

# THE LILY PAD

Summer 2023 Newsletter



FRIENDS OF  
**Reinstein**  
WOODS

## IN THIS EDITION:

Message from the President

Volunteer Spotlight

Welcome to the Family

Diversity, Equity & Inclusion  
Committee

Great Lakes Data Jam

Artisan Market

Get Outdoors & Get  
Together Day

20th Anniversary

Summer is coming! This means the days will get longer, the temperature will get warmer, and the opportunities to come hang out in the woods with us are increasing! Our events calendar is jam-packed with family fun events, ways to support the Friends of Reinstein Woods, volunteer opportunities and more. If you are looking to get outside or give back, we have an opportunity for you.

In this edition of The Lily Pad, you can learn all about the Phragmites Strike Team and how you can join. You'll even get to read about one volunteer who has been helping remove this invasive species from Reinstein Woods for the past three years.

Aside from getting out on the trails to do some stewardship projects, we are excited to have campers back for our Kids in the Woods summer day camp program! There are still spots open in a few sessions, including our new program – Junior Naturalist – for kids ages 13 to 15.

Be sure to also check out the updates on programs made possible thanks to grant funding and the generosity of Friends like you!

# MESSAGE FROM THE PRESIDENT

Hello Friends,



While strolling through the trails at Reinstein Woods, I can just feel the changing of the seasons. While I dodge the springtime mud puddles, I think about the campers who may be splashing in them soon enough. Summer brings a new season of things to appreciate in the woods, and new ways to support this place that is so near and dear to our hearts.

While I don't want to rush the transition, I would be lying if I said I wasn't excited for summer (but then again, who among us is not after the Buffalo winter we just had!). What makes this summer even more exciting is the celebration of our 20th Anniversary. So, in addition to an expanded Artisan Market on July 15th, we will also be hosting online giving days with matching gifts and selling commemorative anniversary merchandise. Our goal is to raise \$20,000 to further support the educational programs that inspire the community to share in nature's harmony.

As you enjoy the trails and programs this summer, I encourage you to give back to this beloved backyard gem we call Reinstein Woods. Whether you can give a donation, give a recommendation to introduce others to our woods, or give your time by volunteering, every gift makes an insurmountable difference. I am so proud to be a part of this community that helps steward the land and foster an appreciation of it. We've already had such a significant impact as the Friends of Reinstein Woods, and I know there is much more we will accomplish in the next 20 years and beyond!

With gratitude,

*Eric Gallo*

## STUDENT SPOTLIGHT

Last year's Environmental Justice Stewards group **was the highlight of my senior year!** I have just accepted a summer internship position and **the EJ program was a huge factor as to why I got this position and why I was qualified for it.** Now I will be able to teach young kids about the watershed in similar ways that you taught me!

-Kylie

Funds raised from membership dues and donations, in combination with NY Sea Grant funding, made the Environmental Justice Stewardship possible. These immersive and educational experiences may inspire high school students, like Kylie, to pursue environmental careers.



# VOLUNTEER SPOTLIGHT

In the summer of 2020, Rick McFarland and his wife Betty returned to Buffalo after a robust career that had him living in many different places around the country. The two native Western New Yorkers were excited to enjoy retirement in their hometown, and knew that finding a place to volunteer would be an important component of this joy. So, the search began.

As a child, some of Rick's favorite memories are of camping in the Finger Lakes with his parents and brother. He fondly recalled one summer where his brother got to be Smoky Bear at camp! This love of nature, instilled in him at a young age, inspired him to attend Paul Smith's College in the Adirondacks. He studied forestry and enjoyed surveying before finally settling into a career as a construction engineer. With this as his background, he was elated to see Reinstein Woods appear on his web search for volunteer opportunities in the area.

Rick was excited to be out and about, because much like his career, he didn't want to be sitting behind a desk – he wanted to get his hands dirty. His first project at Reinstein was removing Phragmites, an invasive species also known as common reed. He worked hard to dig out the invasive plant and remove its seed heads. He remarked about how much more Phragmites have appeared since he first started, realizing the importance of the volunteers who are helping to remove it from the preserve.

Rick remains committed to helping our woods thrive. He even comes 30 minutes early to his volunteer shifts so that he can enjoy a walkabout the woods and scout out projects he may be working on as a Trail Thursdays volunteer. It's commitment like this that earned him the Volunteer of the Year award last year, which he was utterly surprised and honored to receive.

"It's really the sense of accomplishment that drives me," Rick said. "I can come back year after year and see the trees that I planted growing. See people enjoying the boardwalk I helped to install." Aside from the visual progress he can see, Rick values the sense of community that comes along with volunteering. "The employees and fellow volunteers are just fantastic. Everyone is very nice, and they are all learning at the same time."

If you are interested in volunteering with Rick, let us know! We're always happy to add another pair of helping hands to our stewardship projects. To learn more, email [info@reinsteinwoods.org](mailto:info@reinsteinwoods.org) or call 716-683-5959.



## PHRAGMITES STRIKE TEAM

***Phragmites australis* is an invasive wetland plant that threatens the diversity of the area in which it is growing. It doesn't provide the food and habitat for animals that native cattails do, and they grow taller and faster than the cattails. That is why Reinstein Woods has its very own Phragmites Strike Team! Volunteers monitor and remove this invasive plant and help support the biodiversity of our preserve. Are you looking for a way to give back and get your hands dirty? Contact us about joining the Phragmites Strike Team today!**

 [Natalie.Alvarez@dec.ny.gov](mailto:Natalie.Alvarez@dec.ny.gov)

# WELCOME TO THE FAMILY

We're excited to announce the newest addition to our crew. Kristen Kaszubowski Perry is the new Development & Marketing Associate. In this role, she will draw on her experience in the nonprofit marketing world to coordinate fundraising events & campaigns, manage marketing strategies for promoting Reinstein Woods and how to support it, and coordinate member and donor relations.



*"There are so many hidden gems and prime spots for outdoor exploration in WNY – and most of them come with a story to share! I've always had a love for being outside in nature. I can still remember the leaf collection and apple picking excursions from pre-school, and eventually the longer hikes and adventures from summer camp. One of my favorite things to do with wild spaces is to look for the stories they hold. A place like Reinstein Woods is brimming with stories of days past and days still yet to come. I'm honored to join Friends of Reinstein Woods to help tell the story of this wonderful place –and even more, hear your stories about why this place is so special to you!"*



If you have a fundraiser idea, are interested in making a contribution, or just want to say hi, you can reach out to Kristen at [Kristen.Perry@dec.ny.gov](mailto:Kristen.Perry@dec.ny.gov).

## ANNOUNCING THE DIVERSITY, EQUITY & INCLUSION (DEI) COMMITTEE

Friends of Reinstein Woods is committed to a diverse, inclusive, and equitable environment where all board members, staff, volunteers, members, and visitors feel respected and valued regardless of gender, age, race, ethnicity, national origin, sexual orientation or identity, disability, education, or any other bias.

The DEI Committee works to implement several aspects of Friends of Reinstein Woods' Diversity Policy, especially:

- Actively recruiting to improve diversity, inclusion and equity in our board and leadership positions
- Network with other organizations that are also committed to efforts to engage underrepresented constituents in our programs and services
- Train ourselves, our staff and volunteers on equitable practices and cultural competencies

The committee meets every other month. For more information or to get involved, email [info@reinsteinwoods.org](mailto:info@reinsteinwoods.org) or call (716) 683-5959.

## Summer is a great season to hike the History Trail – especially with its new and improved signage!

Where did all the spruce, pine and tamaracks come from, and who loves to snack on their seeds? What was Dr. Reinstein's favorite animal? And who is behind those beautiful hot pink water lilies? Learn all of that and more on the trail!

The History Trail Interpretive Sign Improvement Project was supported with funding from the NYS Park and Trail Partnership Grants and New York's Environmental Protection Fund. Park and Trail Partnership Grants are administered by Parks & Trails New York, in partnership with the NYS Office of Parks, Recreation and Historic Preservation.



# GREAT LAKES DATA JAM

## Students Highlight Local Water Quality Issues in the 2023 Competition

### WHAT'S A DATA JAM?

We're glad you asked. It's a student competition where students analyze local data to identify trends and patterns. Participants share their findings in a scientific report but also communicate their findings in a creative way that engages and informs a larger audience. The data communication projects can take many forms, from posters and infographics to songs, poems, and short movies.

### WHY IS THIS COMPETITION IMPORTANT?

Scientists rely on interpretation and visualization to communicate data to the general public, especially at a time when data collection is happening at a rapid rate. This competition teaches data literacy, helping students understand how data is collected and the best way to communicate data trends. Students also gain a better understanding of their local watershed throughout the project.

### Now that we got that all cleared up, without further ado, here are the Award-Winning Submissions!

**GRAND PRIZE:** "Day in the Life of a Macroinvertebrate"  
Holland High School

**HONORABLE MENTION 1:** "Problems of Microplastics"  
Niagara Falls High School

**HONORABLE MENTION 2:** "Conductivity News Report"  
Holland High School

These students developed creative projects to explore the data sets and create educational content about different topics related to local watersheds. You can view these projects at [reinsteinwoods.org](https://reinsteinwoods.org), or scan the QR code.



## THANK YOU!

This competition was made possible through a New York Great Lakes Basin Small Grant awarded to Friends of Reinstein Woods by New York Sea Grant in partnership with the New York State Department of Environmental Conservation. The funds were used for student prizes and teacher training. The impact of these experiences are often immeasurable. We're grateful to all the Friends Members and Donors who foster a love of knowledge of nature and create inspirational moments like these.



### GRAND PRIZE



### HONORABLE MENTION 1



### HONORABLE MENTION 2

# ARTISAN MARKET

AT REINSTEIN WOODS NATURE PRESERVE

SATURDAY

July 15th

11am - 4pm

More than 40 Artisans!  
Jewelry, Handmade Soaps &  
Candles, Crafts, and More!

## AND A BBQ DINNER!



FREE ADMISSION!  
DONATIONS APPRECIATED.

GENEROUSLY SPONSORED BY:

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# GET OUTDOORS & GET TOGETHER DAY

**SATURDAY, JUNE 10, 2023**  
**10AM - 2PM**



Explore a new outdoor skill like birding, geocaching, and orienteering. Enjoy guided walks, face painting, nature play stations, Leave-No-Trace games, and more! You can even grab lunch from a selection of food trucks.

**FOR MORE INFORMATION,  
VISIT REINSTEINWOODS.ORG**

Event Sponsored by:



Where your world opens up.

# 20TH ANNIVERSARY

Two decades! Friends of Reinstein Woods has been working diligently to help the community share in nature's harmony for 20 years.

To celebrate this milestone, Friends of Reinstein Woods seeks to raise \$20,000 to help advance our mission for the next 20 years: to promote knowledge of nature through awareness, appreciation and stewardship of the unique and diverse environment of Reinstein Woods and its programs.

We're excited to announce our 20th anniversary campaign to you, and to reveal our commemorative anniversary logo!



Our celebrations will include more than just fundraising efforts. We will be taking time to look back and reflect on how things all started, as well as to look forward to where we are going. Be sure to be following us on social media for all celebration details as they roll out. And please – share them far and wide!

Learn more:



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**\*\*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.

## JUNE

Saturday, June 3 at 10:00 AM

### FOREST BATHING

This calming walk will focus on the forest's sounds, smells, and sights to promote relaxation while easing anxiety and stress. **For adults and children ages 12 and older. \*\***

Saturday, June 3 at 1:00 PM

### WOODS WALK: THE BEAUTY AND TRANQUILITY OF THE WOODS

Let's take a break from our busy lives and take a meandering walk through the woods, using all our senses to enjoy the beauty and tranquility. Any weather creates a beautiful and tranquil scene in the woods! **No registration required.**

### GET OUTDOORS & GET TOGETHER DAY

**Saturday, June 10 from 10:00 AM–2:00 PM**

Explore a new outdoor skill like birding, geocaching, and orienteering. Enjoy guided walks, face painting, nature play, and more! Food trucks on-site for lunch. For more information, visit <https://reinsteinwoods.org> or call 716-683-5959. **No registration required for this free event.**

Wednesday, June 14 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, June 14 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, June 15 at 8:30 PM

### NIGHT WALK FOR ADULTS

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

Saturday, June 17 at 10:00 AM

### FREEDOM SEEKERS WALK

We will highlight the natural history knowledge of Freedom Seekers, who relied on local plants for survival on their journey from slavery to freedom. Participants will learn to identify wild edible and medicinal plants. **\*\***

Saturday, June 17 at 11:00 AM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, June 21 at 8:00 PM

### EVENING SOLSTICE WALK

Celebrate the start of summer and New York State Pollinator Week on this evening walk focused on summer plants and pollinators. **\*\***

Thursday, June 22 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, June 24 at 10:00 AM

### PLANTING FOR POLLINATORS

Learn how and what to plant to support pollinators in your yard. **For adults only. \*\***

Tuesday, June 27 at 1:30 PM

### DAY IN THE LIFE OF THE WATERSHED

Are you curious about local water quality? Join us at Buffalo Creek for a day of water testing. **For adults and children ages 13 and older. \*\***

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

## JULY

Saturday, July 1 at 9:30 AM

### FRIENDLY OR FIERCE? FOREST ANIMAL WALK

What animals live in the forest at Reinstein Woods, and are they friendly or fierce? Find out on this family-friendly walk. \*\*

Saturday, July 1 at 1:00 PM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, July 8 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 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, July 12 at 8:30 PM

### FIREFLY WALK

Experience the bioluminescent world of fireflies on this guided walk. \*\*

Friday, July 14 at 10:00 AM

### FAMILY FOREST FRIDAY

How much rain will a tree absorb in a year? How much carbon does a pine tree hold? Answer these questions and more on this interactive family nature quest. \*\*

## FRIENDS OF REINSTEIN WOODS ARTISAN MARKET

**Saturday, July 15 from 11:00 AM–4:00 PM**

Join us as we celebrate local artists and vendors and the great outdoors! Our annual artisan market is a great opportunity to give back while also supporting local artists. More than 30 WNY-based artists will show off their nature-inspired jewelry, clothes, notecards, and paintings. Plus, get your vegetables and honey from a couple of local farms! BBQ chicken and rib meals will be available for sale. Rain or shine event. **Admission is free (\$2 donations to Friends of Reinstein Woods appreciated).** For more information, visit <https://reinsteinwoods.org>.

Saturday, July 22 at 10:00 AM

### I BIRD NY

Join us to search for the birds that call Reinstein Woods home for the summer and start the I BIRD NY challenge. \*\*

Saturday, July 22 at 11:00 AM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Wednesday, July 26 at 8:00 PM

### GOING BATTY!

Bats are amazing animals but are often misunderstood. Separate fact from fiction and learn about the only true flying mammals. \*\*

Saturday, July 29 at 10:00 AM

### JEWELS OF THE SKY

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

## AUGUST

Tuesday, August 1–Thursday, August 3 from 9:00 AM–3:30 PM

### SUMMER TEACHER INSTITUTE: OUTDOOR CONNECTIONS

Save the date for our annual Summer Teacher Institute! This 3-day workshop will feature award-winning environmental activity guides, naturalist skills such as plant and animal identification, NYS learning standards connections, field trips, and more! **Materials fee \$35.** Register online at <https://reinsteinwoods.org/explore/programs-services/educator-workshops/>.

Saturday, August 5 at 1:00 PM

### WOODS WALK: BEGINNING OF THE END

Are you ready to move into another season? Look for the beginnings of fall here in the woods. **No registration required.**

Saturday, August 5 at 1:30 PM

### HABITAT HUNT

Use thermometers to find the best basking spots for snakes and lizards in this interactive activity for kids. **For children ages 5–12. \*\***

Wednesday, August 9 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. \*\***

Saturday, August 12 at 10:00 AM

### FERN FORAY

Become familiar with the fabulous ferns that fill our forest floor with feathery fronds. \*\*

Friday, August 18 at 10:00 AM

### FAMILY FOREST FRIDAY

Who lives on the forest floor? What flies in the forest canopy? Answer these questions and more on this interactive family nature quest. \*\*

Saturday, August 19 at 10:00 AM

### STORIES IN THE WOODS

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

Saturday, August 19 at 11:00 AM

### WOODS WALK: NATURE GUIDE'S CHOICE

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

Saturday, August 26 at 10:00 AM

### RIBBIT, SLITHER, CROAK!

Discover snakes, turtles, frogs, and salamanders as we explore the ponds and forests at Reinstein Woods. \*\*