



THE ROCK LODGER

Rock Lodge Club, P.O. Box 86, Stockholm, NJ 07470 ~ 973-697-9721 ~ www.rocklodge.com

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September 2007

“South of the Border” Party on Labor Day weekend a huge hit! The fabulous weather, the friends, the food, including the taco bar, and a fabulous array of music by DJ Peggy combined to produce another great party at Rock Lodge Club.



Team Tennis Tournament

Two teams competed in the annual tournament on Sunday, September 2nd. To celebrate the event the winners and losers treated one another, along with spouses and partners, to breakfast on the patio the following Sunday morning.

Saturday, *October 6
It's Time for the Rock Lodge Fall Foliage Hike!

*Note: this is a date change



By mid-October, the hills surrounding Rock Lodge Club will be ablaze with fall color. Come join in the fun with friends.

This will be an easy hike lasting about 3-4 hours at a leisurely pace. This year we are planning to include a Weenie Roast over the bonfire so bring your hot dogs, bratwurst, or kielbasa as well as a beverage and water.

Stone House (1907-2007)
Centennial
Open House October 21
2:30 to 5 PM

The Stone House at Rock Lodge, built in 1907 as a model 3-story fireproof farmhouse, is 100 years old and the celebration continues. There will be a “Coffee Klatch” at 3 pm, where refreshments will be served. This is a clothed event and will be advertised to the local community. For history buffs, it's quite a sight to see!

Stone House Centennial Book

A Centennial book has been published in honor of the Stone House. It includes the reproduction of the complete plans to build the structure, constructed in 1907 as a model fireproof farm house, along with a few photos of the era. You can obtain a copy with a \$15 donation to Rock Lodge Club. Sure to become a collectible item!

Saturday October 27 Halloween Party

Wear your scariest costume, or nothing at all, for our Halloween Party on October 27th. This time it's a bring-a-dish. So bring an appetizer, main dish or dessert. The club will be providing some steak sandwiches w/peppers & onions and cold beverages and coffee. What you don't need to bring is your wallet. Dinner is at 6:30 PM. Be prepared to sing and dance and enjoy our last big party of the season.

Farewell to the Season Party Sunday October 28 at 3PM

Please bring along some goodies to share.

Campfires

As the weather cools down watch for an occasional campfire at the communal fire pit area.

A deer stops for a photo at Rock Lodge!



A bit of Rock Lodge
History:
Reprinted from Nature Notes
Written by George S.
Vol III, No 2

Rock Lodge as Hospital?

Early in the century when tuberculosis was common, its treatment consisted largely of prolonged rest at high altitudes. It is therefore not surprising that Rock Lodge's lofty location, second only to High Point, the state's highest place, was selected as the site for a sanitarium. The August 17, 1917 issue of The Sussex Independent carried an article with the headline "Sanitorium for Stockholm," which read:

"Dr. VanGaasbeek has inspected on several occasions during the past year the property known as "Rock Lodge," about a mile and a half from the station on the east side of Stockholm, with the idea of establishing a sanitarium. An institution of this kind has long been a cherished notion of the Doctor, dating as far back as 1902

Until proper papers have been signed and details concerning the improvement of the road leading from the state road are completed, the Doctor refuses to outline the plans of himself and other physicians interested.

Rock Lodge is a handsome, large new fire-proof building located on the summit of a knoll commanding an extended view of ten miles to the north and overlooking a valley a mile wide on the east and south. A five-acre lake, fed by seven flowing springs, is situated 250 feet from the house and at a forty-foot lower level. At this elevation, 1,300 feet, it is one of the finest little bodies of water in the state. The water supply is excellent.

The house is comparatively new. It is large and roomy, absolutely fireproof and sanitary, constructed of stone, steel and cement. It is a three-story structure, tile and slate roof [it is actually copper sheeting], large bathrooms and toilet on every floor, has a fine large cellar with fine ventilation on most modern plans. The sewerage is perfect. The house is heated by steam and

brilliantly illuminated by gas made on the premises. There is a separate hot water heating plant, independent of any heating or cooking equipment, and is so planned that it can be operated so as to provide plenty of hot water day or night, as may be desired. There are three sets of wash tubs, porcelain lined, with hot and cold water in each, and the finest laundry equipment. The reception hall, living and dining rooms are on the ground floor, are simple in size and all have large fireplaces. A veranda ten feet wide surrounds the entire building, all of concrete. The large library has five windows, all the master bedrooms have at least two windows each. All rooms have exceptionally large closets. Storerooms are ample and equipped with all conveniences. The kitchen and commissary departments are very large and grandly equipped.

Aside from this there are garages, and best of all a large separate building with twenty rooms, all furnished in hardwood interiors with large gymnasium and exercise rooms, large shower baths, hot and cold water and needle spray baths.

Rock Lodge is secluded

but not isolated – an ideal place for sanatorium purposes for discriminating persons. For pulmonary troubles it is not excelled in this or any other state.

Plans for the sanatorium will be given later, as soon as details for the transfer can be arranged. The property cost a vast amount of money.”

Never a More
Sanitary Building
Constructed

A similar article that had appeared a month earlier gave further information about the Bungalow:

“In addition to the main house there is a bungalow 30x96 feet, with tennis court, swimming and diving platform in the lake seventy feet distant.

This building cost \$12,000 and contains regulation squash or handball court, exercising room, with two needle shower baths, fitted with the latest mixing devices, drying room, lounge room, with open fireplace, large and small toilet rooms, ten single bed rooms, with hot and cold running water in each, laundry and heating plants in the basement, large open attic over all, separate hot

water system for showers and house supply, cement floors in toilet, perfect sanitation, tennis court back of the building. There was never [a] more sanitary building constructed.”

A sample of a *delicious* recipe that was brought to a recent bring-a-dish event at Rock Lodge:

Senegalese Fish Yassa
Serves 8 - 10

- 2 1½ lb whole talapia
- 4 ripe or very ripe key limes - thin skin
- 2 maggi or jumbo chevette (fish boullion)
- 2 medium size yellow onions (sliced)
- 2 Tbsp of tomato paste
- ½ cup fresh flat parsley
- ¼ cup fresh dill
- 1 cup of light corn or peanut oil
- 2 Tbsp. of margarine salt and pepper

1. Cut 4 diagonal lines across each side of the fish.
2. Squeeze juice from 2 limes. Pour inside and outside of each fish. Cut 2 remaining limes into slices and then cut each slice in half. Place slices in the slits made on outside and inside the fish cavities. Let rest in the refrigerator for one hour.
3. Saute bouillon,

onions and tomato paste in margarine until onions are almost clear. Cover and set aside.

4. Heat oven to 350 degrees. Remove fish from refrigerator. Place fresh parsley inside and outside the fish. Oil the baking pan with peanut oil. Bake fish in pan until golden brown.

5. Remove from oven. Add salt and pepper. Place sauted mixture around fish on platter. Sprinkle with fresh dill.

Note: Fresh whole talapia can be filleted. Then laid out as a whole fish. Bon Appetit!

Cassandra B.

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Email: info@rocklodge.com

Plan your 2007 visit!

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Rock Lodge Club is a proud member of AANR, AANR-East, TANR, TNS and the NY-NJ Trail Conference.

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