

The Lily Pad

Summer 2022 Newsletter



In this Newsletter

- A Message from the President
- WNY Hiking Challenge
- New Member Hike
- Welcome to the Family!
- Member Highlight
- Get Outdoors & Get Together Day!
- Summer Programs
- Reinstein Woods Artisan Market
- Calling All Volunteers
- I Love My Park Day Success
- Black Birders Week Walk
- Bay Watershed Education and Training (B-WET) Grant
- Heat Pumps
- Sustainability Talks
- Nature's Nurturers: A Monthly Giving Program
- Reinstein Stories
- Planned Giving



Long, warm days are what summer is made of. Lounging in the sun, counting the clouds, sipping lemonade, hiking through the woods, and splashing in the pool: a few favorite ways to explore & enjoy summer in WNY.

At Reinstein Woods, we are anxiously anticipating the return of our larger events like Get Outdoors & Get Together Day and our 2nd Artisan Market. We can't wait to inspire someone to try a new outdoor activity and share local artists' works.

We are excited to hear the laughter of our *Kids In The Woods* summer campers and welcome new faces to our trails. Let's make the most of the sunshine!



Message from the President

Hello Friends,

It seems like yesterday that I was writing up a "welcome to spring" article and here I am saying welcome to summer! The transition at Reinstein Woods from spring to summer is the most incredible transition for us to enjoy. Many area schools are slated to visit Reinstein Woods throughout the spring, with our summer day camp program starting right after school ends. I remain humbled by the continued support for our organization by members and community members, which makes these programs possible.

As we move toward summer, there is something for everyone to enjoy! On Friday, June 3, join us at Nickel City BrewZ for a happy hour fundraiser. From 7 to 10 p.m., enjoy live music, buy food from the Great Aussie Bites food truck, and enter to win a 50/50 raffle. The bar will donate a portion of draft sales to our organization. Prior to the event, from 5 p.m. to 6:30 p.m., yours truly will be leading a guided tour at Reinstein Woods! Call 716-683-5959 to register for the tour. I always enjoy meeting the community and sharing my knowledge of the preserve.

Our "Get Outdoors & Get Together Day" on Saturday, June 11 is a family-friendly event that will have many outdoor activities and a pop-up plant sale & mini-market. Try a new activity and get your fresh veggies and native plants. Lastly, we'll be holding an Artisan Market on Saturday July 16, including a delicious chicken BBQ. Be sure to pre-order your BBQ dinner by JULY 1, then support local craftspeople on Buffalo's 716 Day!

Keep reading for more information about these events and our other summer programs. I hope to meet you at these events!

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

WNY Hiking Challenge

May 1, 2022- November 19, 2022

Friends of Reinstein Woods is excited to be one of three beneficiaries for this summer's WNY Hiking Challenge, created to get people out on the many beautiful & unique trails in WNY. Hike 20 out of 32 WNY treasures to earn a finisher number, patch, sticker, and bragging rights!

The WNY Hiking Challenge will give 100% of profits to Reinstein Woods and two other organizations. To register for the Challenge, visit <https://outsidechronicles.com/summer> or follow the QR code below.



New Member Hike

SAVE THE DATE!

Have you joined Friends of Reinstein Woods since the pandemic started? Join Friends President, Terry Boyle, on a guided walk through Reinstein Woods. Learn about the woods and meet other new members!

Saturday, August 20, 2022 10am

Hike will be about 1-1.5 hours long.

Registration required. Call 716-683-5959 to reserve your spot. (New members only please.)

Welcome to the Family!

Marcus Rosten: Environmental Educator



As a Cheektowaga native my love for nature was instilled at an early age thanks to weekly nature walks with my grandmother at Stiglmeier Park and summers spent camping at Allegany State Park with my family. This inspired me to pursue a career outdoors and earn a degree in Environmental Education and Interpretation at the SUNY College of Environmental Science and Forestry. Since then, I've served as an interpretive park ranger in our national parks and forests, led stewardship projects with local non-profit organizations, and worked as a wildlife technician conducting wildlife surveys, managing habitats, and monitoring invasive species for state and federal agencies. I am excited to be an Environmental Educator back home at Reinstein Woods, where I served as an intern in 2016!

When I'm not in the Woods, I can be found birding, skiing, kayaking along the Niagara River, or singing with the Buffalo Philharmonic Chorus. I hope to see you at Reinstein Woods!

Member Highlight: Mary Jo Stock

After receiving her Bachelor's degree from Buffalo State College, Mary Jo was a school teacher in NYC for 15 years. Mary Jo grew up in Depew just minutes away from Reinstein Woods with her parents, four brothers and sister. While her mother, Margaret, was from Brooklyn, her father, Larry, was a Depew native. Her mother became affiliated with the Historical Society of Depew and became friends with Dr. Reinstein and Julia Reinstein through Julia's participation in the Historical Society of Cheektowaga.

Now 77 years old, Mary Jo recalls meeting the Reinsteins in 1955, when she was ten years old. She remembers when the beavers were introduced to the land and made frequent visits to the woods.

Mary Jo often walks the woods and refers to it as her spiritual place. She has a special tree she likes to pray at. Her love of nature developed throughout her childhood. She fondly recalls having cookies and ginger ale with her grandma, who owned a quarry. On the quarry there was a body of water filled with carp & ducks. She credits that time with her grandparents at the quarry and growing up by Reinstein Woods as part of the reason she learned how nature balanced each other, and the reason she got to love nature. Thank you for letting us be a part of your story, Mary Jo!



GET OUTDOORS & GET TOGETHER DAY



**SATURDAY, JUNE 11, 2022
10AM-2PM**

**GEOCACHING, NATURE WALKS, ORIENTEERING, DRONE
DEMO, BIRDING FOR BEGINNERS, FACE PAINTING,
AND MORE!**

Visit to reinsteinwoods.org for more information!

POP-UP PLANT SALE & MINI-MARKET

Native plants, rain barrels, local honey & organic veggies for sale!

11am-2pm Polish Villa II Food Truck

1pm Native Plant Talk by CW Native Plant Farm

Art Showcase by People Inc. & Cradle Beach

**WIN a Canon EOS Rebel with accessories (\$722 value)
& a handmade birdhouse!**

Event Sponsored by:



****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.

JUNE

Friday, June 3 at 7:00 PM

ADVANCED TREE ID

Are you looking to expand your knowledge of trees? Join us on a walk to enjoy our less-common tree species and learn tips to identify them. **

Saturday, June 4 at 10:00 AM

LAND BEFORE TIME

Join us for a guided tour of the geology of Western New York and the changes this region has gone through. **For adults and children ages 8 and older.** **

Saturday, June 4 at 1:00 PM

WOODS WALK: FROGS AND THEIR FRIENDS

Learn which frogs live here and where they live. **No registration required.**

Wednesday, June 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.** **

Thursdays, June 9-June 30 at Noon

VIRTUAL SUSTAINABILITY LUNCH TALKS

Tired of high fuel prices? Find out how 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.

GET OUTDOORS & GET TOGETHER DAY

Saturday, June 11 from 10:00 AM-2:00 PM

Explore outdoor skills like archery, birdwatching, geocaching, and orienteering. Enjoy hikes, face painting, nature play stations, and more! Friends of Reinstein Woods will be having a Pop-Up Plant Sale & Mini-Market featuring native plants, organic vegetables, local honey, and a food truck. For more information, visit reinsteinwoods.org or call 716-683-5959. **No registration required for this free event.**

Tuesday, June 14 at 8:30 PM

FULL MOON WALK

Experience the woods at night by the light of the Full Strawberry Moon. **

Saturday, June 18

AMERICAN RED CROSS TRAINING

10:00 AM: Citizen Preparedness Training (Ages 14+)

1:00 PM: Pillowcase Project (Ages 8-10)

2:00 PM: Red Cross Ready (Ages 11-13)

Build confidence by learning simple steps you can take now, to help prepare and protect your family. This program is for Friends members, but non-members may call after June 3 to see if spots are still available. **

Saturday, June 18 at 10:00 AM

SUMMER FOREST BATHING

Join the latest—and oldest—in health trends. Focus on the sights, sounds, and smells of the forest to induce relaxation and ease stress. **

Saturday, June 18 at 1:00 PM

WOODS WALK: THE LONGEST DAY

What in the world is the summer solstice? Join a guided walk to learn about the longest day of the year. **No registration required.**

Saturday, June 25 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, June 25 at 10:30 AM

FAMILY NATURE QUEST: WORLD OF THE POND

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

Saturday, June 25 at 2:00 PM

ANIMAL SUPERPOWERS

Many animals have abilities beyond those of humans. On this guided walk, you will learn about some of these amazing residents of the woods. **

SUMMER TEACHER WORKSHOPS

Educators can register for free professional development workshops in July and August at reinsteinwoods.org/explore/programs-services/educator-workshops/.

JULY

Saturday, July 2 at 10:00 AM

JEWELS OF THE SKY

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

Saturday, July 2 at 1:00 PM

WOODS WALK: LIFE UNDER A LOG

Let's look under the logs to find out what creatures like the dark and damp. **No registration required.**

Saturday, July 9 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. ****

Wednesday, July 13 at 10:00 AM

INSECT EXPLORATION WALK AT DANN LAKE PARK

Join us as we explore the pond and fields at Dann Lake Park to find the insects that call it home. **

Thursday, July 14 at 10:30 AM

FAIRY HOUSES AT AMHERST STATE PARK

Join a naturalist from Reinstein Woods Nature Preserve in creating a house to attract nature's fairies. **For children ages 5-10. ****

Saturday, July 16 at 10:00 AM

LIFE IN THE LAYERS

Learn what plants and animals can be found in the different layers of the forest, from the forest floor to the canopy. **

Saturday, July 16 at 1:00 PM

WOODS WALK: WHAT'S FLYING TODAY?

Look for "butter" and other flies. **No registration required.**

REINSTEIN WOODS ARTISAN MARKET

Saturday, July 16 from 11:00 AM-4:00 PM

Support and shop local for Buffalo's very own #716day! Browse 20+ local artists and enjoy delicious BBQ. Artists and vendors will be selling their nature-inspired items. For more information, visit reinsteinwoods.org.

Saturday, July 23 at 10:00 AM

FAMILY SUMMER NATURE WALK

Join a naturalist to search for summer wildlife in the woods. **

Wednesday, July 27 at 8:00 PM

GOING BATTY!

Learn about bats and look for the only true flying mammals. **

Saturday, July 30 at 10:00 AM

SUMMER BIRDS

Search for the birds that call Reinstein Woods home for the summer. **

AUGUST

August 2-3 from 9:00 AM-3:30 PM

SUMMER TEACHER INSTITUTE

This workshop will train educators in place-based data collection and interpretation using the nationally recognized Project Learning Tree (PLT) and NASA's Global Learning and Observations to Benefit the Environment (GLOBE) programs. **For educators of students in grades K-12. 12 CTLE hours provided. \$30 fee for program experiences. Register online at reinsteinwoods.org/explore/programs-services/educator-workshops/.**

Saturday, August 6 at 10:00 AM

STORIES IN THE WOODS

Hear a nature story, followed by a guided walk. **For children ages 3-7. ****

Saturday, August 6 at 1:00 PM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Thursday, August 11 at 10:00 AM

RIBBIT, SLITHER, CROAK!

Discover snakes, turtles, frogs, and salamanders in Reinstein Woods. **

Saturday, August 13 at 10:00 AM

FERN FORAY

Befriend the fabulous ferns that fill our forest floor with feathery fronds. **

Tuesday, August 16 at 10:30 AM

FAIRY HOUSES AT AMHERST STATE PARK

Join a naturalist from Reinstein Woods Nature Preserve in creating a house to attract nature's fairies. **For children ages 5-10. ****

Thursday, August 18 at 8:30 PM

NIGHT WALK FOR ADULTS

Search for owls, bats, beavers, and moths on this quiet evening stroll. **For adults only. ****

Saturday, August 20 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, August 20 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Tuesday, August 23 at 10:30 AM

CREEK CRITTERS AT AMHERST STATE PARK

Discover what amazing animals are lurking underwater in Ellicott Creek. **For children ages 7-12. ****

Saturday, August 27 at 10:00 AM

RESTORATION WALK

Learn how we're transforming an area with invasive plants into a restored ecosystem, and tips for native plantings and invasive species removal. **

ARTISAN MARKET

REINSTEIN WOODS NATURE PRESERVE

93 HONORINE DRIVE DEPEW, NY 14043



SATURDAY, JULY 16, 2022

11AM – 4PM

AN ARTISAN MARKET FEATURING 20+ LOCAL VENDORS!

Give back for 716 Day by supporting local craftspeople.

BBQ dinners available for pre-sale until July 1st for \$16.

Limited dinners available during the event.

Reinsteinwoods.org

ADMISSION IS FREE

\$2 donation to support Reinstein Woods is appreciated.

Event Sponsored by:

M&T Bank



Volunteers Needed!

We're in need of volunteers to help with the Artisan Market on shifts between 8am-5pm. Help set up, serve food, greet visitors at the Friends information table, direct traffic, take pictures and more! Indoor & outdoor opportunities available.

Please contact Vickie at 716-683-5959 ext. 210 or vickie.dymock@dec.ny.gov.



I ♥ My Park Day

Thank you to the 66 volunteers, including local Assemblywoman Monica Wallace and her staff, who planted 75 trees and shrubs, picked up 8 bags of litter, removed 7 bags of invasive plants, and spruced up two deer exclosures, the Nature Play Area and the Library in the Woods! We are so grateful for their efforts.

For ways to volunteer year-round, visit reinsteinwoods.org.



Black Birders Week Walk

Tuesday May 31st from 6-8pm

Celebrate diversity in outdoor spaces with a beginner bird walk led by environmental educator Marcus Rosten at Reinstein Woods for [#BlackBirdersWeek](https://www.blackbirdersweek.com/) 2022! We will be honoring the day's theme of [#LearningToTakeFlight](https://www.learningtotakeflight.org/) by exploring the basics of how to become a "birder" and looking for local birds on the preserve.

Binoculars will be available to use and all ages and abilities are welcome!

Registration required, call 716-683-5959.



Reinstein Woods receives Watershed Ed Grant

Reinstein Woods will engage teachers and students in a new "[Niagara River/Lake Erie \(NRLE\) Classrooms](#)" program thanks to a \$76,006 grant from the National Oceanic and Atmospheric Administration (NOAA) Great Lakes region Bay Watershed Education and Training (B-WET) program. We will connect at least 10 teachers and 100 students in grades 4-12 to the Niagara River/Lake Erie (NRLE) watershed. School districts with high levels of economically disadvantaged students were targeted for participation, and ten teachers attended their first workshops and field trips in May.

Led by DEC, [Buffalo Niagara Waterkeeper](#), and SUNY Fredonia's Institute for Research in Science Teaching, the program will increase the educators' understanding of environmental issues within the watershed. These teachers will form a network of NRLE Classrooms to encourage peer-to-peer conversations between teachers and students.

Students in NRLE Classrooms will enjoy both indoor and outdoor watershed learning during the 2022-2023 school year, including the "Day in the Life of the NRLE Watershed" hosted by Reinstein Woods.

WHAT IS A HEAT PUMP? *(And why should I care?)*

Did you know your refrigerator is a heat pump? This same technology can heat *and* cool your home, while removing a source of air pollution from most homes! If you heat with electricity, propane or oil, heat pumps also can save you money. Learn about the benefits of these systems and incentives available for installing one at your house.

Heat Pump Basics
Saturday, June 25 at 10 a.m.
Presented at Reinstein Woods
by PUSH Buffalo

Registration required; call 716-683-5959.

Lunch & Learn: Virtual Sustainability Talks in June!

*These noontime presentations will last about 30 minutes with 15-30 minutes for questions. **Register for any or all at reinsteinwoods.org/events.***

June 9: *Spark Change: How to Buy & Save with Renewable Electricity*

June 16: *Get a Move On: Sustainable Transportation from A to Uber*

June 23: *Climate is What We Eat: Food*

June 30: *There's No Place Like Home: Heat & Cool Your Home Sustainably*

Follow us! Stay Up-To-Date



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/>

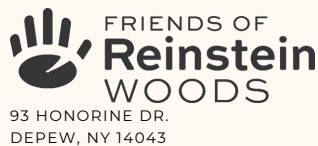
Reinstein Stories and Member Highlight

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 with your stories at Vickie.dymock@dec.ny.gov or 716-683-5959 ext. 210.

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/>)



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