

JUNE 2013



Friends Pledge Funds for Trail

At last month's regular board meeting, the Friends of Lake James State Park made an immediate and lasting commitment to the soon-to-be-opened Holly Discovery Trail.

With the grand opening scheduled for June 3, park staff has been working furiously for the last two months to complete this first-of-its-kind, self-guided interpretive nature trail. To help in that effort, the Friends group board of directors voted unanimously to donate \$1,700 toward the project construction phase and an additional \$1,000 annually for the trail's maintenance and improvement.

When finished, the Holly Discovery Trail (formerly called the Paddy's Creek Loop Trail) will consist of 18 interactive stations, spread out over $\frac{3}{4}$ of a mile, that invite young people and adults to experience nature with all of their senses. The design, development

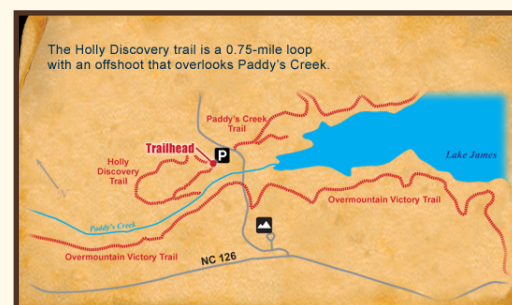
and construction of the trail has been a collaborative effort between North Carolina State Parks trails and interpretation and education experts and the staff at Lake James.

"This is a no-brainer," said Friends of Lake James State Park president Greg Norell. "This is the kind of project that will have a real and positive impact on the community that our group can get behind and make a significant contribution."

Park Superintendent Nora Coffey welcomed the Friends group pledge. "We knew that we had a great relationship with the Friends of Lake James State Park and believed in their commitment to the park before – now, with this promise of ongoing support for our mission to provide recreational opportunities for public enjoyment and education, while protecting the natural beauty

and integrity of the park through the development of the Holly Discovery Trail, we feel especially fortunate to have such a dedicated community-based support group. The people of North Carolina who come to hike this trail in the years to come will have the Friends of Lake James State Park to thank in part for its continuing excellence."

The Holly Discovery Trail
opens June 3!



Cover Picture from ncstateparks.wordpress.com

LAKE JAMES STATE PARK INTERPRETATION & EDUCATION PROGRAMS

JUNE 2013

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.

WATERBORNE LAKE TOUR

Saturday, June 1

What better way to experience the natural beauty of Lake James and learn about its fascinating history and wildlife than to sign up for this ranger-led boat tour? Join Park Rangers Earl Weaver and Clay Veasey as they explore the backwaters of the lake in search of secretive birds and animals and reveal the scenic vistas available only by boat. Pre-registration is required, as there are only eight spaces available. Bring sunscreen, water, binoculars and anything else you may require for an hour or more on the water. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area main parking lot promptly at 10 a.m. To register, call the park office at 828-584-7728.

WILDFLOWER WORKSHOP

Saturday, June 15

Join wildflower expert, Dr. Karen McDougal of Lenoir-Rhyne University to learn about the diversity of wildflowers growing at Lake James State Park. Dr. McDougal will lead participants through basic wildflower ID and a hike will follow. Be prepared to see the park with a new appreciation. This program will start at 9 a.m. in the Paddy's Creek Area - East Picnic Shelter. To register, call the park office at 828-584-7728.



CREEK KIDS ADVENTURE

Sunday, June 16

Escape the summer heat with this fun outing in Paddy's Creek. Park Ranger Jamie Cameron will provide the equipment and the know-how for young people to explore the profusion of aquatic life found in the clear waters of Paddy's Creek. Wear sunscreen, water shoes and clothes that can get wet! Parents are encouraged to attend. We will meet at 2 p.m. in the Holly Discovery Trail parking area (formerly the Paddy's Creek Loop Trail). To register, call the park office at 828-584-7728.

friends of lake james state park

SOMETHINGS FISHY

Friday, June 21

Join park staff for fun and crafts while learning about fish. Learn about basic fish anatomy, fish ID, and make fish prints using an ancient Japanese art form called "Gyotaku". This program is most suitable for children ages 5-12. Meet at the West Picnic Shelter at the Paddy's Creek Area at 10 a.m. To register, call the park office at 828-584-7728.



WHO ARE THE FRIENDS OF LAKE JAMES GROUP?



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

Greg Norell - President
Eric Jenkins - Vice President
Wendell Shelton - Vice President
Mike Sewell - Secretary
Bob Bielitz - Treasurer
Leslie Young - Membership Director
Paul Braun - Member at Large
Joe Carey - Member at Large
Robert Hunter - Member at Large
Ashley Wooten - Member at Large

To Contact the Friends of Lake James State Park Group please email info@friendsofljssp.org

LAKE JAMES STATE PARK INTERPRETATION & EDUCATION PROGRAMS - Continued



JUNIOR RANGER BOOT CAMP

Saturday, June 22

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 toward earning your Junior Ranger certificate and patch. We'll meet at the Paddy's Creek Area bathroom breezeway at 10 a.m. You must pre-register for this program by calling the park office at 828-584-7728.

WATERBORNE LAKE TOUR

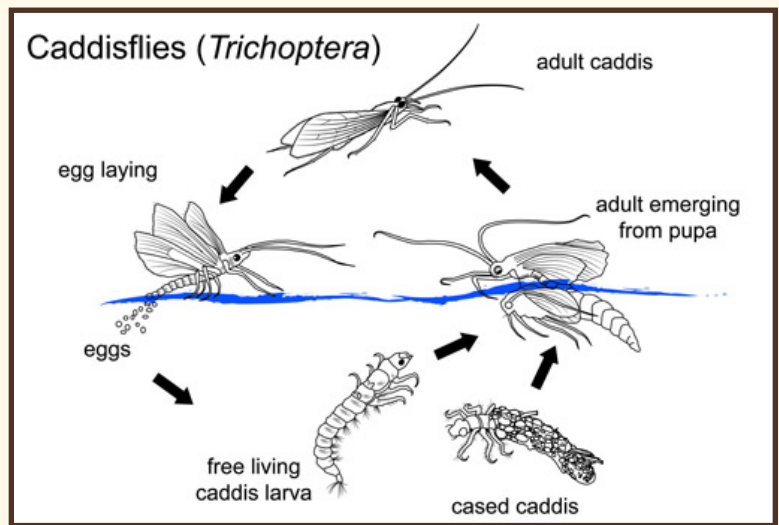
Saturday, June 29

What better way to experience the natural beauty of Lake James and learn about its fascinating history and wildlife than to sign up for this ranger-led boat tour? Join Park Rangers Earl Weaver and Clay Veasey as they explore the backwaters of the lake in search of secretive birds and animals and reveal the scenic vistas available only by boat. Pre-registration is required, as there are only eight spaces available. Bring sunscreen, water, binoculars and anything else you may require for an hour or more on the water. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area main parking lot promptly at 10 a.m. To register, call the park office at 828-584-7728.

CADDISFLY CASES

Saturday, June 29

Caddisflies are insects that spend part of their lives underwater in streams, rivers, lakes or ponds. Learn all about this amazing insect and how it survives by covering itself with silk decorated with sand, gravel, leaves and twigs from its surrounding habitat. You can even make your own caddisfly craft to take home. This program is most suitable for children over the age of 6. Meet at the East Picnic Shelter at the Paddy's Creek Area at 9 a.m. To register, call the park office at 828-584-7728.



LAKE JAMES STATE PARK 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, moderate)

PADDY'S CREEK AREA:

Holly Discovery Trail (0.75 mile, easy)
Mill's Creek Trail (2.0 miles, easy)
Overmountain Victory Trail (1.0 mile, moderate)
Paddy's Creek Trail (3.6 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>

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.



SWIM BEACH NOW OPEN

The swim beach at Paddy's Creek Area is now open daily, from 10 a.m. until 6 p.m. Lifeguards are on duty 10 a.m. - 6 p.m. Swimming fees are as follows:

Adults (age 13 and up) \$5

Children (ages 3-12) \$4

Children 2 years and under are free.

Canoes and kayaks are available for rent from the concession stand at Paddy's Creek daily from 10 a.m. until 5:30 p.m. with the last time to rent at 4:30 p.m. Rental fees are \$5 for the first hour and \$3 for each additional hour.

For more information on the swimming area operations please call the park office at 828-584-7728.

SAVE THE DATE

JUNE 3 2013

Holly Discovery
Trail Opens

September 21, 2013

10th Annual RiverFest

FRIENDS TRANSPORT IMPORTANT DONATION TO PARK

The Catawba River Area office has a new look thanks to a magnificent, full-body mount of a white-tail deer buck. The deer and many other taxidermy specimens were donated to the state parks system by Diane Williams, widow of professional taxidermist, David Williams. It took two trips from Lake James State Park to Robbins, N.C., but the result was well worth the time and effort expended by Lake James State Park staffers and Friends group board members.

Earlier in the year, the staff at Lake James was contacted by Mrs. Williams, who wanted to find a good home for her late husband's extensive collection of mounted fish and mammals. When they learned Mr. Williams was the first master taxidermist to be certified in North Carolina and had taught his art at Montgomery Community College for years, the park staff decided to invest the time and effort to see the collection for themselves.

The result of that trip was Mrs. Williams' generous donation of dozens of mounted fish and animals that will be used in four state parks across the state and the North Carolina Wildlife Resources Commission for interpretation and education.

In fact, the donation was so large, the Friends of Lake James board members Greg Norell and Bob Bielitz assisted by making a second, 3-and-1/2

hour trip with a covered trailer so that the buck could be placed in his new home at the park.

The Friends of Lake James State Park would like to express their gratitude to Mrs. Williams and the Williams family for their generosity and foresight in making this valuable donation to the generations of park visitors who will now see wildlife in a way that would otherwise be impossible.



NATURE NOTES



As spring slides into summer the great northward migration of birds comes to an end. But before we said goodbye to all of those feathered transients on their way to the breeding grounds the bird list at Lake James State Park grew by leaps and bounds. It was, in a word, incredible.

Strong storms during the month of May drove all manner of birds to seek shelter in the park. Among the highlights there were many interesting shorebirds, including nine willets, a greater yellowlegs, a semipalmated plover and a white-rumped sandpiper. None of these species had ever been recorded at the park before!

Additionally, some young birdwatchers being led on a hike by Ranger Jamie Cameron on May 11 were treated to the amazing sight of four white pelicans soaring over the bathhouse at Paddy's Creek Area. These huge waterbirds are typically found around the great river basins of the American plains, but occasionally they do wander to the East Coast. Seeing them fly majestically over Lake James came as a shock to everyone, especially Ranger Cameron.

There were also some great songbird sightings of note, including worm-eating warbler, least flycatcher, scarlet tanager, blue grosbeak and yellow-billed cuckoo. In the evenings before the park gates closed, both whip-poor-wills and chuck-wills-widows could be heard calling from hidden locations throughout the park.

Heavy flooding caused all sorts of disruptions to the animals that live around the lake and snakes were no exception. Northern watersnakes were on the move throughout the month, causing many folks to worry for their safety. It was a just simple case of mistaken identity though – northern watersnakes are often mistaken for their venomous lookalikes, the water moccasin. Lake James lies nearly 200 miles west of the known range for water moccasins, so there is no need for anyone to be alarmed or feel threatened by the harmless watersnake.

The trails are cool and the water is fine at Lake James State Park. Hope to see you there.



Record Turnout for MTA Triathlon

While the weather May 18 may have been too gloomy for everyday visitors to Lake James State Park to enjoy the full range of outdoor opportunities there, the rain had no effect whatsoever on the athletes who competed in the fourth annual McDowell Trails Association Triathlon.

In fact, by the time the registration table had closed and the racers assembled at the Paddy's Creek Area swim beach for the first leg of the triathlon, a 750-meter swim, more than 180 competitors had signed up – a high mark for the event.

Of those, around 40 participated in the MTA's first-ever duathlon, consisting of a 4.1-mile run, 22-mile bike and 5K run, in that order.

While most of the triathletes and duathletes originated in western North

Carolina, others came from as far away as Alabama, Georgia and South Carolina to swim, bike and run their way across the Lake James community in western Burke County.

As they have in years past, state park rangers, maintenance and seasonal staffers pitched in to provide logistical support, safety and security and help with setup and takedown of what has become one of the largest single-day events at the park during the year.

In the men's overall competition, Kelly Droege completed the 750-meter swim, 22-mile bike and 5-kilometer run in 1:38:28 to claim first place. Nicole Crane took the women's overall with a time of 1:52:33.

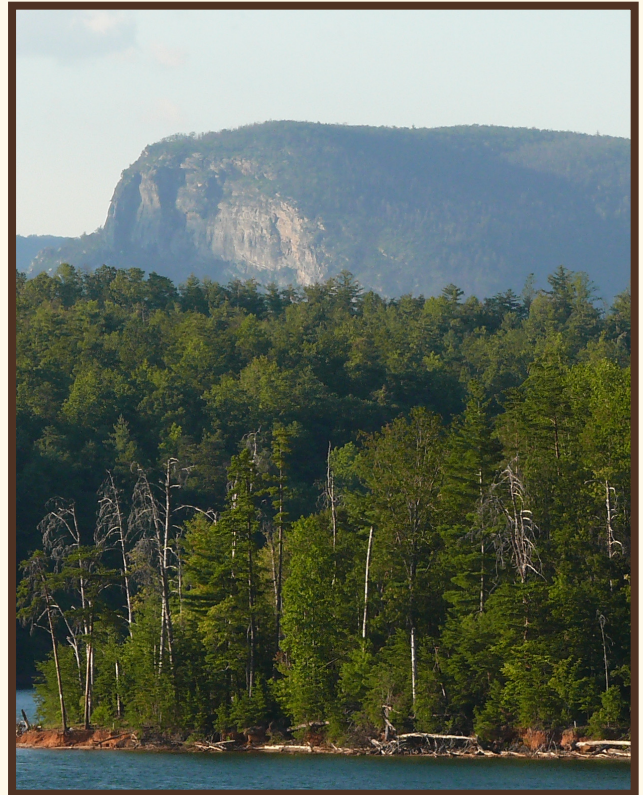


HOW TO GET INVOLVED

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.friendsofljssp.org or email info@friendsofljssp.org.

FRIENDS OF LAKE JAMES STATE PARK - MEMBERSHIP INFORMATION

Be a Friend of Lake James State Park

Select class of annual membership:

| | |
|-------------------------------------|---------------------------|
| <input type="checkbox"/> Individual | \$10 |
| <input type="checkbox"/> Family | \$25 |
| <input type="checkbox"/> Corporate | \$50 |
| <input type="checkbox"/> Patron | \$100 - \$999 \$ _____ |
| <input type="checkbox"/> 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.