



RiverFest Returns!

After taking a break during last year's untimely arrival of Hurricane Florence, the annual Catawba RiverFest will resume its 16-year run on Sept. 21. It's going to be an opportunity to highlight conservation, community and economic organizations celebrating the park system and the Catawba River Basin and its critical importance to the quality of life we all enjoy.

The festival will take place in and around the lower parking lot near the concession stand at the Paddy's Creek Area, between the hours of 10 a.m. and 3 p.m. Information and interactive booths of area conservation, outdoor recreation and historic organizations will help visitors understand and appreciate the story of the river, how it has shaped the region and the many challenges it faces today.



The much-anticipated 9-foot kayak package will once again be raffled off, with proceeds going to support the Friends of Lake James State Park. Raffle tickets are available now for purchase at the Lake James State Park concession stand on weekends and Paddy's Creek Area office Fridays through Mondays, as well as during the event.

Musical entertainment will occur throughout the day, courtesy of Alan Darveaux with Slight Departure. Local food vendors will have a variety of lunch options available and the park

concession stand will be open throughout the day, selling snacks, ice cream and refreshments to the masses.

As an added entertainment bonus, the park is also hosting another "Jam'n on James" concert at the swim beach. All are welcome to enjoy this free show featuring "Grandma's

Medicine." The music starts at 6 p.m. and continues until 8 p.m. (See inside poster.)

The Catawba RiverFest is sponsored by Lake James State Park, Friends of Lake James State Park, Duke Energy, Catawba Valley Heritage Alliance and Burke County. More information can be found at <https://www.facebook.com/FriendsOfLakeJamesStatePark> or call (828) 584-7728.



AUTUMN BOAT TOUR – FRIDAY, SEPT. 6

Lake James is an important waystation for all sorts of animals, birds and insects as the summer winds down. Past experience has proven to the park staff that there's no better way to explore the lake and its abundant wildlife than by boat. Park Ranger Clay Veasey will be your captain and guide aboard the park patrol boat as we search for terns, beavers, eagles and scenic vistas. The weather could be hot and muggy or cool and drizzly, so be sure to watch the forecast and dress appropriately for the day (remember it's always cooler out on the water) if you are one of the eight lucky participants. Registration is required and available on a first-come, first-served basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 1:45 p.m. for a briefing and prompt 2 o'clock departure.

MUSHROOMS 101 – SATURDAY, SEPT. 7

Have you ever wanted to know more about mushrooms? There are hundreds of varieties of fungus growing around Lake James, with all sorts of fabulous fun facts associated with them. Human beings have a complicated relationship with wild mushrooms – some have medicinal uses, some are prized edibles, and some are deadly. Join Karen Johnson, Lake James State Park's resident mushroom enthusiast, for a leisurely stroll along the Sandy Cliff Overlook Trail to discuss what constitutes a fungus and identification techniques. Karen is a member of the Asheville Mushroom Club and the park's office administrator. Meet her at the Catawba River Area breezeway at 4 p.m.

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AUTUMN BOAT TOUR – FRIDAY, SEPT. 13

Lake James is an important waystation for all sorts of animals, birds and insects as the summer winds down. Past experience has proven to the park staff that there's no better way to explore the lake and its abundant wildlife than by boat. Park Ranger Clay Veasey will be your captain and guide aboard the park patrol boat as we search for terns, beavers, eagles and scenic vistas. The weather could be hot and muggy or cool and drizzly, so be sure to watch the forecast and dress appropriately for the day (remember it's always cooler out on the water) if you are one of the eight lucky participants. Registration is required and available on a first-come, first-served basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 9:45 a.m. for a briefing and prompt 10 o'clock departure.

FALL BIRDS AND BLOOMS HIKE – SUNDAY, SEPT. 22

Bird migration is in full swing and it's time to go watch the spectacle. The Paddy's Creek parking area offers just the right mix of open water, shoreline woods and fields to see lots of species in a morning. As an added bonus, butterfly watching is great this time of year too. Join Ranger Jamie Cameron for an exciting morning. We'll start at 8:30 a.m. from the Paddy's Creek Area bathhouse breezeway. Bring binoculars and a field guide if you have them.



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LONG ARM CEMETERY TOUR – FRIDAY, OCT. 18

It has been three years since members of the public have had the opportunity to visit the historic cemetery on Long Arm Peninsula. Before the area became part of Lake James State Park in 2005 it was long held in private ownership. As new park facilities are developed to access and enjoy this beautiful area, the park staff is excited to provide a rare opportunity to walk among the tombstones. Meet Ranger Clay Veasey at the Paddy's Creek Area bathhouse breezeway at 2 p.m. and we'll caravan to the cemetery from there.

ASTRONOMY FOR EVERYONE – SATURDAY, OCT. 19

Lake James State Park Superintendent Nora Coffey will be co-hosting with the Catawba Valley Astronomy Club for a night of star gazing. Learn some basic star gazing tips and take home your own star chart. There will be telescopes and binoculars set up for viewing the night sky, but feel free to bring your own if you have them. Folding chairs are also recommended. We will meet in the upper parking lot of the Paddy's Creek Area at 7 p.m. Please park near the East shelter. Register by calling the park office at 828-584-7728.



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AUTUMN BOAT TOUR – SATURDAY, OCT. 19

Lake James is an important waystation for all sorts of animals, birds and insects as the summer winds down. Past experience has proven to the park staff that there's no better way to explore the lake and its abundant wildlife than by boat. Park Ranger Clay Veasey will be your captain and guide aboard the park patrol boat as we search for terns, beavers, eagles and scenic vistas. The weather could be hot and muggy or cool and drizzly, so be sure to watch the forecast and dress appropriately for the day (remember it's always cooler out on the water) if you are one of the eight lucky participants. Registration is required and available on a first-come, first-served basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 1:45 p.m. for a briefing and prompt 2 o'clock departure.

AUTUMN BOAT TOUR – SATURDAY, OCT. 26

Lake James is an important waystation for all sorts of animals, birds and insects as the summer winds down. Past experience has proven to the park staff that there's no better way to explore the lake and its abundant wildlife than by boat. Park Ranger Jamie Cameron will be your captain and guide aboard the park patrol boat as we search for terns, beavers, eagles and scenic vistas. The weather could be hot and muggy or cool and drizzly, so be sure to watch the forecast and dress appropriately for the day (remember it's always cooler out on the water) if you are one of the eight lucky participants. Registration is required and available on a first-come, first-served basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 9:45 a.m. for a briefing and prompt 10 a.m. departure.

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**AUTUMN BIRDWATCHING HIKE –
WEDNESDAY, OCT. 2**

Bird migration is in full swing and it's time to go watch the spectacle. The Paddy's Creek parking area offers just the right mix of open water, shoreline woods and fields to see lots of species in a morning. Join Ranger Jamie Cameron for an exciting afternoon. We'll start at 8 a.m. from the Paddy's Creek Area bathhouse breezeway. Bring binoculars and a field guide if you have them.

MONARCH MADNESS – SUNDAY, OCT. 13

The amazing monarch butterfly migration will be at its peak and the Lake James State Park pollinator gardens are a great place to catch the spectacle. Park Ranger Jamie Cameron will explain the life-cycle of these incredible insects as we search for monarchs on their way to the wintering grounds in Mexico. This will be a leisurely excursion for all ages. Meet at the Paddy's Creek Area bathhouse breezeway at 2 p.m.

**AUTUMN BIRDWATCHING HIKE –
WEDNESDAY, OCT. 23**

Bird migration is in full swing and it's time to go watch the spectacle. The Fox Den Loop Trail offers just the right mix of open water, shoreline woods and fields to see lots of species in a morning. Join Ranger Jamie Cameron for an exciting morning. We'll start at 8 a.m. from the Catawba River Area picnic shelter. Bring binoculars and a field guide if you have them.



JAM'N *on* JAMES

SPONSORED BY



THE ROTARY CLUB OF MORGANTON

MUSIC BY

"GRANDMA'S MEDICINE"!

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BOATS WELCOME!

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FOOD TRUCKS!



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BURKE COUNTY YOUTH PROGRAMS



★
SEPTEMBER 21, 2019 • 6-8 PM

LAKE JAMES STATE PARK PADDY CREEK

BEACH CLOSSES AT 6PM, PARK STAYS OPEN TIL 10PM.

NATURE NOTES



There are two types of people in this part of the world: those that hate the end of summer, and those that are overjoyed at the beginning of fall.

There's no doubt, fall is a great time to view wildlife at Lake James State Park and the surrounding countryside. Whether you're into the little stuff, like butterflies and bees, or the big stuff, like white-tailed deer and eagles, there's a lot to look at during your next hike around the park.

The native plant gardens around the Paddy's Creek Area bathhouse and picnic shelters are abuzz with

activity. Joe-pye weed, narrow-leafed sunflower, New York ironweed and assorted asters are blooming and the pollinators are swarming the pollen and nectar-rich flowers. The best time to observe this riot of activity is warm, sunny days, but there is usually something to see even when the clouds roll in. This time of year, the most abundant butterflies are silver-spotted skippers, fiery skippers, common buckeyes and tiger swallowtails (both yellow and black color morphs). Be on the lookout for less-common species like, great purple hairstreak, Brazilian skipper, Gulf fritillary and monarch. There are also numerous types of bees and wasps, day-time moths, ruby-throated hummingbirds, American goldfinches; the list goes on and on. In fact, the closer you look, the more you'll see.

By all accounts it was a productive summer for many park critters. Many visitors have been delighted by the abundance of young white-tailed deer, wild turkeys and eastern cottontail rabbits that tend to hang around the roadsides in the park. Those youngsters serve as a good reminder to watch your speed as you travel within the park. The 25 mile-per-hour limit is enforced so that wildlife and humans have a better chance to cross the park road safely.

If you have kids or you know a few, try to make it your goal to get them into the great outdoors during this fantastic fall weather. You could take them hiking, mountain biking, picnicking or bring them to one of the ranger-led programs scheduled throughout the week (see list starting on page 2).

Hope to see you out on the trail.

WHO WE ARE

A group formed in 2010, made up of dedicated people work together to help Lake James State Park meet its mission of providing opportunities for public enjoyment and education while still protecting the natural beauty and historic integrity of the State Park.

BOARD MEMBERS

Eric Jenkins - President
Robert Hunter - Vice President
Mike Sewell - Secretary
Annette Bryant - Membership Coordinator
Randall Conley - Member at Large
George Milner - Member at Large
Greg Norell - Member at Large
Shane Prisby - Member at Large
Molly Sandfoss - Member at Large
Jeff Stark - Member at Large
Jim Williams - Member at Large

To contact the Friends of Lake James State Park Group please email info@lakejamesstatepark.org

DRAGON BOAT FESTIVAL RETURNS TO LAKE JAMES OCTOBER 12TH

For the third time the state park will be the site of the Lake James Dragon Boat Festival. This day-long event will have something for everyone; exciting competition, colorful boats racing across the water, camaraderie amongst paddlers, inspiring teamwork, food, music and fun – all against the beautiful backdrop of Lake James and its surrounding mountains. Come to the Paddy's Creek Area day use and swim beach, Oct. 12, and see for yourself.



festival is the open opportunity to take up a paddle and row, row, row. Teams of 20 can register to compete. The Healing Dragons of Lake James will provide a dragon boat, paddles, life preservers, an experienced helmsman to steer the boat and a practice session to get you ready for the race.

Registering a team is easy; just visit www.lakejamesdragonboat.com

The massive paddle-powered watercraft have a 2,500-year legacy going back to ancient China. Once used in ceremony and war, today's dragon boats are built for speed and competition. Racing festivals have become popular around the globe.

Spectating is one thing, but why not start a team of your own, or join an existing squad of like-minded adventurers and be a participant? One of the great things about the

and sign up. There are no restrictions based on size, age, gender or experience.

You can feel great about paying your registration fee too. Proceeds will be donated to Carolinas HealthCare System Blue Ridge Cancer Center's patient service programs.

Whether you choose to join the pageantry or enjoy the sights and sounds of the competition from dry land, do not miss this terrific event!



CAMPER LANDS WHOPPER!

The Catawba River Area campground isn't just for camping. During the month of August this young camper made the most of his time at the park by landing

this whopper; a 20-inch, 5.25-pound largemouth bass. Great catch Calvin!

YEAR OF THE SNAKE: FALL INSTALLMENT

Sure, summer is turning to fall and fall means cooler temperatures, shorter days and fewer snakes, right?

Not so fast folks. During September and October the average highs for the Lake James area are 81- and 72-degrees respectively. Those temperatures are well within the range for snakes and other cold-blooded animals to

remain active. They are certainly higher than what's necessary to trigger snakes into hibernation. This time of year, snake awareness takes on a day-by-day approach: If it's a warm day, snakes will be active. If it's a cold day, snakes will be unwilling to move very much, if at all.

For snake enthusiasts, these are the final days to observe and admire our scaly friends. Looking underneath logs and rocks can be particularly effective for finding snakes as they



Eastern Worm Snake

wait for the sun to rise and warm the ground. Of course, a certain amount of caution must be applied when one actively seeks out critters that can be venomous. Proper log flipping technique ensures the seeker and the sought will stay out of harms way. If you're the type of person who intentionally looks for snake encounters, always flip the rock, log, sheet of metal or discarded lumber AWAY from your body, so that the object remains as a barrier between you and whatever might lie beneath it. An added layer of security can take the form of a simple garden rake or a fancy snake

hook. By using the tool to lift the opposite edge of the object you can dispense with the need to put your hands anywhere near the place where a snake might be resting.

Once the object is flipped and the area scoured for snakes and other critters it is most-important to replace it gently back to its original position on the ground.

Remember that even if you did not observe anything alive there, animals might still reside unseen just under the surface.

While every backyard naturalist should practice safe log-flipping technique, it is especially important to train young outdoorspeople the proper way to explore their environment, both for themselves and the fascinating creatures they seek.

OVERMOUNTAIN VICTORY TRAIL RE-ENACTMENT ON TAP

The Overmountain Victory National Historic Trail protects and interprets the story of the Patriot soldiers who in 1780 traveled hundreds of miles and secured a key victory over British forces at the Battle of Kings Mountain.

In partnership with the Overmountain Victory Trail Association (OVTA), the march of those Patriots is commemorated and celebrated with educational programs and dramatic retellings of their story.

For 2019, the special events will begin in Abingdon, Virginia on Sept. 18-20 and continue following their trail through Tennessee, North Carolina, and South Carolina, until finally arriving at Kings Mountain National Military Park on Oct. 7.

On Sept. 28 and 29, the march will be commemorated at Catawba Meadows Park in Morganton, NC. Morganton, then known as Quaker Meadows, was the planned gathering place for the western group of Patriots, who had just descended the from creeks that now form Lake James State Park, and the eastern group, who had been following the Yadkin and Catawba Rivers from Elkin, NC.

For more information about the history, trail, and special events, head to the Overmountain Victory NHT website at nps.gov/ovvi, and the OVTA website, ovta.org.

LJSP TRAILS



CATAWBA RIVER AREA:

- Fishing Pier Trail (0.3 mile, easy)
- Fox Den Loop Trail (2.25 miles, moderate)
- Lake Channel Overlook Trail (1.5 miles, moderate)
- Sandy Cliff Overlook Trail (0.5 mile, easy)

PADDY'S CREEK AREA:

- Holly Discovery Trail (0.75 mile, easy)
- Mill's Creek Trail (3.6 miles, moderate)
- Overmountain Victory Trail (2.0 mile, moderate)
- Paddy's Creek Trail (2.0 miles, moderate)
- Tindo beginners' mountain bike trail (4.0 miles)
- Wimba intermediate mountain bike trail (11.25 miles)

PARK GENERAL INFO

- Gate hours during September are 7 a.m. until 10 p.m. Starting Oct. 1 the gate hours change to 7 a.m. until 9 p.m.
- The Paddy's Creek Area swim beach will close Oct. 1. Until then the swim beach will be open from 10 a.m. until 6 p.m.
- The Paddy's Creek Area concessions stand is open WEEKENDS ONLY, from 10 a.m. until 6 p.m. until the end of September. Canoe and kayak rentals will be offered Saturdays and Sundays only. Due to staffing shortages, we recommend called the park office ahead of time to make sure the concessions stand and boat rentals will be available during your visit. The office number is 828-584-7728.

FRIENDS OF LAKE JAMES STATE PARK

HOW TO GET INVOLVED

Do you have an interest in Lake James State Park? Whether you enjoy hiking the trails, swimming at the beach or just picnicking with your family, there is some part of the park for everyone.

Join the Friends of Lake James State Park group and learn about all the opportunities to help make the park a better place for everyone to enjoy. The Friends of Lake James State Park focus on working together to help Lake James State Park meet its mission of providing opportunities for public enjoyment and education while still protecting the natural beauty and historic integrity of the State Park.

There are a variety of opportunities to get involved from trail work days, to volunteering at RiverFest and other festivals. Become a member of Friends of Lake James State Park, and know that you are helping to preserve the natural beauty and historic resources of Lake James for generations to come.

FRIENDS CONTRIBUTIONS

The Friends of Lake James State Park is proud to support the hardworking staff at Lake James State Park and contribute wherever we can to help improve park operations and offer new recreational opportunities to visitors. If you think these efforts are meaningful, please consider joining our group using the form at the bottom of this page.

- Boat Camping Project; partially funded, purchased equipment including rebar driver and auger
- Stand-up Paddleboards; purchased two for rental fleet and one for lifeguard use
- Funded instructor for Waterfront Safety training for lifeguards
- Linville Overlook picnic area
- Assisted with Overmountain Victory Trail 2 construction
- Holly Discovery Trail; partially funded and dedicated, annual funding for upkeep
- Park of the Year celebration
- Sponsored night rides on mountain bike trails
- RiverFest Sponsor

HOW TO JOIN THE FRIENDS OF LAKE JAMES STATE PARK GROUP

Become a member of Friends of Lake James State Park, and know that you are helping to preserve the natural beauty and historic resources of Lake James for generations to come.

For more information please visit www.lakejamesstatepark.org or email info@lakejamesstatepark.org.

FRIENDS OF LAKE JAMES STATE PARK - MEMBERSHIP INFORMATION

Be a Friend of Lake James State Park

Select class of annual membership:

- Individual \$10
- Family \$25
- Corporate \$50
- Patron/Industry \$100 - \$999 \$_____
- Lifetime \$1000 (or more) \$_____

I would like to be contacted about volunteer opportunities with the Friends of Lake James State Park

Where did you hear about us? _____

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

**Return to:
Friends of Lake James State Park, Inc.
P.O. Box 1327
Nebo, NC 28761**

Friends of Lake James State Park, Inc. is a registered 501(c)3 charitable organization. Receipt of membership will be supplied upon request.