

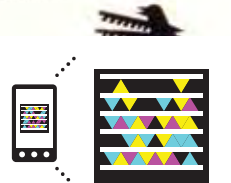
# Starved Rock Lodge & Conference Center

# POW WOW

January - March  
Winter 2014

www.starvedrocklodge.com  
www.starvedrockstatepark.org

800-868-7625



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<http://gettag.mobi>



## Up Close & Natural



Miles to STARVED ROCK from:

Chicago:	94
Quad Cities:	95
Naperville:	54
Springfield:	127
Bloomington:	64
Rockford:	73
Peoria:	63

Treasures of Starved Rock

# 75

Fantastic Years

## CABINS

Stay the night in a quaint, 1930s log Cabin in the woods. Enjoy all the amenities of 2014. It's an experience that will make you want to come back year after year. See more on pg 3.



## HISTORY

Take a look back at the rich history of Starved Rock Lodge over the past 75 years in our pictorial essay on page 2.



AND CONFERENCE CENTER  
at Starved Rock State Park  
Celebrating 75 Years  
1939-2014

## MEETINGS

Get out of the office and into the woods for a unique meeting experience that will rejuvenate your corporate group. Win a Meeting! More on pg. 3



## TASTE

The same great atmosphere endures in our Main Dining Room, but a new name is just the beginning of what will be unveiled in 2014. See more on page 2.



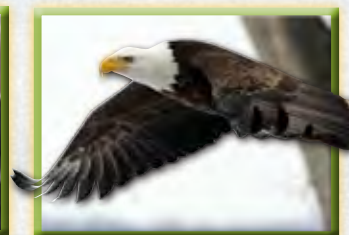
## HIKING

We now offer guided hikes year 'round! Join our knowledgeable and passionate guides as they take you through a winter wonderland of canyons & ice falls. See story on pg. 4



## EAGLES

Learn more about all of our eagle watching events, tours and activities on page 2.



[www.starvedrocklodge.com](http://www.starvedrocklodge.com)

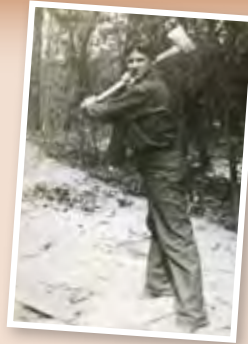
[www.starvedrockstatepark.org](http://www.starvedrockstatepark.org)

**B**uilt by the hard-working men of the Civilian Conservation Corps, Starved Rock Lodge has grown and changed but still reflects the charm of yesteryear. In 1985, we were listed on the National Register of Historic Places. Since that time, we've continued to make improvements and expand our programming. Join us in 2014 for a variety of specially designed 75th Anniversary activities.



**Starved Rock Lodge Timeline**

- 1911** | Starved Rock State Park opens
- 1933** | Civilian Conservation Corps established  
Construction begins on Starved Rock Lodge
- 1938** | Illinois Route 71 opens – routed along south border of Starved Rock State Park
- 1939** | Starved Rock Lodge opens



- 1985** | SRL added to National Register of Historic Places
- 1988** | Hotel Wing and Indoor Pool Complex opens
- 2007** | Starved Rock named as one of Illinois' Seven Wonders
- 2011** | Starved Rock State Park celebrates 100 years
- 2014** | Starved Rock Lodge celebrates its 75th anniversary



The Bald Eagle is a bird of prey found in North America. During the winter months, eagles can be seen hunting for food along the Illinois River at Starved Rock State Park.

**Scientific name:** *Haliaeetus leucocephalus*

**Wingspan:** 72" to 90"

**Size:** The female bald eagle is 35 to 37 inches, slightly larger than the male.

**Color:** Both male and female adult bald eagles have a blackish-brown back and breast; a white head, neck, and tail; and yellow feet and bill.

**Weight:** Bald eagles weigh from 10-14 lbs. Eagle bones are light because they're hollow.

**Longevity:** Wild bald eagles may live as long as 30 years

**Speed:** Bald eagles can fly to an altitude of 10,000 feet. During level flight, they can achieve speeds of about 30 to 35 mph.

**MORE INTERESTING FACTS:**

- **Juvenile bald eagles** are a mixture of brown and white. They reach full maturity in four years.
- The **beak, talons, and feathers** are made of keratin.
- Bald eagles have **7,000 feathers**.
- Bald eagles sit at the top of the **food chain**.
- **Lifting power** is about 4 pounds.
- Their **diet** is mainly fish, but they will take advantage of carrion (dead and decaying flesh).
- The bald eagle is a **strong swimmer**, but if the water is very cold, it may be overcome by hypothermia.
- All eagles are renowned for their **excellent eyesight**.
- **Nests** are built in large trees near rivers or coasts.



Starved Rock State Park and Lodge offer ample opportunities for guests to enjoy getting back to nature and experience a unique interaction with bald eagles during their winter stay.



**A NEW ELEMENT** for Starved Rock's **75TH ANNIVERSARY**

Starved Rock Lodge will begin a year-long celebration of its 75th anniversary. The historic Main Dining Room was one of the first structures built by the Civilian Conservation Corps in the late 1930s, and has stood the test of time for its comfortable, relaxing setting and as a place for lasting memories and moments.



Chef Bear with David Jones and Mario Fuentes.

This year the Main Dining Room will experience some exciting changes. The first change in celebration of the 75th anniversary will be naming the main dining room **Elements**. Next, David Jones has taken the lead as Food & Beverage Director at the Lodge, bringing a fresh perspective of dining to the table. Jones, a native to Milwaukee, Wisconsin joined the team in late 2013 after working in the hospitality industry for over 25 years in the Milwaukee area. In his career, David has had the honor of working a James Beard fundraising dinner held at Sanford Restaurant which afforded him the opportunity to cook with many acclaimed chefs including Hubert Keller, Sanford D'Amato and Norman Van Aken. He spent several years as the Food and Beverage Director at the Milwaukee Art Museum and was invited and cooked in New York City at the James Beard House for Valentines dinner.

David is teamed with Executive Chef Barry Brooks "Bear", who brings his wealth of culinary experience and passion for excellence. Chef Bear has worked at many prestigious resorts and ranches in the United States including the Rockefeller's private ranch in Wyoming. Chef Bear and his creations have been featured in Phoenix Home & Garden Magazine, Mountain Living Magazine and Arizona Desert Living Magazine. Chef Bear has also appeared on Channel 15 and Channel 3 in Arizona for Sonoran Living and Taste of Arizona benefit dinner.

Together David and Bear have developed a new menu for **Elements** with a twist on comfort food. "Our menu selections are developed with the food theme, classy and traditional comfort food with a little bite of sassy, and a nod to Native American cuisine. There are some menu staples that will remain, such as our signature pot roast and gorgonzola nachos" says Jones.



# Special Times call for Special Places

Let us help you have the wedding of your dreams. Stunning scenery combines with outstanding cuisine in this one-of-a-kind destination. We offer both indoor and outdoor ceremony options for weddings from 30 to 200 guests. Request a meeting with one of our friendly sales consultants and ask about our new menus.

2013 PICK  
the knot  
best of  
weddings

**BRIDAL EXPO** Jan. 5, 2014

Call us today for additional details (815) 220-7333.

Visit our website at: [www.starvedrocklodge.com](http://www.starvedrocklodge.com)

## Relax! Book a CABIN in the WOODS today.

Enhance your mini-vacation at Starved Rock when you experience an overnight stay in one of our cabins in the woods. You're just steps away from our indoor pool, hot tub and saunas, Elements Restaurant, The Back Door Lounge and Gift Shops. Schedule a therapeutic massage for yourself or book a couples' massage when celebrating that romantic weekend or special occasion. Packages are available Sunday through Thursday for a mid-week Winter escape!



Book on-line at: [www.starvedrocklodge.com](http://www.starvedrocklodge.com) or call (800)868-7625.



# BETTER TO RETREAT THAN JUST MEET!

"State parks are often more suitable for local or regional association meetings for several reasons, notably their affordability and accessibility," said JD Brown and Margaret Backenheimer of *Association News* magazine (May 2013).

Tension subsides when retreats at "The Rock" allow Association executives to go beyond the boardroom with a hike to a canyon or walk to the top of Starved Rock. The rich history of this part of Illinois also offers a new perspective on the achievements of our predecessors and perhaps, changes attendees' outlooks as they plan for the future.

- Experienced meeting planners
- Unique location in the woods
- Custom catering
- Guided Hikes & Teambuilding

To learn more about a meeting or retreat at Starved Rock Lodge, call (815) 220-7333 and speak to a sales consultant or visit [www.starvedrocklodge.com](http://www.starvedrocklodge.com).

Starved Rock Lodge and State Park are such a place. Conveniently located near I-80 and I-39, it's less than a 90-minute trip from most Chicagoland locations. Surrounded by 13 miles of scenic hiking trails, deep canyons, seasonal waterfalls and bluff views of the Illinois River Valley, meetings take on air of rejuvenation when participants are allowed to get out of the office and into the woods!

Starved Rock Lodge provides free WiFi to all guests and free parking, too. The 69 sleeping rooms and 21 cabins are just a few steps away from the conference rooms. An indoor pool complex and The Back Door Lounge provide additional opportunities for downtime, providing places to relax after business hours. Banquet rooms are available for dining with a variety of catering options. During colder months, the fireplaces are glowing in the Lodge's Great Hall and Main Dining Room, surrounded by the 1930s stone-and-log architecture constructed by the Civilian Conservation Corps.



# Tribute to the Stars

The perfect gift or getaway for anyone who loves the music that made this country great... from Johnny Cash to the Andrews Sisters.

**Matinees**  
(\$32 per person)  
include lunch

**Evening Shows**  
(\$37 per person) include  
a wine tasting, dinner  
and the show!

2014

**Legacy Girls – Andrews Sisters**  
January 21 (Matinee)

**Legacy Girls –  
Valentine's Day Show  
"Legacy of Love"**

February 12 (Matinee & Evening) &  
February 13 (Matinee)

**Cotton Patch Gospel**  
March 31 (Matinee)

**Dean Martin**  
March 24 & 25 (Matinees)

**Shamrocks and Shenanigans**  
March 17, 18 & 19 (Matinees; \$35)

**Walkin the Line – Johnny Cash**  
April 7 & 8 (Mon & Tues Matinees)

**Sweet Dreams & Honky Tonks**  
April 27 (Evening), April 28 & 29 (Matinee)

**Dueling Pianos**  
April 13 (Evening), April 14 & 15 (Matinee)  
Matinee \$38, Evening \$43.

**Elvis**  
May 5 (Matinee & Evening),  
May 6 & 7 (Matinee)

**Patsy Cline**  
June 1 (Evening), June 2,  
July 21 & 22, (Matinees)

**Matt Barber Classic  
Crooner**  
June 16 (Evening & Matinee),  
June 17 (Matinee)

Make your  
reservations  
today!  
Call Edna at  
815-220-7386.

For details and overnight packages go to [www.starvedrocklodge.com](http://www.starvedrocklodge.com)

## Win a MEETING!

Register to win \$500

toward your Corporate Retreat at  
Starved Rock Lodge!

[www.starvedrocklodge.com](http://www.starvedrocklodge.com)

(Available Monday-Thursday)

Expires 4/30/14

## LOOK WHO WON!

Congratulations to the winners of our Winter Getaway Package offered in our Fall 2013 POW WOW

**ANDREW L.**, Schererville, IN  
**PAUL S.**, Bolingbrook, IL  
**HEIDI H.**, Charleston, IL  
**ASHLEY O.**, Carbondale, IL  
**TSE-LYNN L.**, Chicago, IL

Thanks to everyone who participated in our survey.

# SHOP THE ROCK



- Specialty puppets
- Great books for all ages
- Eagle lover's souvenirs
- Winter hiking gear
- Polar fleece
- Jewelry, scarves, and purses
- Tasty baked goods
- Signature wine
- Homemade fudge & Ice Cream



Starved Rock Gift Shop, Trailheads & The Cafe  
Plus Cattails (located at Routes 6 & 178 in Utica)

# Experience the Grand Outdoors!

## Starved Rock Lodge Hiking Team Adds New Hikes for 2014

For 2014, Starved Rock Lodge is excited to offer the first annual **Hike-a-palooza!** This 3-day, 35-mile adventure explores all of Starved Rock State Park and the surrounding area. Participants will hike all 18 canyons at Starved Rock State Park, visit Buffalo Rock and Mathiessen State Parks and enjoy an evening hike along the Illinois Michigan Canal.

More than 2 million people visit Starved Rock State Park each year. While visitors come to the park to get away from it all, their hiking experience sometimes lacks something. That something is history and information about where they are hiking. Starved Rock Lodge has found a way to take care of that. The Activities Staff at the Lodge began offering guided, narrated hikes (**Take a Hike and a Lunch**) in spring 2012. **Take a Hike** is a 4.5 mile narrated hike to spectacular LaSalle Canyon and includes lunch in a Starved Rock backpack. **Take a Hike and a Lunch** was such a hit that the staff decided to continue the guided hikes into the winter months, changing the name to **Guided Winter Hike**. Instead of having lunch in LaSalle Canyon, the hike ends with hot cocoa in the Lodge's Café. This increased hiking presence in the park resulted in a need for more hiking guides. Today's hiking team consists of six hikers who specialize in specific tours throughout the year. Each hiker has an extensive knowledge of Park and Lodge history and offers engaging hiking experiences for all ages. Lodge guests and Park visitors can book hikes on Saturdays and Sundays at 11am or include a hike in a midweek overnight stay package called **Hike Into History**. Groups traveling to or staying at the Lodge for multi-day meetings often book guided hikes as part of their visit to Starved Rock. These hikes can be customized to fit the group's interests and time frames. What better way to start the day than with a quick hike to Starved Rock and French Canyon, located less than a mile from the Lodge?

Visitors up for a hike of mega proportions can take part in one of four Mega-Hikes offered each April and September. **The Mega-Hike** is a 14 mile trek into each of the park's 18 canyons, and yes, there is a commemorative t-shirt!

The Lodge's hiking guides are always ready for an adventure and the opportunity to share the beauty and history of Starved Rock with visitors from around the world. In 2013 the Lodge's guides led more than 150 hikes for groups and individuals. Many of our guests return several times throughout the year to experience hiking during each of the park's four seasons, and some request a specific guide each time! With such a wide variety of hikes offered by the team at Starved Rock Lodge, visitors to the state park are sure to find a 'hike they will like'. Make your next **family** getaway **fun** and **memorable** for the whole gang! Plan a Starved Rock family getaway!

To learn more about hiking experiences at Starved Rock State Park, call the Lodge's Activities Department at 815-220-7386.



## STARVED ROCK LODGE CALENDAR OF EVENTS

### JANUARY 2014

- Guided Winter Hikes** (Every SAT/SUN at 11am)
- Bald Eagle Trolley Tours** (MON/WED/SAT/SUN)
- Wine tasting /Hotel Lobby** (Every Saturday)
- Music in the Back Door Lounge** (Fridays 8-11pm)
- 8: Wine Down Wednesday/ Back Door Lounge** (6-8 pm)
- 12: Sled Dog Demo** (Host: Free Spirit Siberian Rescue)
- 18 & 19: Winter Wilderness Weekend**
- 19: Drum Circle in the Great Hall** (3pm)
- 20: Petting Zoo** (11am-2pm)
- 21: Legacy Girls' Andrews Sisters Tribute Matinee**
- 25 & 26: Eagle Watch Weekend**

- 12: Wine Down Wednesday/Back Door Lounge** (6-8 pm)
- 17: Furry Friends Winter Petting Zoo** (11am-2pm)
- 20: Rock Star 2014** (NEW! Talent Contest; 7pm)
- 23: "Nature in Focus" Photo Show** (11am-3 pm)
- 27: Rock Star 2014** (Dining Room; 7pm)

### MARCH 2014

- Guided Winter Hikes** (Every SAT/SUN; 11 am-2pm)
- Historic Trolley Tour** (Every Sunday; 12 & 1:30pm)
- Wine & Shopping Tour** (Every Friday; 1-4pm)
- Wine tasting in the Hotel Lobby** (Every Saturday; 4pm)
- Walker's Club** (Every Thursday; 9am- Meet in Lobby )
- Music in the Back Door Lounge** (Fridays 8-11 pm)
- 6: Rock Star 2014** (Dining Room; 7pm)
- 13: Rock Star 2014** (Dining Room; 7pm)
- 14, 15 & 16: OWL PROWL** (night hikes and more!)
- 17, 18 & 19: Shamrocks & Shenanigans Matinee**
- 20 & 27: Euchre Tournament** (6-10pm)
- 24 & 25: Tribute to Dean Martin Matinee**
- 31: Cotton Patch Gospel with Phil Kaufman**

### FEBRUARY 2014

- Guided Winter Hikes** (Every SAT/SUN; 11am-2pm)
- Bald Eagle Trolley Tours** (MON/WED/SAT/SUN)
- Wine tasting in the Hotel Lobby** (Every Saturday; 4pm)
- Walker's Club** (Every Thursday; 9am- Meet in Lobby)
- Music in the Back Door Lounge** (Fridays 8-11 pm)
- 2: Sled Dog Demo** (Host: Free Spirit Siberian Rescue)
- 8: Teddy Bear Tea in the Great Hall** (2-3:15pm)
- 12 & 13: Legacy Girls' "Legacy of Love"**

Call **815. 220. 7386** or visit [www.starvedrocklodge.com](http://www.starvedrocklodge.com) and [www.starvedrockstatepark.org](http://www.starvedrockstatepark.org) to see our complete calendar.



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Come for the Beauty, Stay for the Adventure.

