



August 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 <https://ecommunity.paulsmiths.edu/page.aspx?pid=427>

Daily, all August – Nature Walks

The VIC is offering a naturalist-led interpretive walk every day at 1 PM. Participants meet in the VIC building at 1:00 PM for an hour-long walk exploring different aspects of nature in the Adirondack Park. Free for Friends of the VIC. \$10 for nonmembers.

Daily, all August – Butterfly House

The Paul Smiths VIC Native Species Butterfly House features butterflies and moths in all stages of development. It is open daily from 10 AM to 4 PM. Visitors can view native butterflies up close and learn about the life stages and migratory patterns of these colorful insects. Butterfly House volunteers are available to point out the species of butterflies in the house that day, provide information on the insect's life cycle, and identify specific plants that are favored by each species. Inside the Butterfly House, there are nectar plants for food and host plants for egg-laying and caterpillar feeding. There are also touch boxes and information handouts on butterflies and moths. Outside the Butterfly House is a garden designed to attract butterflies. Free. The Butterfly House is supported by donations of Friends of the VIC, including the Adirondack Park Institute.

Daily, until 5 August – Life on the Lakes Juried Art Show

The Paul Smith's College VIC will host a Juried Art Show from 9 July through 5 August 2013. The theme of the show will be "Life on the Lakes." Free - underwritten by Friends of the VIC. During this time, VIC visitors can purchase a ticket to vote for the People's Choice Award, which will be announced at the Plein Air Art Invitational reception on 16 August.

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

Daily, starting 7 August – Plein Air Art Invitational

The Paul Smith's College VIC hosts an invitational art show featuring paintings by area artists who have painted on location, on the VIC property. An opening reception will be held on Friday, 16 August, from 5:00 PM to 7:00 PM. Light refreshments will be served. Free - underwritten by Friends of the VIC.

Selected Mondays and Wednesdays – Yoga on the Deck

5, 7, 12, 14, 26, & 28 August

Get out of the studio and into nature. Enhance your practice by experiencing a world of new sensations and become part of a boundless yoga experience. This class is open to all abilities. Prepay for three classes or more at a rate of \$13 each. Classes start at 9:00 AM. For information and updates, contact: jacquelinefoster@roadrunner.com (518-339-3008) or visit adirondackjackieyoga.com.

Tuesdays, Thursdays, and Saturdays – Interpretive Canoe Paddles

1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, & 31 August

These two-hour trips provide a chance to explore the varied aquatic habitats at the VIC. Participants view Heron Marsh and Barnum Brook and paddle through a bog to Barnum Pond. Paddles are offered twice a day (at 10:00 AM and 2:00 PM) every Tuesday, Thursday, and Saturday. The price is \$20 per adult, \$50 for the immediate family. Friends of the VIC receive a 25% discount. Preregistration is required. Please preregister by 5:00 PM the previous day by calling the VIC at (518) 327-6241.

Mondays, all August – Junior Naturalist Program

5, 12, 19 & 26 August

This program begins at 9:00 AM and ends at 3:00 PM. It is designed for children ages 7-11. This program, with different themes, will continue on Mondays through August. \$35 per child, or \$25 for Friends of the VIC.

Wednesdays, all August – Little Bobcats Program

7, 14, 21 & 28 August

This program, which is for pre-K children ages 4-6, runs from 9:00 AM to noon. Children must be accompanied by a parent or grandparent. Each consecutive Wednesday through August will have a different theme. \$20 per child, or \$15 for Friends of the VIC.

Fridays – Farmers' Market

2, 9, 16, 23, & 30 August

The Paul Smith's Farmers' Market features fresh vegetables and berries in season, breads and other baked goods, herbs, jams and jellies and plants. The market is part of the Adirondack Farmers' Market Cooperative. The market will be open every Friday throughout the summer from 2:00 - 5:30 PM.

Saturdays – Birds of Prey Demonstrations

3, 10, 17, 24 & 31 August

The Paul Smith's College VIC and Adirondack Raptors invites you to spend Saturday afternoons immersed in the lives of birds of prey. Mark Manske of Adirondack Raptors will have live birds on hand from 1:00 to 3:00 PM to describe the amazing lives of hawks and owls of our region. Free - underwritten by Friends of the VIC.

Selected Sundays and Wednesdays – Mushroom Walks with Susan Hopkins

14, 18, & 28 August

Join mushroom expert Susan Hopkins for a casual walk in the woods to look at all mushrooms and fungi. We will discuss and identify poisonous and edible species and point out some of medicinal value too. This walk will take at least 2-2 ½ hours and will be held rain or shine. Bring a lunch if you want to stay longer to use books and reference materials provided by Susan for further study. \$10 for Friends of the VIC. \$20 for nonmembers.

Every other Wednesday – 5K Trail Runs

14 & 28 August

The Paul Smith's College VIC will host a 5K trail run every other Wednesday, starting 19 June and ending 25 September. Runners get a chance to check out the VIC trails and meet other trail enthusiasts. Registration starts at 6 PM. The runs start at 6:30 PM. \$5 per person entry fee.

Sunday, 4 August – Volunteer BBQ

VIC Volunteers will meet at 5:00 PM for a barbecue and a preview of upcoming events and activities. VIC volunteers provide visitor information, perform stewardship projects, and participate in citizen science projects. Volunteers come together on a monthly basis to socialize and talk about upcoming events and projects with the VIC staff. Folks interested in volunteering are welcome to attend. Hamburgers and hot dogs provided. Bring a place setting and salad or dessert to share.

Sunday, 4 August – Shakespeare in the Adirondack Park - Macbeth

This sixty-minute outdoor adaptation of Shakespeare's classic thriller is a production of the Adirondack Lake Center for the Arts. Six performers play all the roles, blending inventive physicality, evocative design and original text to create this mesmerizing and chilling tale of greed and ambition. Set in a 20th-century militaristic society, this accessible adaptation will appeal to audiences new to Macbeth as well as those already acquainted with this renowned tragedy. The performance will begin at 7:00 PM and take place outdoors, weather permitting (inside, in the auditorium, if not). Free.

Friday, 16 August – Adirondack Plein Air Paints the VIC

The Paul Smiths VIC is a featured location for the Adirondack Plein Air Festival, held this year from 15-18 August. Friday, 16 August is "Paint the VIC" day, when artists will take advantage of the natural settings on various VIC trails: mountains, old growth forest, bogs, streams, marsh, beaver lodges, and Adirondack lean-tos. Spectators are welcome throughout the day. Free.

Friday, 16 August – Artist Reception for Plein Air Art Invitational

The opening reception for the Plein Air Art Invitational will be held on Friday, 16 August from 5:00 to 7:00 PM. Light refreshments will be served; and the Peoples' Choice award from the Life on the Lakes Juried Art Show will be presented.

Upcoming Event SAVE THESE DATES!

12th Annual Great Adirondack Birding Celebration 6-8 June 2014



Bicknell's Thrush
Photo: Larry Master

Celebrate the boreal birds that make the Adirondack Mountains their summer home. This is a chance to see the Bicknell's Thrush, Black-backed Woodpecker, Gray Jay, Boreal Chickadee, and more. Beginning birders welcome.

- ★ All-day "Birding Across the Adirondacks" trip on Friday
- ★ Saturday and Sunday morning field trips to boreal birding hot spots, including:
 - Intervale Lowlands
 - Whiteface Mountain
 - Madawaska Flow
 - Bloomington Bog
- ★ Keynote lecture
- ★ Afternoon workshops



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