

The Lily Pad



Summer 2019 Newsletter

Check out what's happening at Reinstein Woods this Summer!

Join us for Get Outdoors! Community Day!

Saturday, June 8, 2019

10 AM - 3 PM



Visit Reinstein Woods to celebrate National Get Outdoors Day! There will be delicious food from Babz BBQ, Cheesy Chick, the Froyo Shack and Ms. Judi's International Cravings! This year, there will also be a basket raffle with great prizes including passes to the Albright Knox Art Gallery, a Lasertron party package, and a gift certificate to Russell's Steak, Chops, and More.

Thanks to generous donations from Julie Reinstein, Jody Laine, and Gear for Adventure, we are raffling off an 11-foot Dagger Zydeco Kayak, which includes a paddle and life jacket. Tickets for the kayak package may be purchased at the event or in advance at Reinstein Woods. All proceeds from this event will benefit environmental education and stewardship programs at Reinstein Woods.

There will be fun for the whole family! Part of New York State's Outdoor Day celebration, activities will include:

- Archery for beginners
- Geocaching for beginners
- Birding for beginners (learn to use binoculars!)
- Nature hikes
- Leave No Trace games
- Camping and paddling info & photo opportunities
- Nature photography
- Activities for kids

There is no registration required for this **FREE** event. Bring your friends and family and come check out all the exciting activities, prizes, and food! Call (716) 683-5959 for more information.

Relax at Reinstein



Yoga in the Woods

Wednesday, June 12 6:00-7:00 PM
\$10 suggested donation

A few spots are left in this donation-based yoga class to benefit Reinstein Woods. This yoga-inspired class includes centering, breath work, warm-ups, postures & relaxation. Dress for movement & comfort and please bring a yoga mat!

Led by Mari Irwin, certified yoga instructor. This class will be held outdoors, weather permitting.

Donations can be turned in the day of the program.

This summer, we are featuring a wellness series to help you connect with yourself and with nature and take a quick break from your busy life! These events will focus on breathing, movements, and recentering. Registration is required for all events. Visit www.reinsteinwoods.org/explore/summer-wellness-series/ or call 716-683-5959 for more information or to register. Proceeds benefit environmental education programs.

Forest Bathing

Tuesday, June 18 6:30-8:30 PM

Saturday, August 17 9:30-11:30 AM

\$10/class

Shinrin yoku, aka “forest bathing,” was developed in the 1980s by Japanese health scientists studying the stress-reducing and therapeutic effects of spending time in nature. In the U.S., the practice also incorporates indigenous wisdom about the interdependence of, and reciprocity between, humans and the more-than-human world. Guided forest bathing walks are slow, sensory-oriented, and provide opportunities along the way to share experiences with others in temporary community. “Nature is the therapist, the guide opens the door...”

Led by Jennifer Fendya, certified forest therapist. This class will be held outdoors.

Program Spotlight: Campership Program



The Reinstein Woods campership program is such an exciting opportunity for students to learn about the environment and explore outdoor activities. The program connects middle and high school students who may have limited access to nature with outdoor opportunities and a week at DEC’s environmental education camp, Camp Rushford.

Michael Adriaansen, a NYS DEC Environmental Education Assistant who leads this program, is busy all year providing students with unique opportunities to get outdoors and connect with nature. The campers enjoyed cross-country skiing, ice skating at the Northwest Buffalo Community Center, and nature walks at Reinstein Woods this winter.



As we welcomed spring, the group learned about pollinator plants and planted native wildflowers. The students will move the seedlings to Reinstein Woods to improve habitats and grow a beautiful native garden.

The students visited Como Lake Park in April to assist NYSDEC fisheries with stocking 2800 rainbow trout into Cayuga Creek. They’ll be able to try fishing this summer during their week at Camp Rushford, located in Allegany County. Friends of Reinstein Woods provides transportation for all campers to Camp Rushford and also sponsors a camper.

Reinstein Woods Receives New Funding from County, Federal Sources

Thanks to Erie County Legislators Timothy Meyers and John Bruso, Friends of Reinstein Woods was one of several community organizations receiving funding as part of the 2019 Erie County budget. Friends of Reinstein Woods received \$4,000 to purchase software to manage their volunteer, member and donor programs.

“Financial sustainability has emerged as the number one priority for our organization, and this software expands our capacity to forge a sustainable future,” said Friends of Reinstein Woods President Terrence Boyle. “We are grateful to Legislator Meyers and Legislator Bruso for their support.”



Friends of Reinstein also received a \$66,834 grant from the National Oceanic and Atmospheric Administration (NOAA) to support the “Day in the Life of the Niagara River/Lake Erie Watershed” program.

This 15-month project combines classroom learning with hands-on field experiences to connect 6th-12th grade students with their local watershed. Reinstein Woods, in partnership with Buffalo Audubon Society and SUNY Fredonia, will engage 480 students and 24 teachers from local underserved school districts in studying and caring for Canadaway Creek, the Buffalo River and the Niagara River.

The program gets underway with teacher trainings this summer. Look for updates on the program’s progress in future newsletters.

Save the date:



We are excited to announce our new fundraiser, which is taking the place of Nature’s Gathering. In celebration of the beautiful environment at Reinstein Woods, we invite guests to enjoy art, music, food and so much more while you stroll the trails. It is free to enter the market, but you can purchase \$15 dinner tickets for a catered bbq meal to support Reinstein Woods. Interested artisans can contact **Hanna O’Neill** at hanna@reinsteinwoods.org. Additional information online at www.reinsteinwoods.org/events/artisanmarket/

Looking Back: A Lifelong Love for Nature



Luann Romanelli Ream stopped by Reinstein Woods to remember her late husband, Fred Ream, and share some history of the Woods. Fred passed away this March but spent many of his days at Reinstein Woods, even before it was officially a nature preserve.

Fred's family rented a house in Bellevue, next door to Dr. Victor and Julia Reinstein, the namesake and donor of Reinstein Woods. His mother, Theresa, was the chef for the Reinstein family. He had many fond memories of growing up here that he shared with his wife throughout their lives, including some interesting details about Dr. Reinstein. For example, Luann remembers Fred telling her Dr. Reinstein absolutely loved plain washed salads.

Luann also recalls the many stories Fred had of driving around the land as a young boy with Dr. Reinstein to plant trees. Fred and the Reinstein children would spend their days playing outside and running through the woods.

Fred told his wife about sitting in the study at Dr. Reinstein's house and "blueprinting" the ponds that Dr. Reinstein planned to create. These evenings spent in the study were the early stages of the 19 current ponds and wetlands at Reinstein Woods. Luann said that many of her husband's best memories from his youth were of discussing nature with the Reinstein's by their fireplace, fishing in the ponds, and being outdoors.

Luann described her husband as having a "lifelong love of nature and blueprinting" which originated from his time spent with the Reinstein's and exploring these woods. Even after moving away from Depew, he was a frequent visitor and would come back to enjoy the peaceful preserve that shaped his childhood.

Did you know?

Going meatless can help you and the planet be healthier! You can reduce your CO2 emissions by up to 331 kg by eliminating one 5oz steak from your diet each week.* That's equivalent to almost 40 gallons of gas! If possible, we urge you to try a meatless meal or join the "meatless Monday" movement to incorporate plant-based foods into your diet and decrease our consumption of meats! Check out Step Out Buffalo's article about the 20 best spots to eat vegetarian or vegan in Buffalo! Visit <http://stepoutbuffalo.com/fantastic-spots-to-eat-vegetarian-vegan-buffalo/>

Amazon Smile

Support Reinstein while you shop! Make Friends of Reinstein Woods your official charity at smile.amazon.com, and Amazon will donate 0.5% of your purchases to Reinstein Woods.

*According to a study done by University of Minnesota on the impact of various foods on the environment and published by the Washington post. The article and study can be found here. https://www.washingtonpost.com/lifestyle/food/heres-how-much-giving-up-beef-helps--or-doesnt-help--the-planet/2017/07/20/03bb5ba2-6d60-11e7-b9e2-2056e768a7e5_story.html?utm_term=.01788104e4d9



Volunteer Highlight: I Love My Park Day

On May 4, more than 100 volunteers showed up for three hours of hard work to celebrate I Love My Park Day. Volunteers cleared trails, planted trees, and picked up garbage. They also cut back invasive plants to provide room for new native growth, and helped with other projects to preserve Reinstein Woods and its ecosystems.



Volunteers received a native tree sapling to plant in their gardens at home to encourage native growth across Western New York! Luckily, the rain held off until everyone was back inside and ready to celebrate the hard work with a pizza party.

We are so grateful for all of our dedicated volunteers. Together, we can help sustain Reinstein Woods for future generations to enjoy. If you are interested in learning more about volunteer opportunities, **visit www.reinsteinwoods.org or call (716) 683-5959** for more information.

Wild Things Welcome Season of Sun

By Conrad Baker, Reinstein Woods Environmental Education Intern

A tree finger hangs still in the cold. The pond is a mirror. The birds' voices shake the air. The eastern sky is bursting with quiet light.

The sun crests the horizon, and a lone sunbeam flies through space and strikes the water's edge.

A speck moves. She walks. Up a stalk she stalks, trailing a filament of silk for the web. A feathered predator swings in and pinches the speck neatly in a pointed beak. Swallowing the morsel, he declares his bubbling exultation. The rising heat shifts the air. Old cattails stand still in it all.

Lone creatures as small as a grain of sand fly, spiraling. A sizzling carnivore sweeps in from nowhere and grabs one. He flies up from below, tracking the morsel with thousands of flashing eyes and turns on a hair to snag it. He was born in warm February waters 700 miles to the south. Now, anticipating females, he patrols this pond, ravenous.

An ancient one lounges on a soaking log. Green life clings to her. Many years old, she knows this pond well. She has spent the winter buried in its mud. Now, her food blooms, and her many fellows contently smile.

The sun peaks. Reinstein Woods swims in warm light.

The tree finger bobs in the breeze. Suddenly, silently, the bud breaks. The leaf unfurls. June arrives.

Could you guess all the critters? Answers below!

Speck - spider, feathered predator - bird, small creatures - gnats/small flies, sizzling carnivore - dragonfly, ancient one - turtle

Summer 2019 Program Schedule

****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

Saturday, June 1 from 10:00 AM to 2:00 PM
DARE TO REPAIR CAFÉ

Bring your broken items (lamps, furniture, clothes, etc.) and have volunteer "fixers" try to repair the items for free, to reduce waste going into landfills. For more information, visit www.reinsteinwoods.org

Saturday, June 1 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 8 from 10:00 AM to 3:00 PM

New this year: a food truck rally and a basket raffle to support Reinstein Woods! Explore a new outdoor skill like archery, birdwatching, geocaching or orienteering. Enjoy hikes, face painting, nature play stations, Leave-No-Trace games and more!! No registration required for this free event. For more information, visit reinsteinwoods.org

Wednesday, June 12, from 4:30 to 5:30 PM

WILD WEDNESDAY

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

FRIENDS OF REINSTEIN WOODS WELLNESS SERIES

Proceeds from these events support youth education programs

YOGA IN THE WOODS

Wednesday, June 12 from 6:00-7:00 PM

Practice yoga outdoors at a donation-based yoga class in partnership with Soul Candy Project. A \$10 donation is suggested. For adults only. **

FOREST BATHING

Tuesday, June 18 from 6:30-8:30 PM

Saturday, August 17 from 9:30-11:30 AM

Connect with nature during a forest bathing walk, led by Jennifer Fendya, certified forest therapist. \$10/class. For adults only. **

Saturday, June 15 at 10:30 AM

PONDLIFE

Scoop and search for pond inhabitants as we discover the adaptations that allow them to survive underwater. **

Saturday, June 15 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, June 19 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 19 at 6:30 PM

BIRDWATCHING WALK

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

Saturday, June 22 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 22 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. **

Tuesday, June 25 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. **

Saturday, June 29 at 10:00 AM

JEWELS OF THE SKY

On this guided walk, we will search for ebony jewelwings and tiger swallowtails as well as other dragonflies and butterflies that may be in flight. **

JULY

Saturday, July 6 at 10:00 AM

SUMMER WILDFLOWERS

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

Saturday, July 6 at 11:00 AM

WOODS WALK: THE SECRET LIFE OF TREES

Join a guided walk to meet our local trees. No registration required.

**** NOTE: Registration is required for ALL programs unless otherwise indicated; call 716-683-5959.**

Tuesday, July 9 at 10:30 AM

FAIRYHOUSES AT AMHERST STATE PARK

Join a naturalist from Reinstein Woods in creating a house to attract nature's fairies. For children ages 5 to 10. Note: this program takes place at Amherst State Park. **

Wednesday, July 10, 17 and July 31 at 6:30 PM

FAMILY NATURE HOUR

Hands-on activities enable families to investigate a different nature topic each session. Note: this program will be held at the Julia Boyer Reinstein Library, 1030 Losson Road, Cheektowaga. Contact the library at 716-668-4991 to register for one or more sessions.

Thursday, July 11 at 2:00 PM

BUTTERFLY SUPER SENSES

Take a close-up look at real butterfly and moth specimens, and learn how their super-vision, super-smell and internal GPS actually work. For adults and children ages 8 and older. **

Saturday July 13 at 10:00 AM

TRAIL STEWARD SATURDAY

Celebrate Invasive Species Awareness Week by helping to remove a pesky plant called Phragmites that has invaded our wetlands. **

Tuesday, July 16 at 8:00 PM

FULL MOON WALK

Discover the hidden lives of nocturnal animals on this guided hike. **

Wednesday, July 17 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, July 17 at 10:00 AM

INSECT EXPLORATION WALK AT WALTON WOODS

Join us as we explore the pond and forest and search for insects. Note: This program will be at Walton Woods Park, Amherst. **

Wednesday, July 17 at 6:30 PM

BIRDWATCHING WALK

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

Saturday, July 20 at 10:30 AM

THE SEARCH FOR MONARCHS

Learn about the monarch butterfly's life cycle, and search for eggs, caterpillars and adult butterflies. **

Saturday, July 20 at 1:00 PM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Tuesday, July 23 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. **

Wednesday, July 24 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 27 at 10:00 AM

RIBBIT, SLITHER, CROAK!

Discover snakes, turtles, frogs & salamanders in our ponds and forests. **

Saturday, July 27 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. **

AUGUST

Saturday August 3 at 10:00 AM

TRAIL STEWARD SATURDAY

Volunteer to help keep Reinstein Woods' trails healthy and clean! We'll remove invasive plants, pick up trash, and do whatever else is needed. **

Saturday, August 3 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, August 10 at 10:00 AM

SPIDERS: WHAT'S IN YOUR WEB?

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

FRIENDS OF REINSTEIN WOODS EVENT

Saturday, August 10 from 3:00 to 7:00 PM

REINSTEIN WOODS ARTISAN MARKET

Browse art and artisan goods from local vendors as you stroll the trails. Free to enter; dinner tickets available for purchase. Proceeds benefit environmental education programs at Reinstein Woods. For more information, visit reinsteinwoods.org or call 716-683-5959.

Thursday, August 15 at 2:00 PM

PLEIN AIR DRAWING: ART IN THE WOODS

Plein air is about leaving the indoors and experiencing drawing outdoors. Let nature inspire you on this guided art session in the woods. For adults and children ages 5 and older. **

Thursday, August 15 at 6:30 PM

HOME ENERGY ACTION WORKSHOP

Discover solar power programs and incentives available for your home and community. Explore home energy efficiency programs and learn practical tips for saving money by conserving energy. Door prizes and refreshments provided. **

Saturday, August 17 at 10:30 AM

FAMILY NATURE QUEST: WORLD OF THE POND

Join as we scoop in the pond to search for aquatic animals. **

Saturday, August 17 at 1:00 PM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, August 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, August 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. **

Saturday, August 24 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. **

Remember Reinstein

You can plant the seeds to ensure future generations have the same opportunity to enjoy nature. When you remember Reinstein in your will or designate a portion of your retirement plan to go to Reinstein Woods, you leave your legacy to respect nature forever. Each gift, no matter the size, transforms the lives of countless individuals and provides opportunities for everyone to share in nature's harmony. To start the conversation, please contact Hanna O'Neill at (716) 683-5959 or hanna@reinsteinwoods.org. You can also learn more at www.reinsteinwoods.org/donate/planned-giving/

Reinstein Woods Contact Information



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