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Spring is a time of new beginnings, and that is certainly true at Reinstein Woods this year! Inside this edition of *The Lily Pad*, you'll hear from the new Friends president, learn about new changes to the Birds & Beans Coffee Club, and discover new activities to help you celebrate Earth Day. Even our summer day camp program (page 3) has some new features! You'll also be introduced to the new Environmental Education Interns and AmeriCorps staff serving at Reinstein Woods this year.

If you are looking for new additions to your garden, be sure to check out the native plant sale on page 5. There are lots of new varieties to choose from, but hurry- the sale ends March first!

Finally, renew your spirit by signing up for one of the guided walks offered at Reinstein Woods this spring. New offerings include "Adventures in Astronomy," "Warblers on the Wing," and "Stop, Drop, Toad!" See the calendar insert for details.

Message from the President

As the new president of Friends of Reinstein Woods, I want to take a moment to introduce myself. My family and I relocated to Buffalo about eight years ago and I was immediately looking to join an exciting organization where I could be of help. Friends of Reinstein Woods was a perfect fit for me, and I have greatly enjoyed all the time spent with the Friends over these past seven years.

I grew up in South Florida and travelled extensively early in my career. I have been able to enjoy mountain biking, scuba diving, hiking trails and many other outdoor sports and activities over the years. Here in Buffalo, during the work week I'm hiding out in the IT department of M&T Bank, but you'll often see me at Reinstein in the evenings and on weekends.

Joining the Friends of Reinstein Woods was truly one of my better decisions. I feel so fortunate to be able to continue the great work this organization has done over the years. It was my privilege to meet the previous President, who is inspirational in his work with the Friends. He was able to always make a compelling argument to anyone to join the Friends and grow the organization.

In addition to serving as president, I am also the chairman of the Development Committee. The future of Reinstein Woods is bright, as the board of directors is looking to take us to the next level of growth! I can feel the enthusiasm of everyone, especially about the planned building expansion. Finally, I want to say, thank you for giving me this opportunity to represent the Friends of Reinstein Woods. I genuinely look forward to working with everyone during this next chapter.

- Eric Gallo, President
president@reinsteinwoods.org

Birds and Beans Coffee Orders Now Accepted Monthly!

If you haven't yet tried the Birds & Beans Coffee offered by Reinstein Woods, you're missing out on a delicious way to support not just the nature preserve you love, but animals that live here! Some of our favorite feathered friends who spend the summer at Reinstein Woods, like the wood thrush, rely on healthy tropical forests for their winter habitat. By choosing shade-grown organic coffee, you can support the tropical forests that our birds rely on, help small farmers, and keep toxic chemicals out of the environment.

Now you can order coffee online or by mail EVERY MONTH! Just place your order by the 15th of the month, and you'll get an email about a week later when the coffee is available for pickup at Reinstein Woods. You can even start a subscription so you never run out of coffee! For details, visit <https://reinsteinwoods.org/donate/birdsandbeans/>



Follow us to stay up-to-date on upcoming events!



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reinsteinwoods.org

Environmental Justice Stewards Explore Solutions to Water Pollution

"Before this program I didn't know anything about green infrastructure. Now I look for permeable pavement. What 17-year old girl looks for permeable pavement?!"

- Emily Szczubleusk, Orchard Park HS

Ten high school students from rural, suburban and urban high schools in Western New York spent the fall exploring the Niagara River/Lake Erie watershed as part of Reinstein Woods' Environmental Justice Stewards program, funded by NY Sea Grant. Each week Friends Educator Korah Witherell held a virtual session where students heard from professionals involved in water quality monitoring, restoration, and advocacy. On the weekends, students experienced the watershed first-hand through field trips to a wastewater treatment plant, brownfields, and green infrastructure sites throughout the watershed.

The program also introduced students to environmental justice issues facing their communities. The students created and distributed an online survey to document



Environmental Justice Stewards test permeable pavement.

Registration for Summer Day Camp Opens in March! *Scholarships Available*

This summer Friends of Reinstein Woods is offering exciting outdoor nature camps for kids age 4 to 15! For 2023, sessions are based on a child's age instead of the grade they are entering in fall. A new "Junior Naturalist" camp will let kids ages 13 to 15 experience hands-on science techniques that are commonly used by environmental professionals like foresters and biologists. Visit reinsteinwoods.org for details on prices and session dates.

Friends of Reinstein Woods offers partial and full scholarships for children who would otherwise be unable to attend camp. For details, call 716-683-5959 or email campdirector@reinsteinwoods.org.



EJ Stewards Serena Newell (left) and Gracie Gilcrist (right) present what they learned to elected officials at a December breakfast.

their community's needs, wants, and concerns related to water.

In December, the Stewards shared what they learned and the results of the survey with local officials at a breakfast hosted by Friends of Reinstein Woods. Several students shared how the program inspired them to plan to pursue environmental careers after high school. Williamsville East High School Senior Declan Erwin said, "I already knew I wanted to study environmental issues in college, but now I'm interested in what is happening locally."

A DEC press official interviewed some of the Environmental Justice Stewards about their experience. You can watch the [video here](#).



Western New York Hiking Challenge Makes Significant Donation

Thousands of outdoor enthusiasts hiked in 2022 to benefit Reinstein Woods through the Western New York Hiking Challenge, a project of [Outside Chronicles](#). Participants paid a fee and then completed at least 20 of 32 hikes around Western New York (including Reinstein Woods) between May and November of 2022.

Proceeds benefitted Reinstein Woods and Tifft Nature Preserve. In December, Friends of Reinstein Woods received a check for \$22,000. Thank you to all who participated in the challenge, and to Outside Chronicles for organizing the event!

For more information or to join a 2023 hiking challenges, visit:

<https://outsidechronicles.com/challenges/>



(Mike Radomski of Outside Chronicles presents a check to Friends Vice-President Tim Robson (center) and President Eric Gallo (right)).

Thinking about feeding birds on the trail?

Birdwatching is an enjoyable pastime and a great way to enjoy nature. Many people put up a feeder to attract birds to their yard, and we have feeders at Reinstein Woods' Environmental Education Center.

However, we do not allow feeding of birds or other animals along the trails. Placing feed along the trails can have a lot of unintended consequences. Food on the ground may attract other animals, such as rats and deer. When deer congregate to feed, diseases like [chronic wasting disease](#) have an opportunity to spread.

Some people enjoy "training" birds to feed from their hand. However, once birds become used to expecting food from people, they may frighten visitors who are not expecting birds to show such bold behavior. (Think of gulls at a beach or geese at a park). The Audubon Society has a great [article](#) explaining these concerns in more detail, and it can help you consider where and whether to feed birds.

Even at Reinstein Woods, we do not fill our bird feeders every day. This makes the feeders less attractive to deer, who would otherwise show up every night looking for a snack. We use the feeders to participate in [Project FeederWatch](#), a program that counts birds at feeders to allow scientists to measure changes in the winter ranges and abundances of bird species over time. This can help scientists detect when a species of bird may be at risk. (Anyone with a backyard bird feeder can participate!).

If you want to view or photograph birds eating up close at Reinstein Woods, please stick close to the Education Center's birdfeeders. When the building is open, you can even sit in warmth and comfort on our newly reupholstered couch and stools that overlook the bird feeders. Thank you for your cooperation.



****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.**
- If you call outside of our business hours, you will receive a call back confirming your registration or waitlist status. PLEASE SPEAK CLEARLY when leaving your name and phone number as we do not have caller ID. **Unless you receive a callback, you are not registered.**
- **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

Saturday, March 4 at 11:00 AM

WOODS WALK: TREES ALONG THE TRAIL

Join a walk to learn about our local trees. **No registration required.**

Tuesday, March 7 at 7:30 PM

FULL SAP MOON WALK

Enjoy the hints of spring on this guided night walk. **

Wednesday, March 8 at 10:00 AM

SENIOR STROLL

Experience nature at your own pace and enjoy a leisurely hour-long guided walk through the woods. **For adults only.** **

Wednesday, March 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.** **

Friday, March 10 at 7:30 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. **

Saturday, March 11 at 10:00 AM

THE SCIENCE OF FOREST BATHING

Learn the scientific studies behind the health benefits of forest bathing before enjoying a guided forest bathing walk. **

Saturday, March 18 at 10:00 AM

MARCH MIGRATIONS

Woodland ponds and wetlands are important habitat for migrating wildlife. Join us as we search for migrating ducks, geese, and salamanders. **

Saturday, March 18 at 1:00 PM

WOODS WALK: SWEET TASTE OF SPRING

Learn about the maple syrup process and taste some homemade product, as we check for signs of trees awakening. **No registration required.**

Saturday, March 25 at 10:00 AM

SPRING SYMPHONY

Listen to the sounds of spring and learn to identify animals by the sounds they make. **

APRIL

Saturday, April 1 at 10:00 AM

APRIL FOOL'S DAY WALK

Explore some of the ways nature can "fool" us. **

Saturday, April 1 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, April 5 at 10:30 AM

BIRDING FOR KIDS

Learn tips and tricks for spotting birds and try out binoculars. **

Thursday, April 6 at 8:00 PM

ADVENTURES IN ASTRONOMY

Enjoy a night under the stars learning about spring constellations and the legends behind them. **For kids ages 8-15.** **

Friday, April 7 at 10:30 AM

BUSY BEAVERS

Celebrate International Beaver Day by learning about these amazing rodents, which are also our official New York State mammal. **

Saturday, April 8 at 10:00 AM and 11:30 AM

NATURAL EGG DYEING

Discover how spices, fruits, vegetables, and other natural materials can create rich natural colors and patterns as you dye your own eggs. **

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

Wednesday, April 12 at 10:00 AM

SENIOR STROLL

Experience nature at your own pace and enjoy a leisurely hour-long guided walk through the woods. **For adults only. ****

Wednesday, April 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. ****

Saturday, April 15 at 10:30 AM

STORIES IN THE WOODS

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

Saturday, April 15 at 1:00 PM

WOODS WALK: WHAT'S UP AND AT 'EM?

It's the middle of spring; have things—plant or animal—started making their way back in the woods yet? **No registration required.**

Saturday, April 22 from 10:00 AM-1:00 PM

EARTH DAY FAIR

Celebrate Earth Day at this open-house event designed to connect you to local resources. Learn about incentives to help you save energy and how to buy electricity from renewable sources; explore electric cars and sustainable food choices, and more! **No registration required.** For more information, visit reinsteinwoods.org.

Saturday, April 22 at 2:00 PM

ALIENS!

Are there visitors from outer space in Reinstein Woods? No—just plants and animals that have been introduced from other parts of the world. Join a guided tour to meet some of these invasive species. ******

Friday, April 28 at 6:30 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 learn the tricks to tree identification and to learn fun tree facts along the way. ******

Saturday, April 29 from 9:30-11:30 AM

EDUCATORS TAKE ACTION!

Join the Niagara River Greenway Commission for a clean-up along the Niagara River. Learn tips for stewardship projects with students such as trash clean-up, invasive species removal, and native plantings. Register online at <https://reinsteinwoods.org/explore/programs-services/educator-workshops/>.

Saturday, April 29 at 10:30 AM

VERNAL VEGETATION

Join a naturalist on a walk through the woods as we observe and learn the stories of flora that accompany spring. ******

MAY

Saturday, May 6

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

Saturday, May 6 at 11:00 AM

WOODS WALK: WOODS IN SPRING

The woods are springing back to life after the long winter! Let's see which trees, plants, and wildflowers are bursting open and what the animals are up to as the days begin getting longer and warmer. **No registration required.**

Wednesday, May 10 at 10:00 AM

SENIOR STROLL

Experience nature at your own pace and enjoy a leisurely hour-long guided walk through the woods. **For adults only. ****

Wednesday, May 10 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, May 11 at 6:30 PM

STOP, DROP, AND TOAD!

Listen for and get an up-close look at frogs and toads that live at Reinstein Woods. ******

Saturday, May 13 from 9:00 AM - 12:00 PM

EDUCATOR WORKSHOP: DAY IN THE LIFE OF THE WATERSHED

This water quality field study will model how to lead our annual "Day in the Life" event with students. Participants will be eligible to borrow water quality testing kits from Reinstein Woods throughout the school year. **For educators of students in grades 7-12.** Register online at <https://reinsteinwoods.org/explore/programs-services/educator-workshops/>

Saturday, May 13 from 10:00 AM - 1:00 PM

DARE TO REPAIR CAFE

Bring your broken items (lamps, small appliances, etc.) to the repair cafe and have volunteer "fixers" try to repair the items for free. This event is designed to reduce waste going into landfills. For more information, call 716-683-5959 or visit <https://thetoollibrary.org/daretorepair/>.

Saturday, May 13 at 2:00 PM

INTRO TO FIELD JOURNALING

Learn how to set up your own nature field journal and take a walk around the woods while making observations. **For adults and children ages 14 and older. \$5 fee/free for Friends members. ****

Thursday, May 18 from 4:30 - 6:00 PM

EDUCATOR WORKSHOP: MARINE DEBRIS MONITORING

This hands-on experience will prepare you to lead a marine debris survey with your students at any Great Lakes beach. **For educators of students in grades 7-12.** Register online at <https://reinsteinwoods.org/explore/programs-services/educator-workshops/>

Saturday, May 20 at 9:00 AM

WARBLERS ON THE WING

Join us as we search for feeding flocks of beautiful warblers on their migration north. Binoculars will be available to use. **For adults and children ages 10 and older. ****

Saturday, May 20 at 11:00 AM

WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, May 27 at 10:00 AM

SUMMER FOREST FORAY

Enjoy a guided walk through Reinstein Woods' forest to celebrate Memorial Day weekend, the unofficial start of the summer season. ******

Plant Sale Open Now!

Rainbarrels also available

Friends of Reinstein Woods is excited to offer new and hard to find native plants as part of this year's plant sale! Not only will these flowers create an attractive garden, they will attract pollinators such as hummingbirds, butterflies, and native bees. Some varieties are sourced from seed collected in Western New York. And thanks to a partnership with Buffalo Niagara Waterkeeper, you can also order a rainbarrel to use in your garden.



All plant varieties have limited quantities, so place your order today!



Order Plants By
March 1, 2023



Pick Up Plants
June 2 or 5, 2023
(see website for details)

Find descriptions of all the plants and place an order:

reinsteinwoods.org





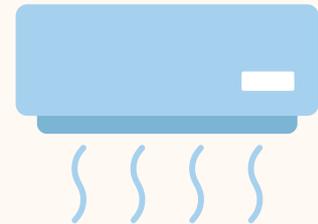
Celebrate Earth Day at Reinstein Woods!

Saturday, April 22
10 a.m. - 1 p.m.



If you've been wondering how you can help fight climate change, visit Reinstein Woods Earth Day Fair! Learn about:

- *Heat pumps*
- *Electric vehicles*
- *Erie County Climate Action Plan*
- *How to buy electricity made from renewable sources*
- *Sustainable food choices*
- *Recycling*
- *AND MORE!*



For More Information, Visit:

www.reinsteinwoods.org/events/earthday

EARTH DAY IN MAY/ I LOVE MY PARK DAY

May 6, 2023

A great way to celebrate Earth Day in the warmth of May: join our annual trail stewardship event! Individuals, families and organizations are welcome to participate. Information on how to register will be posted in March.

reinsteinwoods.org/events

WNY EARTH DAY CHALLENGE

April 2023

The WNY Earth Day Challenge is a series of environmentally themed activities, actions, and events you can take part in and around WNY. Every action you complete gives you a chance to win prizes! Sponsored by the Erie County Department of Environment and Planning.

<https://www3.erie.gov/recycling/wnyearthdaychallenge>

Reinstein Woods Welcomes New Staff

Environmental Education Intern Sarah Klos

I've always been very interested in the environment and what it has to offer. Growing up, I attended a sleep away summer camp where I learned about the environment and how to respect it while having fun outside. I recently graduated from UB with a degree in Geological Sciences and attended a field camp over the summer in 2022. I spent a month camping and mapping rocks in Colorado and Utah. I've always had a love for geology and learning about how the earth works. Some of my favorite topics in geology include fossils, hydrogeology, and mineralogy.

My favorite animals are horseshoe crabs and trilobites. I'm excited to share my knowledge of geology with others, and maybe inspire someone else with a love for ancient animals.



Environmental Education Intern Carly Guido

My name is Carly, and I am originally from WNY. I am a 2022 graduate of the Biological Sciences and Environmental Studies programs at the University at Buffalo. It is in college where I was inspired to pursue a career in the natural sciences, with classes such as evolutionary biology, field ecology, and botany. While working as a seasonal naturalist for the Niagara Region of the NY State Parks, I developed an interest in natural interpretation. I have grown to love seedless plants, such as the shining firmoss pictured here. I also love learning about and

observing birds and fungi. While at Reinstein Woods I hope to gain additional environmental education experience and continue learning about nature in our area.



Natalie Alvarez, 2023 AmeriCorps

Ever since I was little, I have been passionate about all living things, which made it easy to choose a major in university. I studied Biology with a concentration in Natural Resources at the University of Puerto Rico. Previously, I volunteered as a biological technician aiding in the conservation of endangered sea turtles. In the photo, I am working with a leatherback sea turtle nest, the biggest sea turtle in the world. At Reinstein Woods, we don't have sea turtles, but you can meet our rescue turtles: Terra the Eastern Box Turtle and Clover the Painted Turtle.

While serving at Reinstein Woods through the Student Conservation Association (SCA) and AmeriCorps, I plan to gain as much practical experience as possible and help to connect the community with the great outdoors. I am excited to meet you all.



In Memory...

Thank you to the following for memorial donations received since December 2022:

In Memory of Patricia Ingersoll:

Larry Brownell
Sheila Larson
Alex Volckhausen
Carol Wallisch

In Honor of Paul and Susan Napier:

Alison Napier

In Memory of Peter Zawodzinski:

Mark Coffed

In Memory of Wesley "Frank" Kozinski:

Ted Czajkowski
Daria Lojek
Judith Lojek
Rita Lojek
Ken McCaffrey
Phyllis Marvin
Mary Mucha
Kayleen Raiser



Planned Giving

You can make a lasting impact on Reinstein Woods and its programs by making a long-term 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/>

