

The Lily Pad



Winter 2019 Newsletter

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

Join Us for a Holiday Celebration at Reinstein Woods!

Saturday, December 7

1 PM - 4 PM



Celebrate the start of the holiday season at Reinstein Woods! There will be delicious food to enjoy, a visit from Santa, and a special live animal presentation from the Aquarium of Niagara using their mobile touch tank of sea creatures.

Members can enjoy seeing the first signs of winter at Reinstein Woods while sipping some hot cocoa and sharing in the holiday cheer. Members are encouraged to bring an appetizer or dessert to pass.

Registration is required. Please call (716) 683-5959 or visit www.reinsteinwoods.org/join/members-programs/ to RSVP.

Save the Date:

Winter Wonderland

Saturday, February 8, 2020

12:00 PM - 4:00 PM

Don't let a little cold weather stop the fun this winter! At Winter Wonderland you can enjoy outdoor festivities. Past festivals have included a survival hike led by the Erie County Park Rangers, a flat ice rescue demonstration, snow art, recycling games, and, of course, delicious hot cocoa sold by the Friends group! Check the website for updates on 2020 Winter Wonderland activities. This event is free and no registration is required. For more information call **716-683-5959** or visit <https://reinsteinwoods.org/events/winter-wonderland/>



Join a Friends Committee!

Volunteers are the cornerstone of Friends of Reinstein Woods. Their dedication helps sustain and spread the mission of the Friends group. Volunteers assist with everything from planning fundraisers and greeting visitors to leading nature tours and maintaining trails.

Many volunteers choose to stay involved by joining one of the committees. The finance committee, development committee, and membership advisory panel make decisions to further the growth of Friends of Reinstein Woods.

The **development committee** is currently comprised of the development manager and around seven volunteers. The group organizes fundraisers such as the Artisan Market. The group also provides ideas to keep marketing efforts and messages current, promotes events, organizes raffles, and completes additional tasks as needed to support fundraising needs within the organization. While every member shares an interest in fundraising for Friends of Reinstein Woods, it is not required to have experience with fundraising.

The **finance committee** is made up of the treasurer and additional volunteers including representatives from the Board of Directors. The group protects the financial interest of the Friends group by managing financial accounting and internal controls, managing the board-approved budget, ensuring timely and accurate filing of annual tax returns and reports, and other tasks related to the financial sustainability of the Friends group.

The **membership advisory panel** discusses ways in which they can improve membership and retain members. They also plan member-only events, the annual meeting, and the holiday party for members.

The committees work with the Center Director, who acts as a NYS Department of Environmental Conservation (DEC) Representative and ensures the partnership between the DEC and Friends group serves both organizations' best interests. The committees meet on a bi-monthly basis and report to the Board of Directors.



We are always looking for new ideas and new members for the committees. If you are interested in learning more or attending a meeting, please contact Hanna O'Neill at Hanna@reinsteinwoods.org or 716-683-5959 x 210



Volunteer Spotlight: JoAnn Macuiba

JoAnn started as a volunteer and member of Friends of Reinstein Woods in August 2018 and has been a great team player ever since!

JoAnn is an active member of the Development Committee. She has coordinated donations for basket raffles, assisted with planning Nature's Gathering and the Artisan Market, volunteered at many special events and programs, and offered innovative ideas to help fundraise for Reinstein Woods.

JoAnn enjoys her time at Reinstein Woods has made friends with other members, volunteers, and staff.

“The best part of volunteering at Reinstein Woods is the feeling of belonging to a group of caring individuals, sharing a common goal of protecting the environment,” says JoAnn. “Here at Reinstein Woods, they are doing just that, and that’s cool!”

We are so fortunate to have such dedicated and passionate volunteers, like JoAnn, who make Reinstein Woods the special place that it is!

Student Scientists Brave Rainy Weather to Study Water Quality in the Niagara River/Lake Erie Watershed



"I feel like a real-life scientist!" remarked an excited middle school student from Bennett Park Montessori School as he dove into his first "Day in the Life of the Niagara River/Lake Erie Watershed" experience.

Thanks to a federal grant from the National Oceanic Atmospheric Administration (NOAA), Friends of Reinstein Woods received \$66,834 to expand the "Day in the Life" program. "We get to provide students and educators with an unforgettable experience that connects them to their local waterways," said Day in the Life program coordinator, Mary Ronan. "This grant offers the exciting opportunity to focus on our community taking action towards real environmental change through hands on learning."

On a very gloomy October 3, more than 330 students and educators from local underserved school districts weathered the rain to collect data from 14 sites along the Niagara River, Buffalo River, and Canadaway Creek.

This was the sixth year of the Day in the Life program, and certainly, the biggest year yet. With the additional funds, Friends of Reinstein Woods was able to purchase updated scientific equipment, greatly expand teacher training, and provide bussing to include eight new schools. One of the new groups was Ms. Hart's fourth grade class from Hillery Park Elementary, a Buffalo Public School.

The 16 fourth grade students in Ms. Hart's class were assisted by eighth graders from their school who helped complete the assessments. It was a wonderful opportunity for the eighth graders to serve as mentors for the younger students. Mrs. Hart shared her enthusiasm for the active participation in our environment from all of her students.

"So often, the students are not introduced to science, technology, engineering, and math (STEM) topics until high school, so it's a great opportunity to show them these," said Ms. Hart. "Also, their data is used by real scientists!"

The students gained hands-on field experience using the Global Learning and Observations to Benefit the Environment (GLOBE) program protocols to collect data that will be uploaded to a global database. This will greatly enhance research and analysis opportunities. They analyzed water quality, examined what critters live in the waterway, and mapped the area to gain a greater understanding of the watershed. Each site also had a scientist from a partner organization including Buffalo Audubon Society, SUNY Fredonia, Buffalo Niagara Waterkeeper, NYS DEC, Erie County Department of Environment and Planning and more. These representatives enhanced the students' experience by sharing their knowledge of the river, its issues, and restoration efforts. They also provided an introduction to various environmental career paths.

Throughout the 15-month project, participating educators will engage students in classroom learning using resources gained during a four-day Summer Teacher Institute and subsequent support workshops. This training provides extensive resources and training on the ecological, economical, and recreational importance of the Great Lakes. With a focus on the freshwater resource in our backyard, teachers can partake in place-based meaningful education with students.



Similarly, students completed pre-event activities to learn about their sample site, the greater Niagara River/Lake Erie watershed, and common water quality issues. In the months following the field experience, classes will participate in a stewardship action project such as continued GLOBE monitoring or habitat improvement projects. For example, students at Math, Science and Technology Preparatory School in Buffalo plan to map pervious and impervious surfaces in the schoolyard to better understand stormwater runoff and demonstrate the skills they learned through the Day in the Life program.

The expansion of the Day in the Life program is very exciting for Friends of Reinstein Woods and the Lake Erie Watershed. Through the teacher education workshops, interactive field experience for students, and stewardship action projects, more individuals are prepared to become stewards of the Great Lakes and understand the importance of this vital freshwater resource. "We can only ask students to care about what they are familiar with," said Ronan. "The grant allows us to make connections between water and everyday life while introducing science skills and career opportunities. We are empowering the next generation of environmental stewards in Western New York."

Partnership Introduces Urban Students to Nature

On the first day of our third year as partners with Gloria J Parks Community Center's 21st Century After School Program, we were greeted with squeals of "Reinstien Woods is here!!" Every Wednesday, Environmental Education interns from Reinstien Woods meet with these third grade students from Buffalo for an hour-long nature adventure.

Students take "adventure bags" filled with naturalist tools like magnifying glasses, rulers, specimen jars, and more on an outdoor walk to explore their neighborhood. When the weather is less accommodating, students explore their relationship to the Great Lakes and local waterways through water-related activities. We also try to get out for at least one snowshoeing adventure each year! During the first week, students loved creating their official "nature explorer" badges. In the spring, Gloria J Parks students have the opportunity to visit Reinstien Woods on a spring break field trip.

Students enjoy discovering nature in their neighborhoods and at Reinstien Woods. This partnership allows urban students to connect to the environment in a fun and educational way, and we have loved working with these amazing kids over the past three years.



Can't live without your coffee?

Keurigs and k-cups were the perfect solution to getting our morning jolt without wasting a whole pot of coffee. Or so we thought. But what happens to all those plastic pods once you enjoy your cup of joe? Since they cannot be recycled, they often end up in the landfill and remain in our environment forever.



There is still hope though! Many companies have created a reusable solution so you can still have just one cup of coffee and reduce your carbon footprint at the same time. Amazon, Kohl's, and Target are a few of the companies that sell reusable k-cups. These work in your Keurig, or single-serve coffee makers, and help eliminate single-use waste. Just scoop your favorite grounds into the preportioned cup and enjoy your coffee knowing you have taken one small step to reduce your impact on the environment.

This small investment will also save you money long-term. Check out all of your options by searching "reusable k-cup" and see how you can sip your coffee and say goodbye to single-use plastic!

Everyday Eco Tips

Looking for simple ways to reduce your carbon footprint? We have some tips to help you go green! And then check out the links for more ideas!

1

GO PAPERLESS

Sign up for paperless statements and bills to reduce the amount of paper you receive in the mail. Some companies will even offer a discount on your bill when you go paperless!

<https://bit.ly/2q11QHM>

2

CONSERVE WATER

Turning the water off while you brush your teeth can save up to 4 gallons of water each minute!

<https://www.epa.gov/watersense>

3

CHILL OUT

Winter is here again, which means we're heating up our homes. This year, add an extra cozy blanket to your bed and turn your thermostat down a few degrees to save money and energy.

<https://www.nyserda.ny.gov/Residents-and-Homeowners>

What's Up in the Woods?

Chilly temperatures and blankets of snow are no reason to hide inside this Winter; put on your warmest gear and venture over to Reinstein Woods! From the comfort of our Nature Center you can view birds such as chickadees, cardinals, and nuthatches as they visit the feeders for a tasty snack. Along with overwintering birds, you can say "Hey!" to our three resident turtles – quite a treat considering wild turtles are hibernating during Winter months. Make sure you do not miss Terra, the newest addition to the trio, who made Reinstein Woods her home this fall. She is an Eastern Box Turtle and enjoys a much drier habitat than Clementine and Clover.

Don't worry if the snow is too deep for you to comfortably walk on the trails! Snowshoe and cross-country ski rentals are available at the Nature Center. While you're out, keep an eye open for animal tracks. An array of animal signs can be found in fresh snow. Perhaps you'll get lucky and find records of a chase between a cotton-tailed rabbit and red fox. Each season showcases nature's beauty in a unique way, we hope you'll come out and experience winter's tranquility with us at Reinstein Woods Nature Preserve!



Donations Allow for Native Habitat Restoration

Thanks to generous donations to Friends of Reinstein Woods, we were able to treat 21 Ash trees at Reinstein Woods for the invasive Emerald Ash Borer beetle this summer.

These trees have been treated every other year since 2013. The treatment will continue for at least ten more years to protect the Ash trees from the harm that the beetles cause.

A New York State Department of Environmental Conservation (DEC) Forester injected a chemical directly into the tree. This does not harm the trees, the surrounding wildlife, or the animals and insects that use this tree for shelter or food.

The Friends provide the funding for the chemicals and related supplies. So far, this treatment has been successful in keeping the Ash trees healthy. Thank you for supporting this project and protecting our native habitats!

Winter 2019/2020 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.

DECEMBER

Saturday, December 7 at 11:00 AM

WOODS WALK: TREES IN WINTER

Join a guided nature walk and learn how trees survive the winter season. **No registration required.**

FRIENDS OF REINSTEIN WOODS HOLIDAY PARTY

Saturday, December 7, from 1:00 to 4:00 PM

Friends of Reinstein Woods members will celebrate the beauty of winter at their annual holiday gathering. Enjoy a live animal presentation by Aquarium of Niagara. New members are welcome! **

Wednesday, December 11 from 4:30 to 5:30 PM

WILD WEDNESDAY

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

Saturday, December 14 from 1:00 to 3:00 PM

MAKE A REUSABLE BAG

Stop in any time with an old t-shirt and we'll help you transform it into a reusable shopping bag! A great last-minute holiday gift. **No registration required; call 716-683-5959 for more information.**

Wednesday, December 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. ****

Saturday, December 21 at 11:00 AM

WOODS WALK: WINTER TREE ID

Join a guided nature walk to identify trees without their leaves. **No registration required.**

Saturday, December 21 at 6:00 PM

WINTER SOLSTICE CELEBRATION

Enjoy a lantern-led evening walk as we celebrate the longest night and the return of light. Discover solstice traditions from around the world, search for nocturnal animals, and end the evening with warm drinks and snacks. **\$5/person, children ages 5 and under free. ****

Saturday, December 28 at 10:30 AM

FAMILY NATURE QUEST: WINTER WILDLIFE

Look for signs of who is out and about in the winter woods, and discover how animals survive the cold. **

JANUARY

Wednesday, January 1 at 11:00 AM

FIRST DAY HIKE

Ring in New Year's Day with a hike led by a DEC Forest Ranger, who will discuss how to prepare for any outdoor adventure. **

Saturday, January 4 at 9:30 AM

NEW YEAR'S BIRD HIKE

Celebrate the beginning of a new year with a guided bird-watching hike on the trails. Learn how birds survive the winter and bring your binoculars to spot them! **

Saturday, January 4 at 11:00 AM

WOODS WALK: ANIMAL SIGNS

Join a guided nature walk to search for signs of local wildlife. **No registration required.**

Wednesday, January 8 from 4:30 to 5:30 PM

WILD WEDNESDAY

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

Friday, January 10 at 6:30 PM

WOLF MOON WALK

Take a stroll under the full moon and learn the history of the Eastern coyote in New York State. **

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

Saturday, January 11 at 10:00 AM

ARMCHAIR BIRDING

Enjoy an intimate indoor birding experience as we learn to identify feeder birds while sipping hot drinks. **For adults and children ages 12 and older. ****

Wednesday, January 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. ****

Saturday, January 18 from 10:00 AM to Noon

VOLUNTEER OPEN HOUSE

In honor of the Martin Luther King Jr. Day of Service, stop in and explore volunteering at Reinstein Woods. Experienced volunteers will discuss their volunteer jobs and share how they got involved. We'll even have some simple activities (like stuffing envelopes or counting birds) for people who want to start volunteering that day! **No registration required.**

Saturday, January 18 at 11:00 AM

WOODS WALK: TRACKS IN THE SNOW

Join a guided nature walk to look for tracks left by our resident animals. **No registration required.**

Saturday, January 18 at 1:00 PM

NEW VOLUNTEER ORIENTATION

If you want to become a volunteer at Reinstein Woods, this program is for you! All new volunteers are required to attend an orientation session. You can also submit your volunteer application at this time. **Must be 18 years or older to volunteer, or have a parent/guardian volunteer with you. ****

Saturday, January 25 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/\$5 for Friends members. ****

FEBRUARY

Saturday, February 1 from 9:00 AM to 1:00 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 educators of students in grades K-12. 4 CTLE hours provided. ****

Saturday, February 1 at 11:00 AM

WOODS WALK: WINTER SCAVENGER HUNT

Join a guided nature walk and use your senses to search through the woods. **No registration required.**

WINTER WONDERLAND IN THE WOODS

Saturday, February 8 from Noon to 4:00 PM

Discover the woods in winter! Try snowshoes or cross-country skis for free. Make snow art, enjoy ice-fishing demonstrations, winter crafts for kids, and more! Refreshments for sale. For more information, visit www.reinsteinwoods.org or call 716-683-5959. **No registration required.**

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

WILD WEDNESDAY

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

Saturday, February 15 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/\$5 for Friends members. ****

Saturday, February 15 at 11:00 AM

WOODS WALK: SNOW "STUFF"

Join a guided nature walk to learn about snow! **No registration required.**

Tuesday, February 18 at 10:00 AM

WINTER SURVIVAL HIKE

Embark on a guided walk through the woods while learning survival tips and how to hike safely during our cold winter months. ******

Wednesday, February 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, February 19 at 10:30 AM

UNDER THE ICE

Come explore the winter world of our ponds! Children will participate in a hands-on indoor and outdoor exploration to discover how turtles, frogs, insects, and more survive under the ice. **For children in grades K-5. ****

Thursday, 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/\$5 for Friends members. ****

Saturday, February 22 at 10:00 AM

FAMILY NATURE QUEST: SNOWSHOE WALK

Join us for a morning snowshoe walk along the trails as we look for signs of wildlife. **Snowshoe rental: \$5/\$2 for Friends members. ****

Saturday, February 29 at 11:00 AM

FAMILY NATURE QUEST: SNOWSHOE WALK

Join us for a morning snowshoe walk along the trails as we look for signs of wildlife. **Snowshoe rental: \$5/\$2 for Friends members. ****

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



Terrency Boyle, President
www.reinsteinwoods.org
(716) 683-5959

Michael Adriaansen, Liaison x203
Ann Murphy, Office Manager x209
Daniel Mlodozieniec, Camp Director x205
Hanna O'Neill, Development Manager x210



Department of
Environmental
Conservation

Reinstein Woods Environmental Education Center
www.dec.ny.gov/education/1837.html
(716) 683-5959

Michael Adriaansen, Env. Educ. Assistant x 203
Meaghan Boice-Green, Center Director x206
Mary Ronan, Environmental Educator x201
Kristen Rosenburg, Program Coordinator x202
Ginger Wszalek, Volunteer Coordinator x204

Non-profit org.
U.S. Postage
Paid
Depew, NY
Permit No. 19

FRIENDS OF
Reinstein
WOODS
93 Honoring Dr.
Depew, NY 14043

