclement weather, outdoor programs may be canceled. We regret that we cannot accommodate organized youth/civic groups at these programs. Please call to make alternate arrangements for your organization. Programs are free of charge unless otherwise noted. **For further information or to register, call Reinstein Woods at 716-683-5959.**

We welcome those who have any type of physical challenge to all of our programs. If you call ahead to let us know your needs, we will be happy to learn how we can serve you.

TRAIL TUESDAYS

Tuesdays, April through August at 6:30 PM

Turn your love for the outdoors into rewarding action. Assist with projects to help maintain and improve ecosystems and trails throughout the preserve. There is something for almost every age and ability to help with! Refreshments provided. Registration required; call 716-683-5959 to sign up.

AFTER SCHOOL ESCAPE

Thursdays, June 4, 11, 18 and 25 from 4:30-5:30 PM

Kids and their parents or caregivers together can enjoy a different, fun, hour-long outdoor activity each week. **For children in grades K through 5.** No registration required.

Tuesday, June 2 at 8:30 PM

FULL "STRAWBERRY MOON" WALK

Enjoy a sunset walk along the trails, and learn some interesting facts about the month of June. Bring binoculars if you have them.

Wednesday, June 3 at 6:00 PM

ADVANCED BIRDING: FEATHERS

You've mastered the Birding 101 classes, and now you can take your birding knowledge to the next level. Advanced birding topics will delve into the world of birds even more! **For adults only.**

Saturday, June 6 at 2:00 PM

HERP HUNT

Come along for an adventure in the woods as we search for different reptiles and amphibians.

Saturday, June 13 at 2:00 PM

POISONOUS PLANTS IN YOUR OWN BACKYARD

Some of the plants that grow in our yards and gardens can be toxic if you eat the wrong part or prepare them the wrong way. Learn about these common plants and their chemical defenses, as well as some poisonous plants and animals here in Reinstein Woods. **For adults and children ages 12 and older**

FRIENDS OF REINSTEIN WOODS EVENT

Saturday, June 13 from 4:00 to 7:00 PM

BUFFALO'S BACKYARD WILDERNESS BBQ

Support Reinstein Woods while enjoying great food and entertainment at a Friends of Reinstein Woods' fundraiser. Tickets include Krolick's BBQ (served at 5:00 PM) and live music by Doug Yeomans' Bluegrass Trio. Basket and other raffles, nature walks and more! Tickets are \$25 for adults, \$10 for kids 10 and under, free for kids 2 and under. Tickets are available at Reinstein Woods or online at www.reinsteinwoods.org

Wednesday, June 24 at 10:00 AM

STROLLER STRUT

Bring a stroller or wagon and share a sensory exploration of nature with your young child. **For children ages 3 and under.**

Wednesday, June 24 at 10:30 AM

SENIOR STROLL

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. Bring a lunch if you want to eat outdoors after the tour. **For adults only.**

Wednesday, June 24 at 6:30 PM

BIRDING 101: CLASS #6

Summer residents only! Why do some birds stay just for the summer? Learn about the catbirds, orioles, warblers and other summer residents in the woods. **For adults and children ages 8 and older.**

Saturday, June 27 at 10:30 AM

PUDDLES TO PONDS

Bring your kids to explore the many life forms found in puddles and ponds. Please dress for the outdoors, and wear footwear that can get wet and muddy.

SENIOR STROLL

Wednesdays, July 8 & 22 and August 5 & 19 at 10:30 AM

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. Bring a lunch if you want to eat outdoors after the tour. **For adults only.**

Summer 2015 Programs

Registration is required for all programs unless otherwise noted. For further information or to register, call Reinstein Woods at 716-683-5959.

FAMILY NATURE HOUR

Wednesdays, July 8, 15, 22 and 29 at 6:30 PM

Hands-on activities enable families to investigate nature together on a different topic each session. Note: This program will be held at the Julia Boyer Reinstein Library at 1030 Losson Road in Cheektowaga. Call the library at 716-668-4991 to register.

Saturday, July 11 at 10:30 AM

DRAGONS IN YOUR OWN BACKYARD

Discover the fascinating lives of dragonflies and damselflies on this guided walk. **For adults and children ages 8 and older.**

Tuesday, July 14 at 2:00 PM

ADVANCED BIRDING: FLIGHT

Have you ever watched birds fly and wondered what it would be like and how they do it? In this second session of Advanced Birding, we will focus on adaptations of bird flight. **For adults only.**

Thursday, July 16 at 8:00 PM

GOING BATTY!

Bats are amazing animals but are often misunderstood. Separate fact from fiction, and learn about the only true flying mammals.

Saturday, July 18 at 10:30 AM

PUDDLES TO PONDS

Bring your kids to explore the many life forms found in puddles and ponds. Please dress for the outdoors, and wear footwear that can get wet and muddy.

Thursday, July 23 at 10:30 AM

STORIES IN THE WOODS

Enjoy hearing a nature story, followed by a guided walk in the woods. **For children ages 3 to 7.**

Saturday, July 25 at 10:30 AM

SUMMER WILDFLOWERS

Search for seasonal wildflowers, and learn their uses and folklore. **For adults and children ages 8 and older.**

Wednesday, July 29 at 6:30 PM

BIRDING 101: CLASS #7

Come meet the thrush family, some of the most beautiful songsters of the bird world. Learn about robins, wood and hermit thrushes, veeries and bluebirds. **For adults and children ages 8 and older.**

Friday, July 31 at 8:30 PM

FULL "BUCK MOON" WALK

Enjoy a guided walk along the trails as we learn some interesting facts about white-tailed deer and observe their behaviors. Bring binoculars if you have them. **For adults only.**

Saturday, August 1 at 10:00 AM

FAIRY HOUSES AT AMHERST STATE PARK

Join a naturalist from Reinstein Woods Nature Preserve in creating a "house" to attract nature's fairies--butterflies! Once you learn how, you

can make one anywhere. **For children ages 5 to 10.**

Wednesday, August 5 at 10:00 AM

STROLLER STRUT

Bring a stroller or wagon and share a sensory exploration of nature with your young child. **For children ages 3 and under.**

Saturday, August 8 at 10:30 AM

BEEES AND BUTTERFLIES

Join us for an indoor learning experience about honey bees and monarch butterflies.

Tuesday, August 11 from 9:30 AM to 4:00 PM

EDUCATOR WORKSHOP: PROJECT LEARNING TREE

Project Learning Tree is an award-winning environmental education program featuring an interdisciplinary, hands-on curriculum that uses the forest as a window on the world. All activities are correlated to Common Core math and ELA standards. **For educators of students in grades K-8.**

Thursday, August 20 from 9:00 AM to noon

EDUCATOR WORKSHOP: PROJECT WET

Project WET (Water Education for Teachers) helps teachers use water to teach English language arts, science, math and more! Participants receive a standards-based interdisciplinary curriculum guide that includes lessons covering water's physical and chemical properties, cultural connections to water, and water resource management. Light refreshments provided. **For educators of students in grades K-12.**

Saturday, August 22 at 10:30 AM

STORIES IN THE WOODS

Enjoy hearing a nature story, followed by a guided walk in the woods. **For children ages 3 to 7.**

Saturday, August 22 at 2:00 PM

ALIENS!

Are there visitors from outer space in Reinstein Woods? No, just plants and animals that have been introduced from other parts of the world. Join a guided tour to meet some of these alien invaders.

Wednesday, August 26 at 6:30 PM

BIRDING 101: CLASS #8

Meet the boisterous black birds--crows, grackles, red-wings, starlings and cowbirds. **For adults and children ages 8 and older.**

Friday, August 28 at 7:30 PM

FULL "GREEN CORN" MOON WALK

Enjoy a guided walk along the trails as we learn about the many uses of corn in America. Bring binoculars if you have them, and dress for the outdoors. **For adults only.**

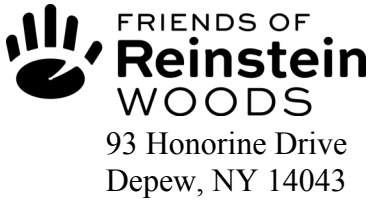
Saturday August 29 at 10:30 AM

SPIDERS: WHAT'S IN YOUR WEB?

Spiders are amazing predators skilled in stealth, camouflage and engineering. We will search for spiders and their webs on this guided walk.

ESTATE PLANNING?

Consider the Friends of Reinstein Woods when planning bequests in your estate papers. Help us to continue to share the beauty of Reinstein Woods with future generations. For more information, e-mail Reinsteinwoods@yahoo.com or call Friends of Reinstein at (716) 683-5959.



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