

The Lily Pad

Spring 2022 Newsletter



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Spring is in the air! The fresh scent of new buds fill the air, the sounds of new life echo through the forest, and the bright sunshine hits our skin leaving a feeling of hope and rejuvenation.

As we take a deep breath after a cold winter, here at Reinstein Woods we are looking forward to the warmer weather and all the excitement the Spring brings. Check out our virtual sustainability programs, join us as we spruce up the woods on *I Love MY Park Day* or simply come walk the trails.

We are welcoming new staff, new interns, and a new SCA AmeriCorps staff member! Visit pages 3 and 4 to learn more about our new family members.

Message from the President

Hello Friends,

Spring is a perennial awakening to new sights and sounds we have missed over the long winter months. As the large snow piles slowly melt away, I am truly amazed how nature so effortlessly rebounds from its dormant state. The transition from snow to green buds and bulbs blooming is a quick one, so be sure to get out into the woods to witness this amazing show. Having visited the preserve frequently over the winter, I was fortunate to chat with many folks while cross-country skiing. While some folks were new to the preserve, most were well-seasoned to the trails. It was wonderful to see the mix of visitors from all walks of life enjoying the sights and sounds of the woods.

When I first began volunteering at the woods more than 20 years ago, it was my mission to get more folks and their families outdoors to experience nature as I did growing up. Since becoming involved at Reinstein Woods - leading scout tours, volunteering at on-site events, watching the education center be built and starting the Friends group almost 19 years ago - I am humbled by the difference our efforts have had in many people's lives.

The Friends have been busy planning events and activities for the spring, so be sure to check the website for more information. As always, if you would like to get more involved with the Friend's group, please drop us an email at info@reinsteinwoods.org. By joining a committee or attending one of our bi-monthly board meetings, you can help us continue to spread awareness and appreciation of the outdoors! I hope to see you soon at the Woods.

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

Pop-Up Plant Sale 2022

While we are not holding our 7th Annual Plant Sale in the usual way, we are happy to say we will be having a **Pop-Up Plant Sale on Saturday, June 11th!** Mark your calendars to get your native plants and be on the lookout for more information in the coming months.



Follow us on social media to stay up-to-date with all our current and upcoming events!



Kids In The Woods Summer Camps

Have no fear! More information and registration for our *Kids In The Woods* Summer Day Camps will appear soon. Check the website frequently for more information:

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

Please welcome our new Summer Camp Director, Korah Witherell. Read more about her on the next page.

Welcome to the Family!

Korah Witherell: Summer Camp Director

My name is Korah Witherell and I am the new Environmental Educator and Summer Camp Director at Reinstein Woods! I am a Western New York native, and I recently graduated with my bachelor's in Wildlife Management from SUNY Cobleskill. I am so excited to share my experiences and passion for wildlife with everyone here at Reinstein Woods. My goal is to help teach our visitors about the wonderful environment around them & what they can do to preserve it. In my free time, I enjoy hiking, camping, kayaking and swimming, as well as hunting, trapping and fishing.



James Brown: SCA/AmeriCorps Stewardship Coordinator



Places like Reinstein Woods Nature Preserve are some of the best and most accessible places to experience nature. Visiting the nature centers and trails with friends and family in my hometown of Springfield, Missouri were some of my favorite things to do growing up in the Ozarks, which led me to pursue a Wildlife Biology degree at Missouri State University. After university, I spent time in Springfield volunteering at the nearby Watershed Committee of the Ozarks, where I found my interest in environmental education as a volunteer chaperone.

After my first SCA/AmeriCorps term working alongside the United States Forest Service in Grand Marais, Minnesota during the spring/summer of 2021, I'll spend the majority of 2022 here at Reinstein Woods. Having worked near a handful of wildfires in northeastern Minnesota and around the Boundary Waters Canoe Area Wilderness, I believe that environmental education and outreach is more important than ever. The outdoors has a lot to offer us and benefits us in many more ways than we may realize. By showing our communities how much nature can offer us, promoting environmental stewardship, and encouraging sustainable practices, I think we can go a long way towards protecting and revitalizing the environment around us for future generations to enjoy and learn from.

Welcome to the Family!

Katie Lovell: Winter 2021-Summer 2022 Intern

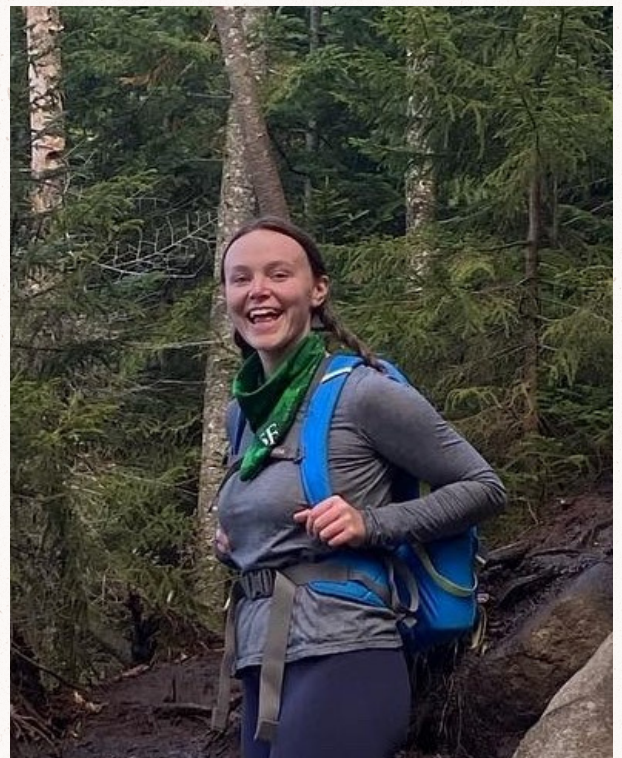


My favorite topic throughout all of my primary education was science, especially when we had lessons on the natural sciences. I remember looking at a rock sample under a microscope or counting plant species outside and being captivated by how engaging it was. This commenced my passion for environmental science and specifically geology. After graduating from the University at Buffalo with a degree in Geological Sciences, I am excited to bring my love of this field to Reinstein Woods! I recommend this preserve to anyone looking to get outside in the Buffalo area due to its convenience and beauty. A fun fact about me is I've been downhill skiing since I was 3 years old!

When hiking with friends or family, I always end up crouched over a rock pointing out the minerals or deformations. I find geology fascinating and love educating people on the different ways the geology of an area can affect the environment we see. I'm most interested in how we can use geologic techniques to study changes in the climate. From dinosaur bones to fossilized plants, old stuff can give us great clues to explain the environmental interactions we see today

Maddie Webb: Winter 2021-Summer 2022 Intern

Growing up fishing in the Niagara River and exploring the forests of Western New York gave me an appreciation for the natural environment. I received my degree in Conservation Biology from SUNY College of Environmental Science and Forestry, where my interests focused on dendrology and ichthyology. While in college I was exposed to many aspects of the environmental field; I surveyed the St. Lawrence River for muskellunge, removed invasive water chestnut from the Oswego River, and led nature hikes in the Adirondack Park. The jobs I found most fulfilling were those that involved environmental education and outreach. I hope to help make the outdoors more accessible by sharing my passion for the environment and outdoor recreation with others.



My hobbies include hiking, cross country skiing, running, and backpacking. One of my favorite outdoor experiences was thru-hiking the Northville Placid Trail, which is a hiking trail in the Adirondacks that spans 130 miles from Northville to Lake Placid. I'm looking forward to growing as an educator while at Reinstein and meeting some fellow nature lovers in the process!

****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.
- **Registration is limited to two programs/month. If you want to sign up for additional programs, you will be added to the waitlist. No limit for virtual programs.**
- 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.

MARCH

Thursdays, March 3–March 24 at Noon

VIRTUAL PROGRAM: SUSTAINABILITY LUNCH TALKS 2.0

Delve deep into how you can curb greenhouse gases produced by your lifestyle. Topics include Sustainable Fashion and Beauty, Investing and Divesting, Becoming a Voice for Climate, and “Greening” Your Workplace and Travel. **Registration required; register online at www.reinsteinwoods.org/events.**

Saturday, March 5 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, March 5 at 1:00 PM

WOODS WALK: THE OTHER SIDE OF MIGRATION

Join a guided walk to learn about animals that are migrating through the area in the spring. **No registration required.**

Wednesday, March 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. ****

Saturday, March 12 at 10:00 AM

LOOK CLOSER

Magnify the beauty of winter on this walk. We'll use microscopes and magnifiers to explore moss, lichens, buds, and more. ******

Friday, March 18 at 7:00 PM

SNOWY WITH A CHANCE OF SALAMANDERS

With the return of spring, we will explore the spring pools and search under logs for spotted salamanders. This is the time of year for them to lay their eggs and a chance for you to get a rare glimpse of these secretive creatures. ******

Saturday, March 19 at 10:00 AM

HEAT PUMP BASICS

If you currently heat with electricity, propane or oil, heat pumps can save you money! Learn about these systems and options to get your household off fossil fuels. Presented by PUSH Buffalo. ******

Saturday, March 19 at 10:30 AM

ALMOST SPRING WALK

Look for signs of the new season that begins tomorrow! ******

Saturday, March 19 at 1:00 PM

WOODS WALK: WHERE DOES MAPLE SYRUP COME FROM?

Learn more about this sweet treat that is made from the official New York State tree species. **No registration required.**

Saturday, March 26 at 10:30 AM

SPRING NATURE WALK

Join a naturalist as we search for early signs of spring in the woods. ******

APRIL

Saturday, April 2 at 10:00 AM

WORLD OF TROUT

Discover the streams of Western New York from a trout's perspective as we explore the life cycles and behaviors of mayflies, stoneflies, and other fish delicacies. This will be an indoor presentation followed by an outdoor pond study. **

Saturday, April 2 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, April 9 at 10:00 AM

BIRD MIGRATION HIKE

Review how to use binoculars, learn about helpful books and apps, and take a walk to look for migrating birds. **For adults and children ages 8 and older.** **

Tuesday April 12 at 10:00 AM

SPRING NATURE WALK

Join a naturalist as we search for signs of spring in the woods. **

Wednesday, April 13 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.** **

Thursday, April 14 at 10:00 AM

FANTASTIC FROGS

Enjoy the sounds of spring and learn about the frog species on this guided adventure. **For children in grades K–5.** **

Saturday, April 16 at 10:00 AM

OUTDOOR SKILLS

In this program, you will build an emergency shelter from natural materials and practice navigation and fire building techniques. **For adults and children ages 8 and older.** **

Saturday, April 16 at 1:00 PM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, April 20 at 6:30 PM

PHRAGMITES STRIKE TEAM TRAINING

Join this team to help monitor and remove an invasive plant threatening Reinstein Woods' wetlands. No experience needed, just a love of nature and a desire to help. **

Thursday, April 21 at 6:00 PM

TRAIL THURSDAY KICK-OFF

Celebrate Earth Week by joining the first of our weekly Trail Thursday programs. Volunteers meet throughout the spring and summer to maintain trails, remove invasive species, monitor restoration sites, and more. **

Saturday, April 23 at 10:00 AM

BIRD-SAFE WINDOWS: AN AVIAN BEHAVIOR AND BUFFALONIAN PERSPECTIVE

Thousands of birds are injured or killed annually when they collide with windows. Canisius College Honors Student Alex Sidare will delve into animal behaviors that cause window strikes and how this knowledge can help us create solutions. **

Friday, April 29 at 7:00 PM

NAME THAT TREE

What better way to celebrate Arbor Day than by taking a hike in the woods and identifying common trees? Join us to discover the tricks to tree identification and to learn fun tree facts along the way. **

Saturday, April 30 at 10:30 AM

FAMILY NATURE QUEST: WOODPECKERS

Join this quest to find signs and sightings of the many woodpeckers that call Reinstein Woods their home. **

MAY

Saturday, May 7

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. Small groups will venture out to work on projects throughout the day. Scouts and other organizations are welcome, but please note that large groups will be split into multiple parties that may have different start times. **Online registration will open in March; check www.reinsteinwoods.org/events for more details.**

Saturday, May 7 at 1:00 PM

WOODS WALK: ANIMAL SIGNS

Take a guided walk and look for clues left by local wildlife. **No registration required.**

Wednesday, May 11 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.** **

Saturday, May 14 at 9:00 AM

BIRDS AND BEANS

Celebrate International Migratory Bird Day with a bird walk followed by a sampling of bird-friendly chocolates and coffee. **\$5/person, free for Friends members.** **

Monday, May 16 at 7:30 PM

FULL FLOWER MOON WALK

Join us for an evening walk through the woods as we look for nocturnal critters. **

Saturday, May 21 at 1:00 PM

WOODS WALK: TREES IN SPRING

Now that the leaves are out, join a walk to learn about our local trees. No registration required.

Saturday, May 28 at 10:30 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. **

I ♥ My Park Day

Mark May 7, 2022 on your calendars to join us for our annual trail stewardship day. Individuals, families and organizations are welcome to participate. Look for registration information in March on reinsteinwoods.org/events.

GET TOGETHER OUTDOORS DAY

Save the Date!



Saturday, June 11, 2022

Learn new skills, pop-up plant sale, a market, raffle and more!



Stay tuned to reinsteinwoods.org for more information!

Member Highlight: Margo Banatti



Long-time Friends member Margo Banatti has been coming to Reinstein Woods for the past 22 years! After her very first walk at the woods, she asked to sign up as a volunteer. While she no longer volunteers, she still visits Reinstein Woods and contributes to our events with her beautiful birdhouses.

Margo's love of the outdoors and animals has spanned her whole life. She lived in Minnesota for about 16 years. While there, she completed 50 hours of accredited courses to become a Minnesota Zoo volunteer for about 5 years.

Margo also volunteered at the Raptor Rehab Center at the University of Minnesota, where she worked with director, Dr. Redig. Her position at the rehab center was to capture injured hawks, owls, and eagles, and then assist in restraining them for Dr. Redig to examine the injuries. Perhaps her most memorable moment was carrying a bald eagle in her arms! When she moved back to Western New York in 1996, she obtained her wildlife rehab license and continued her love for wildlife.

Here at Reinstein Woods Margo has enjoyed seeing every bit of our wildlife. On one occasion, she was able to visit the sanctuary and saw 60 or more wild turkeys gathered at one time. On another visit she fondly recalls spotting a tom turkey in full display circling a group of hens, who were totally ignoring him. He was trying so hard to impress them! On several occasions, beavers have crossed the trail right in front of her.

Margo eloquently sums her learning and love of Reinstein Woods: "As I enter Reinstein at dawn, I am aware of the silence and the breathing of the land. All my senses are tuned into the growth of living things surrounding me. There is nowhere else than here, and I am suddenly at peace. I experience this whenever I walk the trails."

Thank you for letting us be a part of your life Margo!

River DiLeo: Educator, Mentor, Friend



Many members, teachers and volunteers will fondly remember former Reinstein Woods Educator River (Brittany) DiLeo, who passed away February 10 after a battle with cancer. River had a big influence at Reinstein Woods (2010-2014) and on environmental education in New York State.

Maybe you met River through the Garlic Mustard Challenge, or through Trail Tuesdays (the precursor to our current “Trail Thursdays” program). River’s efforts to engage people of all ages in environmental stewardship led to thousands of people getting outside and taking action to benefit the habitats at Reinstein Woods and beyond.



Or, maybe you met River on a fungus walk. River enjoyed nothing more than spreading a love for mushrooms and their important ecosystem role, as well as their usefulness for art projects. An excellent artist, River’s leaf art creations continue to inspire leaf art programs here at Reinstein Woods.

Teachers may have met River at a Great Lakes workshop, experiencing new curricula and ideas for connecting students to our important water resources. And thousands of school children benefitted from River’s efforts to bring nature to students where they were, in Buffalo public school classrooms.



River left their hometown of Buffalo to become DEC's Regional Educator for New York, where they mentored many young educators, chaired the Environmental Education Advisory Committee of NYC, led diversity efforts for the NYS Outdoor Education Association, and founded NYC Queer Scouts, a group for LGBT+ people to "break down the barriers to outdoor recreation through accessible, inclusive nature-based events throughout NYC."

The staff at Reinstein Woods stayed in contact with River and are heartbroken over the loss of such an amazing educator and friend. However, River's influence will continue, as donations in River's memory will support young environmental educators in New York State.

Reinstein Educator Mary Ronan summed it up: “Whenever I saw River, I left feeling dedicated to environmental education, inspired to do more and take risks, and encouraged to create and dream... River will continue to inspire hundreds of people through all of the educators who have been lucky enough to learn from them.”

How can you practice sustainability through your finances?

To avoid the worst effects of climate change, science tells us we need to keep almost all known coal and most oil and gas resources in the ground. This means we need to stop investing in fossil fuel extraction. Here at Friends of Reinstein Woods, our finance committee and board of directors successfully transferred our investments into a fossil fuel-free portfolio, which excludes companies that develop and extract fossil fuel resources.



For more information about why fossil fuel divestment is important, visit divestinvest.org.

Spring Cleaning Your Closet?

Cleaning out closets is a popular spring activity. Recently I counted the clothes hanging in my closet: I had almost 100 pieces of clothing. That doesn't even count what's in my dresser drawers or on a shelf! Surprisingly, having 100 pieces of clothing is a low number for a female in the United States. And all that clothing is having a big climate impact. How? Find out at the Sustainability Lunch Talks 2.0 series in March. The first session will delve into new ways to think about clothing and what the industry is doing to address its problems.

The rest of the series will tackle other questions asked by participants at our January Sustainability Talks (see box). If you missed the heat session in January, check out the live "Heat Pump Basics" program at Reinstein Woods on Saturday, March 19 at 10 am. See the program schedule for details.

- Meaghan Boice-Green

Sustainability Lunch Talks

Register for any or all of these talks at reinsteinwoods.org/events. Each presentation will last about 30 minutes with 15-30 minutes for questions.

Thursdays at Noon:

March 3: Sustainable Fashion and Beauty

March 10: "Green" Investing/Divesting

March 17: Becoming a Voice for Climate

March 24: Greening Your Workplace and Travel

Nature's Nurturers: Monthly Giving Program

Looking for a giving option that allows you to give all year long? Become a Nature's Nurturer! Our monthly giving program will offer convenience so you can easily support Reinstein Woods.

Learn more at <https://reinsteinwoods.org/monthly-giving/>

In Search of Artists and Creators!

We are pleased to be holding our 2nd Artisan Market this summer on Saturday, July 16, 2022 11am-4pm for 716 day! We are in search of artists & creators to be vendors during the market. Please visit reinsteinwoods.org to find out more & register. Join us to support and shop local! Please contact Vickie at 716-683-5959 ext. 210 or vickie.dymock@dec.ny.gov with any questions. Event announcement to follow.

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/>)

