



Summer 2009



# The Lily Pad

Reinstein Woods Environmental Education Center

Volume IX, Issue 1

## Taking Nature to the Next Level *by Meaghan Boice-Green*

This Earth Day marked the second anniversary of the opening of the Reinstein Woods Environmental Education Center. With each passing year, the staff has worked hard to expand and improve the programs we offer. This year we are adding programs off-site, adding new workshops for teachers and working with Friends of Reinstein Nature Preserve (FORNP) to move production of this newsletter into their hands.

In July, we are bringing nature programs around the corner to the Julia B. Reinstein Library on Losson Road. "Nature Hour" will offer a weekly session for kids to experience nature at the library. See the program schedule on page 5 for details.

That same month, "Summer Ecology School" will help teachers connect their classes, and classrooms, to nature. Participating teachers at this hands-on, three-day workshop will receive standards-based curricula and activities designed to incorporate nature into all subject areas. Although the school is based at Reinstein Woods, field trips and information about other Western New York teaching resources will be included.

We are also offering several three- and six-hour teacher workshops featuring nationally-recognized interdisciplinary curricula. A complete list of workshops is included on the program schedule.

Finally, DEC is discontinuing paper and online newsletters for the education centers. If you are on *The Lily Pad* listserve, you will continue to receive an e-mail each time our seasonal schedule of programs is announced. Regular updates of news from Reinstein Woods and listings for upcoming programs can be found on our web pages at [www.dec.ny.gov/education/1837.html](http://www.dec.ny.gov/education/1837.html). Friends of Reinstein Nature Preserve will be producing their own newsletter in the future and offering it as a benefit to their members. I would like to thank Kristen Rosenberg, who launched this newsletter in 2001 and has acted as editor-in-chief ever since. I hope that you have found it as enjoyable to read as I have these last eight years.

### Final edition of *The Lily Pad* published by DEC

As we make an effort to conserve resources and reduce mailing costs, we are discontinuing printing *The Lily Pad*. Instead, we are expanding our web pages to include regular updates of news and notes from Reinstein Woods. Our web pages, at [www.dec.ny.gov/education/1837.html](http://www.dec.ny.gov/education/1837.html), already include up-to-date program descriptions. To receive e-mail notifications of upcoming programs and invitations to visit the web pages when news is updated, please sign up at <http://lists.dec.state.ny.us/mailman/listinfo/reinsteinwoods-thelilypad> and follow the easy instructions. Paper copies of our program descriptions will be available for pickup at the Education Center. Back issues of *The Lily Pad*, including this issue, are in PDF format at [www.dec.ny.gov/education/1841.html](http://www.dec.ny.gov/education/1841.html) for you to read or download and print.

Friends of Reinstein Nature Preserve will produce and publish a newsletter which will be sent to their members as a benefit of membership. See page 7 for the membership form and join FORNP today!

### Inside this issue:

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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 registration required)*

### AFTER SCHOOL ESCAPE

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

## Online Family Newsletter—

## DEC *Outdoor Discovery*

Visit [www.dec.ny.gov/public/43355.html](http://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*

In the spring edition of *The Lily Pad*, I encouraged readers to “just get out”! Hopefully you enjoyed the chance to experience some of the amazing changes of the season—birds migrating, flowers and trees blooming and the long-awaited end of the bitter winter weather.

For the summer, I'd like to offer another challenge to you—“don't do something, just sit there.” It's hard for many of us to take a break from our busy, fast-paced lifestyles to simply sit still and observe the world around us. If you are willing to try this, it will be worth your while. Things that you might have overlooked while hiking along will start to appear. The benches around the Lily Pond are a great place to try it out.

You might observe dragonflies hunting—some species will fly around and catch insects “on the wing,” while others will perch on plants around the pond, waiting to see prey before they dart off to capture it. Or you might spot a frog—leopard, green, or bull—sitting in the shallow water around the edge of the pond. Birds will be busy flying around, gathering material to build nests or food for their young. If you are lucky (or unlucky, depending on your point of view), you might see a northern water snake glide through the water. These beautifully patterned snakes are not venomous, but they are often mistaken for water moccasins or cottonmouths (which do not live in New York).

If you close your eyes, you can focus better on the wealth of sounds around. In addition to the inevitable sounds of cars, planes and people, you can enjoy cicadas buzzing, frogs singing, crickets chirping, breezes blowing, birds singing, leaves rustling...and many other possibilities.

Summer evenings are my favorite time of day for sitting and watching wildlife, and our self-guided trails are open until 8:00 PM on Tuesdays and Thursdays from May through August. White-tailed deer will come to Lily Pond to drink or stand in the water and eat the lilies. The beavers will make their way out from the lodge to patrol the pond and find food. If you startle them, you might be startled in turn as they slap their tails on the water to warn family members of potential danger. As dusk approaches, the bats will start flying around the pond to catch their nightly insect feast.

So I hope you can take the time this summer to slow down and observe nature while sitting still. It's time well spent reconnecting with the natural world.


**Earth Day Celebration 2009:  
Baby Steps *Can* Make a Big Difference!**

The third annual Earth Day Celebration at Reinstein Woods took place on Saturday, April 18—a cool but sunny spring day. Exhibitors and displays were centered around the theme of “Baby Steps Make a Big Difference”—small changes that people can make in their lifestyle to reduce their impact on the environment. Visitors were invited to bring their used inkjet and laser printer cartridges, cell phones and sneakers for recycling.

In the Mikol Room, exhibits focused on energy. Kids played the “Energy Hog” computer game and tried out the energy bike—pedaling to see how much more energy it took to light incandescent versus CFL bulbs. There were also exhibits on solar and wind power and a demonstration on how much power a TV uses even when it is turned off.

In the exhibit area, there were live birds from the Erie County SPCA wildlife rehabilitation staff. The plastic bag display encouraged people to “Kick the plastic bag habit!” It included a chain made of 300 plastic bags that wrapped around the whole room (representing the number of bags used per person annually in the U.S.). There was a door prize drawing of a basket of “green” cleaning products, donated by Sun & Earth and a green commuter door prize, for people who used earth-friendly transportation to arrive.

The classrooms held fun activities for kids. In the craft room, kids made binoculars from paper towel tubes and created buttons from pictures in magazines. In the other classroom, kids tried out the “Camp Rushford experience”—a variety of fun camp activities, like “fishing” (for paper fish), rolling a log to look for “critters” underneath and enjoying delicious s’mores. Parents received information and watched a slideshow about the DEC summer camps.

Outdoors, visitors enjoyed exhibits on creating backyard wildlife habitat, proper use of pesticides and “greener” lawn care and tips for walking and wellness. A Boy Scout made a display about composting as part of the Eagle Scout project he is working on at Reinstein Woods. The DEC alternative-fuel vehicles were popular with visitors, with information on gas mileage and fuel costs. A DEC forester distributed free tree seedlings to help visitors “green” their yards.

It was a fun and educational event for the more than 500 people who attended. Many thanks to all of the exhibitors and volunteers who helped make our annual Earth Day event possible!

**Thank You to Our Donors**

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

- Doreen Panzarella
- Cheryl and Richard Rodomski
- Alice Rubright
- Bruce Schaner
- Renee Schwarzberg
- Sandra Szwarc
- Wegmans

*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.*



*Reinstein Woods wishes to thank Cheryl and Richard Radomski for donating a Polaris telescope and additional funds to FORNP in memory of their son, Nicholas Radomski. The funds will in part be used to buy an adapter to allow the telescope to be used as a spotting scope.*

**Donation Wish List**

- Cricut Personal Electronic Cutter
- Cross-country skis, boots and poles
- Good 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  
Wednesday, May 20, 2009  
6:30 PM**

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

Friends of Reinstein Nature Preserve, Inc.  
presents the Third Annual:



# MEANDER IN THE MORNING

A Unique Breakfast Experience

Saturday, June 20, 2009

9:30 AM to 12:30 PM

FORNP's annual fundraiser will be greener than ever! Enjoy breakfast catered by Orazio's Restaurant, then take a stroll through The Woods to sample local, organic and wild edibles along a dessert trail. Raffles, a "green" taste test and musical entertainment complete the event.

All proceeds support education programs at Reinstein Woods.

Tickets are limited—order yours by June 15th!

Tickets are available for purchase during regular business hours (see page 2) at the Reinstein Woods Environmental Education Center (93 Honorine Drive in Depew) or by mail. For more information, e-mail [reinsteinwoods@yahoo.com](mailto:reinsteinwoods@yahoo.com) or call 716-683-5959.

To purchase Meander in the Morning tickets by mail, please send this form along with a check payable to "FORNP" to:

FORNP Benefit, 93 Honorine Drive, Depew, NY 14043

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

I would like to purchase \_\_\_\_\_ tickets x \$25.00 = \_\_\_\_\_

Additional donation to support Reinstein Woods = \_\_\_\_\_

Total \$ enclosed = \_\_\_\_\_

# Reinstein Woods Nature Preserve – Summer 2009 Programs

93 Honorine Drive, Depew, NY 14043

[www.dec.ny.gov/education/1837.html](http://www.dec.ny.gov/education/1837.html)

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

## JUNE

### National Trails Day Cleanup

**Saturday, June 6 from 10:00 AM to 1:00 PM**

Come volunteer for our annual National Trails Day cleanup. Scout groups, families and others are all invited to help get our trails ready for the summer. Bring a rake, and wear appropriate clothing. Door prizes and lunch will be provided.

### Pond Life

**Saturday, June 13 at 10:30 AM**

Dive into the world of aquatic organisms and see what is living in our ponds! **For children ages 6 to 12.**

Meander in the Morning  
Saturday, June 20, 2009  
9:30 AM-12:30 PM

This year's event will be greener than ever! Featuring organic and local food items, wild edibles and "green" taste tests. Join Friends of Reinstein Nature Preserve for a catered breakfast by Orazio's Restaurant, raffles, live music and a dessert trail. Tickets are \$25.00, purchased in advance by June 15. See page 4, or call 716-683-5959 for more information.

### Summer Solstice Walk

**Monday, June 22 at 8:00 PM**

Enjoy a walk at the time of year when warm nights and sunny days welcome summer.

### Ribbit, Slither, Croak!

**Saturday, June 27 at 10:30 AM**

Discover our local snakes, frogs and salamanders on this guided walk.

### Pond Life

**Wednesday, July 15 at 10:00 AM**

Dive into the world of aquatic organisms, and see what is living in our ponds! **For children ages 6 to 12.**

### Pond Life for Pee Wees

**Saturday, July 18 at 10:30 AM**

Dive into the world of aquatic organisms and see what is living in our ponds! **For children ages 4 to 8.**

### Insects of the Night

**Tuesday, July 21 at 8:30 PM**

We will attract moths and other insects using light and scent on this evening walk.

### Going Batty!

**Thursday, July 30 at 8:00 PM**

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



**Nature Hour**  
at the Julia Boyer Reinstein Library  
July 9, 16, 23 and 30  
2:00-3:00 PM

Join a DEC environmental educator for a hands-on, fun-filled hour exploring a different nature topic each week. **For kids ages 6 to 12.**

**Advance registration is required; call the Julia Boyer Reinstein library at 716-668-4991 to sign up.**



## JULY

### Stroller Strut

**Wednesday, July 1 at 10:00 AM**

Bring your stroller or wagon, and share a sensory exploration of nature with your young child. **For children ages 3 and under.**

### Full Buck Moon Walk

**Tuesday, July 7 at 8:00 PM**

Bring binoculars to view the moon and look for white-tailed deer bucks as they grow new antlers for the season.

### Stories in the Woods

**Thursday, July 9 at 10:30 AM**

Listen to a nature story, followed by a short walk in the woods. **For children ages 4 to 5.**

### Summer Wildflowers

**Saturday, July 11 at 10:30 AM**

Search for the wildflowers of the summer season, and learn their uses and folklore.

### 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 716-683-5959 to cancel so that others may sign up in your place.

# Reinstein Woods Nature Preserve – Summer 2009 Programs

93 Honorine Drive, Depew, NY 14043

[www.dec.ny.gov/education/1837.html](http://www.dec.ny.gov/education/1837.html)

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

## AUGUST

### Knee-High Naturalists

**Saturday, August 1 at 10:00 AM**

*Enjoy a fun-filled hour of nature activities with your young child.*

**Materials fee = \$2.00/child; free for FORNP members. For children ages 3 to 5.**

### Full Moon and Lunar Eclipse Walk

**Thursday, August 6 at 8:00 PM**

*Enjoy a walk through the trails as we view the full moon and learn about the penumbral lunar eclipse. Bring binoculars if you have them.*

### Stroller Strut

**Tuesday, August 11 at 10:00 AM**

*Bring your stroller and share a sensory exploration of nature with your young child. For children ages 3 and under.*

### Pond Life

**Saturday, August 15 at 10:30 AM**

*Dive into the world of aquatic organisms and see what is living in our ponds! For children ages 6 to 12.*

### Stories in the Woods

**Tuesday, August 18 at 10:00 AM**

*Listen to a nature story, followed by a short walk in the woods. For children ages 4 to 5.*

### New Moon Walk

**Thursday, August 20 at 8:30 PM**

*Come enjoy a walk on one of the darkest nights as Mercury, Jupiter and Neptune are visible in the night sky. Bring binoculars if you have them.*

### Fairy Houses

**Saturday, August 22 at 10:00 AM**

*Use natural materials to build a fairy house among the trees of Reinstein Woods. Once you learn how, you can make one anywhere!*

### Planet Protectors

**Saturday, August 22 at 1:30 PM**

*Explore how you can use worms, watches, water and more to protect the earth and maybe even increase your allowance. For children ages 7 to 12.*

### Pond Life

**Thursday, August 27 at 10:00 AM**

*Dive into the world of aquatic organisms and see what is living in our ponds! For children ages 6 to 12.*



### Family Ice Cream Social Fundraiser

**Saturday, August 29 at 1:00 PM**

*Enjoy tasty frozen treats and entertainment as you help support Friends of Reinstein Nature Preserve.*

*For ticket information, call 716-683-5959.*

## Teacher Workshops

Calling all teachers! Are you looking for some new ideas to enhance your curriculum? Come to one of our teacher workshops this summer! Call 716-683-5959 for more information or to sign up.

### Summer Ecology School

**July 21-23 from 9:30 AM to 3:00 PM**

*Join us to learn interdisciplinary activities for your classroom and curriculum to connect students to nature. Includes a Project Learning Tree workshop and potential 15-hour, in-service credit. This three-day program is for formal and non-formal educators of students in grades K-12.*

### Project WILD Workshop

**Saturday, July 25 from 9:00 AM to noon**

*Participants will receive a Project WILD book with activities emphasizing wildlife. For formal and non-formal educators of students in grades K-12.*

### Flying WILD Workshop

**Tuesday, August 4 from 9:00 AM to noon**

*Participants will receive a Flying WILD book with activities emphasizing birds and migration. For formal and non-formal educators of students in grades 6-8.*

### Project Learning Tree Workshop

**Wednesday, August 5 from 9:00 AM to 3:30 PM**

*Participants will receive a Project Learning Tree book with activities emphasizing forest ecology and stewardship. For formal and non-formal educators of students in grades K-8.*

### Project WET Workshop

**Tuesday, August 25 from 9:00 AM to noon**

*Participants will receive a Project WET book with activities related to water. For formal and non-formal educators of students in grades K-12.*

### Aquatic WILD Workshop

**Wednesday, August 26 from 9:00 AM to noon**

*Participants will receive an Aquatic WILD book with activities emphasizing aquatic wildlife and ecosystems. For formal and non-formal educators of students in grades K-12.*



# News from Friends of Reinstein Nature Preserve, Inc.

Hello friends,

It seems like forever while waiting for the transition of spring to summer, but then all of a sudden everything begins to pop. The Woods begin transforming into vibrant shades of green and the water lilies begin to bloom. In my mind, it's always an inspirational joy to watch all of nature's beauty once again come alive!

Once again, I want to thank all members for their continuing support of our organization and the many things you do to help us accomplish our mission at The Woods. The next venture that FORNP is pursuing with DEC is alternative energy sources. We are in the process of assessing better ways to decrease energy use at the Education Center, such as with solar power and other energy-saving techniques. We hope to complement the building's already "green" features and incorporate these into educational programs. Many programs at The Woods are centered on saving energy and "going green," so I expect this piece should fit right into the puzzle.

Our next members-only event is on Wednesday, June 3 at 7:00 PM at the Education Center. This event will be a presentation explaining what your "carbon footprint" is and how you can reduce it. Please call The Woods to reserve your space for this informative event. Refreshments will be served. Also, our annual fundraiser, "Meander in the Morning," will take place on Saturday, June 20 from 9:30 AM to 12:30 PM. Tickets are limited and available at The Woods; see page 4 in this edition for more information. We are also planning an ice cream social fundraiser on Saturday, August 29; more information for this event will be posted at the Education Center.

### 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.

### 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

Now that summer is on its way, we all begin the challenge of cleaning our basements and garages. If you happen to come across gently used cross-country skis and boots that you no longer use, we would be glad to add them to our inventory for next year's cross-country ski programs. We had a very successful cross-country ski program this past winter and many requests were made for renting skis.

With all the stimulus hoopla, politics, unemployment and gas prices constantly being brought to our attention, come on out to The Woods for a relaxing, refreshing walk to help relieve some of the everyday stress and anxiety. It really works! Hope to see you at The Woods soon.

Enjoy and respect nature—Terrence Boyle, FORNP President

### Welcome to Our New Members

- |                         |                           |
|-------------------------|---------------------------|
| Bill Boehm              | Kelly and Dale Hibbard    |
| Sue Boulter             | Kim Marie Markel          |
| Patricia Gatzka         | Deborah and Conrad Schihl |
| Mike and Carol Gettings | Sam and Renee Schwarzberg |
| Liz Grady               | Kevin and Gretchen Wisner |

**FORNP Members-Only Program**

**Global Warming Café**

**Wednesday, June 3 at 7:00 PM**

You've heard polar bears are in trouble due to global warming, but what exactly is global warming, and how does it cause climate change? Enjoy earth-friendly desserts while learning about climate change and how you can fight it while saving money! Not a FORNP member yet? Join us at this event. Call 716-683-5959 to let us know whether you plan to attend.



### 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](mailto:rwnp@gw.dec.state.ny.us)

Website: [www.dec.ny.gov/education/1837.html](http://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

#### Board of Directors

Linda Arndt                      Jerry Krajna

Judy Gruchy                     Sue Obermeier

Keith Gruchy                    Tom Stoll

Information: 716-683-5959 or [reinsteinwoods@yahoo.com](mailto:reinsteinwoods@yahoo.com)



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