

Cliff View Notes

Cliffview Resort

www.CliffviewResort.com

606.668.6222

www.RedRiverGorgeZipline.com

855. ZIPTOUR (855.947.8687)

Your Vacation Respite in the Heart of the Bluegrass State

**Complimentary
Copy - Please,
Take One!**

Vol 5 No. 1 News & Notes For Cliffview Owners, Employees, Friends & Visitors

March 2015

Thrillville

Ian Teal

So, you may have been wondering what the heck is going on at the old go cart track in Slade? **Thrillville!** my friend, **Thrillville!**

Construction started on **Thrillville**, an aerial adventure course with the installation of 14 massive telephone poles. The poles are placed in a circle 40' apart and will have challenging obstacles up in the air between them. A 12x12 climbing/rappelling tower will be in the center of the circle. Why build such a thing? If there is one thing that we hear people say year after year, it is, "I wish there was more to do for families and little kids in the area".

We listen and our intention here is to provide the very best, most enjoyable time a family can hope for. **Thrillville** will be a great place for kids and families who have an interest in climbing to learn the basics and face their fears. Then we can connect them with one of the guiding services in the area who can take them out on the real rock.

The obstacles will include swings, bridges, rope climbs and even a flying surfboard! And if that wasn't enough to make a Gorge visit even more accommodating, we will also be re-opening the Mini-Golf and adding a Laundromat!

Ziping the Rupp

For the second year, we brought the excitement of zipline adventure to Rupp Arena. During the annual RV & Boat Show we had nonstop **Ziping** from Thursday through Sunday. More than 1,500 people "flew" across that most famous college basketball court as our guests.

Much thanks to the great crew of Amy, Nancy, Amanda, Kelsey and Emily from the office and to guides, Aaron, Tyler, Alex, Joey, Blake, Christian, Natalie and John.

They made the whole affair not only fun and exciting, but added that special something that places Red River Gorge Zipline several notches above expectations.

Speaking of Aarons..

We are very happy to announce that the afore mentioned Aaron, Aaron Charles to be specific, has been promoted to Zipline Head Guide and Safety Officer. Plus, he celebrates his birthday along with St. Patrick on the 17th.

Congratulations and Happy Birthday Aaron!

Letters. We Get Letters

Blake,

I am a longtime in responding to your emails regarding our stay at Cliffview Lodge. My son, my husband and myself, unlike most of the guests at Cliffview, got the opportunity to stay at the lodge for about two months. Of course, we went to Texas for the holidays, but before we went home we were treated as family. We were included with your gracious inn keepers, Jim and Wendy, and other staff and residents and owners of Cliffview in hosting a Christmas Dinner, Gifts, and Entertainment for many of the less fortunate families of the area. It made our Christmas to be included in such a benevolent act with such caring people. We saw many guests come and go while at Cliffview Lodge and they were all treated great. We saw several events hosted at the Lodge and at the end even had to relocate to a cabin to allow room for booked events. Wendy was very instrumental in seeing to it that we had accommodations to move to during these events, and not just kicked out on our own. We were working in the area and were able to invite one or two of our co-workers to have dinner with us at the lodge. My husband and son love to cook outside, something you can't do at a hotel. We felt very comfortable and at home while we were at Cliffview Lodge. You are very fortunate to have such an attentive, hardworking and caring couple managing your lodge. I don't know what you pay them, but as a former business owner and soon to be owner of another one, these people are worth so much to your business. Trusted, hardworking, and concerned employees are hard to come by in this day and time. You never have to worry about how your business is being taken care of. If there are problems, they will tell you the truth, not lie or hide it under a rug. Employees like Jim and Wendy Blasdell are to be treasured. I'm sure you know that.

LaNell Gerald

East Texas

P.S. Sherrie and the housekeeping staff were extra special. So sweet and concerned with our comfort. They are a treasure!

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
Nancy Griffin
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*.



Cliffview Notes is published monthly for the entertainment of Cliffview Resort Guests, Owners, Visitors, Staff and Friends.

All contents are copyrighted by Jay Eye Communications
Box 271 Talbott, TN 37877
Cliffview 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/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

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

**DANIEL BOONE
COFFEE SHOPPE
&
DELI**

Gourmet Coffees ~ Cappuccino
Espresso ~ Nutritious Smoothies
Limited Gourmet Grocery Items
Just off Slade Exit 33 South
769 Natural Bridge Road (KY Hwy 11)
606-663-2549

**HILLTOP
Pizza**

Salads - Chicken Alfredo
Spaghetti - Lasagna - More!

2034 Hwy 11N Beattyville
606-464-9990
We Deliver To Cliffview!
hilltopizza@yahoo.com



Cookin' with Jenny A Wee Bit O' Erin Food For St Paddy's Day

Irish Stew

This is the best known Irish dish. Originally, the meat was from male kid goats; mutton and eventually lamb has since replaced those. The delicate flavor of the lamb must be preserved throughout the preparation or it's just another stew. This time every year, food writers all over the world renew the old argument as to what really are the ingredients in true Irish Stew

A purist would have to use kid rather than lamb. There are recipes which call for barley and carrots but the barley will overpower the lamb. Fresh sweet carrots can enhance the natural sweetness of the lamb so if inclined, add carrots.

This recipe is one obtained by many people, housewives and professional chefs after decades of researching, creating, tasting and eating gallons of dishes wistfully labeled Irish Stew, prepared by hundreds of "experts". I feel that after all these years, we have found the one most authentic recipe for this oh so Gaelic dish. So, without further ado, here it is.

2 Pounds best end of lamb neck
8 Medium Irish potatoes
3 Large Spanish onion
2 Tblspns chopped fresh parsley
1 Tblspn chopped fresh thyme
(1tspn dried thyme works too, but, well it's just not the same.)
salt and pepper
2 or more cups water.
(Limestone spring water adds a refreshing hint of country. I would never use city water for any cooking beyond prepping pasta!)

Trim all fat from the meat. Leave bone in. Using a cleaver or heavy knife, cut the meat into 2 inch chunks.

Clean and slice potatoes, leaving skins on. Using a large stew pot, begin by placing a layer of potato slices, followed by a layer of onion slices, then meat. Mix parsley, thyme and salt and pepper (to taste) and sprinkle mixture between layers. Continue until all is layered into the pot ending with a layer of potatoes on top.

Add enough water to cover top layer. Cover and bring to a boil.

Lower heat and simmer for at least two hours or until meat is very tender. Check frequently and add water, stirring as needed. Remember not get this stew too thin by adding too much water. Irish stew is thick and rich. Too much broth can spoil this stew.

Michael Kelly's Sauce

Michael Kelly was a composer and orchestral conductor in the early 1800's. He also had a lot of parties and did most of the cooking himself. Some of his favorite dishes included crubeens (boiled pig's hind feet), calf's head, ox tongue and tripe. These were all served with an accompanying tureen of his pungent sauce. Today, this sauce is great over cold slices of ham or roast beef. Or a piece o' lamb plucked from the stew pot!

2 Tblspns malt vinegar
1 Tblspn (firmly packed) brown sugar
1 Tspn mustard powder
1 Heaping tspn freshly ground black pepper
1 Clove garlic, crushed and finely ground
1 Cup melted, unsalted butter

Blend all ingredients except butter. Just before time to serve, slowly add melted butter, stirring constantly to thoroughly blend.

Serve with dark bread for sopping up the delicious meat run off.

Scenic Cabin
Rentals Vacation Cottages
Rentals Available for 1 to 15
Scenic Lots And
Vacation Homes for Sale
606.668.6487
www.sceniccabin.com

C & S Carryout
"THE BEER TRAILER"
Wide Selection of
Domestic & Imported Beers
Snacks ~ Cigarettes
Live Bait ~ Camping Supplies
1163 N. KY 11, Torrents
606.668.7566
Hours: Mon - Thurs: 8 am - 10 pm
Fri & Sat: 8 am - Midnight
Closed Sunday

Booneville
Hometown Liquor
Beer ~ Wine ~ Spirits
Large Beer Cave
M-Th: 9 am - 10 pm
Fri & Sat: 9 am - Midnight
KY Rt. 11 Booneville
Drive Thru Service
606-593-5999



"Comes in Like a Lion"..

March Facts

Two birthstones are said to be the stones of March. The first is the bloodstone which is dark green with red (blood) splotches. Bloodstone is sometimes called heliotrope which means sun-turning. The other stone is the aquamarine, a pale blue to bluish green variety of the mineral beryl. The most famous variety of beryl is dark green - the emerald.

The first St. Patrick's Day Parade in America was in New York City in 1784. It was originally known as the Great 5th Avenue Parade. It was started by a group of Catholics and Presbyterians of Irish descent. Today, there are St. Patrick's Day parades all over the country. The Parade in New York City today attracts as many as 120,000 marchers. Or should that be Marchers. It is not known how much green beer they drink.

March was named for the Roman god of war Mars. He was also the god of greenery, but the March custom of the wearin' o' the green came much later.

On March 1, 1921, by defeating Mercer, Mississippi A&M, and Georgia, UK became the Southern Intercollegiate Athletic Association basketball champions winning what was the first college basketball championship in the United States. Then, in 1996, by defeating Vanderbilt in Rupp Arena 101-63, UK was the first team in 40 years to finish the season with a perfect 16-0 SEC record. By the way, that was their 25th win in a row. Now at press time February 18, after just handing Tennessee a drubbing, 2015 may be a repeat of 1996.

Someone calculated the chances of finding a four-leaf clover among the shamrocks in various pastures. In a cow pasture, he figured it to be about 1 in 6,000. In a pasture for horses, it is about 1 in 7,500. In a sheep pasture, there's usually never any clover left to search through. Why these odds? Who knows? Why would someone calculate these things? Maybe lots of that green beer!

The Flowers of March are the violet and the daffodil or jonquil. Why? Look around in a few days.



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. Call and make your reservation today! **888-869-1284 606-668-6222.**

J & L Beer Store

Large Selection of
ICE COLD BEER

Domestic & Imported

Bud ~ Coors ~ Pabst

Snacks ~ Ice ~ Cigarettes

Camping Supplies

606-668-9055

1213 KY 1036 Zachariah, KY 41301

South of 11 & 715 Intersection

Grocery & Restaurant
Mon - Sat - Closed Sun
Breakfast Till 11am

606.668.3580



WHISMAN'S HITCHIN' POST

KY Rt. 715 Rogers, KY
Across from Rogers Elementary
Turn Right onto KY Rt. 715
Only 3.5 Miles From Cliff View

Booneville

Hometown Liquor

Beer ~ Wine ~ Spirits

Large Beer Cave

M -Th: 9 am - 10 pm

Fri & Sat: 9 am - Midnight

KY Rt. 11 Booneville

Drive Thru Service

606-593-5999

Things To Do In The Red River Gorge Area



- **Breakfast, Lunch & Dinners** Available Mon– Sat
Daily specials. **Whisman's Hitching Post** 606-668-3580.
- **Pizza, Salads, Subs, Spaghetti, Lasagna.** *Delivery to Cliffview available.* **HillTop Pizza**
606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **Daniel Boone Coffee Shoppe & Deli.** Gourmet coffees and groceries 606-663-2549
KY Rt 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; **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, camping:** 606-369-051 **Ash Cave Rappelling** 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, any Party, Family Reunion, Corporate Meeting, Church Retreat or Wedding** 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.
We have the **Lodge at Cliffview** which will sleep 64 and the 7000 square foot **Activity Center** for groups up to 250, and the **Retreat** will sleep up to 50 with double appliance kitchen and technically compatible media room
Call Amy 606.668.6222 for details.

RED RIVER ADVENTURE

Canoe & Kayak Rentals
In the Red River Gorge
and Natural Bridge Park.

Canoe & hiking shuttles
Riverside campground

606-663-1012/5258
www.redriveradventure.net

Torrent Falls Climbing Adventure

Home Of The First Via Ferrata in USA
Guided Rock Climbing & Rappelling
*All Guided Trips Are
With Certified Instructors*

1617 N KY 11, Campton, KY

606-668-6613

www.torrentfalls.com
nicole@torrentfalls.com

**GHENGIS KHAN NEVER
HAD IT SO GOOD!**

Rent one of our *Luxury Yurts*
and you too can...

LIVE LIKE AN EMPEROR!
(At Least for a couple of days!)

**RED RIVER GORGE
CABIN RENTALS**
513-284-2332

www.redrivergorgecabinrentals.com

Saint Patrick



The only definite thing to be said about the birth of St. Patrick is that it wasn't in Ireland. In his *Confessions*, he names his birthplace, Bannavem Taberniae, but where that is, well, is anyone's guess.

The year of his birth is also in question. A.D. 373, 386, 395 or even early in the 5th century are some dates given. I choose to believe his birth year is 415. That makes him exactly 1600 years old on March 17, 2015. Enough reason (From an Irish viewpoint) to really get out and celebrate!

Speaking of Irish reasoning, an Irish legend has it that St. Patrick lived to be the same age as Moses, 120 years. Considering the life expectancy at the time was about 35 years, if St. Patrick lived to 120, that would be miracle enough for sainthood. In my humble opinion.

Patrick's father was a clergyman and a government official in either the local village or provincial government. Much about his early life is especially difficult to discover. It appears that he was fairly well off as a youngster and may have been somewhat spoiled. He did not take formal education seriously, a thing he was to regret later in his life. He felt so inferior to his contemporaries that he called himself, "...a sinner, most unlearned."

Patrick describes his capture when he was sixteen by Irish raiders. He was taken, presumably from Britain, to Ireland where he was sold as a slave to a chieftain. Patrick was given the job of tending herds of sheep.

For six years, Patrick guarded the sheep from wolves and robbers. He slept on the ground most of the time and lived a bleak life during those years as a slave.

This desolation led to a spiritual awakening in Patrick. He began to experience dreams and visions he considered divinely inspired. During one of these dreams, a voice told him to travel to the coast where a ship awaited.

He eventually made his way to Gaul (France) where he studied at Lerins, a monastery founded by St. Honoratus. After being ordained a priest then bishop, Patrick returned to Ireland where he spent the rest of his life.

Patrick's deeds in Ireland are legendary. It is difficult to separate the real from the imaginative, but he did accomplish much. Many thousands of Irishmen were converted to Catholicism. He founded numerous churches, schools, one college and organized the Church in Ireland. Many of the stories of his feats seem to be a little more fantasy than fact. He had running battles with the Irish Druids, pagan priests and mystic rulers, until he could take it no more. In one story, the Druids built a big bonfire to celebrate the pagan Spring New Year. St. Patrick built his own fire in defiance of an order that no other fire be lit that night. Even the nine chariots sent against him were no match for the pugnacious saint. He was finally forced, in his own words, "to curse their fertile lands", so they became dreary bogs.... and, as a last resort, to curse the Druids themselves, so that, "the earth opened and swallowed them up."

Legend has it that St. Patrick burned snow to make a fire, an angel repaired his drum, Jesus gave Patrick a staff and God granted Patrick the right to judge the Irish at the final judgment.

St. Patrick is credited with driving all the snakes from Ireland. In the words of a favorite Irish song. "Nine hundred thousand reptiles blue he charmed with sweet discourses, And dined on them at Killaloe in soups and second courses." Biologists say snakes never were there in the first place. Who you gonna believe, a scientist... or a saint?

J. Ison

Red River Gorge Log Homes
Let Us Build the Log Home of Your Dreams!

We always have cabins & lots for sale.
We offer Project Management from the ground up
513-284-2332
www.redrivergorgeloghomes.com

We hate to see you go, but if you must, you can keep in touch and stay informed of what's going on here at Cliffview Resort.

We offer a *free subscription* to

Cliff View Notes!

Just email your address to:
jerry@jerryison.com

Ye Ole Country Peddler
Souvenirs

1255 Natural Bridge Rd. (KY Rt. 11)

606-663-2683

We make our own

Kentucky Keepsakes

Cream & Butter FUDGE!

Freshly Made in

Our Own Fudge Factory