

Cliff View Notes

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Vol 5 No. 3 News & Notes For Cliffview Owners, Employees, Friends & Visitors

May 2015

Kentucky Shows Off!

Missouri may be the “*Show Me*” state, but right now, Kentucky is the “*Show Off*” State. And with good reason. Especially in the Spring. Not that the Bluegrass state isn’t gorgeous during the other three seasons, it’s just that in the Spring, she really shines. Here, wildflowers simply go, well, wild.

Starting as early as late February, the wildflowers begin to pop up everywhere. Don’t miss out on this display, one of Mother Nature’s most spectacular and colorfully Gorge-ous!

Wildflowers Don’t Care Where They Grow. By Jerry Ison

I gotta admit, I stole that title from a Dolly Parton song of the same name. One of my many, many favorite Dolly songs. As a matter of fact, every time I see wildflowers, I think of her. They have so much in common. They both thrive in the Mountains, are very attractive and right now, are bustin’ out all over!

The Appalachian Mountains are home to an estimated 100,000+ species of living things and that includes as many as 1400 species of wildflowers. Far, far too many to discuss here so we are going to talk about the more common, the more familiar and the “Dollys” of the wildflower world.

Those plants that are extravagant, blatantly gaudy or uniquely attractive.

One of the early bloomers is the Spring Beauty. These delicate little flowers sometimes cover hillsides like a pink snowfall. But you need to hurry, their blooming time is almost over especially in the lower elevations.

Another early bloomer is the Bloodroot.

This plant has big round leaves and a beautiful white blossom that blooms as early as March. The Bloodroot can handle early spring chill because its leaves will wrap around the stem to conserve heat. Again, you should already be out there enjoying this plant before the blooms are gone.

The Fairy Wand is a type of lily that is readily identified and aptly named.

A long stem (wand) grows up out of a cluster of leaves and is covered with densely packed tiny flowers.

Wedding Bells

Saturday, April 25, Michelle, daughter of Paul and Nancy Hamann, and Daniel Jonathon Rush were married in a Catholic wedding ceremony at Queen of All Saints Church in Beattyville. This was the first wedding in that church in a decade.

The reception, held in our Activity Center, was attended by more than 190 friends and relatives of the happy couple.

The couple plan to honeymoon in Barbados then return to live happily ever after in Cincinnati.

Paul and Nancy, long time Cliffview residents own and operate Scenic Cabin Rentals and the Daniel Boone Trading Post.

Congratulations to Michelle and Daniel and our sincere hope for a very long and joyous life together!

Happy Birthday!

We have a veritable gaggle of birthdays this month.

Housekeeping’s **Jessica Evens** birthday on May 1st gets us started.

Lodge manager **Wendy Blasdell** turns 39 (?) on May 5th.

Dustin Carpenter our ever so careful bus driver, celebrates the 23rd, Guides **Matt Adams** and **Alex Linne** plan to party on the 26th and 29th respectively.

Continued on page 5

Happy Birthday to all of them!

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

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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.

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Scenic Cabin Rentals 606.668.6487 www.sceniccabin.com

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Cliff Notes Jenny or Jerry Ison 865.674.6740

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

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Cookin' with Jenny

MOTHER'S DAY BRUNCH

Crustless Cheese and Bacon Quiche

&

Momma's Mimosas

Add the parsley. Remove from heat, cool slightly.

Prepare a 9-inch glass or ceramic pie pan by brushing with butter then sprinkle evenly with the grated Parmesan. Place pan on a baking sheet.

Scatter in half the Gruyere or Swiss and crumble the bacon on top. Add 3/4 of the mushrooms, then the rest of the cheese.

Whisk the half-and-half, eggs and yolks until thoroughly combined. Season to taste with salt, pepper, and nutmeg. Pour the custard over the cheese and bacon filling. Top with remaining mushroom mixture and sprinkle with chives.

Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely before serving.

See below for the perfect accompaniment to turn any brunch into a *Great Brunch*.

Momma's Mimosas Recipe

Nothing says "Special Brunch" better than a fabulous mimosa made with dry sparkling white wine and orange juice! It's simple and fun. And bubbly - just like you and Mom on this day.

Plan to spend \$12 to \$15 on the sparkling white wine. A dry Prosecco is a great option, too. However, don't go lower than \$10 - *It's Mom!*

Oh yeah the orange juice? Use only freshly squeezed. I know, it's a bit of effort *but again, it's your Mother.*

Besides in our mimosas, OJ is half the ingredients.

Always add the wine first, then the orange juice.

Don't stir! This will cause the sparkling wine to go flat.

A little splash of orange liqueur like Grand Mariner or triple sec adds a bit of *risk*, but works great!

A warm mimosa is a ruined mimosa, so whatever you do, *Keep The Wine and the Orange Juice Chilled* in the refrigerator until you are ready to serve.

Once you've poured drinks, put everything back into the refrigerator until you're ready for a second round.

Crustless Cheese and Mushroom Quiche

Ingredients

- 6 ounces thinly sliced bacon, about 8 slices
- 1 pound thinly sliced cleaned and trimmed mushrooms
- 4 tablespoons unsalted butter
- 1/4 teaspoon salt
- 6 medium shallots, finely chopped, about 1/2 cup
- 2 tablespoons minced parsley
- 2 tablespoons grated Parmesan cheese
- 2 cups half-and-half
- 2 large eggs + 2 large egg yolks
- 1 Cup grated Gruyere or Swiss cheese
- Black pepper
- Grated nutmeg
- For flavored garnish: Chopped chives
- **** This is for your Momma, so go the extra mile and use only fresh herbs and spices!

Directions

Preheat oven to 350 degrees F.

Cook the bacon until just getting crisp. Drain on paper towels.

Pour off the fat, leave about 1-2 tablespoons in the pan.

Add 2 tablespoons butter, mushrooms and salt.

Cook, stirring over medium heat about 7 to 10 minutes until the juices evaporate. Add the shallots and cook until tender and mushrooms are golden, about 3 more minutes.

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Name That County Contest

Many Kentucky Counties were named after famous folks, some for geographic, political or personal reasons; others for nostalgic reasons. Below are some clues to the names of some Kentucky counties. How many can you identify? We'll give gift certificates for a Zipline Tour to the first three emails (only!) received with all twenty counties correctly identified. Winners who also answer the bonus question correctly will receive a free T-shirt too!

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. A single piece of ammo _____ 2. Best brown booze _____ 3. Ties a line with a _____ 4. Famous kite pilot _____ 5. Union general _____ 6. A fish, a road, a spear _____ 7. Dillon or Earp _____ 8. He had a steam boat _____ 9. Lewis' partner _____ 10. Glasgow native _____ | <ol style="list-style-type: none"> 11. Some fried tomatoes _____ 12. Nasty old man _____ 13. He did it _____ 14. Mad Anthony _____ 15. Houses a clapper _____ 16. Confederate general _____ 17. Dixon's partner _____ 18. Famous signature surname _____ 19. Kaw-Liga's knotty heart _____ 20. Northern neighbor _____ |
|---|--|

Bonus Question - This one is for the pros only. Stone palace _____

Send solutions with Name, Address, Ph # & email address to: jerry@jerryison.com. In the body of Emails only! Emails with attachments will be deleted unopened.

Do you have a puzzle, word search or other game we could use in a contest? Send it to us at the above email and if we use it, we'll reward you with a **Red River Gorge Zipline** T-shirt.

Prizes have no cash value and are not transferable. Certificates good only Monday thru Thursday and a reservation is absolutely required. *No walk - ins. Children must be accompanied by a paying adult who is also touring with the child.*

Cliffview Retreat

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. 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. Large granite kitchen counters. The dining room and eating area seats 26!

For indoor fun there is the game room with pool and foosball tables, 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.**

Notice: We still have availability for weddings and groups in June & July in the Cliffview Lodge!
Call Nancy or Wendy - 606.668.6222 - before May 15 to guarantee dates in those months.



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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.
- **Thrillville Aerial Adventure Park** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY
For more info click onto Thrillville.org or call 844.CLIMBHI (844.354.6244) 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 606.356.4199 30 minutes

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. 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. We will be opening another **12 bedroom lodge, Lakeside**, this June, increasing the number of accommodations.

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Wildflowers Don't Care Where They Grow

The trout lily is included among those early bloomers. The mottled patterns on the leaves resemble speckles on brown trout found in tributaries of the Red River. They bloom March through May. The flower is yellow with long slim petals which bend backwards in a graceful arc. Trout lilies grow as high up the mountains as 6,000 feet so some late bloomers may be around at those higher altitudes well into June.

Depending on which source one goes to, there are eight, maybe nine or as many as ten varieties of trilliums in the Mountains and they all bloom early, from April through June. At the lower elevations you'll find the Yellow Trillium even though it sometimes masquerades with other colors. This trillium is quite large at times and is one of the first trilliums to bloom and does so from as early as late March through May.

The most common trillium is the Large Flowered Trillium, so named because it has, well, a large flower. The flower of some of these plants actually improves with age, turning from the bright white of youth to a soft pastel pink as they age. You'll find the Large Flowered Trillium from under 1,000 feet to the 3,500 foot elevations on the slopes. Another common trillium is the Wakerobin. This darkly attractive maroon or deep red bloom is an enigma. It looks great, but smells really foul!

The mountains are home to some unusual plants such as Indian Pipe, Squaw Root and Fairy Wand. The Indian Pipe usually grows up to eight inches tall in small clumps. It is odd looking and can be several different colors all the way from its usual pale white to yellow to pink and on rare occasion, blue. The single flower is almost translucent and kinda hangs down and the slightest breeze sets it nodding.

The Squaw Root, is also known as Bear Corn, probably because it resembles an ear of corn and maybe the person that named it fancied bears nibbling away at this parasitic plant. It will remind one of an elongated pine cone. Squaw Root is a parasite of tree roots especially oak trees.

The Jack In The Pulpit is unmistakable. This plant has a cylindrical cone with a flap at the top surrounding the actual flower inside. That flower is actually a core covered with many tiny flowers, the "Jack" and the sheath is the "pulpit".

This plant likes moisture and can grow from a foot to more than three feet tall. It is found at the lower altitudes from March through June.

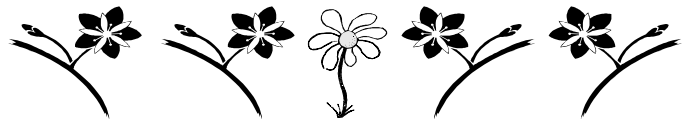
No description of mountain wildflowers could be even partially complete without mention of Rhododendrons, especially the Queen of the Rhody's the Catawba Rhododendron and the Flame Azalea. The Catawba Rhododendron and other rhododendrons along with mountain laurel are two of the most prolific plants in the mountains. The rhododendrons grow from 8 to 12 feet, sometimes even taller, attaining tree-like heights. The two plants often grow in enormous thickets, especially on ridges and summits. Rhododendrons grow along creek beds and at every elevation. They aren't just spring bloomers, growing and blooming well into summer at the higher elevations.

The Flame Azaleas grow singly and in clusters. The flowers are quite showy, vase shaped and are red, orange or yellow. They also bloom into summer beginning in April and at higher elevations last into July. They prefer drier open areas and can be very thick on balds and ridges.

It's too bad we must limit the number of wildflowers we can talk about here because there are so many and all worth experiencing in their natural settings, these beautiful Mountains. We didn't get to the Anemones, the Wild Geraniums, Pink Lady's Slipper, Columbine and the spectacular Larkspur. We left out the Jewel Weed, Chicory, Bee Balm, Butterfly Weed and Dutchman's Breeches. Also passed over were the Wood Sorrel, Dwarf Iris, Mayapple, Indian Pink and hundreds of others.

We will, however, mention the one wildflower I like to compare to Dolly; the most Dolly-like Fire Pink. This flower has so many of Ms. Parton's attributes. It is always very bright, showy and conspicuous. It is a bit gaudy and extremely appealing. Everybody loves them and like Dolly, it is enduring. The blooming lasts for months from April through June, sometimes into July.

Many of these beautiful plants can be viewed while cruising slowly through the mountains. It's even better when you get out of the car and spend a few hours walking any of the hundreds of trails throughout the Gorge.



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