



## January 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, through 29 January – Winter Wonders Art Show

Artists Nancy Brossard, Sandra Hildreth, and Edith Urban and photographers Mark Kurtz, Eleanor Sweeney, and Karla Brieant are exhibiting their work at the Paul Smith's College VIC from 7 December 2013 through 29 January 2014. Free admission. Underwritten by Friends of the VIC.

### Daily, starting 30 January – New Moon Art Show: Old Crows and Other Blackbirds

The Paul Smiths 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 Sauther, Arnold Sauther, 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.

### Daily, VIC Map Hike

The Paul Smiths VIC has developed a Map Hike to create another way to enjoy the VIC trails. Participants purchase a kit for \$8 in the VIC Gift Shop. The kit includes a control card and a map, used to navigate to the locations indicated by the small red circles on the map. Fill in at least five control codes to be eligible for prizes and a 10% discount on a compass at Blue Line Sports in Saranac Lake. Participants may visit the controls in any order they wish. Hikers may complete the course in multiple visits. There is no time limit on completing this activity.

**Paul Smith's College VIC**  
**8023 State Route 30**  
**Paul Smiths, New York 12970**  
**518-327-6241 | Email: [bmcdonnell@paulsmiths.edu](mailto:bmcdonnell@paulsmiths.edu) | [www.adirondackvic.org](http://www.adirondackvic.org)**

### **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, starting 8 January – Cross Country Ski & Yoga**

The Paul Smiths 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.

### **Fridays, starting 3 January – VIC Ski Club**

Ski the VIC trails with other hearty outdoor folks every Friday morning, beginning January 3<sup>rd</sup>, 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.

### **Wednesday, 1 January – No-School Day at the VIC: Winter Botany**

Join VIC Educator Michelle Berrus from 9:00 AM to 4:00 PM to search for winter botanical life in our mixed forest and wetland ecosystem. Bring your outdoor clothes for walking and playing in the snow, and food for snack and lunch. This program is designed for children 7-11. Reservations are required. Reserve your place by 5:00 PM, Sunday, 29 December 2013 by calling 518-327-6241. The fee is \$35 per person, \$25 for Friends of the VIC.

### **Friday, 3 January – No-School Day at the VIC: Story of Skiing**

Join ecologist Michelle Berrus from 9:00 AM to 4:00 PM to learn about the bliss of the glide! Learn why we ski as we travel around the world to the sport's origin in Scandinavia. We'll also learn trail etiquette and back/front country ski safety. Bring your outdoor clothes for walking and playing in the snow, your skis, and food for snack and lunch. This program is designed for children 7-11. Reservations are required. Reserve your place by 5:00 PM, Sunday, 29 December 2013 by calling 518-327-6241. The fee is \$35 per person, \$25 for Friends of the VIC.

### **Saturday, 4 January – Winter Animal Tracking**

Join a VIC Naturalist and come explore the VIC woodlands. We'll be looking for animal tracks of those species that call the Adirondacks home in the winter. Preregistration required; please call 518-327-6241 to register. Cost: \$20.00 per person. Friends of the VIC receive a 25% discount.

**Sunday, 5 January – Natural History Training Session: Animal Tracks and Traces**

VIC Volunteers and Friends of the VIC can take advantage of a special training session with VIC Naturalist Brian McAllister. We will focus this session on Animal Tracks and Traces. The session runs from 1:00 PM to 4:00 PM. Free to all VIC Volunteers and Friends of the VIC.

**Saturday, 11 January – 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. 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.

**Sunday, 12 January – Leave No Trace Family Workshop**

Join Subaru/Leave No Trace Traveling Trainers at the Paul Smith's College VIC from 10:00 AM to noon for a Basics of Leave No Trace Workshop and snowshoe hike on the VIC trails. Free. Please RSVP by calling the VIC at 5198 327 6241 or email Brian McDonnell.

**Thursday, 16 January – Armchair Science Lecture: Boreal Bird Project**

Michale Glennon, from the Wildlife Conservation Society, will speak on the Wildlife Conservation Society's Boreal Bird Project. 7:00 PM in the VIC auditorium. \$5 per person. Free to season pass holders and Friends of the VIC. Underwritten by Friends of the VIC.

**Saturday, 18 January & Saturday, 25 January – Explore the VIC Snowshoe Walks**

Come to the VIC at 10:00 AM to learn about the wonders of winter in the Adirondack Park with VIC Naturalist Brian McAllister. Walk topics include tracking, winter survival, and winter birding. \$20 per person; the cost includes your day pass. \$10 for VIC season pass holders. Friends of the VIC receive a 25% discount. Snowshoe rentals available. Preregistration is required.

**Sunday, 19 January – "I have a dream" Cross Country Ski Race**

The VIC is holding a 10-kilometer free style cross country ski race at 10:00 AM. Day of race registration begins at 9:00 AM. Registration is \$20 per person. \$15 per person for Friends of the VIC. Hot beverages, prizes, and snacks provided.

**Tuesday, 28 January – Introduction to Maple Sugaring**

Mike Farrell, of the Cornell Maple Program, will provide an overview of the sugaring process. Maple ecology and the VIC's community-based maple program will also be addressed. The program runs from 7:00 PM to 8:30 PM. \$10 per person. Contact: Brian McDonnell, [bmcdonnell@paulsmiths.edu](mailto:bmcdonnell@paulsmiths.edu)

**Wednesday, 29 January – Winter Astronomy Night at the VIC**

The VIC Staff will be bringing out the 16" Celestron Deep Space Telescope to explore the winter night sky. Dress appropriately for standing outside in cold temperatures. 7:30 PM. \$10 per person. Friends of the VIC: \$6. Preregistration required; please call 518-327-6241 to register.

**Thursday, 30 January – Arm Chair Traveler: Trek to Annapurna Base Camp**


Tom Boothe will offer a slide show on his 2010 Trek to Annapurna Base Camp in the Himalaya Mountains of Nepal. 7:00 PM in the VIC auditorium. \$5 per person. Free to season pass holders and Friends of the VIC. Underwritten by Friends of the VIC.

**Thursday, 30 January – Winter Owl Prowl**

Join Adirondack Birding Center Director Brian McAllister at 7:30 PM for a winter owl prowl. Bring snowshoes, headlamps or flashlights, and warm winter clothing. \$10/person, \$5 for Friends of the VIC. Preregistration appreciated. Call the VIC at (518) 327-6241.



# Ski the VIC!

Over 25 miles of groomed ski and snowshoe trails



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

- \* 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!

## Paul Smith's College VIC

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