

The Lily Pad



The Newsletter of Friends of Reinstein Woods

Share In Nature's Harmony

Winter 2017 / 2018

Holiday Party

Saturday, December 2 from 1 PM to 4 PM

Enjoy a hot lunch, a live animal presentation from Hawk Creek, and good conversation with fellow Friends of Reinstein members at the annual holiday party! Santa pays a special visit around 3:30 p.m. so bring your kids or grandkids!

Friends provide soup and chili, bread and salad. Members are asked to bring a dessert or appetizer to share. To register, call 683-5959



Dare to Repair Cafe Scheduled for January 27

Unsure what to do with that broken lamp, but not ready to part with it? Reinstein Woods is excited to be partnering with DEC's Region 9 Sustainability Committee, the University Heights Tool Library, and others to offer a Dare to Repair Cafe!

From 10 a.m. to 2 p.m. on January 27, volunteer fixers (also known as "repair coaches") will use their skills to help repair broken items such as lamps, vacuums, tools, clothing, small furniture, toys, and more. This reduces waste sent to a landfill. If a repair can't be made, attendees may learn other places to find a fix for their item.



To make it a real "cafe," Friends of Reinstein will be offering hot drinks and snacks for a small donation.

For more information, or to volunteer your skills as a fixer, visit the event: <http://reinsteinwoods.org/events/repair-cafe/>

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THERE'S AN APP FOR THAT: FUN WITH PLUM!

Editors note: Our "Nature Tech" programs were so popular that we now occasionally post about a useful nature app for your smartphone or tablet.

Warning: The following Apps may be appropriate for adults.

Although they are aimed at kids, PBS's "Plum's Creaturizer" and Plum's Photo Hunt" apps are a great way for the entire family to enjoy the outdoors. Based on "Plum's Landing," an animated television show in which a purple alien named Plum explores the environments of earth with human friends, these apps provide an acceptable way to include technology in your outdoor adventures.

My creature looks for food in a log!

"Plum's Creaturizer" lets you design a creature, then sends you on a mission to take a photo of your creature outside. For example, on my latest mission, I was sent to find a place where my creature (a happy animal with a turtle shell, alligator snout and its own lightbulb on its bird-shaped head) could use its lightbulb to help it hunt for food. Pretty challenging! The app is available for iPhone and Android operating systems.

"Plum's Photo Hunt" encourages kids to explore the outdoors to capture photos of nature: water, animal life, clouds, tiny things, and even trash! The photos can then be put into a "field journal"

where you can record notes on what you found and, in the case of trash, what you will do to protect the environment. Characters from the t.v. show can also "photobomb" your photos, and you can send your photos to Plum too! This app is available for iPhone and iPod touch.

So the next time you can't get your kids to stop staring at their phone or tablet, you can invite them to bring their technology along for an outdoor adventure!



Contact
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716-683-5959

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

Website:
Reinsteinwoods.org

WINTER MESSAGE FROM THE PRESIDENT

Dear Friends,

Although winter does not officially arrive until December 21, once November and the holidays fire up we can picture that beautiful white stuff falling so delicately to the ground! Ok, so I haven't painted one of your favorite pictures, but hey, it's Buffalo and it snows, so we have to make the most of it.

Just think of Reinstein Wood's snowy trails as you softly snowshoe or glide along on cross-country skis, watching the snow falling slowly around you! It's a fact that walking (or x-skiing) outdoors has many benefits for your well being. It is a major stress reliever as well as great exercise, more of which doctors say Americans both young and old sorely need!



Are you thinking: *I could never walk in snowshoes, let alone put on a pair of cross-country skis!* Trust me, if you can walk, you can definitely snowshoe, and you can join a "Learn to Ski" session (my personal favorite) at Reinstein Woods. So make a commitment to get out on the trails this winter and experience the beauty of snow transforming the landscape. You won't be disappointed.



Remember, Friends of Reinstein members get one free snowshoe or ski rental, and a discount on additional rentals. If I'm around, I'd be glad to help you get started! Beyond snowshoes and skis, Reinstein Woods offers other seasonal educational programs that can help you get through the winter doldrums. I hope to see all of you at the Friends of Reinstein holiday party on Saturday, December 2. New members are welcome!

Terrence Boyle, President

Winter Programs Announced

Reinstein Woods winter schedule is packed with events for all ages. Please see winter program schedule at the end of the newsletter. Don't forget to mark your calendar for the following important events:

Friends of Reinstein Holiday Party: December 2
Christmas Bird Count for Kids: January 6
Winter Wonderland: Feb. 10 (no registration required)



LOCAL COMPANIES SUPPORT REINSTEIN WOODS' PROGRAMS!

Friends of Reinstein would like to extend a special thank you to:

Ingram Micro (Williamsville Office) for donating funds to purchase a new Enviroscope, a table-top watershed model used to educate students about where our drinking water comes from and where our sewage goes. Classes that participate in the Day in the Life of the Buffalo River program will receive a free in-class presentation using the model. The model can even demonstrate a combined sewer overflow (CSO), a water quality issue of great importance in Western New York.



Students use an Enviroscope to explore how water travels.

Bond, Schoeneck & King Buffalo employees for their “jeans day” donation. The funds will be used to purchase native plants and related supplies as part of the habitat improvement project that aims to remove invasive common reed plants and replace them with native species.

Curbell Plastics employees who helped remove invasive species this summer in Reinstein Woods as part of the United Way Day of Caring. The group removed invasive common reed from two sites, as well as purple loosestrife and ferns that were overtaking a deer enclosure.



Curbell Volunteers



A fence protects native plants from predators

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!



Green Your Office for the Holidays with a Dish Library!

As the holidays approach, here's a great idea to make your office parties more sustainable: establish a Dish Library! Ask office mates to donate reusable plates, bowls, cups, forks, knives, and spoons that can be stored in a central office location (a file cabinet or kitchenette cupboard works well). The dishes can be borrowed for meetings, birthdays, lunches etc. that otherwise might involve buying disposable products. You can have a formal sign-out system, or opt to let people use them as needed.

It's a great way to reduce waste and save money! So put that old "I Love My Dog" mug sitting in your cupboard to use, get rid of the giant "I Love Vegas" stein that your buddy gave you after his last trip, and add your grown daughter's My Little Pony dish set to the library!

Thanks to the DEC Sustainability Committee for this idea. For more ideas to make your holidays sustainable, visit DEC's Sustainable Holidays webpage: <http://www.dec.ny.gov/chemical/8829.html>



FINE FOOD AND ART ENJOYED AT NATURE'S GATHERING

More than 20 artists exhibited their work, created or inspired by Nature, at this year's Nature's Gathering event that was held on November 11. Friends of Reinstein would like to extend a huge thank you to all participating artists and vendors. Additional thanks to Julia A. Reinstein and the Friends of Reinstein Board of Directors for donating to the raffles, and to the following companies for donating products or services:



Battistoni Italian Specialty Meats
Camellia Foods
DJ Ed Nice
Flying Bison Brewery
Midgard Winery
Midnight Run Wine Cellars
Nussbaumer & Clarke
Yancey's Fancy
Rich Products



HABITAT NEWS: BEECH TREES, NEW WILDFLOWER, AND REEDS!

If you've walked at Reinstein Woods in the last year, you may have spotted some of the habitat improvements that have been taking place; although one "improvement" is hiding in the sanctuary... read on to find out what it is.

1) Champion Beech

The bad news: this year we have officially declared the Champion Beech Tree dead. The tree, located along Reinstein Woods' Beech Tree Trail, was the largest forest-grown beech tree in New York State's Big Tree Registry. It had been in decline from natural causes for several years, and at more than 250 years old, it lived a good lifespan for an American beech tree.

The good news: In September, Boy Scout Oren Forgette of Boy Scout Troop V completed his Eagle Scout project by building a deer enclosure near the champion beech. The enclosure is protecting several young beech and maple trees from being eaten by deer. Some of the young beech trees may be offspring of the Champion beech.

"My great-great-grandfather came from Bukovina, 'Land of the Beech Trees,' so this is a fitting Eagle Scout project for me," said Oren. (Bukovina is an area in Romania and Ukraine.) "Maybe one of the saplings protected by this deer enclosure will grow to be the next Champion Beech Tree in New York State."



Troop V members in front of the completed enclosure.



Tall rattlesnake root flowers

2) New Wildflower Found

In other good news related to deer enclosures, a new wildflower was discovered at Reinstein Woods! Hiding in a deer enclosure in the sanctuary area of the preserve is tall rattlesnake root (*Prenanthes altissima*), a plant that is native to New York and is also called wild white lettuce. The particular deer enclosure it inhabits was also built several years ago by an Eagle Scout. This plant, photographed this summer while in bloom, becomes the 198th herbaceous plant species identified at Reinstein Woods!

3) Battle Against Invasive Plant Makes Progress

Friends of Reinstein had help this year as it completed its third year of controlling an invasive plant known as common reed, or *Phragmites australis*, that threatens habitats at Reinstein Woods.

In the spring, a crew from the Excelsior Conservation Corps planted trees and native wildflowers in areas of the sanctuary where common reed has been greatly reduced. During the summer, volunteers with the local Youth Build program and Curbell employees also helped by removing young stalks coming up in sites where the plant used to grow. Native wildflowers, including spotted Joe Pye weed, swamp milkweed, and beggar's tick are starting to flourish at some of the sites. A donation from employees at Bond, Schoeneck and King helped supply some of the plants. Next spring Reinstein Woods will be training volunteers to be part of a "Strike Force" that will monitor areas where common reed was removed and try to stop any reinfestation.



Curbell volunteers tackle invasive plants

NATURALIST INTERN PROGRAM TURNS 10 YEARS OLD!

In Fall 2007, DEC started a Naturalist Intern Program at Reinstein Woods, a paid internship program that provides training and experience to college students or recent graduates interested in environmental education. Since then, 63 people, ranging in age from 20 to 40+, have experienced what it's like to teach and learn at Reinstein Woods.

Last month, 18 past and present interns gathered with staff for a reunion to celebrate the 10th anniversary of the program!

Representatives from almost every year attended the reunion. The former interns enjoyed snacks provided by Friends of Reinstein Woods while reminiscing about their time here, viewing



Interns & Staff at Reunion 2017



*Intern Program Coordinator
Kristen Rosenberg with former
interns Susie Platino and
Jonathan Roth*

a slideshow of all 63 interns and sharing updates about what they are doing now. They had a chance to look back at their past projects and activities, too. There was even a photo area with animal costumes and props! Most of the group took a walk together around the trails, stopping to check out the screech owl roosting in its usual spot and heading out to see the remains of the champion beech tree.

Former interns have gone on to work or intern for a variety of companies, non-profits, and government agencies, in locations as far away as California, New Hampshire and Florida (see below for a sampling!). We hope that our former interns share their love of nature and what they have learned at Reinstein Woods wherever they go, and we are looking forward to seeing them again at the 15th anniversary in five years!

Information about applying to the Naturalist Intern Program can be found on DEC's website: <http://www.dec.ny.gov/education/1829.html>

Adirondack Mountain Club; AmeriCorps/SCA; Buffalo Museum of Science; Buffalo Niagara Waterkeeper; Buffalo Zoo; Earth Spirit

Educational Services; Erie County Park Rangers; Five Rivers Environmental Education Center; Friends of Reinstein Woods; General Motors; Girl Scouts; Heritage Education Program; Hubbard Brook Experimental Forest (NH); Mendacino Woodlands (CA); The Nature Conservancy (PA); NYS Department of Environmental Conservation; NYS Office of Parks, Recreation and Historic Preservation (Evangola State Park & Taconic Outdoor Education Center); Parks



& People Foundation (MD); Pigeon Key Marine Science Center (FL); Pinellas County Park Rangers (FL); Pittsburgh Supercomputing Center (PA); Praxair (TX); Rochester Museum & Science Center; Rogers Environmental Education Center; Tetra Tech; Tift Nature Preserve; Town of Amherst; US Fish & Wildlife Service; Virginia Department of Emergency Management; Wisconsin Dept. of Natural Resources; Western New York PRISM.



Winter 2018 Programs

PLEASE NOTE: Registration is required for ALL programs unless otherwise indicated. 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.

AFTER SCHOOL ESCAPE

Thursdays, December 7, 14 and 21 from 4:30 to 5:30 PM

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

Saturday, December 2 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

Join a guided nature walk through the woods. **No registration required.**

FRIENDS OF REINSTEIN WOODS HOLIDAY PARTY

Saturday, December 2, from 1:00 to 4:00 PM

Friends of Reinstein Woods members will celebrate the beauty of winter at their annual holiday gathering. New members are welcome! **

Friday, December 8 at 11:00 AM

MEDICINAL HERB WALK

Learn the medicinal values of the wild herbs that grow in Reinstein Woods. **For adults and children ages 12 and older. ****

Saturday, December 9 at 10:00 AM

FOREST BATHING

Ease into the holiday season with this program based on the Japanese practice of shinrin-yoku. We will focus on the sights, sounds and smells of the forest to induce relaxation. **

Saturday, December 16 at 10:00 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, December 16 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

Join a guided nature walk through the woods. **No registration required.**

Thursday, December 21 at 6:00 PM

WINTER SOLSTICE CELEBRATION

Enjoy a walk as we celebrate the longest night. Discover solstice traditions from around the world and end the night with refreshments. **Material fee \$5.00/person, children ages 5 and under free. ****

Saturday, December 23 at 10:00 AM

NATURE HIKE

Enjoy the beauty of the season on a guided walk in the woods. We will use snowshoes if there is enough snow. **Snowshoe rental \$5.00/person; Friends of Reinstein Woods members \$2.00/person. ****

Wednesday, December 27 at 10:30 AM

FROZEN FOREST SNOWSHOE WALK

Explore the beauty of winter woods and learn how to identify local trees on this guided walk. **Snowshoe rental \$5/person; Friends of Reinstein Woods members \$2/person. ****

Thursday, December 28 at 10:30 AM

UNDER THE ICE

Join us as we explore the winter world of our ponds. Children will participate in hands-on activities and games to discover how turtles, frogs, beavers and more survive under the ice. **For children in grades K through 5. ****

JANUARY

AFTER SCHOOL ESCAPE

Thursdays, January 4, 11, 18 and 25 from 4:30 to 5:30 PM

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

Monday, January 1 at 11:00 AM

FIRST DAY HIKE

Ring in the New Year with a walk to look for birds! **

Saturday, January 6 at 9:00 AM

CHRISTMAS BIRD COUNT FOR KIDS

A great way to introduce kids to birding and escape the post-Christmas blahs! Teams of kids compete to see who can find the most birds on 90-minute hikes at Reinstein Woods and other nearby sites. Binocular instruction and refreshments provided. For more information call 716-683-5959. Register online at: <http://reinsteinwoods.org/cbc4kids>

Saturday, January 6 at 1:00 PM

WOODS WALK: WINTER WEEDS

Explore the world of winter plants and see where the summer wildflowers will bloom. **No registration required.**

Tuesday, January 9 at 6:00 PM

INTRODUCTION TO LEATHERWORKING

Make a leather sheath, hair barrette, bracelet or other small leather project. Learn how to tool, dye and hand sew leather. **Material fee \$10.00/per person. Adults only. ****

Winter 2018 Programs

PLEASE NOTE: Registration is required for ALL programs unless otherwise indicated. For further information or to register, call Reinstein Woods at 716-683-5959.

Friday, January 12 at 11:00 AM

MEDICINAL HERB WALK

Learn the medicinal values of the wild herbs that grow in Reinstein Woods. For adults and children ages 12 and older. **

Saturday, January 13 at 10:00 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, January 20 from 9:00 AM to 12:30 PM

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. For formal and non-formal educators of students in grades K to 12. **

Saturday, January 20 at 1:00 PM

WOODS WALK: WINTER TREE ID

Learn how to identify local trees after they lose their leaves. No registration required.

Saturday, January 20 at 2:30 PM

BIRDING 101: CLASS #1

Join us for a bird identification adventure! Learn to identify common birds and how to properly use binoculars. For adults and children ages 8 and older. **

Saturday, January 27 from 10:00 AM to 2:00 PM

DARE TO REPAIR CAFE

Bring broken items (lamps, vacuums, clothes etc.) and have volunteer "fixers" try to repair them for free! This event is designed to reduce waste going to landfills and build community. For more information, call 716-683-5959 or visit <http://reinsteinwoods.org/events/repair-cafe>

Sunday, January 28 at 10:00 AM

LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short guided ski tour. Ski rental \$8.00/person; Friends of Reinstein members \$5.00/person. **

Wednesday, January 31 at 7:00 PM

BLUE MOON WALK

Explore the forest under the light of the second full moon this month. **

FEBRUARY

AFTER SCHOOL ESCAPE

Thursdays, February 1, 8, 15 from 4:30 to 5:30 PM

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

Saturday, February 3 at 10:00 AM

LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short guided ski tour. Ski rental \$8.00/person; Friends of Reinstein members \$5.00/person. **

Saturday, February 3 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

Join a guided nature walk through the woods. No registration required.

WINTER WONDERLAND IN THE WOODS

Saturday, February 10 from 1:00 to 4:00 PM

Discover the woods in winter! Try snowshoes or cross-country skis for free, go on a winter scavenger hunt, and make snow art. Enjoy ice-fishing demonstrations, winter crafts for kids, and more! Refreshments for sale. For more information, call 716-683-5959 or visit

Friday, February 16 at 11:00 AM

MEDICINAL HERB WALK

Learn the medicinal values of wild herbs that grow in Reinstein Woods. For adults and children ages 12 and older. **

Saturday, February 17 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

Join a guided nature walk through the woods. No registration required.

Saturday, February 17 at 2:30 PM

BIRDING 101: CLASS #2

Join us for a bird identification adventure. This is a continuation of class #1 in January, but new participants are welcome. For adults and children ages 8 and older. **

Tuesday, February 20 at 10:00 AM

LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short guided ski tour. Ski rental \$8.00/person; Friends of Reinstein members \$5.00/person. **

Thursday, February 22 at 10:30 AM

FAMILY SNOWSHOE WALK

Please join us for a morning snowshoe walk along the trails as we look for evidence of wildlife. Snowshoe rental \$5.00/person; Friends of Reinstein members \$2.00/person. **

Friday, February 23 at 10:30 AM

WINTER NATURE PLAY

Enjoy a variety of nature play activities, including snow and twig sculptures, evergreen painting, animal tracking, and more! For children in grades K through 5. **

Saturday, February 24 at 10:00 AM

STORIES IN THE WOODS

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

Remember Reinstein in Your Will

Did you know that you can designate a percentage of your life insurance or 401k as a gift to Reinstein? Consider 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, contact Stefanie Ecker at (716) 432-0397 or stefanie.a.ecker@gmail.com.



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