

# The Lily Pad



The Newsletter of Friends of Reinstein Woods

*Share In Nature's Harmony*

**Spring 2018**

## Summer Camp News *Registration Is Open!*

We have switched to an online registration system for Kids in the Woods Summer Day Camps. Register now to lock in your child's spot and take advantage of the \$10 early-bird discount!

Reinstein Woods is pleased to welcome new Summer Camp Director David Banchich. David is a former Reinstein Woods Naturalist Intern and previously worked at Camp Oty'Okwa in Ohio. He is looking forward to sharing his extensive knowledge of reptiles, amphibians and invertebrates with the campers!

For camp details and to register, visit the Summer Camps Webpage:

<http://reinsteinwoods.org/explore/programs-services/summer-day-camps/>



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## Spring Programs Announced

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

Nature Tech Adventures: A spring break series for kids! Register for one day of fun, or join all five adventures!

I Love My Park Day: Join us May 5th for our annual trail stewardship day, also known as Earth Day in May!



**For more information or to register for any program, call  
(716) 683-5959.**

**Doug Tallamy to Speak About Native Plants**  
**Friday, March 16 at 7 PM**  
**Niagara Power Vista, 5777 Lewiston Rd, Lewiston, NY**

If you are interested in learning more about why native plants are important, considering attending "A Case for Native Plants," a talk by Doug Tallamy, author of the award-winning book, *Bringing Nature Home*. This event is sponsored by the WNY Land Conservancy. Space is limited for this free event, and registration is required. Register here:

<https://www.eventbrite.com/e/doug-tallamy-a-case-for-native-plants-tickets-42427866892>



**Native Plant Sale Pickup**

Friends of Reinstein Woods' third annual Native Plant Sale pre-order has ended. Ordered plants can be picked up on June 2.

Questions? Contact Reinstein Woods at (716) 683-5959

Contact  
Friends of  
Reinstein Woods

[Reinsteinwoods@yahoo.com](mailto:Reinsteinwoods@yahoo.com)

716-683-5959

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

**Website:**  
[Reinsteinwoods.org](http://Reinsteinwoods.org)

**Earth Week Opportunity: Phragmites Strike Team!**



If you enjoy being outside and want to help maintain healthy wetlands at Reinstein Woods, join our Strike Team! We'll train you and other like-minded volunteers to monitor and remove *Phragmites australis*, an invasive plant also known as common reed. Team members will learn monitoring protocols and simple removal techniques. Monitoring will take

place throughout the spring and summer.

The training will be **Thursday, April 19 at 5:30 p.m.** It's a great way to celebrate Earth Week, the week leading up to Earth Day on April 22! To register or for more information, call 683-5959.

## Spring Cleaning: How & Where to Properly Dispose of Medicine and Sharps

While sprucing up your house with a little spring cleaning, you may wonder what to do with that old bottle of medicine you found tucked in a cupboard. Improper disposal (like flushing medicine down a toilet) can be harmful to the environment.

The Erie County Health Department offers a website where you can find locations of medication and syringe disposal kiosks throughout the county. You can even print out the list of disposal sites and post them at your workplace.

For other types of waste you might gather during your spring cleaning, such as oil-based paints or solvents, visit Erie County's [waste management and recycling](#) page to find out if it can be recycled or how to find a hazardous waste collection event. For information about these programs please visit: [www2.erie.gov](http://www2.erie.gov)



## Dare to Repair Cafe Keeps 664 Pounds Out of Landfill!

Thanks to a host of volunteers, more than 150 people were able to have items fixed- or find out whether their item was fixable - at the Dare to Repair Cafe held January 27 at Reinstein Woods.



*Volunteer Repairing Lamp*

Volunteer fixers (also known as "repair coaches") used their skills to help repair broken items including lamps, vacuum cleaners, furniture, clothing, and even a lawn mower! This reduces waste sent to a landfill.

To make it a real "cafe," Friends of Reinstein sold hot drinks and snacks for a small donation. We hope to host another cafe in the fall.

In the meantime, the University at Buffalo is hosting a Dare to Repair Cafe on Monday, March 12 at the Student Center on the North Campus.

## Winter Wonderland: Snow - Filled Afternoon!

More than 500 people enjoyed a beautiful snowy day at Reinstein Woods' Winter Wonderland event in early February. We want to thank all of the volunteers who made the event possible! Special thanks to the Coalition of Positively Charged People, Buffalo Niagara Heritage Village, Buffalo Niagara Waterkeeper, DEC Forest Rangers, Earth Spirit, Erie County Park Ranger Jerry Krajna, Girl Scouts of WNY, and the SPCA Serving Erie County.



# 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.*

## MARCH

### AFTER SCHOOL ESCAPE

**Thursdays, March 1, 8, 15, 22 and 29, 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**

Saturday, March 3 at 11:00 AM

### WOODS WALK: FOOD FOR WILDLIFE

Join a guided nature walk to search for things that wild animals eat in the woods. **No registration required.**

Saturday, March 3 at 2:30 PM

### FAMILY NATURE QUEST: FANTASTIC FOXES

Celebrate the Year of the Dog as we search for signs of foxes. \*\*

Saturday, March 10 at 10:00 AM

### WHO'S AWAKE?

On this guided walk we will search for early risers and migrants. \*\*

Wednesday, March 14 from 4:00 to 6:00 PM

### EDUCATOR WORKSHOP: PROJECT BUDBURST

Engage your students in hands-on citizen science as you monitor plants as the seasons change. 2 CTLE hours provided. **For educators of students in grades K-12.** \*\*

Saturday, March 17 at 10:00 AM

### GREEN AND CLEAN WORKSHOP

Make your home clean and green this St. Patrick's Day at this workshop. Create simple natural cleaning and beauty products, better than a pot o' gold. **Materials fee \$10; \$8 Friends of Reinstein Woods members.** \*\*

Saturday, March 17 at 1:00 PM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, March 21 at 10:00 AM

### SENIOR STROLL

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For adults only.** \*\*

Saturday, March 24 at 10:00 AM

### SIGNS OF SPRING

Put a spring in your step as we look for signs of the new season. \*\*

Saturday, March 24 at 2:30 PM

### BIRDING 101: CLASS #3

What bird am I? Come learn the general types of birds found in Reinstein Woods. **For adults and children ages 8 and older.** \*\*

Saturday, March 31 at 10:30 AM

### RED WIGGLER WORM COMPOSTING: CLASS #1

Learn the initial set up of worm composting for indoors and/or outdoors. **Starter kit is \$4, Friends of Reinstein Woods \$2.** (Class #2 = May 12, Class #3 = June 30) \*\*

## APRIL

### AFTER SCHOOL ESCAPE

**Thursdays, April 12, 19 and 26, 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.**

### NATURE TECH ADVENTURES

**Monday, April 2 at 1:30 PM—SOLAR SOLUTIONS**

**Tuesday, April 3 at 1:30 PM—NATURE APPS**

**Wednesday, April 4 at 1:30 PM—BIRDING**

**Thursday, April 5 at 1:30 PM—GEOCACHING EGG HUNT**

**Friday, April 6 at 1:30 PM—WIND POWER CHALLENGE**

Join us for some fun-filled spring break activities! Come for just one day, or join us all week. **For children ages 8 and older.** \*\*

Saturday, April 7 at 10:30 AM

### BUSY BEAVERS

Celebrate International Beaver Day by taking a guided walk to learn about these amazing rodents, who are also our New York State mammal. \*\*

Saturday, April 7 at 1:00 PM

### WOODS WALK: SPRING THINGS

Join a guided nature walk to look for spring in the woods. **No registration required.**

Tuesday, April 10 at 11:00 AM

### MEDICINAL HERB WALK

Learn the medicinal values of wild herbs growing along the trail. **For adults and children ages 12 and older.** \*\*

Saturday, April 14 from 10:00 AM to 1:00 PM

### CITIZEN SCIENCE TRAINING: PROJECT BUDBURST

Become a volunteer and learn how phenology (a plant's natural life cycle) affects wildlife and is affected by climate change. **For adults and children ages 10 and older.** \*\*

Wednesday, April 18 at 10:00 AM

### SENIOR STROLL

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For 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.**

## EDUCATOR WORKSHOPS

Participants receive an activity guide filled with standards-based, interdisciplinary, hands-on lessons. Anyone who works with kids is welcome!

**Wednesday, April 11 from 4:00 to 7:30 PM**

### EARTH DAY IN THE CLASSROOM/PROJECT WET

For educators of students in grades K-12. (3.5 CTLE hours provided)

**Saturday, April 28 from 9:30 AM to 3:30 PM**

### PROJECT LEARNING TREE

For educators of students in grades PreK-8. (6 CTLE hours provided)

**Thursday, May 10 from 4:00 to 7:00 PM**

### PROJECT LEARNING TREE: EARLY CHILDHOOD

## AFTER SCHOOL ESCAPE

**Thursdays, May 3, 10, 17, 24 and 31, 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, May 5 at 1:00 PM

### WOODS WALK: PATTERNS IN NATURE

Join a guided walk to look for patterns in the natural world. **No registration required.**

Tuesday, May 8 at 11:00 AM

### MEDICINAL HERB WALK

Learn the medicinal values of wild herbs growing along the trail. **For adults and children ages 12 and older. \*\***

Saturday, May 12 at 10:30 AM

### RED WIGGLER WORM COMPOSTING: CLASS #2

Bring your starter kit back to see how your worms are composting, and construct a larger bin to transfer your worms and compost. **Materials \$25, Friends of Reinstein Woods members \$20.** (Class #3 = June 30) \*\*

Saturday, May 12 at 2:30 PM

### WARBLERS FOR BEGINNERS

Join us as we learn about and look for migrating warblers, the butterflies of the bird world. **For adults and children ages 8 and older. \*\***

Wednesday, May 16 at 10:00 AM

### SENIOR STROLL

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For adults only. \*\***

Wednesday, May 16 at 1:00 PM

### CITIZEN SCIENCE TRAINING: HUMMINGBIRDS AT HOME

Become a volunteer and learn how to count hummingbirds sipping nectar at feeders and flowers. **For adults only. \*\***

Wednesday, May 16 at 6:30 PM

### BIRDWATCHING WALK

Take a guided walk to search for seasonal birds. **\*\***

Saturday, May 19 at 1:00 PM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Sunday, May 20 at 9:00 AM

### BIRDING BY EAR

Who's that singing deep in the forest or way up in the trees? Learn to identify local birds by their calls and songs. **For adults only. \*\***

Saturday, May 26 at 10:30 AM

### NATURALISTS IN THE MILITARY

This Memorial Day, discover the hidden talent and passion for nature of military leaders throughout history. **\*\***

Saturday, May 26 at 2:30 PM

### BIRDING 101: CLASS #5

Learn why some birds stay just for the summer and which to look for during the summer. **For adults and children ages 8 and older. \***

Wednesday, April 18 at 7:00 PM

### NIGHT HIKE DATE NIGHT

Enjoy an evening walk and interactive quiz to discover the compatibility of your nocturnal spirit animals. **For adults ages 18 and older. \*\***

Thursday, April 19 at 5:30 PM

### PHRAGMITES STRIKE TEAM TRAINING

Volunteers are needed to help control *Phragmites australis* (common reed), an invasive plant. Team members will learn monitoring protocols and removal techniques, and assist in the spring and summer. **\*\***

Saturday, April 21 at 11:00 AM

### WOODS WALK: SPRING WILDFLOWERS

Join a guided nature walk to search for the early wildflowers of spring. **No registration required.**

Saturday, April 21 from 2:00 to 4:00 PM

### MAKE A REUSABLE BAG

Stop in with your old t-shirts and plastic bags and we'll help you transform them in to reusable bags and holders for all your shopping needs. **No registration required.**

Saturday, April 21 at 2:30 PM

### BIRDING 101: CLASS #4

Who's in the pond? And who's hiding in the reeds? Learn about local ducks and wetland birds. **For adults and children ages 8 and older. \*\***

Saturday, April 28 at 10:00 AM

### FANTASY NATURE QUEST

Join a Role Playing Guided Walk as our party journeys into the forest, utilizing animal adaptations to restore balance to our ecosystem. **For adults and children age 8 and older. \*\***

Saturday, April 28 at 2:30 PM

### VIREOS FOR BEGINNERS

Learn about the vireos that migrate to and through Reinstein Woods. **For adults and children ages 8 and older. \*\***

## MAY

Saturday, May 5 from 10:00 AM to 1:00 PM

### EARTH DAY IN MAY / I LOVE MY PARK DAY

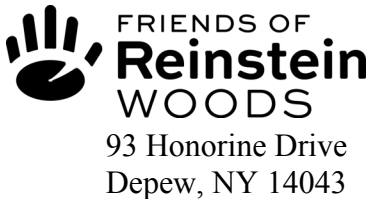
Keep the Earth Day spirit alive by caring for Reinstein Woods' trails on I Love My Park Day. Scout groups and other organizations welcome. **\*\***

## 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](mailto:stefanie.a.ecker@gmail.com).

## 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!



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