



Spring 2009



The Lily Pad

Reinstein Woods Environmental Education Center

Volume VIII, Issue 4



Third Annual Earth Day Celebration

April 18, 2009

10:00 AM to 2:00 PM

The warmer weather brings another exciting event to Reinstein Woods—our third annual Earth Day Celebration!



Get up close with nature.

Explore our “green” education center and learn about ways to make your own home more environmentally friendly. Sign up to win Earth-friendly door prizes and participate in an Earth Day-themed scavenger hunt. You can even “green” your own yard with a tree seedling to take home and plant. Kids can have fun making a craft from recycled materials, too.

Check out our hybrid vehicles, and learn ways to make your own car more fuel efficient.

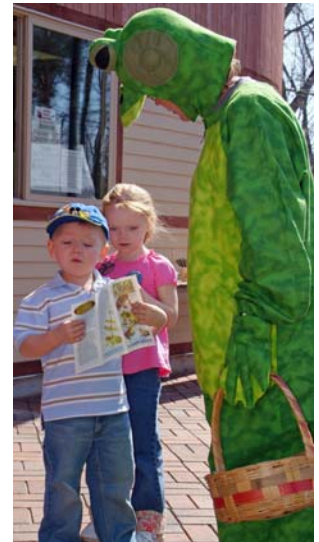
Get outside and enjoy a guided nature walk led by volunteers, departing on the hour from 10:00 AM to 2:00 PM.

Refreshments, including eco-friendly options, will be sold by Friends of Reinstein Nature Preserve (FORNP).

We are also participating in National Environmental Education Week again this year (April 12 to 18). Join us for a variety of programs throughout the week (see page 5); then top it off with our Earth Day Celebration on Saturday. We hope to see you at The Woods this spring!



Check out the DEC “green” fleet.



Meet a costumed creature of The Woods!

Newsletter Renewal Notice

If the four-digit number above your name on the address label (on the back page) is **0207**, **0507**, **0807** or **1107**, you must call 716-683-5959 to keep your name on the mailing list. If we do not hear from you by April 1, 2009, you will no longer receive *The Lily Pad* by mail!

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VISITOR HOURS

SELF-GUIDED INTERPRETIVE TRAILS

(Visitors must sign in and out at trailhead kiosk)

Daily Hours:

Monday through Saturday
9:00 AM to 5:00 PM

Extended Hours (May 1 to August 31 only):

Tuesday and Thursday
9:00 AM to 8:00 PM

Sunday

9:00 AM to 5:00 PM

PUBLIC GUIDED TOURS

Saturday at 10:00 AM
(No reservations required)

AFTER SCHOOL ESCAPE

Thursday at 4:00 PM (September-June only)
(For kids in grades K-5; no reservations required)

EDUCATION CENTER HOURS

Monday through Friday 9:00 AM to 4:30 PM
Saturday 1:00 PM to 4:30 PM

CLOSED ON STATE HOLIDAYS

Save a tree—read *The Lily Pad* online!

Help us conserve resources by viewing *The Lily Pad* online! See www.dec.ny.gov/education/1841.html to view *The Lily Pad* quarterly newsletter.

To be notified by e-mail when the newsletter is posted online, sign up for our listserve. Go to <http://lists.dec.state.ny.us/mailman/listinfo/reinsteinwoods-thelilypad> and follow the directions to sign up. If you currently receive a paper copy in the mail, let us know to remove your name from the mailing list.

Online Family Newsletter— *DEC Outdoor Discovery*

Visit www.dec.ny.gov/public/43355.html to read DEC's biweekly online outdoor newsletter for families. Each issue introduces readers to a seasonal environmental or nature topic, suggests a related activity and lists family-friendly events at DEC's environmental education centers. Subscribe for free and have the newsletter e-mailed directly to you.

Nature Notes by Kristen Rosenberg

Just get out! This is my suggested slogan for the spring. After spending the winter cooped up inside (unless you participated in one of our snowshoe walks or ski tours), it's a good time to get some fresh air and be revitalized by the exciting seasonal changes ahead. Even our education staff gets in the rut of spending too much time staring at the computer screen instead of taking a walk outside. Contrary to what some may think, unfortunately we spend much of our time inside doing office work rather than being outdoors all day.

Spring is a great time for birdwatching. Many species are migrating through the region on their way to breeding grounds up north, while others are returning to establish their nests locally. The air is filled with the sounds of the males singing in late April through early June. If you are really hooked on birding, you can get up before sunrise to enjoy the "dawn chorus," the time of day when the birds are most vocal. Binoculars, a field guide and patience are the only tools you need to get started on a great pastime. Sign up for one of our birding programs (page 6) to learn how to use binoculars and identify different species.

If you want a more active way to spend time at Reinstein Woods, take part in our spring trail cleanup on May 2. Volunteers of all ages are needed to rake leaves, pick up branches and make our self-guided trails tidy for the spring and summer seasons. See page 6 for more information.

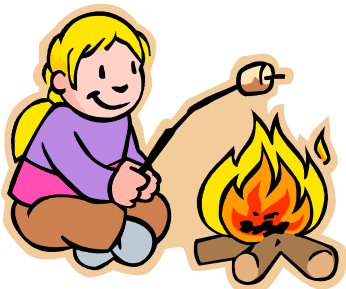
A new way for kids to "get out" is to come to our After School Escape (ASE) program. Every Thursday from 4:00 to 5:00 PM during the school year, one of our staff will take kids in grades K-5 to "play" in The Woods. You might search for colors, scoop in a pond, hunt for a variety of leaves, roll logs to find bugs or look for different birds. Reinstein Woods staff will be using resources for ASE from Green Hour[®], a National Wildlife Federation (NWF) campaign. According to NWF, research has shown that "children who regularly spend unstructured time outside...have lower stress levels, have more active imaginations, become fitter and leaner, develop stronger immune systems (and) experience fewer symptoms of ADD and ADHD..." It can't harm adults to get out, either. See www.greenhour.org for more information. You can join us as often as you like—there is always something new to discover in The Woods. And remember—just get out!

From the Director's Desk

by Meaghan Boice-Green

Cereal, Camps and Conservation

I recently learned that Kellogg's makes a cereal called Smorz®. It's supposed to resemble s'mores, the graham cracker, marshmallow and chocolate treats that many of us made around a campfire as



kids and that we now make with our own kids or grandkids. My kids are already looking forward to making s'mores on our annual summer camping trip.

Beyond making s'mores, an adventurous week of hiking, playing in the woods and swimming can foster in a child an appreciation of the natural world. For nature lovers like me, youth camping experiences helped shape our conservation ethic, whether the campsite was miles away or in our own backyard. Yet in some neighborhoods right here in western New York, the likelihood that even a single child will experience the great outdoors through any type of camping is slim. Cereal may be as close as they come to a campfire treat.

Enter the four DEC environmental education camps, including Camp Rushford in Allegany County. Through week-long residential sessions, boys and girls ages 12 to 14 are "immersed in conservation education, participating in fun activities and games that teach the wise use of natural resources." DEC's camp at Pack Forest is also open to teens age 15 to 17 for five weeks of the summer.

In addition to campers who pay a bargain price of \$325.00 for a week of camp, some of the campers are recruited by Reinstein Woods' staffer Michael Adriaansen. Mike works with community centers and teachers to identify kids with an interest in the environment who live in urban, under-served neighborhoods and arranges for them to attend Camp Rushford free of charge through DEC's diversity program.

Additionally, many local conservation and community groups sponsor a child's attendance,

providing a potentially life-changing experience to a young person. If you are involved in an organization that might be interested in sponsoring a child, contact Mike at 716-683-5959.

Visit www.dec.ny.gov/education/29.html for more information (and a s'mores recipe).

Thank You to Our Donors

Thanks to the following people and organizations who recently donated supplies:

- American Legion Post 567
- Bill
- Tom Casey
- Art Grupp
- Kristin Planz-Christian and the Tonawanda High School Environmental Club
- Doreen Panzarella
- Tops Markets—Thruway Plaza
- Larry Wheatley

Donations may be made to Friends of Reinstein Woods Nature Preserve, Inc. (FORNP), a 501(c)3 nonprofit organization affiliated with DEC/Reinstein Woods Nature Preserve. Monetary donations are used to support the education and volunteer programs.

Donation Wish List

- Cricut Personal Electronic Cutter
- Quality bird seed
- Suet cakes

Please call 716-683-5959 if you are interested in donating any of these items.

Save the Date:

FORNP Board of Directors Meeting
Thursday, March 19, 2009
6:30 PM

FORNP board meetings are held at the Reinstein Woods Environmental Education Center. All FORNP members are welcome to attend.

Volunteer Highlight



Doreen Panzarella

When did you begin volunteering at Reinstein Woods?

Summer 2001.

Why did you decide to become a volunteer?

I have a passion for ecological studies with a desire to contribute to the community through participation in environmental education programs for all ages.

What is your favorite Reinstein Woods experience?

The metamorphosis of nature in the spring. The Fall Festivals are always exciting and educational, too.

What is your occupation?

I am an elementary educator and lifelong learner.

What do you do in your free time (hobbies, clubs, favorite book, favorite music, other interests)?

I enjoy nature interpretation hikes with local outdoor groups. I also volunteer at the Burchfield Nature and Art Center, where I have taught nature/art classes with children. I practice a zen lifestyle—less is more—and experiment with organic gourmet cooking. I listen to global music and classical artist Josh Groban. My two favorite books are *Black Dawn/Bright Day* and *Walk in Balance*, both by Sun Bear.

Anything else you'd like to share with our readers?

I am grateful for the opportunity to explore and learn

about the natural world as a volunteer with Reinstein Woods. “There is no other door to knowledge than the door Nature opens; and there is no truth except the truths we discover in Nature.”

—Luther Burbank, American horticulturist



EARTH DAY VOLUNTEERS NEEDED!

We are looking for volunteers to help with our annual Earth Day Celebration on Saturday, April 18. Volunteers are needed to help with setup and cleanup, assist with crafts and more! Also, volunteer tour guides are needed to lead nature walks. Please call 716-683-5959 if you are available to help out.

UPCOMING VOLUNTEER TRAINING SESSIONS

Please call 716-683-5959 to register for any of these training sessions.

Frogwatch USA Training

Saturday, March 28 at 10:00 AM

Participate in a training program to help us monitor the frogs and toads at Reinstein Woods. See www.frogwatch.org for more information about this “citizen science” program!

Trail Monitor Orientation

Thursday, April 9 at 7:00 PM

The hours of the self-guided interpretive trails are extended during the summer season (May 1 to August 31). We are looking for volunteers to monitor the trails during these additional hours. Trail monitors will walk the trail to check for litter, greet visitors, and record visitor use and wildlife sightings.

Tour Guide Training

Saturday, April 11 at 9:00 AM

Join this training session to become a volunteer tour guide. No experience is necessary, just a love of nature and the desire to share it with others. Training will last three hours. Volunteers will receive a training binder with information on local plants and animals, as well as history and tips for leading tours.

Reinstein Woods Nature Preserve – Spring 2009 Programs

93 Honorine Drive, Depew, NY 14043

www.dec.ny.gov/education/1837.html

Advance registration is required for all programs; call 716-683-5959

MARCH



Cross-Country Ski Tour

Sunday, March 1 at 2:00 PM

Bring your own skis or rent a pair and glide through The Woods on a guided tour. **Ski rental=\$2.00/pair; free for FORNP members.**

Summer Adventure

Wednesday, March 4 at 6:30 PM

Learn about Camp Rushford, a DEC environmental education summer camp for kids 12-14 years old. Prepare for a week at camp with a slideshow and activities. Applications will be available. **This program is for parents and their children who will be age 12 to 14 by the time they attend camp.**

Family Snowshoe Walk

Saturday, March 7 at 10:30 AM

Join us for the final snowshoe walk of the season. **Snowshoe rental=\$2.00/pair; free for FORNP members.**

Basic Human Survival Skills

Saturday, March 7 at 1:30 PM

Learn what to include in an outdoor survival pack and basic shelter-building skills. Be prepared to get dirty! **This program is for adults and children age 12 and older.**

Full Worm Moon Walk

Wednesday, March 11 at 7:00 PM

Enjoy a walk in The Woods by the glow of the full moon.

Project WILD Training

Saturday, March 14 from 10:00 AM to 1:00 PM

Project WILD is a widely used conservation and environmental education program for formal and non-formal educators of students in grades K-12. Participants will receive a Project WILD book with activities emphasizing wildlife. Lunch provided.

PLEASE NOTE:

- Programs are held primarily outdoors, so dress appropriately. Call 716-683-5959 to find out whether a program has been canceled due to severe weather.
- All children attending programs must be accompanied by a parent or guardian.
- We are unable to accommodate organized groups of more than 10 people at our programs. Call 716-683-5959 to schedule a separate tour for a group of this size or larger.
- We welcome people with disabilities to all of our programs. If you call ahead to let us know your specific needs, we will be happy to learn how we can best serve you.
- If you register for a program and are unable to attend, please call to cancel (716-683-5959) so that others may sign up in your place!

Stories in the Woods

Tuesday, March 17 at 10:30 AM

Listen to a nature story, followed by a short walk in the woods. **For children ages 3-5 and their caregivers.**

Spring Equinox Walk

Friday, March 20 at 7:00 PM

Take a walk on the first night of spring, the day when we will have equal hours of dark and light.

March Migrations

Saturday, March 21 at 10:00 AM

Join us as we look for migrating ducks, geese and salamanders on this guided walk. **For adults and children age 10 and older.**

Frogwatch USA Training

Saturday, March 28 at 10:00 AM

Participate in a training program to volunteer to help monitor the frogs and toads at Reinstein Woods. See www.frogwatch.org for more information about this "citizen science" program.



APRIL

Tour Guide Training

Saturday, April 11 from 9:00 AM to noon

Join this training session to become a volunteer tour guide. No experience is necessary—just a love of nature and the desire to share it with others.

Stories in the Woods

Tuesday, April 14 at 10:30 AM

Listen to a nature story, followed by a short walk in the woods. **For children ages 3-5 and their caregivers.**

Planet Protectors

Wednesday, April 15 at 10:00 AM

Journey with us to learn how you can use worms, watches, water and more to protect the earth and even increase your allowance. **For children age 7 and older.**

CSI: Critter Sign Investigation

Thursday, April 16 at 10:00 AM

Become a nature detective and look for "clues" left by wildlife along the trails. **For children ages 6-10.**

Earth Day Celebration

Saturday, April 18 from 10:00 AM to 2:00 PM

An eco-friendly event for the whole family. Make crafts out of recycled materials, learn ways to save energy and register to win Earth-friendly door prizes! You also can enjoy a guided nature walk and take a tree seedling home to plant. Friends of Reinstein Nature Preserve will sell lunch items and Reinstein Woods merchandise.

Advance registration is not required for this event.

Reinstein Woods Nature Preserve – Spring 2009 Programs

93 Honorine Drive, Depew, NY 14043

www.dec.ny.gov/education/1837.html

Advance registration is required for all programs; call 716-683-5959

APRIL continued

Movie Night: *An Inconvenient Truth*

Wednesday, April 22 at 7:00 PM

Celebrate Earth Day by viewing the critically acclaimed documentary featuring Al Gore and learn how to be part of the solution to our climate crisis.

Owl Prowl

Friday, April 24 at 8:00 PM

Learn about our local owls, and listen for their calls on a walk in the woods. This program is for adults and children age 8 and older only.

Stories in the Woods

Saturday, April 25 at 10:00 AM

Listen to a nature story, followed by a short walk in the woods. For children ages 3-5 and their caregivers.

Trail Cleanup

Saturday, May 2 from 10:00 AM to 1:00 PM

Come volunteer for our annual spring trail cleanup. Scout groups, families and others are invited to help make our trails accessible for the summer. Bring rakes and shovels, and wear appropriate clothing. Snacks and lunch will be provided.

Evening Bird Walk

Sunday, May 3 at 6:30 PM

Discover which birds are active before dusk. Bring binoculars if you have them. For adults and children age 8 and older only.

Full Flower Moon Walk

Friday, May 8 at 8:00 PM

Enjoy a walk at the time of year when flowers bloom during the day and the moon is in bloom at night.

Recycling Rain

Saturday, May 9 at 1:30 PM

Join Buffalo Niagara Riverkeeper in learning how to create a rain garden and the ins and outs of rain barrels.

Early Bird Walk

Sunday, May 10 at 9:00 AM

The early birder catches the early birds! Search for spring migrants in the morning. Bring binoculars if you have them. For adults and children age 8 and older only.

Sounds of Spring

Thursday, May 14 at 7:30 PM

Listen for the creatures of the night on an evening walk in the woods.

Birding for Beginners

Saturday, May 16 at 9:30 AM

Learn how to identify some common local birds and how to use binoculars properly. Bring binoculars if you have them. For adults and children age 8 and older only.

Stories in the Woods

Wednesday, May 20 at 1:00 PM

Listen to a nature story, followed by a short walk in the woods. For children ages 3-5 and their caregivers.

Ancient Forests

Saturday, May 23 at 10:00 AM

Explore the diversity and richness of mature forests on this guided walk. For adults and children age 8 and older only.

Invaders!

Saturday, May 30 at 10:30 AM

Reinstein Woods has been invaded by aliens. . . plants, that is. Learn more about them on this informative walk.

MAY



Save the Date:

Third Annual Meander in the Morning
Saturday, June 20, 2009

This year's event will be greener than ever!

Featuring organic and local food items, wild edibles and "green" taste tests

Look for details in the summer edition of *The Lily Pad*

For more information, call 716-683-5959



News from Friends of Reinstein Nature Preserve, Inc.

Hello friends,

Winter has finally released its icy grip, and now is the time that The Woods truly performs its magic. Nature is incredibly resilient to the types of weather it must endure during the winter. Amazingly, plants and animals suddenly begin to appear and show signs of waking up!

Because of the generous snowfalls we received this winter, the Education Center was able to get many people out into The Woods on snowshoe and cross-country ski tours. To view The Woods at this time of year was truly beautiful, as many sights such as woodpecker holes and beaver lodges became easier to see due to the absence leaves. Spring is typically when the Education Center kicks into high gear with many programs and tours, continuing right through the summer months. And mark your calendar now for FORNP's annual fundraiser, "Meander in The Morning," scheduled for June 20, 2009. Look for more details in the summer edition of *The Lily Pad* newsletter.

For a different twist to your child's next birthday party, consider Reinstein Woods. FORNP now hosts birthday parties at the Education Center; call 716-683-5959 for details and prices.

As we begin our sixth year of support of The Woods, I applaud our members, the public, local businesses, Reinstein Woods staff and volunteers and my fellow officers in your efforts to make Reinstein Woods successful! I look forward to many exciting things happening in the future at Reinstein Woods Nature Preserve!

Enjoy and respect nature,
Terrence Boyle, FORNP President

Welcome to Our New Members

John Rice
Marcia Sarama
Scott and Teresa Dean

New From FORNP: Birthday Parties

FORNP is now hosting nature birthday parties at Reinstein Woods, a unique way to celebrate your child's special day! Call 716-683-5959 for more information.

PIZZA COUPONS NOW AVAILABLE!

Hungry after a walk in the woods? Support Friends of Reinstein Nature Preserve by purchasing an 18" cheese and one-topping pizza for only \$10.00—a \$14.00 value! Purchase a coupon for Chick 'N Pizza Works at the Education Center reception desk.

Why Join Friends of Reinstein Nature Preserve?

- Free snowshoe and ski rentals, program and apparel discounts and great members-only activities!
- FORNP volunteers and financial support enrich the education programs at Reinstein Woods. Show your support by joining today!

FORNP MEMBERSHIP FORM

Name: _____

Address: _____

Town/City: _____

State and Zip Code: _____

Phone #: _____

E-mail Address: _____

Please make your check payable to "FORNP, Inc." and mail to:
Friends of Reinstein Nature Preserve
93 Honorine Drive
Depew, NY 14043

Annual Membership Dues (*check all that apply*)

- New membership
- Renewal Membership
- Senior Citizen (62 and older) = \$10.00
- Student (high school or college) = \$10.00
- Individual = \$15.00
- Family (up to 2 adults plus children under 18) = \$25.00
- Donor = \$50.00 (and up)

All contributions and memberships are tax deductible to the extent allowed by federal law.



New York State
Department of Environmental Conservation
Reinstein Woods Environmental Education Center
93 Honorine Drive
Depew, NY 14043

Contact Information:

Reinstein Woods Environmental Education Center

93 Honorine Drive, Depew, NY 14043

Phone: 716-683-5959

FAX: 716-686-0210

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

Website: www.dec.ny.gov/education/1837.html

REINSTEIN WOODS STAFF:

Meaghan Boice-Green	Center Director
Kristen Rosenberg	Program Coordinator
Ginger Wszalek	Environmental Educator
Michael Adriaansen	Environmental Educator

Friends of Reinstein Nature Preserve, Inc.

Officers

President: Terry Boyle

Vice President: Sheila Lazeration

Treasurer: Karen Smith

Corresponding Secretary: Mary Losi

Recording Secretary: Mark Lazeration

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Information: 716-683-5959 or reinsteinwoods@yahoo.com



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