



THE LILY PAD



Dr. Victor Reinstein Woods Nature Preserve

<http://www.dec.state.ny.us/website/reg9/reinstein>

Spring 2004

Volume No. III, Issue No. 4

Attention Newsletter Recipients!

Our newsletter mailing list has grown again to over 500 addresses. To reduce unwanted mail, we need you to renew your name on our mailing list. Due to budget limitations, we will only be able to print and mail paper copies of the newsletter in extremely limited quantities in the future. **If you have Internet access, we ask that you please view future editions of the newsletter on-line.** To be added to the email notification list, email us at rwnp@gw.dec.state.ny.us. You will be sent a message when the latest edition of the newsletter is posted on-line. Thanks for helping us conserve resources! See **Page 5** of this newsletter for more information on how to renew your name on our newsletter list.

If there is a red dot on your address label, you must contact us by 5/1/04 to keep your name on our mailing list—or this will be your final copy.

TOUR GUIDES NEEDED

Calling all retirees, stay-at-home parents, college students, and anyone else available on weekdays!

We are looking for volunteers to help lead tours for school groups. Our need for volunteers on weekday mornings is greatest during the months of April-June and September-October. No experience is necessary (only an appreciation for nature and the desire to share it with others), and we will provide all training. Call 851-7201 or 683-5959 to register for a training session in April: **Thursday, 4/1 at 9:00 AM or Saturday, 4/3 at 1:00 PM.** Training sessions last about 3 hours. If you cannot attend one of the times listed, call to arrange another time. Please share this information with anyone who might be interested.

If you are not available on weekdays, we also need tour guides to lead public tours and group tours for scouts and other organizations. Please call today to register for a training session.

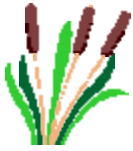
WHAT'S NEW IN THE WOODS

Winter is an even better time to visit the Woods now that there's a **heated, full service bathroom**. If you haven't been to Reinstein Woods in a while, stop in for a tour or take a trip around the Lily Pond Loop and check out this addition. While you're there, fill out a **User Survey** (if you haven't already) to let us know what services you would like us to provide.

We anticipate issuing a **draft Unit Management Plan** for the Woods sometime this spring. Look for a mailing announcing the release of the plan and opportunities for public comment.

Back by popular demand: we will again be offering a series of **Stroller Struts** for young children and their caregivers starting in May. See the program schedule for details about the first Stroller Strut.

Thanks to Dr. Robert Anderle and Bill Bogacki for recording more than **20 species of dragonflies** in the Woods during surveys in July-October 2003. See how many species you can spot this spring and summer!



Nature Notes

by Kristen Buechi, DEC Educator

Time to end hibernation and enjoy the coming spring season! There may still be snow on the ground when you receive this newsletter, but the changes of spring are already on their way. The amount of daylight is slowly increasing, triggering a multitude of seasonal transformations.

Resident owl species are courting or already on nests. Canada geese will be returning soon. Male red-winged blackbirds will arrive here shortly, about two weeks before the females, so they have a chance to start their singing and establish territories.

Skunk cabbage will poke through the snow, often melting it with heat generated from chemical reactions inside. Biennial plants that spent the winter as a rosette of leaves under the snow, such as common mullein, burdock, and Queen Anne's lace, will soon send up shoots that will produce flowers and seeds in the summer.

As the temperature outdoors warms up, many mammals will become more active and begin to search for mates. Look for the tracks of skunks raccoons in the snow as you walk outside in late February. Woodchucks (a.k.a. groundhogs) will make their way out of their hibernation chambers sometime in March (not February 2!).

All of these signs serve as reminders of the upcoming spring season, and the promise of warmer weather and new life.

Check out [A Field Guide to Your Own Backyard](#) by John Hanson Mitchell to learn more about seasonal changes in the natural world.

Reinstein Woods on the Road

Visit with DEC staff and Reinstein Woods volunteers at the following nature events this spring:

WNY Outdoor Sport & Travel Expo

March 11-14, 2004
Erie County Fairgrounds

Iroquois Observations! FamilyDay/Iroquois National Wildlife Refuge Open House

April 24, 2004

DEC Educator Kristen Buechi will present programs on beavers & other mammals from 1:00 - 4:00 PM at the Kanyoo Trailhead; other activities will take place throughout the day there and at the Casey Road Headquarters. For more information, call 716-457-3228 or check out the online calendar: <http://wildeyes.com/iroquois>

VOLUNTEER FOR FROGWATCH USA!



Interested in frogs and toads?

Here's your chance to learn the sweet language of amphibian love songs! We need volunteers to help with **Frogwatch USA**, a long-term frog and toad monitoring program run by the National Wildlife Federation and the United States Geological Survey. Last season, 26 volunteers confirmed the presence of nine species of frogs and toads at eight wetland study sites (ponds, marshes, and vernal pools) in Reinstein Woods, and contributed more data than any other Frogwatchers in the country!

How do you "frogwatch?" Volunteers periodically monitor frogs and toads by listening, or "frogwatching," for three minutes after dusk during the spring breeding season at wetlands in Reinstein Woods. DEC will provide all the materials you'll need, including frog song tapes. A training session for volunteers is being held **Saturday, March 20 at 10:00 AM**. To register, please call 851-7201.

For more information on Frogwatch USA, see <http://www.frogwatch.org>

SPRING CLEANING

Spring is the perfect time to clean out your closets and make a donation to Reinstein Woods! We're looking for the following items in new or gently used condition. Please contact us at 683-5959 to arrange drop off/pick up of donations. Thank you!

- yarn, ribbon, chenille stems/pipe cleaners
- silk or dried flowers and leaves, pine cones
- beads (any color & size)
- mixed bird seed, black oil sunflower seed, niger thistle

DONATIONS

Many thanks to the following individuals and organizations for making donations to Reinstein Woods Nature Preserve this winter:

- Julie Panepento – bird seed
- Jeanne Pawlik – suet cakes
- Wal-Mart of Cheektowaga – bird seed

Thank You to our Tour Guides!

We owe our gratitude to the volunteers who helped lead public and group tours at Reinstein Woods this winter season: Rick Allen, Jake Bajdas, Terry Boyle, Mary & Peter Losi, Ann Marie Nixon, Julie Panepento, Cecelia Schroeder, Roy Seiders, Tom Stoll, and Carrie Zaenglein.

Reinstein Woods Nature Preserve – Spring 2004 Programs

77 Honorine Drive Depew, NY 14043

Pre-registration is required for some programs; call 851-7201 (weekdays) or 683-5959.

MARCH

Winter Weeds & Wildflowers

Saturday, March 6 at 1:00 PM

Explore the world of winter plants and see where the spring wildflowers will bloom.



Owl Prowl

Friday, March 19 at 7:00 PM

Learn about our local owls and listen for their sounds on a walk led by local birder Chuck Rosenberg. **Pre-registration required; children over 6 years and adults only.**

Frogwatch USA Volunteer Training

Saturday, March 20 at 10:00 AM

Learn how to help monitor the frogs and toads in Reinstein Woods! See **page 2** for more information. **Pre-registration required.**

Signs of Spring

Saturday, March 20 at 1:00 PM

Prepare for the vernal equinox and look for signs of the new season.

Animal Signs

Thursday, April 15 at 10:00 AM

Who left that sign behind? Search for the calling cards of our resident wildlife. **For kids ages 6-12. Pre-registration required.**



Spring Clean Up

Saturday, April 17 at 9:30 AM

Join other volunteers to help protect the preserve and clean up trails! Refreshments provided by FORNP.

Owl Prowl

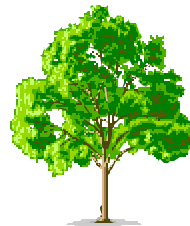
Friday, April 23 at 8:30 PM

Learn about our local owls and listen for their sounds on a walk led by local birder Chuck Rosenberg. **Pre-registration required; children over 6 years and adults only.**

Terrific Trees!

Friday, April 30 at 6:30 PM

Celebrate Arbor Day with a tour of the trees of Reinstein Woods, and take home a tree seedling to plant.



APRIL

Tour Guide Training

Thursday, April 1 at 9:00 AM

Saturday, April 3 at 1:00 PM

Join a training session to become a volunteer tour guide. No experience is necessary, just a love of nature and the desire to work with people of all ages. **Pre-registration required.**

Explore the Forest

Tuesday, April 13 at 10:00 AM

Discover the world of the forest! Enjoy hands-on activities to look at and learn about the trees growing in a forest. **For kids ages 6-12. Pre-registration required.**

PLEASE NOTE:

All programs are held entirely outdoors, so please dress appropriately for the weather. Call 683-5959 after hours & weekends to see if a program has been canceled due to severe weather.

We are unable to accommodate organized groups of more than ten people or groups with special needs for these programs; please call to schedule a separate program for a group of this size or larger.

Programs last approximately 1½ hours, unless otherwise noted. If you register for a program and are unable to attend, please cancel your registration so that others may sign up! (851-7201 weekdays or 683-5959 after 5:00 PM & weekends). See our website for more info:

<http://www.dec.state.ny.us/website/reg9/reinstein>

MAY

Spring Wildflowers

Saturday, May 1 at 1:00 PM

Come along on a walk to look for the woodland wildflowers of spring, and learn about their uses.

*** Pharmacy in the Woods ***

(FORNP members-only program)

Monday, May 3 at 6:30 PM

Sandy Geffner of Earth Spirit will share medicinal plants of the woods with FORNP members. See page 7 for more information.



Early Birder Walk

Thursday, May 6 at 8:00 AM

Saturday, May 15 at 8:00 AM

The early birder catches the migrating birds! Search for spring birds on an early morning walk. Bring binoculars and bird guides if you have them.

Night Sounds of Spring

Friday, May 21 at 7:30 PM

Listen to the evening serenade of courting frogs, toads and more on a walk in the woods.

Pre-registration required.

Stroller Strut

Monday, May 24 at 10:00 AM

Bring your stroller and share a sensory exploration of nature with your young child. **For children ages 0-3; pre-registration required.**

VISITOR HOURS

PUBLIC GUIDED TOURS

Wednesday & Saturday

10:00 AM

(No reservations required)

LILY POND LOOP SELF-GUIDED TRAIL

Tuesday & Thursday

9:00 AM - 4:00 PM

(Visitors must sign in and out at trailhead kiosk)

CLOSED ON STATE HOLIDAYS



FRIENDS CORNER

by Mary Losi, FORNP President

As the Friends of Reinstein Nature Preserve (FORNP) moves into its first full year of existence, we can look back to all that has been accomplished in the short time during which this new group has existed. Our membership list is growing steadily and we have a Board of Directors that currently consists of eleven members. FORNP is now incorporated as a non-profit organization and we have applied for tax-exempt status. Funds collected from membership fees, the Fall Festival, donations, tours, rentals, etc. have allowed the purchase of additional snowshoes for the Preserve, educational materials, and the printing of copies of the Lily Pad newsletter. We are very happy to be able to begin to offer "members-only" programs, including a medicinal plant walk in May and a "Bugs by Nightlight" program in June (see page 7 and program schedule for details).

The board has discussed many possibilities for this year, including offering additional programs for members and the purchase of other equipment and supply items that would enhance the programs at Reinstein Woods. FORNP also has many needs, including the services of an attorney who would be willing to advise us on a pro bono basis. Most of all, though, we need YOU to become a member of the Friends of Reinstein Nature Preserve. FORNP exists to enhance, protect, and support this wonderful wild place, to promote a knowledge of nature in others as well as in ourselves, and to help with some aspects of the funding of the Preserve. We're happy with where we've gotten so far, and excited about all the growth that lies ahead.

PLEASE JOIN US!!! For more information on how to join and become involved, please call 683-5959, email BUFFCADMAN@aol.com, or pick up a brochure in the visitor building on your next visit to Reinstein Woods Nature Preserve.

Welcome to our New Members

Susan & Patrick Brayman, Donna Bristol, Barbara Evans & Rick Hantz, Angeline Glosek, Edwin Hart, Kachelmeyer Family, Tom Lawson, Mr. & Mrs. George Loncar, Lloyd Noyes, Janet Pfohl, Stella Popiela, Joan & Michael Russell, Tom Stoll, Cathy Swigonski

Special Thanks to Friends of Paul Tokasz for their generous donation to FORNP.



Bird Song Mnemonics vs. Phonetics and Comparative Sounds

Submitted by Mary Barren

Anyone who has attempted to memorize bird calls has used mnemonics; phrases we use to remember songs and calls. This is different from phonetics, which refers to what the birds is actually saying. For example, the Eastern Phoebe says "phoebe". That is a phonetic call. In contrast, we think Barred owls say "who cooks for you", but they don't actually vocalize those words, so that's an example of a mnemonic. Most people don't make a distinction. Everyone just wants something that they can remember! A third method is to recall a comparative sound; a common grackle sounds like a rusty pump handle. Here are some other mnemonics, phonetics, and comparative sounds that might aid your bird watching this Spring. Just remember, some of them require a little imagination...Hopefully this list of sounds will inspire you to take a walk around your neighborhood or backyard and listen for the birds of spring!

American goldfinch	Po-tato-chip
Black-capped chickadee	Chicka-dee dee dee
Carolina wren	Teakettle, teakettle, teakettle
Common yellowthroat	Witchity, witchity, witchity witch
Gray catbird	Meow of a cat
Indigo bunting	Fire, fire, where, where, here, here, see it, see it
Northern cardinal	Birdy, birdy, birdy
Northern flicker	Flicka, flicka, flicka
Ovenbird	Teacher, teacher, teacher
Red-winged blackbird	Konk-a-reee
Tufted titmouse	Peter, peter, peter
Yellow warbler	Sweet, sweet, sweet, I'm so sweet
White-throated sparrow	Oh sweet Canada, Canada, Canada
Wood thrush	Ee-o-lay



Attention Newsletter Recipients!

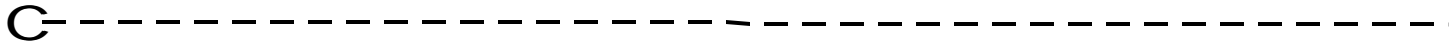
The NYS Division of Budget has directed all state agencies to curtail printing and mailing newsletters unless required by law. If you have internet access, we ask you to send us the following information so that we can notify you electronically when the newsletter is posted on-line. Each season we will send you an e-mail with a link to the newsletter on the DEC website (www.dec.state.ny.us/website/education/newsletter/index.html). Copies of the newsletter will also be available in the visitor building at Reinstein Woods. Thank you for your cooperation.

If we do not hear from you, we will assume you no longer wish to receive the newsletter and remove your name/organization from our mailing list. If you have any questions, please call DEC/Reinstein Woods at 716-851-7201. *If you are already on the email notification list, you do not need to contact us to renew.*

To remain on the newsletter mailing list, do one of the following:

1. *Email your complete name and mailing address to: rwnp@gw.dec.state.ny.us (*preferred method) **OR**
2. Cut out this form (make any name or address corrections) and mail to:
Reinstein Woods, NYS Dept. of Environmental Conservation, 270 Michigan Avenue, Buffalo, NY 14203 **OR**
3. Call 716-851-7201 between 8:30 AM - 4:45 PM, Monday - Friday.

Please contact us by 5/1/04 to keep your name on our mailing list—or this will be your final copy.



The Lily Pad Newsletter Renewal Form

Name: _____

Address: _____

*Email: _____ Phone: _____

_____ Please send me information on becoming a member of Friends of Reinstein Woods Nature Preserve. Membership benefits include free snowshoe rental, special program discounts, members-only tours, & annual membership meeting.



New York State
Department of Environmental Conservation
Dr. Victor Reinstein Woods Nature Preserve

Friends of Reinstein Nature Preserve (FORNP)

Officers

President: Mary Losi
Vice President: Terry Boyle
Treasurer: Jeanne Pawlik
Corresponding Secretary: Sheila Lazeration
Recording Secretary: Mark Lazeration

Board of Directors

Judy Gruchy	Sue Obermeier
Keith Gruchy	Cecelia Schroeder
Peter Losi	Jim Zak

Information: 683-5959 or
BUFFCADMAN@aol.com

DR. VICTOR REINSTEIN WOODS NATURE PRESERVE

77 Honorine Drive, Depew, NY 14043

(716) 851-7201 (weekdays) / (716) 683-5959 (evenings/weekends)

Fax: (716) 851-7211

E-Mail: rwnp@gw.dec.state.ny.us

MAILING ADDRESS:

270 Michigan Ave.
Buffalo, NY 14203-2999

STAFF:

Kristen Buechi, Environmental Educator
Meaghan Boice-Green, Citizen Participation Specialist 2
Patricia Nelson, Citizen Participation Specialist

DEC OFFICE HOURS:

Monday - Friday 8:30 AM-4:45 PM

FRIENDS OF REINSTEIN NATURE PRESERVE (FORNP) IS MOST PLEASED TO ANNOUNCE OUR FIRST MEMBERS-ONLY PROGRAMS:

“PHARMACY IN THE WOODS”



As we walk through Reinstein Woods and admire the many plants that grow there, we often wonder about their uses, both past and present. We may recognize plants, learn their names and find their families, but often wonder if they are helpful or harmful, useful as a food or medicine or significant in history. Members of Friends of Reinstein Nature Preserve (FORNP) will have a very special opportunity to have their questions on our plants answered when Earth Spirit Educational Services presents a “Medicinal Plant” walk on **Monday, May 3, 2004**. Sandy Geffner from Earth Spirit will lead us through the Preserve and tell us about the medicinal uses of the plants that grow there. The walk is scheduled from **6:30 PM to 8:00 PM**, beginning in the parking lot. It is a wonderful chance to have a specialist help us learn more about a very important aspect of the Preserve. The only requirement needed for attendance at this program is that you be a member of the Friends of Reinstein Nature Preserve. Another great reason for joining!!!

“BUGS BY NIGHTLIGHT”

Ever wonder exactly what’s buzzing by you at night? Members of Friends of Reinstein Nature Preserve will have a very special opportunity to learn from an expert in the “bug” field. Wayne Gall Ph.D., regional entomologist for the New York State Department of Health, will present his wonderful “Bugs by Nightlight” program for our members. On **Thursday, June 17th**, he will set up special lights in the Preserve to attract insects in the area. Dr. Gall will aid us in identifying our “visitors” and learning about them. **The program will run from 9:30 PM - 11:00 PM**, although you can leave sooner if necessary. This is a superb opportunity for FORNP members to learn about a most interesting subject from an expert in the field.



* These programs are for members of Friends of Reinstein Nature Preserve (FORNP) only. Members-only programs are arranged by the FORNP Board of Directors, and are conducted by guest presenters. Please bring your membership card to the program.