

# Cliffview Notes

Vol 6 No. 1

News & Notes For Owners, Employees, Friends & Guests

March 2016

## Cliffview Resort

Owners and Operators of  
Cliffview Lodge, Cliffview Retreat  
And Cliffview Lakeside  
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### Zipping the Rupp - Red River Gorge Fun

What happens when you combine the use of one of sports most famous venues in the known universe with a most thrilling adrenalin packed adventure? Well, we like to call it Zipping the Rupp!

For the third year now, the **Red River Gorge Zipline** strung two lines across the most hallowed of Basketball arenas to allow thousand of folks the opportunity to experience the rush of excitement only a Zipline flight can provide. From Thursday, February 11th through Sunday, the 14th, almost 1,500 people took us up on our four days of free Zipline thrills.

**Thrillsville Aerial Adventure**, another Red River Gorge adventure attraction was our neighbor at the Rupp. Their climbing wall allowed another 1,000+ people of all ages to scale a fifteen foot cliff (in safety harnesses) to experience one of the many adventures awaiting in Kentucky's most exciting

and beautiful family vacation destination, the Amazing Red River Gorge Geological Area.

People who live for fun and exciting adventure all agree after their first visit to the Gorge, there's no place better! That is why, so many return year after year. And each visit is a brand new experience, because the Gorge has so much variety to offer. There is an activity suited to any age and inclination. The Gorge has everything from primitive camping to five star accommodations. Hot dogs to gourmet meals.

Outdoor activities range from a snooze in a hammock to zipping high over the forests at 55 miles per hour. You can climb a shear cliff safely strapped into a cable system perfect for beginners or free climb any of hundreds of other cliff lines. Canoeing, kayaking, camping, hiking, horseback riding, off road ATV facilities and fishing galore. The Gorge and surrounding area probably has more fishing opportunities for more species of fish than Minnesota! There is all kinds of shopping from antiques to iPads, crafts of every sort and medium, souvenirs, T-shirts, books by local authors and so much more.

*Come Gorge yourself!*

### March Milestones

Zipline Course Manager Aaron Charles and St. Patrick (see page five's story) share a March 17 birth date.

March 21, 2016 is the 4th anniversary of Resort Director, Amy Sellin's first day at Red River Gorge Zipline.

We are looking forward to many, many weddings at Cliffview this year! Our first one of the year is in April.

### Happy News

#### Letters, We Get Letters

Blake Bookstaff sends an email to every guest after departure to get their feedback so we know if what we do here is the best for those guests. Here is a humorous yet very welcome response.

Blake,

Why yes, I do have some feedback. First of all, Cliffview was awesome. We *will* be staying at Cliffview Resort again. I'm glad I found you online while randomly browsing places to stay in the Red.

Second of all, the hospitality of the hostess working at Cliffview - yeah, it was amazing, so give that woman a pay raise. We're accustomed to people looking at us like they hate us, but she was a genuinely warm and caring person. Maybe you could employ a shady ex-convict with some tear drop tattoos to keep us on edge next time.

Third, everything was VERY CLEAN and COMFORTABLE. You see, I'm used to places having a nasty feel to them. Maybe sprinkle some hairs all over the sink -- because I felt like I could eat off of the surfaces in my room upon our arrival. That's how CLEAN it was.

The scenery driving in was also too magnificent. It was like a Disney movie. We saw three deer and some wild turkey, accented by a morning haze and a beautiful skyline that gave the place a dream-like quality. Maybe you could riddle the area with trash, and add some graffiti and bullet holes.

Another issue I had was the free books. It was too nice of a gesture and was actually a great touch. I have already recommended Cliffview to all of my friends. Keep doing what you do.

-The Gaddis's

# Cliff View Notes

Is the official newsletter of  
Cliffview Resort,  
Campton, Kentucky

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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.

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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](http://www.parks.ky.gov/findparks/resortparks/nb)

#### **Kentucky State Nature Preserve Commission**

[www.naturepreserves.ky.gov](http://www.naturepreserves.ky.gov)

#### **The Skylift** (606) 663-2922

[www.naturalbridgekyskylift-and-giftshop.com](http://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](http://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](http://www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml)

#### **Red River Gorge Trail Crew (Volunteers)** [www.RRGTC.com](http://www.RRGTC.com)

#### **Leave No Trace – Outdoor Ethics** [www.lnt.org](http://www.lnt.org)

#### **Kentucky State Parks** - Create your own Experience.

[www.parks.ky.gov](http://www.parks.ky.gov) Become a KYSP fan at:

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### Private Facilities

#### **Cliffview Resort & Cliffview Retreat** **606.668.6222**

[www.cliffviewresort.com](http://www.cliffviewresort.com) 455 Cliff View Road, Campton, KY 41031

**The Lodge is available for groups, weddings and retreats.**

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

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**Scenic Cabin Rentals** 606.668.6487 [www.sceniccabin.com](http://www.sceniccabin.com)

**Paul Hamann** 513.378.8716 **Nancy Hamann** 513.919.7150

**Red River Gorge Cabin Rentals** 606.668.3272

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

**Ian Teal** 513.284.2332 **Sandy Teal** 859.409.0024

**Cliff Notes Jenny or Jerry Ison** 865.674.6740

**The Gorge Café in Cliffview Resort** 606.668.3349

*Email stories, ideas, suggestions, news to: [jenny@jerryison.com](mailto:jenny@jerryison.com)*



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- **Daniel Boone Coffee Shoppe & Deli.** Gourmet coffees, Deli Foods, Camping Supplies  
606-663-2549 Natural Bridge Road (KY Rt. 11) near Slade Exit 33 15 minute drive.
- **Thrillsville Aerial Adventure Park** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY  
For more info click onto Thrillsville.org or call 844.CLIMBHI (844.354.6244) 15 minute drive
- **Natural Bridge State Park, Lodge & Sky Lift:** Camping, Hiking, Rooms, Fine Dining at [www.parks.ky.gov/resortparks/nb/index.htm](http://www.parks.ky.gov/resortparks/nb/index.htm)
- **Red River Gorge Hiking, Rock Climbing:** [www.fs.fed.us/r8/boone/](http://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.
- **Daniel Boone Trading Post** 606-663-2549; Natural Bridge Rd (KY Rt 11) 15 Minutes
- **Ye Ole Country Peddler** 606-663-2683. All on KY Rt 11, 15 minute drive.
- **Kayaking and Canoeing:** [www.redriveradventure.net](http://www.redriveradventure.net) 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 [torrentfalls.com](http://torrentfalls.com) 5 Minutes.
- **Rock climbing, rappelling, camping:** 606-369-051 **Ash Cave Rappelling** 10 minutes.
- **Massage & Manicure** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** <http://kytourism.com/> [www.tourseky.com](http://www.tourseky.com)
- **Hiking Trail Guide** and Descriptions. Great for beginners. [www.redrivergorge.org](http://www.redrivergorge.org).
- **Drive In Theater Stanton, KY.** Open April-September. 606-663-9988, 30 minute drive. Call First!
- **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** will sleep 64. The 7000 square foot **Activity Center** seats up to 250 and has a fully equipped commercial grade kitchen. Our newest Lodges, the **Retreat** and **Lakeside** will sleep up to 50 with double appliance kitchens and technically compatible media rooms.

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# Cookin' with Jenny

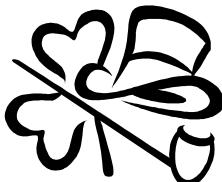
## IRISH STEW

### A Wee Bit O' Stew History

This is the best known Irish dish. Originally made from male kid goats, that meat has been replaced by mutton and more recently, by lamb. The delicate flavor of the lamb must be preserved throughout the preparation or you have just another stew.

Every year, about this time, newspapers with food columnists and web sites dedicated to recipes and "foodies" renew the old argument as to what is really the ingredients list for true Irish Stew. If one is to use the earliest recipe I could find, one would use kid instead of lamb. Some recipes call for barley and carrots, but I would never add barley, it will overpower the lamb. If fresh and sweet, carrots may tend to enhance the natural sweetness of the lamb so if you like, go ahead and add carrots. I wouldn't. Of course I wouldn't use so many onions either, but I'm including them to save the originality of this recipe. This recipe is one obtained by years of personal research and anecdotal evidence from those who have collectively created, tasted, and eaten literally gallons of stews from many recipes.

I'm sure this is the one most authentic recipe for this signature Gaelic dish. That is not to say it is the most tasty, since recipes do indeed evolve and usually for the better. Now you and your family can decide.



### Ingredients

2 Pounds best end of lamb neck  
 8 Medium Irish potatoes  
 3 Large Spanish onions  
 3 Carrots cut into long chunks (This is optional and decided by your taste preferences)  
 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 (mineral or spring water adds a hint of the country)

### Preparation

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.



As they say, too many cooks will spoil the broth, well, too much broth will spoil this stew!

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# Saint Patrick

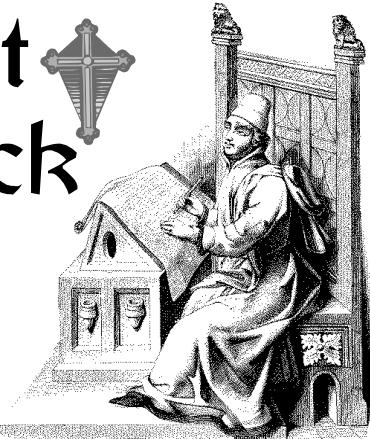
The only definite thing to be said about the birth of St. Patrick is that it wasn't in Ireland. In his *Confessions*, he names his birthplace, Bannavem Taberniae, but where that is, well, is anyone's guess.

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 was his birth year is 405. 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

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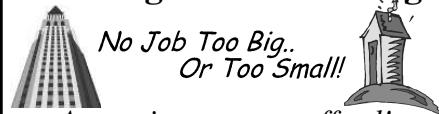
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## Spring Is The Thing!

Some sources say Spring months are March, April and May, but I disagree. Since Spring is the time between the vernal equinox (March 20 - 22) and the summer solstice (June 20 - 22) only one week of March and at least three weeks of June fall into that time frame. Based on that reasoning, March could really be considered a winter month and June, usually thought of as a summer month is really a Spring month. But, since so much really good stuff begins happening in March, I'm just gonna go ahead and make it a Spring month. Officially!

That means we have four Spring months and to me, nothing could be finer.

The word Spring may have come from the Dutch or German, *springen*, which according to my very German friend, Ernest Wahl, means to move quickly. You know, schnell! And that's very appropriate 'cause, in case you hadn't noticed, things do move or happen very quickly in the Spring.

As soon as the sun starts to warm the ground, plants shoot out of the earth. In some cases, they grow so fast, unwary insects are actually caught inside. This is especially true of mushrooms like the elusive and delicious morel.

As the water warms, the fish hurry to find a mate and begin their life cycles immediately.

Another, archaic, definition of Spring is the dawn or dawning as of day or light. I like this one too because for many living things it is indeed the dawning of a new day, the dawning of new life.

Then of course there's the celebration of the Resurrection, Easter, the most important event on the Christian calendar.

*All in all Spring is the thing!*



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## Spring Things (To Do)

Lots of fun things are happening in March, number one of which is Spring! Spring is such an anticipated season and even seeing or hearing the word tends to perk up the spirits. That phenomenon has not gone unnoticed by scientists, physiologists and health care professionals. Over the years, there have been many studies on the effects of temperature, amount or lack of sunshine and length of days. Every study done has shown the same conclusion; a conclusion we really didn't need clinical study to arrive at. Everybody already knows that more sun, warmer weather, longer days and blooming plants make us happier than cold, gloom, brown lawns and bare trees.

So, with that in mind, we thought we might offer some suggestions on how to maximize what we call the "Spring Effect".

There is no better way to enjoy the sunshine and newly emerging greenery and spring flowers than to spend time in the Red River Gorge. Or flying above it! Oh yeah, how could one do that, you may ask. Well, I'll tell ya. Airplanes fly too high and too fast. Helicopters are too noisy and way too expensive. Hot air balloons? There's none to be had.

Hmm what to do, what to do?

♪ ♪ Well zip a dee do dah, zip a dee day. ♪ ♪  
My, my, my We have the very best way!

Yes, there is no better way to enjoy this area than zipping around the Resort on the Red River Gorge Zipline.



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