

The Lily Pad



The Newsletter of Friends of Reinstein Woods

Share In Nature's Harmony

Summer 2018

Get Outdoors! **Community Day**

Saturday, June 9
10 am - 3 pm

Would you like to know how to geocache, but you don't know where to start? Try this and other skills at *Get Outdoors! Community Day*. Part of New York State's Outdoor Day celebration, activities will include archery & birding for beginners, nature photography tips, and information on camping and paddling. Take part in a variety of kids' activities and an Instagram Challenge. Food trucks Yogurt Shack and Polish Villa 2 will be on hand. No registration is required for this free event, co-sponsored by the towns of Amherst and Cheektowaga.



For updated information visit here: <http://reinsteinwoods.org/events/outdoors-community-day/>

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Activities include:

- Archery for beginners
- Geocaching for beginners
- Birding for beginners (learn how to use binoculars!)
- Nature hikes
- Leave No Trace games
- Camping and paddling info & photo opportunities
- Nature photography: Instagram Challenge & more

Kids will enjoy:

- Fishing games
- Nature play stations
- Story Boardwalk
- Face painting
- Chalk & jump roping area and more!

Friends of Reinstein Board of Directors

Terrence Boyle
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Volunteers join the fight against invasive plants

Volunteers determined to keep our wetlands healthy have joined the *Phragmites Strike Team* at Reinstein Woods. Led by AmeriCorps member Gabe Puccio (far left in the photo), these volunteers will be monitoring the woods for the invasive *Phragmites australis* plant throughout the spring and summer. It's a great opportunity to get outside and help the place we love! If you are interested in joining the team, contact Gabe at (716) 683-5959.



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

Website:
Reinsteinwoods.org

There's An App For That: Fight Plastics Pollution

It's difficult to go more than a few minutes without using something made of plastic, from computers and cell phones to toothbrushes, food packaging and even some beauty products. (To see what a year's worth of plastic looks like, check out the "everyday plastic project" here: <https://www.treehugger.com/plastic/what-years-worth-plastic-looks.html>) Those plastic products are not easy to recycle, and the plastic will be around for millenia.

Americans throw away more than 300 bags per person annually.



The Plastic Soup Foundation has a new app to help us comprehend the impact of all this plastic on the oceans. The "My little plastic footprint" app has three sections: Discover, Footprint, and Inspire. Visit: <https://mylittleplasticfootprint.org/> The Discover section is an addictive "game" that asks you questions to test your knowledge of plastics, with questions ranging from serious to funny ("Do kids get angry about straw-free parties?"). As you answer the questions, you remove plastic from the ocean, advance to higher levels, AND unlock photos of really cool recycled plastic artwork from several different artists who are working with the foundation.

The Footprint section lets you become an "Ocean Champion" by pledging to remove unnecessary plastics from your lifestyle, often things you might not have thought twice about (such as cotton swabs made with plastic stems instead of paper or cotton stems).

Finally, the Inspire section shares stories of star athletes and others who are working to help clean the oceans, and lets you weigh in on what actions should be taken to fight plastics pollution.

If the idea of adding another app to your smartphone makes your head spin, the Earth Day Network (www.earthday.org) offers a variety of calculators and tracking forms, either online or downloadable, that can help you examine your plastic footprint.

Members-Only Programs & Thank You

A message from the President

Hello Friends,

Well we finally made it to Spring only to get a quick transition into summer-like weather! If you haven't been to the woods lately, everything is greening up and wildlife has been busy foraging for food and building homes for their young. You'll also notice that DEC rebuilt the brick entry walkway to make it more accessible. A new kiosk for the entryway is in the works.

As a member of the Friend group, you may have received an email for our upcoming members-only events: a Fossil Hunt at Penn Dixie in Hamburg on Saturday, June 16 and a tour of Ganondagan State Historic Site in August. Visit here: <http://reinsteinwoods.org/join/members-programs/>. Space is limited so call Reinstein Woods, (716) 683-5959 to reserve your spot!



As spring began, many people donated to Friends of Reinstein as part of the United Way's "Spring It On" online giving campaign, raising funds for inoculating ash trees affected by the Emerald Ash borer at Reinstein Woods. As we celebrated Earth Day, even more people donated to our Earth Day Appeal (<http://reinsteinwoods.org/donate/earthday-appeal/>), providing funds to support educational resources needed for our many programs. I sincerely thank everyone for their generous donations and for being an important part of keeping our woods as an educational resource!

Many of you know I have served on the Board of Directors for many years, and for me it's how I give back to my community and see the results of what can be done with many hands. We are always looking for new committee members to help with the many events we sponsor. Feel free to attend any board or committee meetings (dates can be found here: <http://reinsteinwoods.org/learn/board/>) to get an idea of what we do – you'll be surprised to find you may just fit right in!

Enjoy the Woods & Respect Nature,
Terrence Boyle, President



Space still available in Summer Camps!

It's not too late to register your child for Kids in the Woods Summer Day Camp! Spots are available in the Little Sprouts, Wilderness Adventures, and Nature Expeditions Camps.

For camp details and to register, visit the Summer Camps Webpage here: <http://reinsteinwoods.org/explore/programs-services/summer-day-camps/>

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!



Reinstein Woods' Intern Wins Award

Reinstein Woods Naturalist Intern Leah Tyrrell was awarded the "Intern of the Year Award" from Buffalo State College, where she recently received a degree in environmental conservation and natural history. Leah has volunteered for the "Lost Ladybug Project" for several years, and is arranging for a summer ladybug release at Reinstein Woods. Visit: <http://www.lostladybug.org/>

Leah has been serving at Reinstein Woods since January and will continue to assist with environmental education programs through the fall. If you see Leah on a visit to Reinstein Woods, be sure to congratulate her on her achievement!



Thinking of Buying an Electric Car? It's more affordable than you may think!

I recently bought a plug-in hybrid vehicle. Since then, I've had many people ask me about my car – both how it works, and what the buying process was like. I can sum it up like this: My car "works" like a regular car except that it runs off of electricity in addition to gasoline, and in the end, I paid less than I would have for a comparable gas-powered vehicle, both in terms of purchase price and long-term operating cost.



Thanks to incentives from New York and the federal government, hybrid and full-electric vehicles are now within reach for most people in the new car market. New York State's Drive Clean Rebate offers up to \$2,000 as a point-of-sale rebate, which means the money goes directly to the dealer and is therefore deducted from your purchase price. (<https://www.nyserda.ny.gov/All-Programs/Programs/Drive-Clean-Rebate/How-it-Works>) The federal government offers tax credits of up to \$7,500. (<https://www.fueleconomy.gov/feg/taxevb.shtml>) The farther a car can go on an electric charge, the higher the rebate and tax credits. And there is a range of cars that qualify, from hatchbacks to SUVs, economy cars to luxury vehicles.

If you are a National Grid customer, you can take advantage of a program that gives electric vehicle owners a lower rate on electricity if they charge their cars during off-peak hours (most electric vehicles can be programmed to charge at a certain time). They estimate this could save an average user \$175 in a year! Visit here: <https://www.nationalgridus.com/Time-of-Use>

While there are full-electric vehicles out there that can now go more than 200 miles without needing a charge, there are lots of hybrids like mine that give you the security of a gas-powered backup. And the number of charging stations across New York and the US is growing daily, with phone apps that make it easy to find them. (One thing that has surprised me is how many places offer FREE charging!) Visit here: <https://www.plugshare.com/>

Once you are behind the wheel of your new car, be sure to drive it to Reinstein Woods and take advantage of our solar-powered car charging station. It's free electricity, powered by the sun! Happy driving.

– Meaghan Boice-Green, Center Director, NYSDEC Reinstein Woods

Summer 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.

JUNE

AFTER SCHOOL ESCAPE

Thursdays, June 7, 14, 21 and 28, 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, June 2 at 10:00 AM

GREEN AND CLEAN HOME WORKSHOP

Discover simple ways to clean your home and body without toxins at this interactive workshop. Make lip balm and multipurpose disinfectant spray to take home. **Materials fee \$7; Friends of Reinstein Woods members \$5. ****

Saturday, June 2 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

GET OUTDOORS DAY

Saturday, June 9 from 10:00 AM to 3:00 PM

Join Reinstein Woods and the towns of Cheektowaga and Amherst for a day of outdoor fun. Learn a new skill, including archery, camping, birdwatching or geocaching. Nature walks, food trucks, and more! **No registration required for this free event.** For more information, visit reinsteinwoods.org or call 716-683-5959.

Saturday, June 16 at 10:30 AM

INTRO TO FOREST BATHING

Discover the latest--and oldest--in health trends. This walk will focus on the sights, sounds and smells of the forest to induce relaxation and ease stress. ******

Saturday, June 16 at 1:00 PM

WOODS WALK: SUMMER SOUNDS

Join a guided nature walk through the woods to listen for sounds of the season. **No registration required.**

Saturday, June 16 at 2:30 PM

BIRDING 101: CLASS #6

Which woodpecker am I? Learn how to identify the different woodpeckers found in Reinstein Woods. **For adults and children ages 8 and older. ****

Wednesday, June 20 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, June 20 at 6:30 PM

BIRDWATCHING WALK

Take a guided walk to search for seasonal birds. Bring binoculars if you have them. ******

Saturday, June 23 at 10:00 AM

STORIES IN THE WOODS: POLLINATORS

Celebrate National Pollinator Week by enjoying a pollinator-themed nature story, followed by a guided walk to look for local pollinators. **For children ages 3 to 7. ****

Saturday, June 23 at 11:30 AM

BACKYARD BEEKEEPING

Join a local beekeeper to learn tips on how to start your own bee hive. ******

Tuesday June 26 at 10:00 AM

STROLLER STRUT

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

Wednesday, June 27 at 10:30 AM

WETLAND BAND AT GREAT BAEHRE SWAMP

Search for frogs, turtles and birds along the boardwalk and use instruments to recreate the sounds of the swamp. **For children ages 3 to 12. Note: This program takes place at Great Baehre Swamp in Amherst. ****

Thursday, June 28 at 8:00 PM

FULL MOON WALK

Search for nocturnal animals and seasonal constellations under the first full moon of summer. ******

Saturday, June 30 at 10:30 AM

RED WIGGLER WORM COMPOSTING

Learn how to make a large indoor or outdoor worm composting system and how to use your compost. **For adults and children ages 8 and older. ****

JULY

Saturday, July 7 at 10:30 AM

LIVING LANDSCAPES: BIRDS & BUTTERFLIES

The right plants can make a yard come alive with birds and butterflies. Explore what you can do to attract these animals to your yard. ******

Saturday, July 7 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Tuesday, July 10 at 10:00 AM

FAIRY HOUSES AT AMHERST STATE PARK

Summer 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.

Thursday, July 12 at 10:00 AM

JEWELS OF THE SKY AT BILLY WILSON PARK

On this guided walk we will search for ebony jewelwings and tiger swallowtails as well as other dragonflies and butterflies in flight. **Note: This program will be held at Billy Wilson Park, Amherst. ****

Thursday, July 12 from 6:00 PM to 8:00 PM

INVASIVE PLANTS WORK DAY

Help remove invasive plants from Reinstein Woods and learn alternative native species to plant instead. **For adults and children 12 and older. ****

Saturday, July 14 at 10:30 AM

CITIZEN SCIENCE TRAINING: THE SEARCH FOR MONARCHS

Learn how to search for and record monarchs at Reinstein Woods or in your own backyard. **For adults and children ages 12 and older. ****

Saturday, July 14 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. ******

Tuesday, July 17 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. ******

Wednesday, July 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. ****

Thursday, July 19 at 10:30 AM

CREEK CRITTERS AT AMHERST STATE PARK

Discover what amazing animals are lurking underwater along Ellicott Creek. **Note: This program takes place at Amherst State Park. ****

Saturday, July 21 at 10:30 AM

FAMILY NATURE QUEST: CATERPILLAR CRAWL

Discover the hiding spots of caterpillars in the forest and fields. ******

Saturday, July 21 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, July 21 at 2:30 PM

BIRDING 101: CLASS #7

Search for sparrows in the woods, and learn about the eight species that visit here. **For adults and children ages 8 and older. ****

Wednesday, July 25 at 6:30 PM

BIRDWATCHING WALK

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

Thursday, July 26 at 8:00 PM

FULL "BUCK" MOON WALK

Enjoy a walk during the full moon as we look for deer in velvet. ******

Saturday, July 28 at 10:00 AM

SUMMER WILDFLOWERS

Search for seasonal wildflowers, and learn their uses and folklore. **For adults and children ages 10 and older. ****

AUGUST

Saturday, August 4 at 10:00 AM

RIBBIT, SLITHER, CROAK!

Discover snakes, turtles, frogs and salamanders as we explore the ponds and forests at Reinstein Woods. ******

Saturday, August 4 at 1:00 PM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, August 11 from 10:00 AM to 1:00 PM

COMMUNITY SERVICE DAY

Do you need service hours for school or college? Come help work on a project to earn hours. **For adults and children 13 and older. ****

Wednesday, August 15 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, August 15 from 1:00 to 4:00 PM

EDUCATOR WORKSHOP: PROJECT WILD

Project WILD is an award-winning program to help K-12 teachers use wildlife to teach a variety of subjects, including math, ELA and more. Participants receive a guide with more than 100 lesson plans. ******

Saturday, August 18 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, August 18 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, August 18 at 2:30 PM

BIRDING 101: CLASS #8

Why do birds migrate? Learn which species to look for as they prepare for their long journey south. **For adults and children ages 8 and older. ****

Thursday, August 23 from 4:00 to 7:00 PM

EDUCATOR WORKSHOP: GETTING LITTLE FEET WET

Getting Little Feet WET contains interactive, hands-on activities for young learners to explore different aspects of water—from water properties to water sounds. Each activity is correlated to respective educational standards. **For educators of students ages 3-6. ****

Friday, August 24 at 4:00 PM through Saturday, August 25 at 4:00 PM

BIOBLITZ!

Join field teams led by amateur and professional biologists to try to count as many species as possible within 24 hours at Reinstein Woods. See reinsteinwoods.org for the detailed schedule. ******

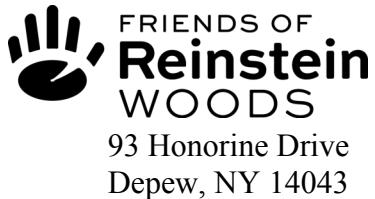
Monday, August 27 at 7:00 PM

FULL "FRUIT" MOON WALK

Enjoy a walk during the full moon as we look for fruits on native plants.

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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