



PARK HOSTS FLOOD RESCUE TRAINING

The buildings shook and the beach sand blew at Lake James State Park during a 3-day training event held at the Paddy's Creek Area. From Oct. 2-4, the park and its staff hosted around 100 first responders from state emergency service agencies, the North Carolina National Guard and Great Britain's Royal National Lifeboat Institute.

Two National Guard Blackhawk helicopters assisted the trainees as they drilled on flooding and open-water rescue techniques. The Royal National Lifeboat Institute is an elite, volunteer team that has the ability to respond to flooding and nautical emergencies around the globe within 24 hours of being

notified. The NC Helicopter and Aquatic Rescue Training event at Lake James was shown nationally on CBS News stations.

Members of the Charlotte Fire Department drilled with their British counterparts on short-haul and long-haul water rescues in which rescue swimmers assisted "victims" by hooking them to cables lowered from the helicopters and either pulling them into the hovering aircraft or transporting them suspended from the cable to the shoreline.

"It's awesome," said Park Superintendent Nora Coffey as she watched the helicopters take off from the middle parking deck

at Paddy's Creek. "We are thrilled that we can provide our facilities and easy access to the lake for these important exercises. We had a lot of visitors from the surrounding area come to the park during the training just to see what was going on and we are grateful that the participating agencies were accommodating to that desire."

Event organizers were so pleased with their experience at the park that they are exploring the possibility of making it the site for next year's training.

If you would like to receive our monthly events list, contact Nora Coffey at nora.coffey@ncparks.gov. Please note: In an effort to reduce idle time, please make a reasonable effort to arrive a few minutes before the times set for programs.

AUTUMN BIRD HIKE - November 3

With the migration mostly over, what birds are left and how will they survive the winter? Park Ranger Jamie Cameron will lead this hike along the Fox Den Loop Trail through a variety of habitats to see and identify as many species as possible. This is a moderate hike of nearly 2-and-1/2 miles so wear comfortable hiking shoes and dress appropriately for the weather. Bring your binoculars and field guides and meet in front of the Catawba River Area office building at 9:00 a.m.

BOAT TOUR - November 9

What better way to see waterfowl on Lake James than to see the lake by boat? Join Park Ranger Clay Veasey as he guides a boat tour looking for the waterfowl that call Lake James home in the months of fall. Pre-registration is required, as there are only 8 spots available on the boat. Please bring appropriate clothing for an afternoon on the lake. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area promptly at 10:00 a.m. Meet at the east picnic shelter several minutes prior to the program starting. To register please call 828-584-7728.

SPACE ROCKS! - November 9

Join us for a night of stargazing and learn about meteorites at the Catawba River Area. There will be telescopes set up for viewing the night sky, but feel free to bring your own telescope or binoculars if you have them. We will meet in the campground parking lot at 5:30 p.m. If rainy or cloudy, we'll meet in the basement of the office for an indoor presentation. Please pre-register by calling the park office at 828-584-7728.



BOAT TOUR - November 10

What better way to see waterfowl on Lake James than to see the lake by boat? Join Park Ranger Clay Veasey as he guides a boat tour looking for the waterfowl that call Lake James home in the months of fall. Pre-registration is required, as there are only 8 spots available on the boat. Please bring appropriate clothing for an afternoon on the lake. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area promptly at 2:00 p.m. Meet at the east picnic shelter several minutes prior to the program starting. To register please call 828-584-7728.

BALD EAGLES - November 16

One of the most iconic and easily identifiable birds, the Bald Eagle, is a symbol of our great nation. But what does it eat? Sure it is big, but how big? Where do they go in the winter? They eat fish, but what else? Can you see them at Lake James? All questions, and more will be discussed during this program. Meet Ranger Kevin Bischof at the Catawba River Area office at 10:00 a.m. to learn about the beautiful Bald Eagle.



PHOTO SAFARI - November 23

As Nature prepares for the dormancy of winter, capture the mood through your camera lens. Ranger Jamie Cameron will be your guide as we search for compelling subjects and the perfect light along the Paddy's Creek Trail. It doesn't matter if you own professional photography equipment or the simplest point-and-shoot; great photos are waiting to be taken. Afterwards, we'll share our work with the group and maybe see some of it published in upcoming issues of the newsletter. Meet at the Paddy's Creek Area bathhouse breezeway at 10:00 a.m.



WATER CANARIES - November 24

Water quality and the health of creeks and rivers can be determined by the diversity of creatures that live there. We will take stock of the health of Paddy's Creek by measuring certain environmental factors and capturing aquatic fauna. Park Ranger Jamie Cameron will head up the expedition to explore Paddy's Creek with nets, seines, magnifying glasses and more. Meet at the Paddy's Creek Bridge parking area at 2:00 p.m. and wear clothing and footwear you don't mind getting wet.



WATERFOWL AND LOONS OF LAKE JAMES BOAT TOUR - November 30

What better way to see waterfowl on Lake James than to see the lake by boat? Join Park Ranger Earl Weaver as he guides a boat tour looking for the waterfowl that call Lake James home in the months of fall. Pre-registration is required, as there are only 8 spots available on the boat. Please bring appropriate clothing for an afternoon on the lake. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area promptly at 2:00 p.m. Meet at the east picnic shelter several minutes prior to the program starting. To register please call 828-584-7728.

NATURE NOTES

As we head into the middle of fall, the last of the leaves and their beautiful colors are gone from the limbs they once hung from. Some think the forest can be dreary and bland during the months the trees don't have leaves on them, but nothing could be farther from the truth. While most plants have gone dormant and lost even their green coloration, some unique plants hold their green throughout the late fall and winter seasons.

CRANE-FLY ORCHID – *Tipularia discolor*

One of those plants that adds green to the forest floor during winter months is the Crane-fly Orchid. While it adds a wonderful small purple/green bloom during the late fall, this orchid's leaves are present during the winter months. While their identification can be tough at first, a simple flip of the leaf can tell you whether or not you have found one of the orchid species that inhabits the Lake James area. While this leaf can be viewed during the winter months, the leaf withers away in the spring.



SPOTTED WINTERGREEN OR PIPSISSEWA – *Chimaphila maculata*

Different than orchid species, another plant that can be seen flashing green coloration through the winter is a member of the wintergreen family, Spotted Wintergreen or Pipsissewa blooms in early May and June but adds green to the forest floor year round.



FAN CLUB-MOSS, GROUND CEDAR OR CROWSFOOT – *Diphasiastrum digitatum*

The next plant which contributes green to the forest floor year round is called many different names. Creeping or Ground Cedar is also known as Fan Club-moss and can be seen commonly throughout the park. In some areas of Lake James it grows so prolifically it creates a soft appearance to the forest floor.

NATURE NOTES

CHRISTMAS FERN – *Polystichum acrostichoides*

Last, and of course certainly not least is one of the most common ferns you can see while walking the trails of Lake James, the Christmas Fern. A very traditional looking fern, the Christmas Fern offers a wonderful green contrast to the white snow that sometimes blankets the park's forest floor.



Identifying ferns can be tricky but after close examination, the Christmas Fern can be easily spotted from the rest. Each frond contains many sections of the leaf that look like small boots. Some say, Santa's boots, which can help a Lake James hiker identify the green fern they are seeing as the common Christmas Fern.

As the leaves start to fall, don't hesitate to visit the park and hike the Lake James trails. The weather is cooling off with the approach of winter, and the forest floor, while not as green as the spring and summer months, still offers wonderful green treasures to enlighten a hike with greenery. See you in the woods!

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
Wendell Shelton - Vice President
Mike Sewell - Secretary
Bob Bielitz - Treasurer
Paul Braun - Member at Large
Joe Carey - Member at Large
Greg Norell - Member at Large
Frank Dean - Member at Large
Jim Williams - Member at Large
George Milner - Member at Large
Brock Hall - Member at Large
Ashley Wooten - Member at Large

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

HISTORICAL TRAIL DEDICATED



On October 2, Marc Bowen (right) presented Superintendent Nora Coffey with a certificate on behalf of the National Park Service, Overmountain Victory National Historic Trail, certifying the newest section of trail within Lake James State Park. Segment Two of the trail was a collaboration of park staff, the Overmountain Victory Trail Association and the Friends of Lake James State Park. Bryant Lindsey, one of the trail's benefactors, is also pictured to the left.

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)



NC STATE PARK BLOG ncstateparks.wordpress.com

Looking for the most up to date information about the North Carolina State Parks? If you haven't yet checked out our new NC State Parks blog, you should. It's here: <http://ncstateparks.wordpress.com>

There is much timely news about the division and the state parks system; that gets to you even more quickly than the state parks grapevine or the newsletter. Please check the "Follow our Blog" box on the right hand side of the webpage. You'll get the news shipped directly to your inbox the instant it's published. It's a great way to keep up with what is happening in the state parks.



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.



PARK GENERAL INFO

- The park is open every day of the year except for Christmas Day
- November gate hours are 8am until 6pm
- Campground open through November 30
- Swimming area closed for season
- Concession stand closed for season

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 \$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.