

# The Lily Pad

Winter 2021 Newsletter



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You know it's that time of year again when the cold wind bites at your skin and the snow crunches beneath your boots. As you watch the soft snow flutter down from the sky, you may want to curl up with a warm blanket by a welcoming fire with a cup of hot Birds and Beans coffee.

While some of you may enjoy sitting back to observe the wonders of winter, for those winter adventurers, we are excited to bring back our snowshoes and cross-country ski rentals with a brand new trail to test out! Instead of flying south for the winter, like many of our beautiful birds, come visit us at Reinstein Woods!

Keep reading to find out about more winter fun!

## Message from the President

Hello Friends -

Welcome to the Winter edition of the Lily Pad!

It's hard to believe that Fall is nearing its end and nature is preparing for the cold laborious winter weather ahead. From many folks in Western New York, I always hear how they just dread the cold, the snow, the short amount of daylight and those dark morning drives to work. It's a hard thing to ignore, but since we can't fight mother nature, we need to embrace all the wonderful things that come with the winter season and before you know it, Spring will be just around the corner!

Since the days of wearing bulky winter gear are gone and you can easily rock any style you choose, getting outdoors and staying active during the winter months is easier than ever. But, what to do? Did you know some outdoor recreation facilities in Western New York rent snowshoes and cross-country skis? Reinstein Woods is one of them and I encourage everyone to at least try it! There is nothing more beautiful than fresh fallen snow glistening in the sunlight. Be sure to **save the date for Winter Wonderland on February 5, 2022**, our winter mini-festival and just one of many winter programs at Reinstein Woods. Most programs are outdoors and all the experts recommend getting outdoors for both your mental and physical well-being! Winter has a lot to offer, you just need to get out there and experience it. Go for a short walk with your dog, grab a pair of ice skates and head to Rotary Rink, or play in the snow with your grandkids – when was the last time YOU made a snow angel? As for me, you'll probably find me cross-country skiing on the trails at Reinstein on the weekends – maybe I'll see you there!

Best regards – respect and enjoy nature,  
Terrence Boyle, President

## T-Shirt Design Contest: Calling The Creative!



2021 T-SHIRT DESIGN CONTEST

**CALLING  
THE  
CREATIVE!**

Do you have a knack for drawing animals? Is nature your muse? Are you an expert at graphic design? Don't miss out on the opportunity to design the next graphic for our Friends of Reinstein Woods in-house T-Shirts. Staff and Board members will choose the final three designs to be voted on by the public.

Be on the look out for entry information and contest details on our [website](https://reinsteinwoods.org/t-shirt-contest/):  
<https://reinsteinwoods.org/t-shirt-contest/>



## Members-Only Events

While our traditional holiday party is on hold for the second year, be on the lookout for registration for a couple members-only events in February!

We are working on a "Terrariums & Toasts" event that pairs tastings from a local craft brewery with a DIY terrarium from a local plant shop, and a family-friendly cross-country ski/snowshoe adventure exploring another local WNY treasure! Keep an eye on our [members-only page](#) for registration details.

Not a member yet? Join [here](#)!

## Snowshoe and Cross-Country Ski Rentals

After a bit of a hiatus, we are so excited to be bringing back rentals at Reinstein Woods this winter!

Snowshoes and cross-country skis will be available anytime the Education Center is open, if snow conditions allow. We encourage people to call ahead 716-683-5959 to make sure we are renting during your visit.

For more information visit our [website](#)!

We are looking for Saturday volunteers 1:00-4:30 pm to help with rentals. Contact Mike at [michael.adriaansen@dec.ny.gov](mailto:michael.adriaansen@dec.ny.gov) or 716-683-5959 for more information.

## Member Highlight: Meet Mary Lou Halatt

While Mary Lou is a newer Friends of Reinstein Woods member, her family's connection to Reinstein Woods dates back to the 1940's, before the land was considered Reinstein Woods Nature Preserve, and way before it was open to the public.

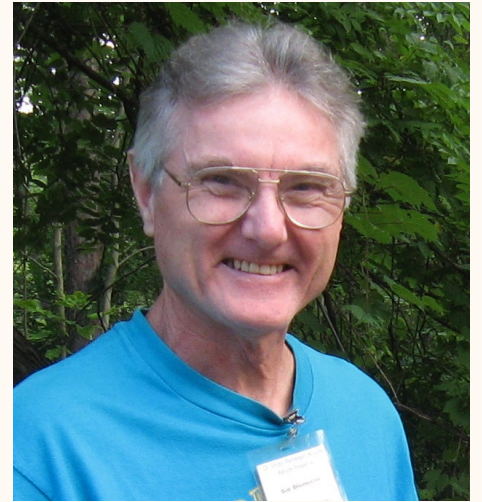
Her story begins around 1942 when her mother, Helen Bartholomew, was in an antique study group run by the American Association of University Women (AAUW). This group of esteemed women would get together every month in each other's homes and discuss antiques. A different member of the club would present a paper at each meeting. Coincidentally, one member of the club was Julia Boyer Reinstein, Dr. Victor Reinstein's wife. At the end of meetings held at the Reinstein household, Dr. Reinstein would show interested club members their undeveloped land that is now Reinstein Woods. He showed the ladies the new trails and other landscape projects underway. Helen would tell her family how impressed she was with all the work he was doing.

At the same time, Mary Lou's parents purchased a farm on Foote Road in Glenwood, NY. Although Helen and Mary Lou's father, Niles, were not farmers, having grown up in Springville, Niles was always drawn to the countryside. While the farm did have sheep, it was mainly used for weekend visits by her parents. They were particularly interested in the projects Dr. Reinstein had done on his property and paralleled similar work such as planting groves of trees on their property to transform the farmland into forest. But, similar to Reinstein Woods, this land would not remain private. It is now owned by the county and is part of Sprague Brook Park!

Mary Lou met Julia B. Reinstein when she taught seminars at Cooperstown in the early 1990's and speaks of meeting her fondly. Now 89 years old, Mary Lou is amazed at the transformation of Reinstein Woods from 2003 to present day, and since becoming reconnected with Reinstein Woods, has brought her 3 adult children, and grandchildren to enjoy the trails. Welcome back to Reinstein Woods, Mary Lou!

# Losses in the Reinstein Woods Family

Reinstein Woods is mourning the loss of two long-time volunteers who passed away in 2021. For the last decade Robert Bliemeister could be found several days a week answering the phone and greeting visitors at the front desk of the Reinstein Woods Education Center. Bob especially enjoyed showing children the baby bear and other taxidermy specimens throughout the Education Center. Bob passed away September 25, 2021 after a battle with pancreatic cancer. Bob is survived by three brothers and several nieces and nephews.



Long-time volunteer Rita Zwink passed away on August 16, 2021. Rita loved helping with special events and festivals at Reinstein Woods. She could often be found in a costume at both our Fall Festival and our Winter Wonderland festival. Although Rita stopped volunteering a few years ago due to declining health, she continued to visit Reinstein Woods when she was able. She died at age 88, leaving behind six children and 15 grandchildren.

## GIVING TUESDAY

This November 30th, we join the worldwide movement for the biggest day of giving, Giving Tuesday!

Help Friends of Reinstein Woods as we ask for your support of Reinstein Woods and its environmental education programs. You can make a contribution and encourage your friends to join in by creating your own social media fundraiser to benefit us!

Save the date: Tuesday, November 30th and find out how YOU can join the movement and make a difference at your local nature preserve [here](#).

Donations on this day will be matched by Tronconi, Segarra & Associates, Ilc. and Hodgson Russ Attorneys, Ilc.

SAVE THE  
DATE:

***Winter Wonderland  
Saturday, Feb. 5, 2022***

Our Winter mini-festival is back! For a schedule of activities, visit:

[reinsteinwoods.org](https://reinsteinwoods.org)

**\*\*PLEASE NOTE: Registration is required for ALL programs unless otherwise indicated.**

*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.*

### PROGRAMS AT REINSTEIN WOODS

- You must pre-register by phone; call 716-683-5959 to register.
- If you call outside of normal business hours you will receive a call confirming your registration or waitlist status. PLEASE SPEAK CLEARLY when leaving your name and phone number as our system does not have caller ID. **Unless you receive a callback, you are not registered.**
- Social distancing and mask protocols are subject to change with current COVID guidelines.
- **If you or a family member feels ill, is waiting for COVID test results or have COVID symptoms, please stay at home.**
- In case of poor weather, programs may be cancelled.
- We cannot accommodate organized youth/civic groups at these programs. Please call to make other arrangements.

## DECEMBER

Thursday, December 2 at Noon

### VIRTUAL PROGRAM: HEAT PUMP BASICS

If you currently heat with electricity, propane, or oil, a heat pump can save you money! Heat pumps are an energy-efficient, fossil fuel-free system that can heat AND cool your home. Presented by PUSH Buffalo. **Registration required; register online at [reinsteinwoods.org/events](https://reinsteinwoods.org/events).**

Saturday, December 4 at 10:00 AM

### SNOWSHOE-OR-NOT WINTER WALK

Enjoy a guided snowshoe walk—if there's snow! No snow? We'll search for signs of wildlife that stay here for the winter. **\$10/person, \$7 for Friends members. \*\***

Saturday, December 4 at 11:00 AM

### WOODS WALK: SEARCHING FOR SASQUATCH

Join a hunt for animal signs and clues. If we're lucky, we may see the elusive eastern Bigfoot! **No registration required.**

Wednesday, December 8 at 4:30 PM

### WILD WEDNESDAY

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

Thursday, December 9 at 6:00 PM

### VIRTUAL PROGRAM:

### PLANNING FOR A FOSSIL FUEL-FREE HOME

Learn what to consider when planning climate-positive changes that remove fossil fuels from your home. Renewable and clean energy options, insulation, and more will be discussed. Presented by PUSH Buffalo. **Registration required; register online at [reinsteinwoods.org/events](https://reinsteinwoods.org/events).**

Saturday, December 11 at 9:00 AM

### BIRDING 201

This program is for more experienced birders who have attended our Birding 101 programs. Learn about Western New York's winter birds and how they survive the tough weather conditions. **\*\***

Thursday, December 16 at 6:30 PM

### ALMOST-FULL MOON WALK

Explore Reinstein Woods on this guided walk under the waxing gibbous moon. **\*\***

Saturday, December 18 at 10:00 AM

### RECYCLED AND REUSABLE GIFT WRAP

Create beautiful gift wrap from recycled materials using stamps and embellishments. **\$5/person, free for Friends members. \*\***

Saturday, December 18 at 1:00 PM

### WOODS WALK: COPING WITH THE COLD

Join a guided nature walk to learn about how animals and plants survive the winter season. **No registration required.**

Wednesday, December 29 at 10:00 AM

### LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short, guided ski tour. **\$15/person, \$10 for Friends members.** \*\*

Thursday, December 30 at 10:00 AM

### UNDER THE ICE

Explore the winter world of ponds. Discover how insects, turtles, frogs, and beavers survive under the ice. **For children in grades K–5.** \*\*

## JANUARY

Saturday, January 1 at 10:00 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. \*\*

Thursdays, January 6-27 at Noon

### VIRTUAL PROGRAM: SUSTAINABILITY LUNCH TALKS

Follow through with your New Year's resolution to move toward a fossil fuel-free lifestyle! Each session provides local resources to help you make improvements, and maybe even save money along the way.

**Registration required; register online at [reinsteinwoods.org/events](https://reinsteinwoods.org/events).**

Saturday, January 8 at 10:00 AM

### FROZEN FOREST BATHING

Recover from the holiday season with this program based on the Japanese practice of *shinrin-yoku* (forest bathing). The walk will focus on the sights, sounds, and smells of the forest to induce relaxation. \*\*

Saturday, January 8 at 1:00 PM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, January 12 at 4:30 PM

### WILD WEDNESDAY

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

Saturday, January 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. **\$15/person, \$10 for Friends members.** \*\*

Saturday January 22 at 10:00 AM

### PLANNING FOR A FOSSIL FUEL-FREE HOME

Learn what to consider for making climate-positive changes to remove fossil fuels from your home. Renewable and clean energy options, insulation, and more will be discussed. Presented by PUSH Buffalo. \*\*

Saturday, January 22 at 10:30 AM

### STORIES IN THE WOODS: SQUIRRELS

Enjoy hearing a nature story, followed by a guided walk in the woods. **For children ages 3–7.** \*\*

Saturday, January 22 at 11:00 AM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Tuesday, January 25 at 10:30 AM

### WINTER WILDFLOWERS

Explore the world of winter plants and see what next summer's wildflowers will look like. **For adults only.** \*\*

Saturday, January 29 at 10:00 AM

### BIRDING 101

For beginner birders: learn birding skills while hiking through Reinstein Woods in search of our winter birds. \*\*

## FEBRUARY

### WINTER WONDERLAND IN THE WOODS

**Saturday, February 5 (time TBD)**

Discover the woods in winter!

See [reinsteinwoods.org/events](https://reinsteinwoods.org/events) for event details.

Wednesday, February 9 at 4:30 PM

### WILD WEDNESDAY

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

Saturday, February 12 at 10:00 AM

### LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short, guided ski tour. **\$15/person, \$10 for Friends members.** \*\*

Tuesday, February 15 at 10:30 AM

### WINTER TREE ID

Don't know the difference between a spruce and a pine tree? Come learn how to identify local trees in winter. **For adults only.** \*\*

Wednesday, February 16 at 6:30 PM

### FULL MOON WALK

Enjoy the silence of a starry night on this walk under the full moon. \*\*

Saturday, February 19 at 10:00 AM

### SUBNIVEAN EXPLORATION

Discover the hidden world under our feet and learn how animals use snow to survive the winter. \*\*

Saturday, February 19 at 1:00 PM

### WOODS WALK: PLANTS IN WINTER

Join a guided nature walk to learn about our local plants during the winter season. **No registration required.**

Wednesday, February 23 at 10:00 AM

### SNOWSHOEING 101

If you've never used snowshoes before, learn how to on this guided walk. **\$10/person, \$7 for Friends members.** \*\*

Thursday, February 24 at 10:00 AM

### LEARN TO CROSS-COUNTRY SKI

Learn the basics of cross-country skiing before going on a short, guided ski tour. **\$15/person, \$10 for Friends members.** \*\*

Friday, February 25 at 10:00AM

### BIRDING FOR KIDS

Budding ornithologists will hike the trails at Reinstein Woods in search of our winter birds. Discover how to use binoculars and basic bird identification techniques. **For children ages 8 and older.** \*\*

Saturday, February 26 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. \*\*

# Grant Creates New Viewing Platform at Reinstein

Friends of Reinstein has received a \$2,473.92 grant from NEEF, the National Environmental Education Foundation. During 2020, more people visited outdoor spaces for rest and relief. At the same time, Reinstein Woods was hampered by reductions in human resources, making it hard to keep people from going off our trails. NEEF's Restoration & Resilience COVID Recovery Fund aims to help organizations like us repair areas damaged by increased visitation.



Visitors frequented a deer path leading to Heron Pond at Reinstein Woods, exploring the shoreline off trail and damaging vegetation. Thanks to this grant, NYS DEC added an appropriate trail surface, and AmeriCorps Member Jennifer Taylor led a dedicated group of volunteers to add a railing to encourage people to stay on

the trail. Volunteers also brushed in footpaths along the shoreline. A sign explaining the Leave No Trace principles that will be installed later this year. Look for the trail project to be completed by February 2022.

## Holiday Shopping

KEEP US IN MIND AS YOU SHOP THIS HOLIDAY SEASON.

As you begin your holiday shopping, keep Friends of Reinstein Woods in mind! By choosing us as your Amazon Smile recipient, you can support us just by completing your holiday shopping!

Does everyone in your family have everything they could possibly need or want? Buying an annual membership is another great way to give back to Reinstein Woods, and give your loved ones the gift of experience. Gift memberships are also available for your friends and extended family too! Stay in touch with all our happenings and enjoy the many benefits of becoming a member. Find out more about gift memberships on our website.

## NEW Membership Perk!

CUT ON THE DOTTED LINE TO CLAIM YOUR COUPON.  
(CONTINUED ON PAGE 8)

We are pleased to announce that Friends of Reinstein Woods has partnered with Little Salmon to help our members move toward a sustainable lifestyle! Little Salmon is a zero-waste shop located in the Elmwood Village. In addition to refill stations for soaps, laundry detergents and more, they have locally-sourced and locally-made products to help you live an environmentally-friendly lifestyle.



**10 % off any purchase  
\$30 or more**

*This is a Friends of Reinstein Woods membership discount.  
Only one coupon per visit. Coupon must be used in store and  
will be collected at time of purchase.*

# Are you transitioning?

Five years ago, my family decided to take a hard look at how our lifestyle affects the climate. We discovered that the big sources of climate pollution came not from little things, like whether we occasionally used a plastic straw, but from less visible sources, mainly how we were: 1) heating and cooling our home, 2) moving ourselves around, 3) where we got our electricity, and 4) what we eat. We started doing the hard work of transitioning to a fossil-free home, knowing we couldn't afford to make all changes at once, but also that we couldn't afford NOT to change.

We discovered there were a surprising number of incentives available to help us make changes. Things that we thought would be too expensive, like buying a plug-in hybrid car, are actually saving us money in the long term, without really increasing our short-term expenses. Even after paying a loan for a new heat pump, we are saving hundreds of dollars a year on heating bills!

Reinstein is partnering with [PUSH Green](#) to offer workshops to help people transition to a fossil-free home. The virtual [Heat Pump Basics](#) on Dec. 2 will cover exactly that, while the virtual [Planning for a Fossil-Free Home](#) on Dec. 9 will cover a wider range of renewable energy and efficiency topics. If you prefer an in-person workshop, register for the "Planning for a Fossil Free Home" at Reinstein Woods on Jan. 22, 2022. Reinstein staff also will present virtual [Sustainability Lunch Talks](#) on Thursdays in January, covering electricity, food, transportation and more.

As the international Climate Change Conference (COP26) is wrapping up, hope remains that collective action by world leaders will ensure our climate's ability to support human life. We can be a part of that collective action by transitioning away from fossil fuels in our own homes. - Meaghan Boice-Green

## NEW Membership Perk

CONTINUED FROM PAGE 7

Please cut out the double-sided coupon to use in store. Following this announcement, this is an annual benefit that will be mailed to you with your membership renewal papers!

Friends of Reinstein Woods has partnered with Little Salmon to help our members move toward a sustainable lifestyle. Little Salmon is a zero-waste shop located in Elmwood Village. In addition to refill stations for soaps, laundry detergents and more, they have locally sourced and locally made products to help you live an environmentally-friendly lifestyle!

Little Salmon  
230 Lexington Ave, Buffalo, NY 14222  
<https://littlesalmon.co/>

## Birds & Beans Coffee

NEW! SUBSCRIPTION OPTION

Do you love your [Birds & Beans coffee](#)? Want to ensure you receive coffee in every group order? Sign-up for a subscription! Simply download the [mail-in order form](#), fill it out, and send it in. Should you ever need to change or cancel your subscription, contact us before the 15th of the order month at 716-683-5959 ext. 210, or email [vickie@reinsteinwoods.org](mailto:vickie@reinsteinwoods.org). At this time, the subscription option only available via mail.

The next order deadline is December 15th for an end of December/early January 2022 pick-up. Due to global supply chain challenges, we can't guarantee this order will arrive before the holidays.



# A Day In The Life of the Niagara River/ Lake Erie Watershed

On October 7th, we had our annual "A Day In The Life" Watershed event with various schools across WNY. Here are a few highlights!



Clockwise from Top Left: (Top Left & Right) Group of students from Depew HS with Assembly Member Monica Wallace; (Bottom Right) Depew HS Students test water; (Middle & Bottom Left) Students from West Seneca Christian School at Burchfield Park collect and analyze water.

## Donors August 2021-October 2021

THANK YOU FOR YOUR SUPPORT OF REINSTEIN WOODS AND OUR PROGRAMS!

### Grants

Erie County  
National Environmental Education Foundation  
National Oceanic and Atmospheric Administration  
North American Association for Environmental Education  
NY Power Authority  
Parks & Trails New York

### \$1000+

Anonymous  
Paul & Sylvia Tokasz

### \$200-\$499

Lee Guterman  
Yogis In Service

### \$100-\$199

Bernice Baeumler  
Catherine Lincoln  
Sue Banchich

### Up to \$99

Amazon Smile Foundation  
Benevity  
Bonnie Blake  
Community Beer Works  
Christine Maj  
Dorothy Klink  
Janie MacDonald  
Jennifer Lodi-Smith Hebrank  
Lisa Neff  
Nicole Ferguson  
Shirley Shannon  
Suzanne Krueger  
Vinod Suchak

## Monthly Giving Program

Be on the lookout in the new year for a giving option that allows you to give all year long! Our monthly giving program will offer convenience so you can easily support Reinstein Woods.

## Reinstein Stories and Member Highlight

Is there someone you think should be highlighted for their amazing volunteering? Do you know a member that is always inspired by Reinstein Woods? How has Reinstein Woods influenced your life? Please contact Vickie at 716-683-5959 ext. 210 or

[Vickie@reinsteinwoods.org](mailto:Vickie@reinsteinwoods.org) with your stories!

## Planned Giving

Don't forget! You can make a lasting impact on Reinstein Woods and its programs by making a commitment through planned giving. Consider adding Friends of Reinstein Woods to your will or retirement plan.

(learn more at: <https://reinsteinwoods.org/donate/planned-giving/>)

