

Cliff View Notes

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Vol 4 No. 2 News and Notes For Cliffview Owners, Friends and Visitors April 2014

View From The Cliff

Jen and Jerry Publisher & Editor

Spring has finally sprung! Is it just me or did this past (hopefully!) winter seem to just go on and on? We had freezing days followed by 60's and 70's then back to freezing.

Okay, now we are ready for the good stuff. Sunshine, warm days, birds singing their hearts out and flowers a' bloomin' everywhere. Here in the Gorge, we are truly blessed. I may be a bit biased, but I can't think of any place I have ever seen either up close and personal or as an image that has more appeal. We have hundreds, thousands of acres of forests and beautiful rock formations, flowing streams and an abundance of wildlife and plants.

Some of the friendliest and most considerate folks alive live right here in the midst of all this natural grandeur. They enjoy visitors, especially those who are here for the first time. Watching the discovery and wonder on the faces of children and adults alike.

When we are out and about, enjoying and appreciating the natural beauty of the area seems to be a full time job. There's just so much!

And, just when it doesn't seem possible to get any better, there is so much to do! Beautiful quiet and comfortable Lodges and cabins. There's camping, hiking, climbing, canoeing, kayaking, horseback riding, great eating and music. Like they used to say in an old commercial, "It doesn't get any better than this!"

"Y'all come back now, hear?"

This Month's Birthdays

Our 'Birthday Boy' this month is Tyler Clifton. This is his second year as a guide at Red River Gorge Zipline. He was born in Lexington and now lives in Beattyville. His parents live in Eastern Kentucky. Tyler says he loves Zipping and no matter how many times he Zips, it's still an exciting and exhilarating experience. He says one of the best things about being a Zipline guide is the meeting and interaction with guest Zippers.

As you can see from the picture, the guests who Zip with Tyler like him too!



Happy Birthday Tyler!



New Stuff

The Zipline isn't the only thing that is moving fast at Cliffview Resort.

We have a team of really dynamic people who believe in "getting'er done!"

The new Retreat at Cliffview is an eleven bedroom facility which can sleep up to fifty people with available futons and king and queen sized beds. Ten of the rooms have king sized beds and the eleventh has a queen sized bunk bed. There are two hot tubs, a complete kitchen for guest use and a technology enhanced media room that seats fifteen. Also an outside wedding area overlooks the placid lake just below the Retreat. The Retreat at Cliffview will be ready for occupancy by mid June.

But that's not all! We will have horse back riding by this Summer and there will be five miles of new hiking trails through some of Nature's most enjoyable scenery.

Memorial day weekend brings the 3G Challenge by Decisive Action: Weapons and Tactics and hosted by Red River Gorge ZipLine Tours. "The G3": Gear, Guns, and Gravity! For more info on that event go to:

redrivergorge3challenge.com

Cliff View Notes

Is the official newsletter of
Cliffview Resort,
Campton, Kentucky

Publisher

Jenny Ison

Editor

Jerry Ison

Contributors

Jenny Ison

Ian Teal

Sandy Teal

Nancy Hamann

Paul Hamann

Amy Sellin

Buck Thorn



We gratefully acknowledge the information and assistance given us by the State of Kentucky Parks Department and the staff of the Natural Bridge State Park especially Brian Gasdorf, Park Naturalist. And thanks to the staff of the Natural Bridge State Park's newsletter, the *Natural Bridge Hiker*.



Cliff Notes is published monthly in Rogers, Kentucky for the entertainment of Cliffview Resort Owners, Visitors and Friends. All contents are copyrighted by Jay Eye Communications
Box 271 Talbott, TN 37877
Cliff Notes is distributed free of charge but only one copy per person please.

HELPFUL WEBSITES & PHONE NUMBERS

State Facilities

Natural Bridge State Resort Park General Information

(606) 663-2214 or 1-800-325-1710 (reservations) 2135 Natural Bridge Rd. Slade, KY 40376 Trail map & descriptions, park laws and regulations, lodging, camping, group meeting facilities, group programs
"Natural Bridge State Resort Park is hiking, arches, exploring, scenery, reflection, and making memories."

www.parks.ky.gov/findparks/resortparks/nb

Kentucky State Nature Preserve Commission

www.naturepreserves.ky.gov

The Skylift (606) 663-2922

www.naturalbridgekyskylift-and-giftshop.com

Red River Gorge National Geological Area (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/reddriver_gorge.shtml

Gladie Cultural-Environmental Learning Center (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml

Red River Gorge Trail Crew (Volunteers) www.RRGTC.com

Leave No Trace - Outdoor Ethics www.lnt.org

Kentucky State Parks - Create your own Experience.

www.parks.ky.gov Become a KYSP fan at:

<http://www.facebook.com/pages/Kentucky-State-Parks/152588316577>

Private Facilities

Cliffview Resort Wendy & Jim Blasdel (606) 668.6222 or 668-6534

www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031

The Lodge is available for groups, weddings and retreats.

Also available is the 8,000 sq foot Assembly Hall

Red River Gorge Zip Lines 855.ZIP.TOUR (855.947.8687)

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Scenic Cabin Rentals (606) 668.6487 www.sceniccabin.com

Paul Hamann 513.378.8716

Nancy Hamann 513.919.7150

Red River Gorge Cabin Rentals (606) 668.3272

www.reddrivergorgecabinrentals.com

Ian Teal 513.284.2332

Cliffview BBQ & Brews Restaurant (606) 464.0608

Cliff Notes Jenny or Jerry Ison (865) 674.6740

Email stories, ideas, suggestions, news to: jerry@jerryison.com

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Nancy's News

By Nancy Hamann, Scenic Cabin Rentals



Upcoming Events:

Weekend of April 11 is Wildflower Weekend at NBSP and RRG. Events scheduled Friday evening and Saturday at NBSP. For the hike with naturalist, meet at Hemlock Lodge Sat at 9 am. A small fee applies. RRG Glacie Center is hosting educational programs on Sat from 10-3 pm and the programs are free.

A New Art Gallery opened in Slade called Gallery 33. It is located behind Subway Route 11/15. This beautiful setting features all local artists and photographers. Works of art are exquisite. Currently hours are by appointment. Yoga classes are held there on Wednesday evenings and anyone interested may attend. Ashtanga yoga starts at 6:30 and beginner yoga at 7:40 pm. Call them at 859.620.4487 for more info.

Opening in late-May: *Daniel Boone Coffee Shoppe and Deli in Slade.* Located in the newly renovated Daniel Boone Trading Post. Stop in for fresh roasted coffee, espresso and cappuccino. Grab a sandwich or wrap to go! Just off exit 33 Slade, south on KY 11. Coupons available in the area coupon book.

The Mountain Mushroom Festival held in Irvine, the weekend of April 24-26th. This festival attracts thousands of visitors every year. Find out all you can do with mushrooms!

Hillbilly Days in Pikeville. The festival starts Thursday April 24th and runs through Sunday April 26. Wear your Hillbilly attire and fit right in!

There is a New Tourism Commission in the area and members are working diligently to eventually form a regional tourism commission for the Red River Gorge area. A new website and pamphlet called "The Gorge Guide" is being developed. They will list businesses in Stanton, Campton, Beattyville, Slade and all the tourist attractions, info on the State Park, Red River Gorge, maps, lodging, dining, activities, etc. Soon you will be able to Google Red River Gorge Tourism for information, calendar of events, etc.



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Red River Gorge Word Search Contest

1. ISON
2. HIKE
3. CLIFFVIEW
4. VISTA
5. RED RIVER GORGE
6. ZIPLINE
7. ADRENALINE RUSH
8. BBQ AND BREWS
9. CABIN
10. SCENIC
11. BLUEGRASS
12. WILDCATS
13. DANIEL BOONE
14. CLIMB
15. PANORAMIC
16. FUN
17. TREK
18. CAMPING
19. SPRING
20. RETREAT
21. FAMILY
22. LAKES
23. FISH
24. EAT
25. LODGE
26. TASTE
27. FOLKS
28. YURT

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 in a drawing and pick three
 lucky winners. Originals only.
 The passes have no cash value
 and are only good Monday
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 You need to log onto
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 By completed entries we mean
 those with all 28 words from the
 provided list indicated by cir-
 cling the letters. Entries must be
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 tries must include name, address,
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 Mail entries to:
Jay Eye Communications
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Talbott, TN 37877
Phone, email and copied entries
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Faxes accepted: 815.550.2888

A Brief History of the Zipline

It may have all started when Mauog wanted to get across the gorge to visit the cave where Ooma lived. Being one of the new wave of larger brained thinking bipeds, Mauog realized that going all the way to the bottom of the gorge and back up would take hours. It would be dark before he could start up the other side and Mauog was brave, but not brave enough to risk passage through areas thick with predators.

Mauog selected a strong lengthy vine and after several tries, succeeded in tossing it to the opposite ledge. He then grunted loudly and began throwing rocks over to attract Ooma's attention which he finally did. Through a series of gestures and glottal grunts and groans, he got the message across for her to tie the end of the vine to a sturdy tree. That done, with a loud "Grunk churr, Bratt!", cave talk for "Zip Away!" he went zooming across and with that brave and exciting feat, the Zipline was invented. We think that maybe several of our guides may in fact be descendents of Mauog and Ooma!



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Cookin' with Jenny

Why We Call Them Pan Fish!

*Now That You've Caught 'em,
Here's How to Fix 'em.*

Blue gills, crappie, white bass, perch and just about any sunfish are usually referred to as "pan fish" for the most obvious of reasons - they are of a size that easily fits into a normal sized frying pan.

Preparing fish begins *before* you head out to the pond. Freshness is most important for good tasting fish. The aim of any angler who wants to eat his catch is to maintain that delicate, fresh-caught taste. Unlike other meats, fish should never have the slightest hint of "ripeness". Obviously, the best way to assure the peak of freshness, is to prepare the fish right where they were caught, along side the pond except where that is illegal. In many states and other jurisdictions, it is unlawful to clean fish or possess fillets while on or at a body of water.

There are only two ways to cook pan fish, fried and deep fried, so all that's needed in the way of cooking utensils is a sharp knife and a skillet. Preferably a cast iron skillet. A short piece of board makes scaling easy, but isn't absolutely necessary. If the fish are large enough, filleting may be called for. One problem with pan fish is the many small bones and these present enough of a problem that small children shouldn't eat pan fish unless it is filleted.

If you're not going to fry the fish right as they are caught, proper care of the catch is very important. The best way to keep fish fresh is to keep them alive as long as is practical. The easiest way to do this, while adding to the day's total, is to string the fish and return them to the water. Second choice is to put them on ice. Either way will prevent them from "turning" and developing a strong smell and taste when cooked.

Cleaning fish, while not high on my list of recreational activities, need not be a chore. The only tool needed for pan fish is a good, sharp knife; a six-inch fillet knife is the most practical. However, since it takes so many pan fish to make a meal for more than one person, you may consider investing in a scaler. After scaling, most folks remove the head, but if you don't, you must remove the gills. Then slit the body open or reach into the cavity and remove the entrails. A quick rinse and it's ready for coating.

When frying fish with the skin on, the fish must be dipped in water or milk to moisten, then rolled in corn meal, flour or a half-and-half mixture of both. I season my meal-flour mixture with lots of black pepper, a pinch of salt and a little dried parsley. Sometimes, larger blue gills develop a "muddy" taste. This can be eliminated simply by skinning the fish. When frying skinned fish, first dip the fish in beaten egg, then roll it in the coating mix. Or you may want to batter-dip skinned fish.

Here is my basic frying batter recipe:

- 1 Cup sifted flour
- 1/2 Tsp. salt
- 1 Egg, slightly beaten
- 1/2 to 1 tsp. spices (parsley, pepper, etc.)
- 1 Cup flat beer (or water or milk)



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Bluegrass Bits



Natural Bridge State Resort Park - 2014 Special Events

Natural Bridge Trill Trek Series

April 26, June 7, Sept. 27, & Nov 8

This trek series is comprised of individual guided treks that range in distance from 4-8 miles. On each date, a unique route through Natural Bridge State Park will be hiked. All treks depart at 9am from the Hemlock Lodge lobby. This is a great way to experience all the trails at Natural Bridge! Pre-registration is required. The cost is \$8/person/trek. Children 10-17 years of age must be accompanied by an adult.

Wildflower Weekend

April 11 - 13

Come discover the amazing floral diversity of Natural Bridge and the surrounding area during this weekend full of guided hikes. On Friday & Saturday night, special presentations in our Woodland Center allow participants to glean interesting information from professionals across Kentucky and beyond.

Square Dancing on Hockdown Island

Fridays - Late May through Early September Saturdays - May through October

Easy to learn Appalachian square dancing, clogging, line dancing, two-stepping, polkas, waltzes, and many other couple and individual dances. 7:30 pm - 10:00 pm. \$3/person, ages 12 & under are free.

Herpetology Weekend

May 9 - 10

A unique opportunity to discover the mysterious world of reptiles and amphibians that reside in eastern Kentucky. Field trips enable participants to experience "herping" first hand and to learn interesting information about the reptiles and amphibians encountered. Herpetology professionals will be speaking on Friday and Saturday evening in the Woodland Center.

A Down Home Appalachian Christmas

December 13

A day to enjoy the Christmas season and Appalachian culture! Enjoy traditional Appalachian style music, arts, crafts, and foods at the Hemlock Lodge.

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