



14TH ANNUAL CATAWBA RIVERFEST

THERE'S SOMETHING FOR EVERYONE AT RIVERFEST!

The 14th annual Catawba RiverFest will take place on Sept. 16th. It's going to be a fantastic day highlighting 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 at the Paddy's Creek Area near the concession stand between the hours of 10 a.m. and 3 p.m. Information and interactive booths for dozens 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.

There will be opportunities to demo kayaks, canoes and paddleboards free of charge. The all-day raffle will feature prizes that include park posters, t-shirts, a 9-foot kayak package and a mountain bike. Raffle tickets are available now for purchase at the Lake James State Park concession stand and during the event.



Festival goers will also be able to participate in a host of free educational programs throughout the day including junior ranger programs. Starting with a live bird demonstration and rehabilitated hawk release at 10:30 a.m., the events continue throughout the day with paddle eco-tours organized by the Catawba Riverkeeper Foundation or take a trip on a ranger-led boat tour - just visit the Friends of N.C. State Parks booth when you arrive and fill out the sign-up sheet. There will be a fascinating hike with Dr. McDougal from Lenoir-Rhyne University focusing on invasive plants and their effects on the environment, as well as an introduction to mushrooms walk with Mike Hopping from the Asheville Mushroom Club. In addition to scheduled activities there will be craft

tables set up for take-home kid's crafts throughout the day.

Some of the scheduled exhibitors include the N.C. Wildlife Resource Commission, Lake James Area Wildlife and Nature Society, McDowell Trails Association, Catawba Riverkeeper Foundation, Catawba Valley Heritage Alliance, Lake James

Environmental Association and many more. Musical entertainment will occur throughout the day, courtesy of Alan Darveaux with Slight Departure and Piedmont Natural Grass. 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.

The Catawba RiverFest is free and is sponsored by Lake James State Park, Catawba Riverkeeper Foundation, Catawba Valley Heritage Alliance, McDowell Trails Association and the Friends of Lake James State Park. More information can be found at <https://www.facebook.com/FriendsOfLakeJamesStatePark> or call (828) 584-7728.

BACKPACKING 101 – THURSDAY, SEPT. 7

Considering your first backpacking trip? Join Park Ranger Clay Veasey for this quick introduction on what you need to bring with you and what is better left back at the house. We'll cover topics ranging from safety preparation to proper footwear to the pros and cons of different pack styles. To finish the hour, Ranger Veasey will offer suggestions on some overnight hike-in camping opportunities in the region. Meet at the Paddy's Creek Area under the West Picnic Shelter at 10 a.m.

AUTUMN BOAT TOUR – SATURDAY, SEPT. 9

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 a.m. departure.

LAKE JAMES HAWKWATCH – WEDNESDAY, SEPT. 13

The area surrounding Lake James is a great destination for catching the annual fall migration of songbirds and waterfowl, but did you know it can also be a top notch hawkwatching site? During seasons past, as many as 300 broad-winged hawks have been counted in a single day from the Paddy's Creek Area parking lot. The program is scheduled for peak broad-winged migration but weather will play a major role in our success. We'll also be looking for other raptors on the move, including sharp-shinned and Cooper's hawks, merlins and



American kestrels and bald eagles. Of course, there will be lots of other birds around and we'll give them a fair shake too. Meet in the middle parking deck at 10 a.m. and bring your binoculars, a camp chair, sunscreen and a brimmed hat.

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AUTUMN BOAT TOUR – FRIDAY, SEPT. 22

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 Earl Weaver 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.



ASTRONOMY FOR EVERYONE – SATURDAY, SEPT. 23

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 7:30 p.m. Register by calling the park office at 828-584-7728.

T.A.C.O. CANOE EXCURSION - MONDAY, SEPT. 25

The tranquility of paddling a canoe on a quiet morning is one of life's simple pleasures. Let's kick off Take a Child Outside Week with this fun outing focused on discovering the beauty of Lake James State Park from the water with Park Ranger Jamie Cameron. Whether you're an expert paddler or you don't know the difference between starboard and port, we'll provide the equipment and instruction to make it a memorable morning. Six park canoes are set aside for this free program and each is capable of carrying two adults and one child (must be 7 years of age or older). The program starts at 9 a.m. and meets at the Paddy's Creek Area bathhouse breezeway. You must pre-register and be prepared to share your journey with a new friend if you are a single and space dictates. Call 828-584-7728 and sign-up today.

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AUTUMN BOAT TOUR – TUESDAY, SEPT. 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 Earl Weaver 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.

T.A.C.O. FALL BIRDWATCHING HIKE – WEDNESDAY, SEPT. 27

Bird migration is in full swing and it's time to go watch the spectacle. Celebrate Take a Child Outside Week by introducing the young persons in your life to the fascinating world of birds. 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 morning. 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.

**T.A.C.O. CREEK EXPLORATION -
WEDNESDAY, SEPT. 27**

Experiencing a peaceful mountain stream is something most everyone enjoys. But, have you ever wondered what lives in that peaceful mountain stream? From the creepy crawly to the slimy swimmers, start off Take a Child Outside Week with a walk down to Paddy's Creek to discover what calls Lake James streams home. Meet Ranger Kevin Bischof at the Holly Discovery Trail parking area for a short walk down to Paddy's Creek. Bring sturdy footwear that you don't mind getting dirty or wet. The creek discovery starts at 2 p.m. and will last about an hour.

**T.A.C.O. AMPHIBIANS – FRIDAY, SEPT. 29**

September is a fantastic time of year to see some of the Lake James cold blooded residents. Meet Park Ranger Kevin Bischof for this Take A Child Outside program as he explores the Holly Discovery Trail in attempt to find some of the amphibians that live in the park. The hike is approximately .75 miles in length and starts 10 a.m. from the Holly Discovery trailhead in the Paddy's Creek Area of the park.

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FALL BIRDWATCHING HIKE – SUNDAY, OCT. 8

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 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.

HIKE NC – SUNDAY, OCT. 8

As autumn approaches, there is no better time to hike in the mountains of North Carolina. As a part of the Blue Cross and Blue Shield Hike NC initiative, Ranger Kevin Bischof will be leading park visitors on a hike to find some of our late-season amphibians as the temperatures cool for the year. Meet at the Holly Discovery trailhead and be prepared to walk approximately 1.25 miles. Amphibians like the mud, so bring shoes that can get muddy. The hike starts at 1:30 p.m. so don't be late. For more information about the Blue Cross Blue Shield Hike NC initiative, visit www.gohikenc.com.

AUTUMN BOAT TOUR – FRIDAY, OCT. 13

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AUTUMN BOAT TOUR – SATURDAY, OCT. 14

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.

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CANOE EXCURSION- TUESDAY, OCT. 17

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PHOTO SAFARI – SATURDAY, OCT. 21

Autumn colors will be at their peak for this guided photography hike along the Paddy's Creek Trail. Shutterbugs of all skill levels are welcome to join Park Ranger Jamie Cameron, whose former career as a photojournalist and newspaper editor has equipped him with some helpful tips on composition – whether you shoot with a phone or a large format SLR. We'll meet at the Holly Discovery Trail parking lot, in the Paddy's Creek Area at 10 a.m.

MONARCH MADNESS – TUESDAY, OCT. 24

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 10 a.m.

NATURE NOTES

As summer draws to a close, cooler overnight temperatures and timely weather fronts from the northwest are a harbinger of the days ahead. Fall is the season of plenty as berries, seeds and nuts come to fruition just in time to fatten migratory birds and resident mammals like deer, bears, squirrels and the like. For nature watchers there are no finer months than September and October to be out on the lake and the trails surrounding it.

Bird migration through the park is at its peak and thousands of songbirds, waterbirds, birds of prey and even hummingbirds stop by on their way to the wintering grounds in Central and South America. Warblers put on an especially colorful show during the mornings following cold fronts. These tiny songbirds migrate at night and come to earth just before dawn to refuel on insects and water. The birch trees behind the Paddy's Creek Area bathhouse have proven to be a reliable spot to enjoy many types of warblers as they hunt for moths, caterpillars, spiders and flies. Birders should try to be in position as early as possible to enjoy the show. The park gate opens at 7 a.m.



Birds aren't the only critters on the move. Some species of insects migrate too. Monarch butterflies are perhaps the best known of these, as the entire population heads to a specific mountaintop in northern Mexico to spend the winter. Organizations that follow the monarch life-cycle are predicting a good year for these colorful butterflies. Favorable weather conditions that started last spring have allowed a bumper crop of monarchs from across the Midwest and East Coast to embark on this perilous journey.

Other insects that undertake seasonal movements (not necessarily north-to-south) include American lady butterflies, giant cloudless sulfur butterflies, Gulf fritillary butterflies, green darner dragonflies and other dragonfly species.

Add all of these amazing and colorful travelers to the changing hues of the autumn leaves and a hike at Lake James State Park can be truly breathtaking. 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

Molly Sandfoss - Member at Large

Alan Scholl - 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

YEAR OF THE SPIDER: CRAB SPIDERS

Continuing with the Year of the Spider, the next spider spotlight shines on the crab spiders. These members of the Philodromidae and Thomisidae family get their name from their crab-like appearance. Female crab spiders, like other spider species, are larger than their male counterparts. Usually ranging from ½- to ¾-inches in size, crab spiders are smaller than some of our other spider species. The largest of our crab spider species can fit on a quarter, but what they lack in size, they make up for in beauty. Crab spiders, like jumping spiders, have beautiful markings that range from earth tones tan to bright yellows and reds. These markings, while bright, are used to camouflage crab spiders in their pursuit of food.

Different than traditional web-building spiders, crab spiders do not use webs to entrap their prey. They use camouflage to hide among flowers in wait of their prey. Crab spiders are often colored to blend in with the whites and yellows of many species of flowers that serve as hunting platforms. Camouflaged against the flower petals, crab spiders lay in wait as various pollinators fly up to feed on the blossoms. As prey



Red-banded Crab Spider - *Misumenoides formosipes*

approaches, the crab spider pounces, grasping the prey and biting the back of the neck of the insect. This paralyzes

*Crab spiders have
beautiful markings
that range from earth
tones tan to bright
yellows and reds*

the insect and allows the crab spider to eat its meal more easily. Crab spiders are opportunistic feeders and will eat any insect that comes to the flower it is hunting on. Their prey can range from bees and wasps, to the more common

moths and butterflies. Because crab spiders spend their time hunting on and around flowers, they are most often found in open fields, meadows, savannahs and other places that support a diversity of flower species.

The life cycle of a crab spider is relatively short; measured in months, not years. The adults mature in late summer or early autumn and mate shortly after. The flat egg sacs, containing up to 100

eggs, are laid on nearby sticks, stems or twigs. A dedicated mother, the female crab spider will guard their egg sacs until their deaths. The young will overwinter in the egg sac and emerge in the spring, feeding through the summer until maturity in late summer, when the process will start again.

Crab spiders are arguably among the prettiest spiders found in North Carolina. They can be readily seen with a little bit of effort and the ability to slow down and look for them. So, the next time you find yourself admiring a pretty bloom, lean a little closer and look a little harder. The flower you may be enjoying, may in fact have a predator waiting for its next meal to fly up.

FRIENDS OF LAKE JAMES STATE PARK

SAVE THE DATE



2ND ANNUAL LAKE JAMES DRAGON BOAT FESTIVAL

Don't miss the fantastic camaraderie and visual spectacle of the Lake James Dragon Boat Festival, Sept. 30, at the Paddy's Creek Area of Lake James State Park. Teams from across the Southeast will gather at the swim beach from 9 a.m. until 4 p.m. to compete in this ancient Chinese tradition. It's going to be a wonderful day for spectators, but why not gather 19 friends and participate yourself? If you form a team, the Healing Dragons of Lake James will take care of the rest; boats, paddles, training and someone to steer! Go to www.lakejamesdragonboat.com or call 813-426-3544 for more information.

SEA TESTS FOR YOUNG BOAT BUILDERS SUCCESSFUL



Catherine Gamewell, a rising junior at Patton High School, makes the turn in her homemade boat at the Lake James State Park swim beach. Gamewell and other students at Patton High School were participating in Paul Gantt's Engineering Camp. "I had a blast," said Gamewell of the first-time camp. "It's been awesome."

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 October. Canoe and kayak rentals will be offered Saturdays and Sundays only until the end of October.



An aerial view of the Linville Lake James tract that Foothills Conservancy is working to buy and protect.

(Photo courtesy of Crescent Communities—Lake James)

HELP US SAVE THE LINVILLE ARM OF LAKE JAMES AND ENHANCE LAKE JAMES STATE PARK!

Foothills Conservancy has a limited-time opportunity to purchase and forever protect as part of Lake James State Park the last remaining undeveloped shoreline tract on the Linville Arm of Lake James.

The scenic 385-acre Linville Lake James (LLJ) tract includes more than four miles of undeveloped lakeshore in the viewshed of the Linville Gorge Wilderness and across from Lake James State Park's Paddy's Creek Access.

The conservancy has an option to purchase the property in two phases, beginning with the northern 228-acres. Phase 1 adjoins Burke County's new Fonta Flora Park and, across N.C. Highway 126, the state's Pisgah Game Land, which borders the Linville Gorge Wilderness.

Adding the tract to Lake James State Park could provide a group camping area for youth, school, and civic groups, families, sportsmen, and other outdoor enthusiasts. Campers would have easy access to recreational facilities planned for Burke County's new park, to the state game land, the Linville Gorge, the Mountains-to-Sea Trail and the new Fonta Flora Loop Trail around the lake. This important acquisition could also create opportunities for environmental education programming.

Protecting the LLJ tract's four miles of shoreline is critical to keeping the waters of Lake James clean and pure for the more than two million Carolinians downstream who draw their drinking water from the Catawba River.

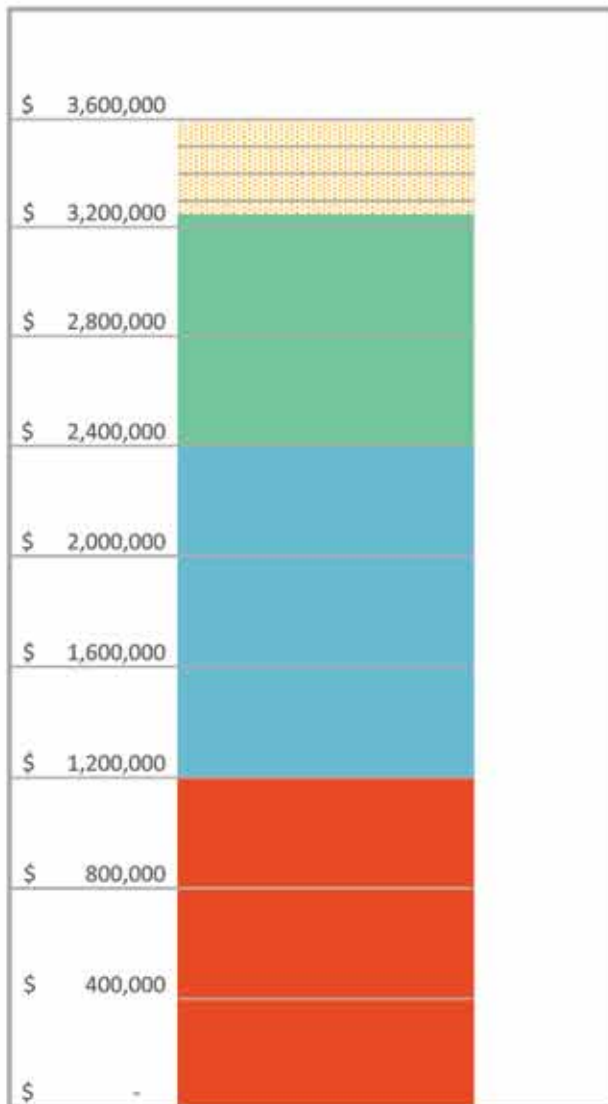
To meet this challenge, Foothills Conservancy must raise an estimated \$7 million or more in public and private funding to acquire the entire 385 acres before the option to purchase expires in January 2019. The longer it takes to complete the purchase the higher the risk acquisition costs rising, requiring additional fundraising.




The first 228-acre phase will require an estimated \$3.6 million to purchase the tract by the end of 2017. The goal is to raise \$2.4 million in public funds and \$1.2 million in private contributions. The N.C. Parks & Recreation Trust Fund (PARTF) has already committed \$1.2 million toward the purchase, and Foothills Conservancy has a \$1.2 million grant request pending with the N.C. Clean Water Management Trust Fund (CWMTF). Two leadership pledges totaling \$800,000 have been made by individuals toward the \$1.2 million private goal, leaving \$400,000 in private funds to be raised to secure the tract.

Linville Lake James is the last significant puzzle piece available on the lake for conservation through public ownership. The success of this important project will ultimately depend on support from those who love Lake James and the Linville Gorge Wilderness. If you are interested in supporting this project please contact Beth Willard-Patton, Development Director at bwillardpatton@foothillsconservancy.org or 828-437-9930.

Help Us Save Linville Lake James - Phase I



	NC Parks and Recreation Trust Fund	\$	1,200,000
	Clean Water Management Trust Fund*	\$	1,200,000
	Private Pledges	\$	855,000
	Left to Raise	\$	350,000
Total		\$	3,605,000
<i>*pending</i>			

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
- Funded "high volume" concession stand employee for select weekends and holidays

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.