



## RiverFest Recap 2013

Alan Darveaux With Slight Departure got a little help on the rythm section from Smokey the Bear during the 10th annual Catawba RiverFest, Sept. 21.



Cloudy skies and the threat of rain could not deter around 400 hardy souls who love the Catawba River and Lake James from celebrating the 10th annual Catawba RiverFest, Sept. 21.

The weather certainly didn't bother the rehabilitated red-tailed hawk released back into the wild after a lengthy treatment at the Carolina Raptor Center for a gunshot wound. Visitors to the park should be on the lookout for the bird, which now sports an aluminum band on its leg to identify it.

Nor did it put a damper on Alan Darveaux with Slight Departure and their wandering minstrel show, as they treated the crowd and staffers representing 25 area conservation, environmental and management groups to an enthusiastic playlist of old and new folk music.

"Of course we wish the weather could have cooperated a bit more with us," said Park Superintendent Nora Coffey. "But this community loves its river and this lake and they came out to show

it. All things considered, it was a very successful festival and we'll continue to work with our partners and friends to hold this annual celebration."

In addition to the visitors and vendors, 12 young volunteers put in 66 hours of assistance to park staff in set-up and take-down of the event.

# FRIENDS OF LAKE JAMES STATE PARK

## LJSP INTERPRETATION & EDUCATION PROGRAMS October 2013

If you would like to receive our monthly events list, contact Nora Coffey at [nora.coffey@ncparks.gov](mailto: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.

### **MARCH BACK IN TIME– Wednesday, Oct. 2**

Join us for a hike on the Overmountain Victory Trail and get a glimpse of what it looked like back in 1780 when the Overmountain Men marched through this area on their way to the Battle at Kings Mountain. The Overmountain Victory Trail Association will stop here as they continue their annual march and reenactment. The hike will start at 9 a.m. at the Paddy's Creek bridge parking lot, and will conclude at 11 a.m. with the dedication of the newest section of Overmountain Victory Trail within the park.

### **WHO WAS HERE? – Saturday, Oct. 5**

Many park visitors explore the trails of Lake James and have the good fortune to see some of the wonderful wildlife that lives inside the park. Some park visitors hike the trails and see little, or no wildlife. If you don't see it, does that mean it isn't there? Not at all. Come hike with Ranger Kevin Bischof along the Fox Den Loop Trail to discover the tracks and signs left behind by the animals that inhabit Lake James State Park. Bring sturdy footwear and water to enjoy this hike to the fullest. Meet at the Catawba River Picnic Shelter at 10 a.m.

### **MONARCH TAGGING – Saturday, Oct. 5**

Monarch migration is underway and scientists hoping to unlock the secrets of this remarkable journey use special tags to keep track of the butterflies as they make their way to northern Mexico. Join Park Ranger Jamie Cameron on an expedition to capture and tag monarchs as they pass through Lake James State Park. Bring a butterfly net if you have one. Meet at the Paddy's Creek Area breezeway at 2 p.m.

### **BIRD HIKE ALONG THE HOLLY DISCOVERY TRAIL – Saturday, Oct. 12**

October brings some of the best birdwatching of the year to Lake James State Park. Warblers, thrushes, flycatchers and hawks are all passing through on their way to the Neotropics where they'll spend the winter. Park Ranger Earl Weaver will lead the way during this exploration of the habitats found along the Holly Discovery Trail. Bring binoculars and a field guide if you have them for this easy, .75-mile hike. Meet at the Paddy's Creek bridge parking lot at 9 a.m.

### **ASTRONOMY – Saturday, Oct. 12**

Back by popular demand – join us for a night of stargazing 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 7:45 p.m. Please pre-register by calling the park office at 828-584-7728.

### **BIRD HIKE ALONG THE HOLLY DISCOVERY TRAIL– Saturday, Oct. 13**

October brings some of the best birdwatching of the year to Lake James State Park. Warblers, thrushes, flycatchers and hawks are all passing through on their way to the Neotropics where they'll spend the winter. Park Ranger Earl Weaver will lead the way during this exploration of the habitats found along the Holly Discovery Trail. Bring binoculars and a field guide if you have them for this easy, .75-mile hike. Meet at the Paddy's Creek bridge parking lot at 9 a.m.

### **MONARCH TAGGING – Saturday, Oct. 19**

Monarch migration is underway and scientists hoping to unlock the secrets of this remarkable journey use special tags to keep track of the butterflies as they make their way to northern Mexico. Join Park Ranger Jamie Cameron on an expedition to capture and tag monarchs as they pass through Lake James State Park. Bring a butterfly net if you have one. Meet at the Paddy's Creek Area breezeway at 10 a.m.

### **FALL COLOR AT LAKE JAMES – Sunday, Oct. 20**

There is no better time to hike in the mountains of North Carolina than autumn. Meet Park Ranger Kevin Bischof at the Catawba River Area to enjoy the park in its fall glory along the Lake Channel Overlook Trail. Along the way we will discover how all the leaves got their beautiful fall foliage, and what happened to the summer green we grew used to seeing for the last several months. Wondering what types of trees bring your favorite fall reds, or which trees bring brown and yellow to the color wheel that so many love about fall? In addition to the color change, tree ID will be discussed along the hike that culminates with one of the finest views of Lake James the park has to offer. We will meet at the park office in the Catawba River Area at 3 p.m.

### **GOING BATTY– Friday, Oct. 25**

Join us for a fun-filled program on bats. Compare yourself to a little brown bat, learn about echolocation, make bat crafts, and more! Meet at the Catawba River Area picnic shelter at 6 p.m. Please pre-register by calling the park office at 828-584-7728.

### **LEAF PEEPERS' BOAT TOUR – Sunday, Oct. 27**

Any day on the waters of Lake James is a special day, but fall brings out the beauty of the surrounding mountains and forest. Experience the colors of autumn in a way you'll never forget. Ranger Earl Weaver will be your captain and guide for this unique program. There are just eight spaces aboard the park's patrol boat, so pre-registration is required. Call the park office at 828-584-7728 and plan to bring a camera to document the journey.

# FRIENDS OF LAKE JAMES STATE PARK

## NATURE NOTES Lepidoptera...what?

Lepidoptera is the taxonomic order of insects that includes butterflies and moths. It means, "scale wing" and refers to the microscopic scales that cover the wings of butterflies and moths. One of the main differences between moths and butterflies is in their antennae. Butterfly antennae appear club-like having a bulbous end, while most moth antennae are frilled, similar to a fern frond.

Moths are mysterious creatures that get very little recognition, in comparison with the showy butterflies. Butterflies are active during the day, which gives them plenty of opportunity to be seen. In comparison, moths are primarily active during the night time hours and can be regularly seen around porch lights. Although butterflies are noticed more frequently, there are many more types of moths. In the state of North Carolina there are 176 species of butterflies recorded, compared to over 3,000 species of moths recorded in the state. For every species of butterfly, there are 17 moths. That's a lot of moths!

The life cycle of moths goes through four stages. Starting as an egg, the moth hatches into a caterpillar. Generally, moths spend most of their lives as a caterpillar which are often camouflaged to blend in with their primary host plants. After eating enough to accumulate the proper weight, the moth caterpillar forms a cocoon and spends up to several months developing into the moths that can be seen fluttering around your porch lights.

While some moths are attracted to lights, some can be seen feeding on flowers during the day. Others can be seen perched on trees or on buildings resting from the night before. Moths come in an array of beautiful colors which can take a keen eye to notice. Their colors range from a delicate white to bright pink or orange with patterns including blotched, spotted, lined, and every combination in between. If one stops and takes the time to notice, the world of moths can be a beautiful and intriguing one. The key to spotting them, is patience and keen observation. So the next time you are in the woods or passing a porch light, take a moment to see if you can discover some of the most beguiling insects of the animal kingdom, the moth.

## 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

Wendell Shelton - Vice President

Robert Hunter - Vice President

Mike Sewell - Secretary

Bob Bielitz - Treasurer

Paul Braun - Member at Large

Joe Carey - Member at Large

Ashley Wooten - Member at Large

Frank Dean - Member at Large

Jim Williams - Member at Large

George Miller - Member at Large

Greg Norell - Member at Large

To contact the Friends of Lake James State Park Group please email [info@lakejamesstatepark.org](mailto:info@lakejamesstatepark.org)

## FRIENDLY FACES Mike Sewell - Board Member

The friends of Lake James State Park is lucky to have a dedicated board of directors, which includes Mike Sewell, who serves as secretary.

Mike and his wife, Gail, are longtime residents of McDowell County and have been coming to Lake James to hike since the parks opened in the 1990s.

"We have hiked most of the western national parks, including Grand canyon, Yosemite, Zion, Canyonlands, Arches and Bryce Canyon (pictured). I really like the growth of the trail network at Lake James State Park, especially the addition of the longer loops," he said. "The park is already a tremendous asset to our region and as the Master Plan becomes realized, the park will become a major destination for many activities, drawing visitors from an even larger radius."

Mike is an important piece of the puzzle as the Friends of Lake James State Park supports the park in its ongoing mission to provide recreational opportunities. "I'm proud to observe, advise and participate in a very small way in this growth as a board member," he said.



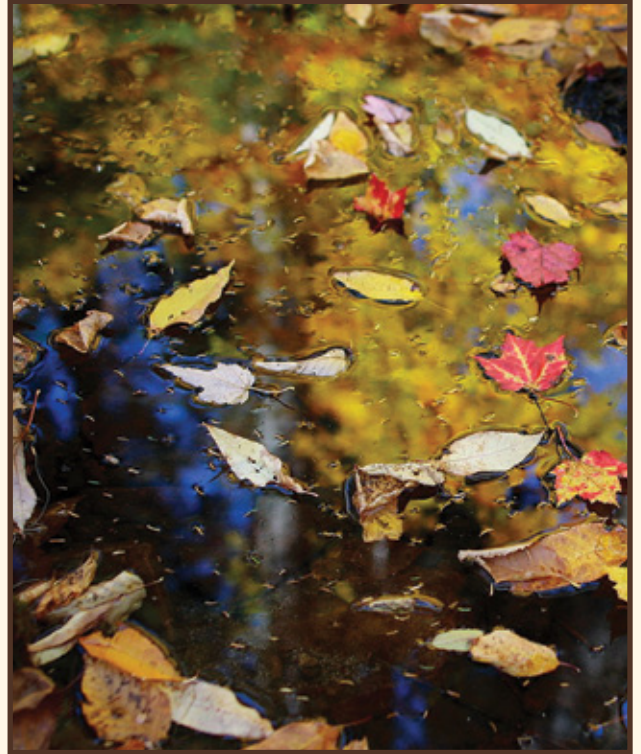
# FRIENDS OF LAKE JAMES STATE PARK

## 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.



## 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](http://www.lakejamesstatepark.org) or email [info@lakejamesstatepark.org](mailto: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.*