



THE WAIT IS OVER!

BOAT-IN CAMPING WILL RETURN TO LAKE JAMES THIS JULY

After more than a year spent constructing 30 campsites on Long Arm Peninsula, the N.C. Division of Parks and Recreation will open this highly anticipated facility later this month (July).

The \$173,000 camping complex, consisting of three distinct campsite clusters along the shoreline less than one mile from the Paddy's Creek Area swim beach, was constructed by Lake James State Park staff, with help from several other state parks in the West District. Each campsite is furnished with a 16X24-foot tent pad, a food storage locker, picnic table, fire pit and access to environmentally-friendly vault toilets. There is no electricity, water or trash cans available.

The Friends of Lake James State Park donated \$2,000 for equipment purchases to help speed the project along, including a re-bar driver the staff used to frame each of the tent pads with treated timbers and build retaining walls where necessary. The project was also supported with a \$4,000 donation from the Rostan Family Foundation.

"This camping complex is part of an exciting and expanding menu of outdoor activities at Lake James, and although it's a premium recreation option, it was created at low cost thanks to the dedication of our maintenance personnel and rangers," said Mike Murphy, state parks director. "The state park also owes much of its growth and success to strong community support."

Friends of Lake James State Park President Eric Jenkins said the boat-in campsites are yet another reason he feels so strongly about the group's mission of support. "These campsites are going to be the most significant improvement to recreation on Lake James since our group started back in 2010 with the opening of the Paddy's Creek Area," he said. "We are so, so proud of this park and the incredible staff for creating this amazing opportunity for everyone who loves Lake James. I cannot wait to take my family on our first camping trip to Long Arm Peninsula."

Park Superintendent Nora Coffey explained the challenges of constructing

the new campground in a remote area while continuing to maintain the facilities at the Paddy's Creek and Catawba River areas, which hosted 471,566 visitors in 2014. "My guys worked their tails off to build this fantastic new camping opportunity for visitors while simultaneously keeping our regular park operations running smoothly. We are so excited to open this boat-in campground for the people who love Lake James and this state park so dearly," Coffey said.

The sites at the boat-in campground at Long Arm Peninsula are available by reservation only; either by calling 1-877-722-6762 or going online at www.ncparks.gov. Reservations can be made up to the day you expect to camp. Overnight parking for canoe and kayak campers is available at the Paddy's Creek Area with an overnight parking pass (available at the Catawba River and Paddy's Creek area offices and the information kiosk at the Paddy's Creek Area bathhouse breezeway). All park rules and regulations will be strictly enforced.

If you would like to receive our monthly programs list, contact Nora Coffey at nora.coffey@ncparks.gov. In an effort to reduce idle waiting time at all programs, please make an effort to arrive a few minutes before the times listed. Thank you.



EAGLE/OSPREY CRUISE – WEDNESDAY, JULY 8

The fish-filled waters of Lake James host nesting pairs of both bald eagles and ospreys and there's no better way to observe them than by boat. Ranger Jamie Cameron will be your captain and guide for this afternoon cruise aboard the park patrol boat as we search for these amazing fish-eating raptors, other types of waterfowl and scenic vistas. The weather could be warm and sunny, so be sure to dress appropriately and wear sunscreen 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

CANOE EXCURSION – THURSDAY, JULY 9

The tranquility of paddling a canoe on a quiet morning is one of life's simple pleasures. Discover the beauty of Lake James State Park from the water with Park Ranger Kevin Bischof. 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.



HOLLY DISCOVERY TRAIL HIKE – SATURDAY, JULY 11

Join Ranger Earl Weaver for a trek around the award-winning Holly Discovery Trail. In addition to its 18 hands-on interpretive learning stations, the trail winds through excellent riparian forest habitat with lots of plants and critters to look for. This is an easy, ¾-mile hike that is perfect for families and folks who don't want to tackle any hills. Meet at the Holly Discovery Trail parking lot at 9 a.m.

SUMMERTIME BOAT TOUR – SUNDAY, JULY 12

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Earl Weaver will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

Continued Next Page

CANOE EXCURSION – WEDNESDAY, JULY 15

Picture yourself paddling a canoe on a beautiful summer morning. Discover 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. 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. Participants must be at least 7 years of age. Call 828-584-7728 and sign-up today.

WHAT'S IN THE NIGHT SKY? ASTRONOMY – SATURDAY, JULY 18

Back by popular demand, Lake James State Park will be hosting a night of star gazing. Learn some basic star gazing tips and fascinating facts about the night sky. There will be telescopes and binoculars set up for viewing celestial bodies, 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. to view the setting sun through a solar filter. Dark sky viewing begins at 8:45 p.m. Register by calling the park office at 828-584-7728.



SUMMERTIME BOAT TOUR – SATURDAY, JULY 18

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Earl Weaver will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

SUMMERTIME BOAT TOUR – SUNDAY, JULY 19

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Earl Weaver will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

Continued Next Page

JUNIOR RANGER BOOT CAMP – SUNDAY, JULY 19

Do you think you have what it takes to join the prestigious ranks of the North Carolina State Park Junior Rangers? If you do, the rangers at Lake James State Park want you! The Junior Ranger program is for kids ages 6-12 who have an interest in nature and stewardship. Join Park Ranger Jamie Cameron to receive your Junior Ranger workbook and participate in several activities that will put you well on your way towards earning your Junior Ranger certificate and patch. We'll meet at the Paddy's Creek Area bathhouse breezeway at 9 a.m. You must pre-register for this program by calling the park office at 828-584-7728.



TOAD TREK – TUESDAY, JULY 21

Wait! Did you see that? Ever wonder what the animal was that hopped off the road as you drove through Lake James State Park? Join Park Ranger Kevin Bischof as he leads a group on a search for the amphibians that can be seen so commonly hopping off the roads. Meet at the West Picnic Shelter in the Paddy's Creek Area of the park and be prepared to walk about a mile. The program starts at 7:30 p.m. so don't miss out on this hopping good time!

TREE ID HIKE – FRIDAY, JULY 24

A lot of the resource management decisions made at the park are based on the existing landscape and how it can be restored. Trees are an integral component of the ecosystem and there is great interest in learning how to identify them. Park Ranger Clay Veasey will lead this hike along the Paddy's Creek Trail and explain how to use bark patterns, seeds, nuts and cones and fallen leaves and needles to figure out what trees are towering above. Meet at the Paddy's Creek Area bathhouse breezeway at 9 a.m.

SUMMERTIME BOAT TOUR – SATURDAY, JULY 25

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Clay Veasey will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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.

OLD CEMETERIES HIKE – SATURDAY, AUGUST 8

Want to know more about the Catawba River Valley and the people who settled here? One of the best ways to do it is to visit the area's old cemeteries and pick up important information inscribed on the tombstones. Lake James State Park has three known cemeteries within its borders and each of them holds the key to understanding the early settlers who lived here as far back as the 18th century. Historian RoAnne Bishop, of the McDowell Gateway Museum in Old Fort will be our special guest for this fascinating foray into the past. We'll meet at the Paddy's Creek Area bathhouse breezeway at 9 a.m. You must pre-register for this program by calling the park office at 828-584-7728.

Continued Next Page

WHAT'S IN THE NIGHT SKY? ASTRONOMY – SATURDAY, AUGUST 8

Back by popular demand, Lake James State Park will be hosting a night of star gazing. Learn some basic star gazing tips and fascinating facts about the night sky. There will be telescopes and binoculars set up for viewing celestial bodies, 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. to view the setting sun through a solar filter. Dark sky viewing begins at 8:45 p.m. Register by calling the park office at 828-584-7728.

CANOE EXCURSION – FRIDAY, AUGUST 14

Picture yourself paddling a canoe on a beautiful summer morning. Discover 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. 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. Participants must be at least 7 years of age. Call 828-584-7728 and sign-up today.

CANOE EXCURSION – SATURDAY, AUGUST 15

The tranquility of paddling a canoe on a quiet morning is one of life's simple pleasures. Discover the beauty of Lake James State Park from the water with Park Ranger Kevin Bischof. 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.

**SALAMANDER SOIREE –
THURSDAY, AUGUST 20**

The wonderful world of Salamanders will be discovered as Park Ranger Kevin Bischof leads a hike along different types of salamander habitat in search of these small, elusive amphibians. Meet at the Holly Discovery Trail parking area and come prepared to journey through woodlands, seeps, streams and pools. Bring appropriate footwear and keep in mind some of these areas may be a little muddy, so keep the new sneakers at home. The hike will begin promptly at 7 p.m.



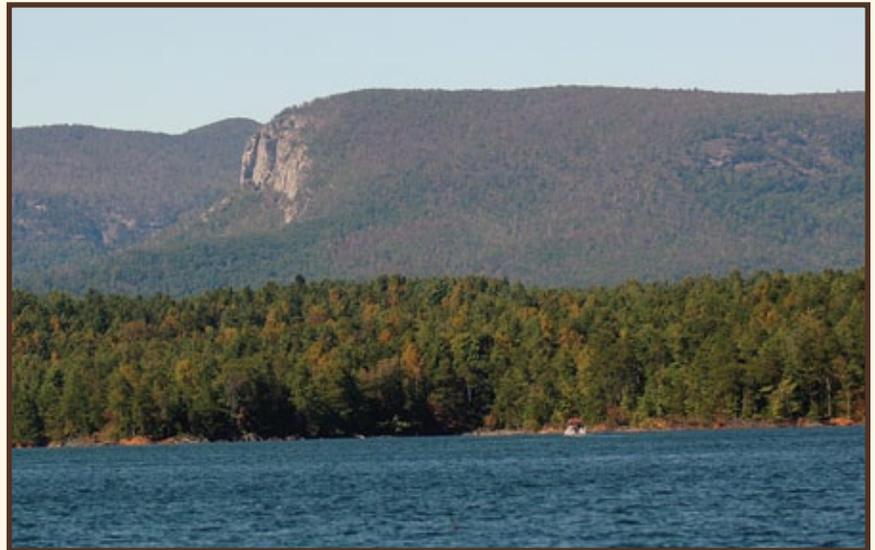
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BUTTERFLY HIKE – FRIDAY, AUGUST 21

Nearly 30 species of butterflies have been seen at Lake James State Park and late summer is a fantastic time to look for them. During this hike around the Holly Discovery Trail with Ranger Jamie Cameron, we'll be looking for some of the more secretive, forest-dwelling species like Carolina Satyr and Diana fritillary. The program starts at the Holly Discovery Trail parking lot in the Paddy's Creek Area at 2 p.m., so dress for potentially warm temperatures and bring a water bottle, binoculars if you have them and insect repellent.

**SUMMERTIME BOAT TOUR –
SATURDAY, AUGUST 22**

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Earl Weaver will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

SUMMERTIME BOAT TOUR – SUNDAY, AUGUST 23

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Earl Weaver will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles and scenic vistas. The weather could be hot and muggy, 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 8:45 a.m. for a briefing and prompt 9 a.m. departure.

FALL MIGRATION BIRD HIKE – FRIDAY, AUGUST 28

Too early to be thinking about fall migration? Think again. Many species have already started their southward journey and others are starting to flock up to begin theirs. The Paddy's Creek Area is a great place to look for birds and Ranger Jamie Cameron knows just where to find them. We'll get an early start to beat the heat and take advantage of the peak hours of bird activity. Bring binoculars if you have them and wear comfortable walking shoes. Meet at the Paddy's Creek Area bathhouse breezeway at 8 a.m.

NATURE NOTES

The coolness of spring has succumbed to the heat of the summer and the park's human visitation is at its peak. While most of the park visitors are heading to the beach, the small critters often go unnoticed. So what kind of critters can you see? One of the park's most common amphibians



is the Eastern newt, also known as the red-spotted newt. The newt is a type of salamander, in the amphibian family with the frogs and toads. At a quick glance, the Eastern newt appears to be a lizard, but newts are in fact different from lizards. Lizards, which are a type of reptile, have scales and claws, and newts, being amphibians, do not.

Eastern newts are small green salamanders, ranging from 2.5 to 5.5 inches in length. Their body has various small black spots, with two rows of small red spots that run down the back. Perhaps the most identifiable characteristic of this salamander is its coloration when it is a juvenile. While juvenile newts (also known as efts) still have the matching rows of red spots along their backs, their overall coloration is bright orange. As with many species in the natural world, the bright coloration warns potential predators that they are toxic if eaten.

The Eastern newt typically lives in slow-moving streams, ponds and lakes, but can be seen foraging on the forest floor during damp conditions. More often than not, these little critters can be seen crossing the park roads during or just after rain, especially in the cool of the early mornings or evenings. They breed during spring and fall, which leads to the female depositing eggs between March and June. Eastern newts are small predators themselves and eat small insects, crustaceans, invertebrates and the eggs of other amphibians.

This being the Year of the Amphibian in North Carolina State Parks, there will be a wide variety of amphibian programs offered by rangers to help encourage visitors to explore and discover the wonderful world of amphibians. Please keep an eye out for the program calendar of events, located on the Lake James website and our bi-monthly newsletters.

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

Mike Sewell - Secretary

Bob Bielitz - Treasurer

Paul Braun - Member at Large

Annette Bryant - Membership Coordinator

Brock Hall - Member at Large

George Milner - Member at Large

Greg Norell - Member at Large

Alan Scholl - Member at Large

Wendell Shelton - Member at Large

Jim Williams - Member at Large

Ashley Wooten - Member at Large

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

FRIENDS OF LAKE JAMES STATE PARK

LAKE JAMES STATE PARK IS NORTH CAROLINA'S REINING PARK OF THE YEAR!



In case you missed it, Lake James State Park is North Carolina's reigning Park of the Year.

Ever since the award was announced, the Friends of Lake James State Park has been scheming up a celebration worthy of being named Park of the Year. On June 6, the Friends group sponsored a party in the East Picnic Shelter, with cake, refreshments and a list of special activities for park visitors.

For starters, the first 50 people to join in the party received complimentary swim bands for the day. Ranger Earl Weaver captained several lake tours on the park's patrol boat and kids of all ages participated in fun, eco-activities led by West District Interpretation and Education Specialist Sharon Becker. In all, around 100 people helped celebrate this well-deserved award for our beloved Lake James State Park and its dedicated staff.

"This is a small recognition of everything Lake James State Park has accomplished in recent years," said Friends group President Eric Jenkins. "From the new mountain biking trails, to the Holly Discovery Trail, to the opening of the boat-in campground, there's no doubt that our park staff is constantly striving to improve and expand the recreational opportunities for all of us. We thank them and support them."

The McDowell County Chamber of Commerce chipped in with iced tea for everyone and Burke County Tourism Development Authority brought cookies.



MEMORIAL DAY RECORD ATTENDANCE



Memorial Day weekend 2015 will go in history as the busiest in the history of Lake James State Park. With perfect weather all three days of the holiday weekend, the gate count indicated more than 10,000 visitors came to the park to enjoy all of the outdoor recreation opportunities available. That represents a 40-percent increase from last year and is part of a trend seen across the North Carolina State Parks system. With so much to do in such beautiful places, who can blame folks from getting out to enjoy their state parks?

BOAT TOUR



Ranger Clay Veasey and his crew of area youths had a great time during a recent boat tour of Lake James. Park rangers have scheduled a full slate of free boat tours this summer. Check out the list of programs inside this newsletter and sign up for a motorboat or canoe tour today.

BIKE TRAIL CHANGING STATION



Nicholas Gould began work in early Fall of 2014 to plan and build an Eagle Scout Project that would benefit the future park visitors for many years to come. Nicholas, a member of Boy Scout Troop 197, worked with Lake James State Park Staff and fellow scouts to complete an outdoor changing station for mountain bikers to change in and out of their clothes when they come to use the bike trails before or after work. Nicholas himself spends time riding the trails with his family, so if you see him on the trail, be sure to thank him for his hard work and dedication to improving facilities at our state park. (Photo Credit: Michael Gould; Pictured from left to right; Scout Master Bill Edmisten, Eagle Scout Nicholas Gould, Ranger Kevin Bischof).

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 May and June are 7 a.m. until 9 p.m.
- The Paddy's Creek Area swim beach and concessions stand are now open from 10 a.m. until 6 p.m. daily
- Canoe, kayak and paddleboard rentals are now available from 10 a.m. until 6 p.m. daily

SAVE THE DATE

- 2015 Catawba RiverFest
Saturday, September 19
- Dragon Boat Festival, October 3rd

MTA TRIATHLON SUCCESS



On May 16, more than 100 athletes descended on the park to compete in the annual McDowell Trails Association Lake James Triathlon and Duathlon. The race for the triathletes started in the water, from the Paddy's Creek Area swim beach.

CARDBOARD BOAT REGATTA



The old swim beach at the Catawba River Area was host to the first Cardboard Regatta, organized by McDowell County Health Coalition and McDowell County School System's Inspire to Innovate program. Around 100 crew members, making up 25 teams, raced homemade vessels made of cardboard and duct-tape. Only a few boats managed to stay afloat and finish the course.

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.