



February Programs at the Paul Smith's College VIC

The Paul Smith's College VIC has put together a full schedule of activities to educate and inform Adirondack Park residents and visitors about the natural wonders of the Adirondack Mountains. You can help support these programs by joining the Friends of the VIC. Membership is available at a range of levels, starting with individual memberships with a minimum of \$45 annual contribution. For more information on Friends of the VIC memberships, visit <http://friendsofthevic.com>.

The VIC building is open daily 9:00 AM to 5:00 PM.

Daily, New Moon Art Show: Old Crows and Other Blackbirds

The VIC is hosting an art show in the Great Room Art Gallery featuring works by Anne Burnham, Ray Whalen, Geoff Cobb, Rebekah Wilkins-Pepiton, Michael Hart, Noreen Sadue, Linda Sauter, Arnold Sauter, and other friends from the Northern Foothills. The show runs from 30 January through 28 February 2014. Free admission. Underwritten by Friends of the VIC. There will be an artists' reception on Sunday, 2 February 2014, from 2:00 to 5:00 PM. Light refreshments. Free.

Daily, Adopt a Sugar Maple

Support the development of maple sugaring at the VIC by adopting a tree for \$50. We'll do the tapping, and you'll be investing in the education of an intern and the equipment to take loving care of the tree. The best part is you get a quart of maple syrup from "your tree" when it's ready! (Shipping not included.) Adoption papers are available at the VIC front desk. Makes a great gift!

Wednesdays – Cross Country Ski & Yoga

The VIC is hosting a series of yoga sessions, led by yoga teacher Jackie Foster. Yoga is a perfect partner to cross country skiing. A session prior to a ski warms the muscles, joints, and lungs. A yoga session after skiing will release tension and ease an exercised body. Season Ski Pass & 8 sessions of Yoga: \$160. Day Ski Pass & Yoga Session: \$25. Single Yoga Session: \$15. To register, contact the Paul Smith's College VIC: 518-327-6241.

Paul Smith's College VIC
8023 State Route 30
Paul Smiths, New York 12970
518-327-6241 | Email: bmcdonnell@paulsmiths.edu | www.adirondackvic.org

Fridays – VIC Ski Club

Ski the VIC trails with other hearty outdoor folks every Friday morning, beginning January 3rd, from 10:00 AM to noon. Weekly outings are open to those of all ski abilities. A VIC naturalist will ski with the group to interpret what you see in the woods and show you some of the hidden gems around the trails. Pre-registration is required by 5:00 PM the night before. Conditions are variable, so call ahead. Minimum group size is 4 skiers per day. Ski passes are required. Ski club membership is \$5 per session. Free for Friends of the VIC.

Most Sunday Afternoons – Sunday Ski & Music at the VIC

The VIC will feature a variety of local musicians on most Sunday afternoons from 1:00 to 3:00 PM. Grab your skis, boots, and poles and head to the VIC for a fun afternoon of skiing and music: 2 February: Ray Agnew; 9 February: Jamie Savage; 16 February: Curt Stager & Kary Johnson; 23 February: Shamim Allen. Free with day pass. Underwritten by Friends of the VIC.

Saturday, 8 February – Life in the Snow

Join VIC naturalist Brian McAllister at 10:00 AM and explore the world of the subnivean layer -- the layer beneath the snow surface and the ground. \$20 per person; the cost includes your day pass. \$10 for VIC season pass holders. Friends of the VIC receive a 25% discount. Dress for outdoor conditions and bring your snowshoes. Snowshoe rentals available. Preregistration is required by calling the VIC: 518-327-6241.

Saturday, 8 February – Empire State Winter Games: Ski Orienteering Competition

The VIC will host the Empire State Winter Games Ski Orienteering competition on Saturday afternoon, 8 February. Registration is at noon. Orienteers will take to the VIC trails from 1:00 to 4:00 PM in search of controls placed at designated locations. The center will remain open to the general public during the competition.

Sunday, 9 February – Empire State Winter Games: 5K Snowshoe Race

The VIC will host the 5K Cross Country Snowshoe Race -- part of the 34th Empire State Winter Games -- following the sprint competitions at the Paul Smith's College soccer field. Registration begins at noon. Race time is 2:00 PM. The center will remain open to the general public during the competition. The presentation of 5K snowshoe awards will take place in the VIC Main Lodge once the final competitor is finished.

Friday, 14 February – Full Moon Friends of the VIC Ski Party

Celebrate Valentine's Day on 14 February in true Adirondack style by bringing your Valentine out for a moonlit or head-lamped ski on the VIC trails. Then join us in the VIC Building for a Full Moon Ski Party. There will be live music and snacks available. \$10.00 per person. \$7.50 per person for Friends of the VIC.

15 & 16 February – Chili Ski & Snow Sports Festival

The VIC is holding a family-oriented weekend featuring ski and snowshoe races, a 1K Kids Snowshoe Stampede, a naturalist-led ski, and chili contest. We'll focus on skiing on Saturday and snowshoeing on Sunday. Also on Sunday: join the VIC staff for a snowshoe map walk and compete for fun prizes. Ski passes are required to participate in these events. Call the VIC to register or with any questions: 518-327-6241. Underwritten by Friends of the VIC.

Tuesday, 18 February – No-School Day at the VIC: Winter Olympics

Children ages 7-11 are invited to join VIC Educator Michelle Berrus from 9:30 AM to 4:00 PM to learn about the Winter Olympics and build their very own sled out of cardboard and duct tape. Reservations required. Reserve your place by 12:00 PM, Monday, 17 February 2014, by calling 518-327-6241. Minimum class size is 4. The fee is \$35 per person, \$25 for Friends of the VIC.

Tuesday, 18 February – Armchair Science Lecture: The Forest Ecosystem Research and Demonstration Area (FERDA)

The VIC's Armchair Science Lecture series continues with a review of the history and current activities on the Forest Ecosystem Research and Demonstration Area (FERDA) plots by USDA research forester Mark Twery and Paul Smith's College professor Joe Orefice. 7:00 PM in the VIC auditorium. \$5 per person. Free to season pass holders and Friends of the VIC.

Wednesday, 19 February – No-School Day at the VIC: Winter Botany

Children ages 7-11 are invited to join VIC Educator Michelle Berrus from 9:30 AM to 4:00 PM to search for winter botanical life in our mixed forest and wetland ecosystem. Reservations are required. Reserve your place by 12:00 PM, Tuesday, 18 February 2014 by calling 518-327-6241. Minimum class size is 4. The fee is \$35 per person, \$25 for Friends of the VIC.

Friday, 21 February – Winter Owl Prowl

Join Adirondack Birding Center Director Brian McAllister at 7:30 PM for a winter owl prowling. \$10/person, \$5 for Friends of the VIC. We'll discuss owl natural history and learn some call notes.. Preregistration appreciated. Call the VIC at (518) 327-6241 for more information or email bmcdonnell@paulsmiths.edu.

Saturday, 22 February – Winter Birding Trip to Lake Champlain

Join the Adirondack Birding Center on a trip to the shores, farm fields, and meadows of the picturesque Champlain Valley, one of the best areas to go birding in the North Country. We'll search for waterfowl on the lake, hawks along the farm fields, and finches feeding in the hedgerows. Forty species could be observed on this full-day event. Bring a bag lunch and hot beverage. We will be birding from the comfort of a 12- passenger van. Cost: \$75 per person. 25% discount for Friends of the VIC. Preregistration is required; please call 518-327-6241 to register.

Saturday, 22 February – Introduction to Maple Collection with Tubing, Buckets, and Bags


Mike Farrell, of the Cornell Maple Program, will lead a “hands-on” session to teach people modern methods of designing, installing, and maintaining a sugar bush for bucket, bag and/or tubing sap collection. "Backyard tapping" and the VIC's community-based maple program will also be addressed. The program runs from 1:00 PM to 4:00 PM. \$10 per person. Contact: Brian McDonnell, bmcdonnell@paulsmiths.edu.

Thursday, 27 February – Armchair Traveler Lecture: Pedaling for Paws Bike Trip

Floyd Lampart, of Lake Clear, circumnavigated the United States on a bicycle as part of his "Pedaling for Paws" fundraiser for the Tri-Lakes Humane Society. He pedaled 11,346 miles, returning home on 2 September 2013. Floyd will present a slide show and answer questions about his epic journey. A portion of the nights proceeds will be donated to the Tri Lakes Humane Society. Admission is \$5 per person. Friends of the VIC and VIC Ski Season Pass holders are Free. This program is underwritten by the Friends of the VIC.



Ski the VIC!

Over 25 miles of groomed ski and snowshoe trails



Winter Trail Fees	
Day Pass	Season Pass
Under 6 years old: Free	Under 6 years old: Free
Child (6-17): \$5	Child (6-17): \$50
Adult (18-64): \$12	Adult (18-64): \$100
Senior (65+): \$10	Senior (65+): \$80
PSC alumni: \$10	PSC alumni: \$80
Current PSC students: Free	Current PSC students: Free
Other college students: \$8	Other college students: \$80
Veteran/Current Military: \$8	Veterans/Current Military: \$80
Town of Brighton Resident: \$8	Town of Brighton resident: \$80

- * Friends of the VIC: Show your membership card & receive a 25% discount on day & season passes.
- * PSC faculty & staff are eligible for free individual Friends of the VIC membership. Bring your PSC ID to the VIC.
- * Season & Day Passes are free for Friends of the VIC Trail Blazers.
- * Guest Pass: Add an additional \$50 to any season pass & receive 10 day passes to bring a friend to the VIC anytime.
- * Family Pass: For 2 adults living in the same household, purchase 2 individual passes at the designated rate above, & children under 18 who live in the household ski free.
- * Bring your VIC trail pass with you to winter events & receive VIC Center event & program discounts.
- * Season pass holders & Friends of the VIC get a 10% discount on XC ski & snowshoe rentals from MAC'S at the VIC!

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