Cliff View Notes

Cliffview Resort

www.CliffviewResort.com
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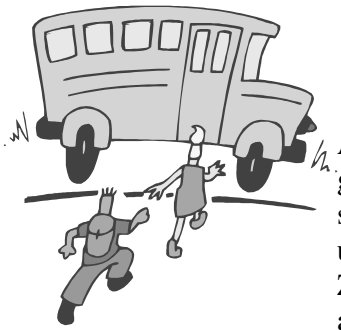
Complimentary Copy - Please, Take One!

Your Vacation Respite in the Heart of the Bluegrass State

Vol 4 No. 7 ***News & Notes For Cliffview Owners, Employees, Friends & Visitors*** ***September*** *2014*

View From the Cliff

Amy Sellin, Resort Director



Beat the Back to School Blues at Red River Gorge Zipline!

As you settle back into the early morning routine of getting the kids ready for school, don't lose that summer spirit! There is always time for a quick trip up to Cliffview Resort for an adventure on the Zipline. As students adjust to the new school year and parents adjust to them getting another year older it is important to stay close and nothing keeps a family closer than a high flying adventure! So, when you're shopping for notebooks and calculators, don't forget to add a little fun to the list.

The Red River Gorge

If you are of an adventurous nature, if you love natural beauty, you'll find the Red River Gorge absolutely fascinating.

The Red River Gorge is home to more than 100 majestic sandstone arches and a beautiful mix of hardwood and coniferous forests. Unique wildflowers that are not to be found anywhere else on earth make the Gorge even more beautiful, more special and certainly more interesting. This is a region of rugged and spectacular vistas that Kentuckians love and one that astounds visitors.

The Red River Gorge Geological Area and the surrounding ridges, cliffs and peaks are among the most well known and most eagerly visited by rock climbers from all around the world.

You don't have to be a Daniel Boone to explore the Gorge; you can enjoy the area by car or on horseback, mountain bike or by following any of the hundred-plus miles of well-maintained and marked hiking trails. Ask anyone in the Cliffview office or the Red River Gorge Zipline and they can tell you how to get to places we know you'll want to experience. The places and views you'll come back for and never forget!

September Birthdays

Jim Bookstaff made his earthly appearance on the 26th of September almost 100 years ago! Okay, maybe not that long ago but, well, certainly a bit more than 50 years ago.

Jenny and Jerry Ison celebrate their 4th wedding anniversary on the 17th.

Letters, We Get Letters

Every guest who stays with us gets a personal follow up email query from Blake Bookstaff asking about their experience here at Cliffview. Here are some of their replies.

Hi Blake,
Our stay at Cliffview Lodge was enjoyable, room accommodations met what I needed, everything clean & neat, comfortable bed, TV worked perfect, and a really nice bathroom - super. Loved going downstairs to meet other family members to enjoy breakfast together - and everything was there to prepare for our liking for breakfast. I finished both mornings with one of your delicious oranges from the fruit bowl. Of course, the beautiful scenery you could see from windows or walking around on the outside deck of Cliffview Lodge was awesome. Everyone was so friendly too - together with my daughter getting married - it will be a special weekend that I will always remember. :)
Thanks so much.
Marilyn

Dear Blake,
We had a most enjoyable time staying at the lodge, we are already thinking of going back. Thank you for having us. I loved staying there.
Stephani

Blake,
We had a great stay, thank you. Enjoyed the view and taking fishing poles down to the pond with our boys.
Charlie

Cliff View Notes

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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/redriver_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 & Cliffview Retreat 606.668.6222
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)
606.668.6222 www.redrivergorgezipline.com
Cliffview BBQ & Brews Restaurant 606.668.2121
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.redrivergorgecabinrentals.com
Ian Teal 513.284.2332 Sandy Teal 859.409.0024
Cliff Notes Jenny or Jerry Ison 865.674.6740
Email stories, ideas, suggestions, news to: jenny@jerryison.com

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September Song

By Jenny Ison

Yep, it's September again. Already. We've just let another summer slip by without visiting the Grand Canyon. Without getting the yard in shape or spending that weekend at the beach. Lots of folks think of September in just that way; the month when we realize summer is over.

Not me! I like to think of September as sort of a pre-game show. The lead in to Autumn.

Sure, there are still some days to come when the temperature and humidity will be high enough to keep us indoors with the AC on full-tilt. The saving factor will be the nights with their end-of-summer "freezing" temperatures of 45-50 degrees.

These are the days of feasting on fresh, home grown tomatoes and green beans. Cantaloupes, bell peppers and corn on the cob. Those poor souls in the produce section this time of year are the unfortunate ones. Those without the means for a garden or unlucky enough to be without friends who garden.

Now is the time for getting the gear ready for the hunting season to start.

Time for planning the tailgate parties; opening day kick-off is imminent. County fair time. Back to school and year-end close-out sales time.

There is still time for that last-one-of-the summer visit to the Lake. For deciding if you are going to split firewood this year or buy it. And choosing new sweaters for that sprint across the mall parking lot in late November with those Christmas packages.

There's enough coolness in the late evening breeze to make you want to get out those fall tour brochures and a map of the Blue Ridge Parkway. But still not enough to cause worry about the coolant level in the family car.

Here in Eastern Kentucky, we have the great fortune to experience this wonderful, slow transition period. A time for re-adjustment without the sudden change from warm to cold less fortunate areas must suffer. We get to appreciate the alternating warm days and cool nights all the way through October.

Oh, we'll have a real live, gen-u-wine, painted on the trees, leaf-droppin' autumn, but that's still down the road a ways. There's still plenty of time left for us to take advantage of one of those sales. Time enough to get the best deal on a bright plaid flannel shirt to wear on the Halloween hayride.

Some September Facts

The month gets its name from its position on the old Roman calendar. Before July and August were added in honor of two of Rome's Caesars, Julius and Augustus, September was the seventh month. The Latin word for seven is septem, thus September.

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Or 606-663-1012
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Things To Do In The Red River Gorge Area

- **Lunch & Dinners** Available onsite at **Cliffview BBQ and Brews.** Daily specials. Catering special events - Holiday Parties, etc. 606-464-0608.
- Many opportunities for **pond, pay lake, river & lake fishing**. Some do not require fishing license.
- **Daniel Boone Coffee Shoppe & Deli**. Gourmet coffees and groceries 606-663-2549 KY Rat 11 near Slade Exit 33 15 minute drive.
- **Natural Bridge State Park, Lodge & Sky Lift**: www.parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing**: www.fs.fed.us/r8/boone/
- **Cave Run Lake** boat rentals, swimming beach: (606) 784-9666. 1 hour to Cave Run Lake.
- **Wild Things of Kentucky Reptile Zoo & Gem Mining** KY Rt. 11 Slade 859-577-0277 15 minutes.
- Gift Shops: **Daniel Boone Trading Post** 606-663-2549; **Boone Forest Gift Shop** 606-663-4834; **Ye Ole Country Peddler** 606-663-2683. All on KY Rt 11, 15 minute drive.
- **Kayaking and Canoeing:** www.redriveradventure.net 606-663-1012
- Rock climbing, rappelling, kayak rentals, camping: **Ash Cave Rappelling** 606-369-051 10 minutes.
- In-house **Massage & Manicure** available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide**: http://kytourism.com/ www.tourseky.com
- **Via Ferrata Rock Climbing Park**: Great for beginners, must be 10 yrs old. 606-668-6441 torrentfalls.com 5 Minutes.
- **Hiking Trail Guide** and Descriptions. Great for beginners. www.redrivergorge.org.
- **Drive In Theater Stanton**, KY. Open April-September. 606-663-9988, 30 minute drive.
- **Peddler's Mall** Open Year Round. Stanton and Winchester. Gifts, Arts & Crafts, Antiques, Flea
- Market. Stanton is a 25 minute drive; Winchester is an hour's drive.
- **Beech Fork Golf Club** in Clay City - 606-663-9479 30 minutes.
- **Sag Hollow Golf Course** in Booneville 606-593-4653 40 minutes.
- **Beattyville Public Golf Course**. Off Rt. 52 in Beattyville, KY about 30 minute drive.

Drive times are from Cliffview Resort to the listed attraction/event.

If a **Holiday Party** is on your to-do list, go ahead and check it off.
We have the perfect solution to party planning from catering to lodging to activities.
BBQ & Brews owner Jesse Moore can supply delicious, freshly prepared food for up to 250+. We have the **Lodge at Cliffview** which will sleep 64 and the 7000 square foot **Activity Center** for groups up to 250.
Call Amy 606.668.6222 for details.

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Cookin' with Jenny

The Best Glazed Meatloaf And Mashed Potatoes

Best Glazed Meat Loaf

Ingredients:

2 large eggs
1 Tablespoon steak seasoning
1 Teaspoon salt
1 Teaspoon ground black pepper
1/2 Teaspoon cumin
1/2 Teaspoon dried sage
4 Teaspoons Worcestershire sauce
1 Cup buttermilk
1 Pound each ground chuck, veal and pork
(You can substitute venison or turkey for the veal)
1/2 Cup finely chopped celery
1 Cup rolled oats
1/3 Cup minced fresh parsley leaves

Glaze:

2 Cups ketchup or BBQ sauce
4 Tablespoons dark brown sugar
4 Teaspoons cider vinegar
(Optional: 2 Tablespoons bourbon)

Preparation:

Glaze: Mix ingredients in a small bowl; set aside.
Meat Loaf: Preheat the oven to 350 degrees.
In a large bowl, mix eggs with steak seasoning, salt, pepper, cumin, sage, Worcestershire sauce, celery and milk. In a large bowl add egg mixture to the three ground meats.

Next add the oats, parsley; mix with a fork until evenly blended and meat mixture does not stick to bowl. (If mixture sticks, add more milk, a bit at a time, stirring until mixture stops sticking.)
Place meat mixture into a 13 x 9 baking dish. Using this instead of a loaf pan gives you more crust! Brush mixture with half of the glaze.
Bake about 45 minutes or until glaze is set.. Brush with remaining glaze and continue to bake about 15 minutes longer until second coat has set and internal temp is 160 F .
Serves 6 to 8.

Perfect Mashed Potatoes

If you're serving meatloaf, creamy mashed potatoes are almost mandatory!

Ingredients:

3 Pounds baking potatoes peeled and quartered
1 Cup milk
3 Tablespoons Butter
Salt & Pepper

Preparation:

Bring a pot of salted water to a boil. Add potatoes, cook until tender but still firm. Drain.
Heat butter and milk over low heat until butter is melted. Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy. Season with salt and pepper to taste.
6 to 8 Servings

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Cliffview Retreat

Now open, the newest member of the Cliffview family! Cliffview Retreat is an 11 bedroom luxury log home that will accommodate up to 50 people. Our luxury lodge will feature: 11 bedrooms each with flat screen televisions (10 bedrooms have king beds, 1 bedroom has 2 queen beds in bunk bed format), each room has a futon that converts to bed plus 2 pull out sofas in den areas that convert to beds, 11 bathrooms, 2 hot tubs. For enjoying the view, there are two expansive decks with gliders, reclining chairs and tables for sitting and eating
The giant stainless steel kitchen has two of every appliance; refrigerators (1 up and 1 downstairs), stoves, microwaves and dishwashers. Expansive granite kitchen counters. The dining room and eating area seats 26!
For indoor fun there is the game room with pool table and foosball table, multiple seating areas with flat screen televisions; for business or church presentations, there is the theatre room with seating for 13 or more.
The Retreat has central heat and air and a full size washer and dryer along with easy access and parking.
The Cliffview Retreat is the perfect setting for corporate retreats, church groups, family reunions and of course, weddings because that is what we designed and why there was so much attention to details and the meticulous incorporation of amenities that best serve those needs.
Now accepting reservations…call and make yours today! 888-869-1284 606-668-6222.

Fall Bluegrass Happenings

Blazin' Bluegrass Sep 18 - Sep 20, 2014 Whitley City https://www.facebook.com/blazinbluegrass
The Best Bluegrass Festival in Kentucky. Early Bird Camping Mon - Wed with diners & camp fire jams. Best in Bluegrass Performances start on Thursday Evening. Kids Activities and much more.

Jerusalem Ridge Bluegrass Celebration Oct 2 - Oct 5, 2014 Beaver Dam
Live Bluegrass Music from the home of Bill Monroe
Visit the website for more information. contact: docmercer@earthlink.net 270-274-9181

2nd Friday Bluegrass Jam Oct 10, 2014 Falls Of Rough
Bluegrass Jam every 2nd Friday of the month! Come on down, tap your toes and jam with us. The local Breckinridge Bluegrass Music Association sponsors live music.
For more info and a list of all the festivals and special events log onto: kentuckytourism.com/events

The G3 10K Challenge

Do you enjoy nature and cross-country runs? How about obstacle courses, marksmanship challenges? The G3 10K Challenge may be the most complete event that you will ever have the opportunity to participate in!
The G3 10K Challenge is a 6.2 mile trail run in eastern Kentucky's beautiful Red River Gorge. The G3 10K, will consist of 12 of the most challenging obstacles you can endure. After completing the run, the participants may choose to compete in a marksmanship challenge. This optional event will include: SOG axe throwing, pistol, and rifle shooting. No prior knowledge or experience is necessary to compete in the marksmanship portion of the G3 Challenge. Instructors will assist anyone who may need help or have questions.
After the challenges, participants will be invited back to the Cliffview Resort lodge for prizes, awards, food and beer! Date: Saturday, October 4th 2014 Place: Red River Gorge (Cliffview Resort) Cost: $120 person
Hosted by Decisive Action, Red River Gorge Zipline Tours, and Cliffview Resort. Call today for more information or to register, 606-668-6222.