

The Lily Pad

The Newsletter of Friends of Reinstein Woods

Winter 2015



Share In Nature's Harmony

Save the Date: Winter Wonderland Saturday, February 7, 2015 1 p.m. to 4 p.m.

Mark your calendar for our annual winter open house!

- Try snowshoes or cross-country skis for free
- Go on a winter scavenger hunt
- Enjoy ice fishing demonstrations
- Live animal presentations by the SPCA of Erie County's Wildlife Department
- Take aim at a snowball target
- Make snow art, nature crafts and more!

Friends of Reinstein will be selling warm drinks and snacks. No registration required.

For more info call Reinstein Woods 683-5959, or visit our webpage, www.reinsteinwoods.org for updates about this event!



Friends of Reinstein Board of Directors

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Vice-President

Deborah Bach

Terrence Boyle

Dan Carlson

Michael Gettings,
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Nature's Timetable

A message from Friends President Michael Gettings

As the season change (it's still fall as I write), we at Reinstein Woods look forward to the upcoming Holidays. It seems that the general trend lately by the retail community is to extend the holiday "season" by pushing the end of year holidays earlier and earlier.

Nature has a different way of doing things, and we are reminded of that every day. Nature ignores the commercial rush, instead following its own time table. At Reinstein Woods we are lucky to have the opportunity and environment to witness nature at its best – we simply have to slow down and enjoy it!

I think another way to appreciate nature, and in turn, the holidays, are through the eyes of children. I'm always amazed at the excitement expressed by kids when they explore nature. That excitement is also expressed during the holidays. But we always ask our children to be patient, waiting for the big day, when we ourselves are busy fighting crowds and trying to grab the best deal. Like nature, it's sometimes better to slow down and to appreciate the moment.

On behalf of Friends of Reinstein Woods, I wish you joy as you share the Holiday season with family, friends and those you love and care about. Don't forget we are all part of a larger environment, and take the time to appreciate it.

Share in Nature's Harmony,

Mike Gettings, President
Friends of Reinstein Woods



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

Upcoming Member Event:

Cross-country Skiing at Sprague Brook Park

**Saturday, January 17, 2015
8 a.m. to 12:30 pm**

Join other Friends of Reinstein members who will carpool from Reinstein Woods to Sprague Brook County Park (near Colden) for a fun morning of cross-country skiing. We will meet at Reinstein Woods at 8:00am and return around 12:30pm. Ski rentals will be available. **Registration is required, please call (716) 683-5959 to register.**



"Day in the Life" Connects Kids to River

In October, eight Western New York schools participated in the second annual "A Day in the Life of the Buffalo River" event.

With the help of DEC environmental educators, partners and volunteers, more than 150 students in grades 4-12 collected scientific data along the Buffalo River and its major tributaries, creating a "snapshot" of the watershed at one point in time. Students calculated current speed, measured water and air temperature, observed aquatic life, and investigated water chemistry and weather conditions.

"Providing hands-on experiences for students is something our organization strives to do," said Friends President Michael Gettings. "This was a great opportunity for area students to connect with this important water resource while practicing skills used by real scientists."

Many sites had a "river expert" from a partnering organization who shared their knowledge with the students. Partners included the Alliance for the Great Lakes, Buffalo Audubon Society, Buffalo Niagara Riverkeeper, DEC's Division of Environmental Remediation, DEC's Great Lakes program, and the U.S. Fish and Wildlife Service.

When asked about their favorite part of the day, one student said, "Being able to actually go in the river and scoop for fish and living things."

More than half the students came from schools with underserved populations, and schools used this opportunity to enhance what students were already learning in the classroom. Additionally, high school students from Buffalo Public Schools' International Preparatory School served as mentors to younger students participating at their site at Red Jacket Riverfront Park.

Friends of Reinstein Woods' educator Brittany Rowan coordinates the program, working to educate teachers about the program ahead of time.

"This program was great! The staff was well trained and knowledgeable," said Carol Clark, a teacher from St. Mary's School for the Deaf. This was the first time that St. Mary's participated in the program.

Data from all sites will be shared on a website built by SUNY Buffalo State College students so classes can compare their data with other participants and previous year's results.



Students checking stream data

Holiday Shopping? New Merchandise Available at Reinstein Woods!

Looking for a present for that hard-to-shop-for nature lover on your list? A gift membership to Friends of Reinstein Woods might be the perfect gift! Stop by the Education Center to check out the new wine glasses, baseball caps, and adult and kid's t-shirts, all featuring the new Friends' logo. We also offer great stocking-stuffers like field guides, sticker books and Smencils as well as *Conservationist* subscriptions and memorial bricks.

The Education Center is open Monday through Friday 9 - 4:30 p.m. and 1 - 4:30 pm on Saturdays through Christmas Eve.

You can also make a donation or purchase a membership online.



Natural Voices

One of the great ways Friends of Reinstein helps others “Share in Nature’s Harmony” is by supporting the Naturalist Intern Program, a paid internship opportunity for college students and recent graduates interested in environmental education. The students learn skills that will help them share nature with others throughout their careers and in their personal lives. Below are the impressions of Blossom Vance and Eileen Lusenskaskas, interns serving at Reinstein Woods this past season.



Blossom (l) & Eileen (r) demonstrate recycling with Brittany Rowan.

Blossom Vance:

“What I love most about the internship here at Reinstein Woods is that I am always learning new things. Between shadowing indoor and outdoor programs, leading tours, going on staff walks, and weekly trail monitoring I have learned so much though exposure to this beautiful place. The internship will definitely be a valuable addition to my educational and professional experience.

“In October I led several school tours and had the opportunity to teach elementary and middle school students about forest ecosystems, pond ecosystems and invasive species. I feel fortunate to have had the opportunity to teach and share my passion and enthusiasm for the natural world with others. Seeing students connect and be inspired by nature has been one of the more rewarding aspects of the internship for me. I especially enjoyed working with the more diverse and underserved student groups. I admire the fact that the Friends of Reinstein Woods and DEC are working hard to give underserved students a chance to experience and learn more about the outdoors. The naturalist internship position has taught me so much, and I look forward to my continued involvement in the stellar educational programs offered by Reinstein Woods.” - *Blossom is a University at Buffalo graduate and native of Hamburg, New York*

Eileen Lusenskaskas:

“Being an intern at Reinstein Woods has been such a great experience. I have learned so much! I have been able to shadow many on-site and off-site programs and have even led my own tours about a wide variety of environmental topics like pond scooping, invasive species, animal signs and tracks and worm composting, as well as learning the inner workings of an environmental education center. Just being able to walk in the woods to monitor the trails each week has helped me learn the many different species of trees, shrubs and animals that inhabit Reinstein Woods. Reinstein Woods is an amazing place where anyone can come and enjoy the outdoors and experience really beautiful views of nature. The people here, both staff and volunteers, have been so welcoming and helpful with anything I need, and it has made my time here even better than I thought possible.” – *Eileen is a University at Buffalo graduate and a native of Long Island, New York*

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!



Five Fun Facts From Fall At Reinstein Woods

1. Thanks to our awesome volunteers and exhibitors, about 2,500 people enjoyed our 14th Annual Fall Festival. Thank you to all who made this day possible!

2. In October, CHC Learning Center exhibited nature-related art work made by their students as part of Learning Disabilities Awareness Month. The students at CHC Learning Center, located in Amherst, have been participating in nature art activities for years thanks to the efforts of Reinstein Woods' volunteer Barb Ciesla and her sister Donna Michael. If you missed the display this year, be sure to catch it next year!



CHC Learning Center Art Exhibit



3. Two giant bucks have been hanging out in the woods this fall; can you spot one of them in this photo?

4. Despite 6+ feet of snow, Reinstein Woods sustained only minor damage from the

Snowvember storm, with repairs needed to a couple of roof structures and a bench. We were closed for a full week, due first to the storm and then to equipment being stored on site for possible flood control.

5. The fall session of the After-School Conservation Clubs, sponsored by Reinstein Woods, has started at Gloria J. Parks Community Center and William C. Baird Clubhouse of the Boys and Girls Club in Buffalo. This program introduces kids participating in after-school programs to nature, both by bringing them out into nature, and by bringing nature to them!



Making Leaf rubbings at After-School Conservation Club

Winter News: Infant Sleds, Snowshoe/Ski Sundays, Volunteer Opportunities!

We are pleased to announce that in addition to our normal business hours, Friends of Reinstein will again be renting snowshoes and cross-country skis on most Sundays starting January 4, 2015 between 1pm and 4:30pm. Rentals are made on a first-come, first-serve basis. For parents wanting to snowshoe with their very young children, this year we have several infant/toddler sleds available for rent!

Rentals are \$2 for Friends of Reinstein Woods members and \$5 for non-members.

If you've been looking for a way to contribute to the Friends, this might be your chance! Reinstein Woods needs volunteers to assist with passing out snowshoes and skis on weekend afternoons. Training is provided, and this is a great way to help the Friends raise funds to support Reinstein Woods' programs. If you are interested in helping, contact Reinstein Woods at 683-5959.

Bird Brain Delight

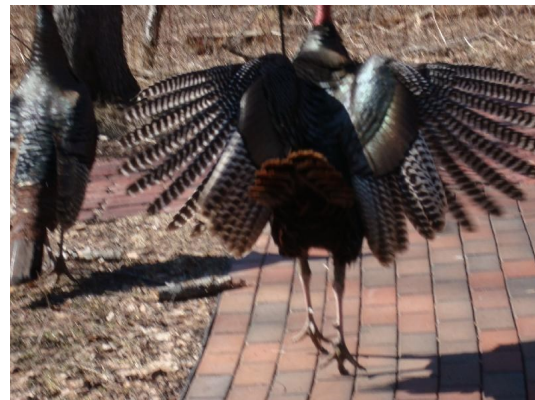
Many people who attended the Friends' holiday party requested the recipe for a fabulous mystery dessert brought by Valori Victor. Below is the basic recipe that can turn out somewhat differently each time. Generally speaking, just mash enough of the bottom layer mix into your serving container (a pie pan; a green plastic Christmas-tree shaped snack tray; there are no rules with this dish).

Bottom Layer:

Mix together with enough tahini to make it gooey (but not too liquid once the berry juice seeps down):

- Raw sunflower seeds and/or your favorite chopped nuts (enough to cover bottom of serving container)
- Chopped date pieces (try a fistful and continue with the scientific method of taste/add in increments, keeping in mind and tastebud-memory the amount in top mixture)
- (optional) Cherry-infused or plain dried cranberries (available where raisins are in the supermarket)
- Add a dash of almond extract. (optional)

Press the mixture onto a plate or pan.



Top layer:

Mash together:

- Raspberries (fresh or frozen) sufficient to generously and juicily cover the bottom layer
- Chopped dates (the amount depends on how many in bottom layer). I like it when the chopped dates are plentiful in the top mixture because the raspberry juice softens them and a mouthful of raspberries and sweet dates is the best. Take the scientific approach and taste/add dates in increments. Feel free to enlist tasting assistants.
- Blackberries (optional) I like that when I smash the raspberries, the fresh blackberries remain intact and offer decorative options.

Arrange over bottom layer. Use a spoon to serve. Enjoy!

Nature's Gathering a Big Success!

On November 1, our supporters enjoyed an exceptional evening of good wine and nature art at *Nature's Gathering: An Evening of Art, Wine and Cheese*. This event raised money to support Reinstein Woods' environmental education programs. Friends of Reinstein wishes to thank all of the artists and volunteers who donated their time to the event. We also would like to extend our thanks to the wineries and companies that made donations to ensure a successful evening!

Special Thanks to:



D'Avolio Olive Oils
Julia A. Reinstein
Leonard Oakes Estate Winery
Midnight Run Wine Cellars
Niagara Landing Wine Cellars
Rich Products Corporation
Village Sweet Shoppe & Gifts

Willow Creek Winery
Yancey's Fancy, Inc.

Americana Vineyards
B & B Liquor
Battistoni Italian Specialty Meats
Camellia Foods

Christa Skura- Tastefully Simple
Chrusciki Bakery , Lancaster
Cordially Yours Wine & Spirits
Key Liquors
McCullagh Coffee
Toro Run
Universal Market Liquor & Wine

Annual Meeting Highlights

About 40 members of the Friends gathered in mid-October to elect a new board member, thank an award winner and hear about Friends of Reinstein Woods' accomplishments in 2013-2014.

The Peter Losi Memorial award was presented to Joan Scott for outstanding service to Friends of Reinstein Woods. Joan has been a behind the scenes volunteer for the last six years, assembling and editing Friends of Reinstein's e-newsletter. In past years she has also sent email reminders about special events like the fall festival and put together photo books that were raffled off as door prizes at Friends' events or used to market Reinstein Woods' programs to new teachers and administrators.

President Mike Gettings also thanked Joe Rembold, who completed a term on the board of directors. Joe has chaired the Marketing Committee since its inception and guided the process of developing a new logo, position statement (slogan) and website for the organization. Joe put in countless hours behind the scenes helping the Friends' board communicate better online, securing a grant from the National Environmental Education Foundation to help them complete a marketing plan, and working on integrating credit card sales into the new website. Joe works for Delaware North Company and lives in Kenmore with his wife and new baby daughter. Although Joe will no longer be on the board of directors, he will be continuing to help the marketing committee, and we hope to see him and his new daughter in the woods soon!

Stefanie Ecker was elected to a three year term with the board of directors. Stefanie works for Ingram Micro, Inc. and previously worked for Hospice Buffalo. Stefanie jumped right into volunteering for the Friends early this year, acting as chairperson for this year's Nature's Gathering event. We are glad to have her continuing her leadership by officially joining the board of directors.



Committee chairs shared our successes in fundraising, member events, and finance. Most importantly, meeting attendees heard about the programs that the Friends supported this year, including:

- transporting 25 kids from urban, underserved areas to DEC's Camp Rushford environmental education camp
- the growing *Kids in the Woods* summer day camp program
- stewardship of Reinstein Woods, including the Garlic Mustard Challenge, Earth Day in May, and Trail Tuesdays

workshops for teachers, including the successful "Schoolyard Habitat Institute" held over the summer

- Great Lakes education of teachers and students, in partnership with Buffalo Urban Outdoor Education (BUOE) an expanded Day in the Life of the Buffalo River program the successful launch of Family Nature Clubs, in partnership with the Buffalo Zoo.

We look forward to continuing our success in sharing nature's harmony in 2015!

Welcome New Members!

Welcome to the following members who have joined Friends of Reinstein Woods in 2014:

William Breslin
Mary Dahl
Dana Estrada
Paul Kempkes

Tom Monkelbaan
Suzanne & Jon O'Brien
Martin Peters
Lynn Sarvis

Laurie Thomas
Jill Thurston
Debby Tuberdyke

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.

Thank you Donors!

Thank you to the following people for donating to Reinstein Woods:

- Brian Engler, for donating books
- Ron Dekanski in support of purchasing new owl mounts
- anonymous for donating bird seed and feeders
- J. Kuzdowski and K. Michaels, who gave to the Friends' Annual Appeal since the last newsletter came out in August.

Donations also supported the Peter Losi Memorial Campership, a scholarship for a deserving student to spend a week at DEC's environmental education summer camp, Camp Rushford



Lamar Watson at Camp Rushford